

December 2021



# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## Holiday Party

*Wednesday, December 15, 12:30 p.m.*



Join the fun as we celebrate this festive season together. Enjoy the sounds of DJ C-Well and share in some holiday games, punch, and a take-home treat. Search your closet and put on your party attire. Space is limited. Please preregister at the front desk. The fee is \$5 for residents and \$6 for nonresidents.

## Bowie Senior Chorale Holiday Concert

*Wednesday, December 22, 7 p.m.*

The Bowie Senior Chorale will present a holiday concert premiering on YouTube. After a two-year absence, the chorale is extremely pleased to be back on stage to entertain with a delightful selection of holiday and seasonal favorites, original numbers, and innovative variations on traditional songs.

Chorale director Craig L. Sparks promises that this virtual concert will be as entertaining as the chorale's past concerts with the added plus of being able to view it in the comfort of home and at any time after the premiere. Craig has added his talented touch in a dramatic arrangement of "Silent Night" and set the inspiring poem "Invictus" to music. Expect to hear such favorites as "Winter Weather" and the clever "Deck the Nutcracker Hall." Stomps and claps accent the rhythmic African tune, "Be Like Him." The program also includes a moving version of "Shadowland" from *The Lion King* among other stirring numbers. Closer to the concert date, a URL will be provided to view the prerecorded on-line concert. Center members will receive an email message with the link. The YouTube link will also be posted on the chorale website at <http://bowieseniorcenter.org/BowieSeniorChorale/>.

The chorale invites new members to join for the spring semester. Registration is open at the Center through December 21. Rehearsals for the spring concert will begin Thursday, January 13, and will be held each Thursday, 2:30 – 4:30 p.m. The chorale welcomes singers 55 and older, and it is not necessary to have formal training. For information on joining, email the chorale at [bowieseniorchorale@aol.com](mailto:bowieseniorchorale@aol.com).

## Welcome 2022 – "Noon" Year's Party

*Thursday, December 30, 12:30 p.m.*



Say goodbye to 2021 and look forward to a new year. Let's get ready for the annual "Noon" Year's Party. DJ Rob will serve up a variety of tunes. There will be punch, a take-home treat, and noisemakers so everyone can contribute to the celebration. Wear your party finery or come casual. Space is limited. Please preregister at the front desk. Fee is \$5 for residents and \$6 for nonresidents.

## Toys for Tots Donations

*Through December 10*

Every year, members of the Center generously and compassionately think of others by donating to Toys for Tots. This has been a particularly challenging year for many families in our community. Please consider donating new, unwrapped toys and dropping them off at the Center.



Center will be closed December 24, 25, 31, and January 1.

## **Ceramics Workshops**

*Tuesdays; January 4, 11, 18, and 25; 9 a.m. – noon*

*Thursdays; January 6, 13, 20, and 27; 9 a.m. – noon*

There will be two sessions from which to choose. This is a unique opportunity for new and returning ceramics enthusiasts. Participants will choose from a selection of greenware or bisque to create pieces to take home and enjoy. Learn a new technique or refresh old skills. Instructor Cami Cockrell will guide you through the process of making some one-of-a-kind ceramic items. Please register early as space is limited. Ceramics and paints will be provided. The fee is \$40.

## **Bookworms**

*Wednesdays, December 1, 10 – 11 a.m.*

The book for December is *Mine!* by Michael Heller and James Salzman.

There will be no meeting in January.

## **Computer Club**

There will be no Bowie Seniors Computer Club meetings in December. The next meeting will be January 6.

Computer help sessions will continue every Wednesday in December from 12:30 – 3 p.m. in the computer classroom.

## **9-Ball and 8-Ball Pool Tournaments**

*Monday, December 6, and Tuesday, December 14, 9 a.m. – 1 p.m.*

Are you interested in playing in a 9-ball or 8-ball tournament? If so, please register at the front desk. There is a \$2 fee for each tournament.

Please note that the billiards room will be closed to nontournament players during this time. Due to COVID restrictions, the room will only be open to tournament players. Coffee and donuts will be provided.



## **Indoor Walking at the City Gymnasium**

Are you looking to move your outdoor exercise indoors now that colder weather has arrived? Indoor walking for seniors is available Monday through Friday between 9 and 10 a.m. at the City Gym. This is an opportunity to exercise in a safe and climate-controlled environment.



## **Weather Policy**

When Prince George's County schools are closed due to inclement weather, the Center's scheduled activities are canceled for the day. These activities include classes, transportation services, and the nutrition program. However, the facility may be open for unscheduled activities. Please call to confirm before coming.



When schools open two hours late, transportation services and the nutrition program are canceled for the day. In addition, all morning classes and activities scheduled before 11 a.m. are canceled. A one-hour delay does not affect transportation services, the nutrition program, classes, or activities.

If public schools are to close two hours early due to the weather, all classes and scheduled activities after 2 p.m. are canceled.

## **Center Access Requirements**

Until further notice, individuals entering the Center must:

- Show proof of full COVID-19 vaccination.
- Wear a facemask that covers the nose and mouth at all times while in the Center.
- Have temperature checked.

The Center invites you to join a group or club with people who share your interests or play some of the many games. This is a great way to meet new friends.

<b>Groups and Club Meetings</b>		
Advisory Board	First Tuesday	10 a.m.
Bonsai Club	No meeting until March	
Bookworms	First Wednesday	10 – 11 a.m.
Computer Help Lab	Wednesdays	12:30 – 3 p.m.
Magic Club	First and third Wednesday	10 a.m.
Seniors Computer Club	No meetings in December	
Writers Group	Tuesdays	9:30 a.m.



<b>Weekly Games</b>		
Bid Whist	Tuesday Thursday	10 a.m. – 2 p.m. 10 a.m. – 12:30 p.m.
Bridge (sign up)	Tuesday Wednesday	1 – 4 p.m. 12:30 – 3:30 p.m.
Billiards	Daily	Center hours
Bingo	Thursday	12:30 p.m.
Duplicate Bridge (sign up)	Friday	12:30 – 4 p.m.
Machiavelli	Monday	1 p.m.
Mahjong	Thursday	1 p.m.
Pinochle	Monday and Thursday	12:30 p.m.
Scrabble	Wednesday	1 – 4 p.m.
Table Shuffleboard	Daily	Center hours
Table Tennis	Monday Tuesday Thursday Friday	1 – 4:30 p.m. 3:30 – 4:30 p.m. 3 – 4:30 p.m. 3:30 – 4:30 p.m.

<b>In-Person Fall SAGE Class Schedule</b>					
<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>
9:00 Beg. Piano 9:00 Art Comp. & Design 10:00 Int. Sign Language 11:00 Int. Piano 12:30 Stained Glass 1:00 Amer. Hist. 1:00 Tap Dance	9:00 Studio Art 10:00 Current Issues 12:00 Beg. German 12:30 Amer. Hist. 12:30 Printmaking 1:00 Line Dancing 2:30 Int. German	9:00 Painting 9:00 Stained Glass 9:30 Int. Guitar 10:00 Beg. Sign Language 10:00 Viking Hist. 11:00 Spanish I 1:00 Earth Resources 2:00 Spanish 2:00 Estate Planning	9:30 Beg. Guitar 10:00 Color Theory 10:00 Beg. Sign Language 12:00 Pilates 2:00 Music Appreciation	9:30 Drawing 9:30 Intro. Improv 10:00 Beg. Jewelry 10:00 Italian 12:30 Modern Painting 1:30 Chinese Exercise	8:20 Adv. Yoga 10:20 Beg. Yoga

## December Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
		<b>1</b> 10:00 Phase 10 10:00 Bookworms 10:00 Nature Walk 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>2</b> 9:30 Better-Day-Live 9:45 Chair-obics 10:00 Bid Whist 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	<b>3</b> 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
<b>6</b> 9:00 Pool Tournament*\$ 12:00 Craft Corner* 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>7</b> 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Blood Pressure 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>8</b> 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>9</b> 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>10</b> 12:30 Reindeer Racing 12:30 Duplicate Bridge 3:30 Table Tennis
<b>13</b> 10:00 Blood Pressure 10:00 Holiday Activities 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>14</b> 9:00 Pool Tournament*\$ 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:15 Phase 10 12:30 Corn Hole 1:00 Bridge 3:30 Table Tennis	<b>15</b> 10:00 Magic Club 10:00 Hearing Screening* 12:30 Holiday Party*\$ 12:30 Bridge 12:30 Computer Help 1:00 Scrabble	<b>16</b> 9:30 Better-Day-Live 9:45 Chair-obics 10:00 Blood Pressure 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>17</b> 10:00 Phase 10 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
<b>20</b> 10:00 Christmas Carols 12:30 Creative Coloring 12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	<b>21</b> 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:00 UNO 1:00 Bridge 3:30 Table Tennis	<b>22</b> 12:30 Kwanzaa 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble 7:00 Chorale Concert Via YouTube	<b>23</b> 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>24</b> <b>Closed for Christmas Day (observed)</b>
<b>27</b> 12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	<b>28</b> 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics* 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>29</b> 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>30</b> 9:45 Chair-obics 10:00 Bid Whist 12:30 Noon Year's Party*\$ 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>31</b> <b>Closed for New Year's Day (observed)</b>

### Schedule Notes:

- An asterisk (\*) after the title indicates that a reservation is required.
- Programs are subject to change. Call the Center at 301-809-2300 for confirmation.
- There is no fee or tuition unless noted by "\$" above and in the event description.

## Let's Stay Active

Join our staff for some engaging programs. Here are descriptions of a few of them.

### **Nature Walk**

**Wednesday, December 1, 10 a.m. (weather permitting)**

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Witness how nature has prepared for winter. The group will meet in the lobby.



### **Walking the Labyrinth**

**Fridays, December 3 and 17, 10 a.m. (weather permitting)**

Walking the labyrinth offers an opportunity for meditation. It is a source of solace and can quiet a distracted or overactive mind. In today's hectic and stressful world, the outdoor labyrinth experience is a perfect way to disconnect from all the noise and hustle of everyday life. You are invited to walk the labyrinth at any time or join others on the scheduled days.

### **Phase 10 Card Game**

**Wednesday, December 1, 10 a.m.**

**Tuesday, December 14, 11:30 a.m.**

**Friday, December 17, 10 a.m.**

Phase 10 is a rummy-type card game with a twist. Be the first player to complete 10 varied phases with two sets of three, one run of seven, or seven cards with the same color. Each phase is specific for each hand, meaning each player must complete one phase before advancing to the next round. "Wild" and "Skip" cards add excitement.



### **Craft Corner – Snowy Jars and Wreath Ornaments**

**Monday, December 6, Noon.**

Deck the halls with boughs of holly. Fa-la-la-la, la-la-la-la. Christmas decorating season is officially here. This is the most wonderful, magical time of year. Create a mini Christmas wreath and a snowy jar that will illuminate any table or mantel.



### **Holiday Activities and Fun**

**Monday, December 13, 10 a.m.**

Please join us for some fun holiday activities that will get you moving, thinking, and, most importantly, laughing. Just bring your holiday cheer.

### **A History of Kwanzaa**

**Wednesday, December 22, 12:30 p.m.**

Learn about the origin of Kwanzaa. There will also be a discussion about the principles celebrated and the various ways of observing this relatively new tradition. Kwanzaa is observed from December 26 to January 1.



### **Christmas Carols and Hot Chocolate**

**Monday, December 20, 10 a.m.**

There is no better time to come together and listen to holiday music than the week of Christmas. Please join us for some hot chocolate while singing some Christmas carols and chatting with friends.

### **Let's Play UNO**

**Tuesday, December 21, 11 a.m.**

Card games can improve memory. Stimulating the brain via numbers, letters, colors, etc. enhances brain function. Join us in a few rounds of UNO—a fun and easy game to play. No experience is needed.



### **Activity Packets**

A new activity packet with puzzles, activities, crafts, and more is available each month to keep your brain engaged and your spirit joyful. Please stop by the Center to pick up a packet.

# Information and Services

## Information & Referral Services

*Monday through Friday, 9 a.m. – 2:30 p.m.*

The Center offers assistance to seniors in the community by providing information and referrals in areas such as health care, finance, family issues, housing options, and many others. Come to the Center or call 301-809-2377 for an appointment. Printed resources are also available.



This year-round outreach service is available to help equip seniors and their families with vital information needed to live the life they choose. Different informative presentations are given each month through the Better-Day-Live Chats.

## Better-Day-Live Chats

*Living with Loss through the Holidays*

*Thursday, December 2, 9:30 a.m.*

Join us for a conversation that offers support, honor, and memories. Strategies for coping during the holiday season will be explored. There will be an in-person and virtual presentation by a representative of the Hospice of the Chesapeake. The pain of grief is often felt physically as well as emotionally. During this presentation, you will be offered the opportunity to explore how grief shows up in your mind and body. Questions are welcome.

*How do you Know the New Normal?*

*Thursday, December 16, 9:30 a.m.*

Just take a look into 2022 and ask yourself “How do I know the new normal?” Make this personal. The new year is just a few weeks away and it’s time to review that term. Change is stressful, but there is usually a silver lining to be found somewhere when our normal shifts.

Come out and experience great techniques that are available to create a new normal self-care routine. Learn what happens when looking back and then pressing forward. This will be one of the best chats before leaving 2021 and embracing 2022.

## Medicare Choices

*Wednesday, December 1, 9 a.m. – 2 p.m. (By appointment only)*

When it comes to Medicare, you have choices. Medicare and You 2022 enrollment ends December 7. Schedule a one-on-one consultation with a qualified representative who will provide information to help you decide which plan is best suited for your needs and finances.

Call the Center at 301-809-2300 or stop at the front desk to make an appointment.

## Transportation Services

The city offers curbside-to-curbside transportation for Bowie seniors Monday through Friday. Transportation for medical appointments, shopping, Center activities, and other trips is available on a priority basis for seniors and adults with disabilities. These services are available only within city limits. The fare is \$1 each way. All riders must provide proof of COVID-19 vaccination and wear a mask. Appointments are required for all transportation services. When making an appointment, please let the staff know if a lift-equipped bus is needed. Please call 301-809-2324 or 301-809-2301 to set up an appointment at least 24 hours in advance.



Shuttle transportation will be available for grocery shopping on Mondays and Tuesdays. Riders will be picked up and returned to their homes after shopping. The Center offers shopping shuttle transportation on Tuesdays to stores in Bowie, departing from and returning to the Center.

***A transportation survey is coming soon.*** In order to provide the best services, we want to hear from you. Paper copies of the survey form will be available as well as an email version.

## **Tackle Type 2 Diabetes with Weight Training**

Mark Shields, Wellness Coordinator

Diabetes is a condition where your muscle cells no longer respond well to insulin so your body shoves sugar from the blood into your fat cells instead. This happens after sugar stays in the bloodstream longer than intended which can wreak havoc on your health. When you exercise, it increases your muscle cells' demand for energy so they start using insulin more efficiently which helps get the sugar into the muscles—which is a good thing.

For decades, the importance of doing cardio for weight loss and improved health has been heavily touted as the go-to form of exercise. However, recent research is showing a big benefit for starting a weight-training routine for Type 2 diabetics. As we age, muscle is lost. This process can be slowed down or even reversed by weight training. This, in turn, will help your body process sugar more effectively.

If you are not currently resistance training and want to improve your blood sugar issues, look into setting up a fitness orientation at the front desk. This is a great way to familiarize yourself with the equipment and discover which machines would best be suited for you.

## **Healthy Holiday Side Dish – Cauliflower Mac ‘n’ Cheese**

*Low calories and carbs*

**Ingredients for two servings:**

- 1 head cauliflower
- ¼ cup sour cream or Greek yogurt
- ½ cup shredded cheddar cheese
- Salt (to taste)
- Pepper (to taste)
- Fresh parsley, chopped (optional)

**Preparation:** Cut cauliflower into small florets (about four cups). Add florets to a six-quart Dutch oven of boiling water and boil for five minutes. Drain in a colander and return to the pot. Reduce heat to low. Add in salt, pepper, and sour cream, and stir until thoroughly combined. Stir in cheddar cheese until melted. Remove from heat. Top with parsley (optional).

One serving provides 253 calories, 15g fat, 19g carbs, 7g fiber, 7g sugar, and 14g protein.

## **Blood Pressure Screening**

*Tuesday, December 7, 10 – 11 a.m.*

*Monday, December 13, 10 – 11:30 a.m.*

*Thursday December 16, 10 – 11 a.m.*

A volunteer nurse will be on hand to check your blood pressure.



## **Hearing Screening**

*Wednesday, December 15, 10 – 11:30 a.m.*

For a screening by a hearing specialist, please schedule an appointment at the front desk or call 301-809-2300.

## **Support Group Meetings**

**Parkinson's Support Group via Zoom**

*Monday, December 27, 10 – 11:30 a.m.*

Please contact Art James at [artjames@msn.com](mailto:artjames@msn.com) to be added to the Zoom meeting.

**Caregiver Support (Virtual)**

*Every fourth Thursday, 6 p.m.*

Please contact Ann Craynon at [ann@acElderCareSolutions.com](mailto:ann@acElderCareSolutions.com) to be added to the meeting.



### **Red Cross Community Blood Drive**

Saturday, December 11 and January 8, 8:30 a.m. – 12:30 p.m.

Please call 1-800-733-2767 or visit [redcrossblood.org](http://redcrossblood.org) to make an appointment.

For access to the Center, **proof of COVID-19 vaccination must be shown** and a mask must be worn.

# Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716  
301-809-2300

[www.cityofbowie.org/seniorcenter](http://www.cityofbowie.org/seniorcenter)

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National Institute Of  
**Senior Centers**

## Mission Statement

The mission of the Bowie Senior Center is to serve, support, and enhance the lives of individuals 55 years and older by providing programs and services which promote active, independent, and healthy lifestyles.

The Center is open to all independent adults 55 years and older. There is no membership fee. The hours of operation are Monday through Friday, 8:30 a.m. – 4:30 p.m., and Saturday, 8:30 a.m. – 12:30 p.m. For more information about current programs, stop by or contact the Center.

## Staff

<b>Senior Services Manager</b> Laurel Raymond	301-809-2326	<b>Receptionist</b> Monica Leonard	301-809-2300
<b>Assistant Manager</b> Colleen Cofod	301-809-2325	<b>Maintenance</b> Ray Esguerra Andre Walton	
<b>Wellness Coordinator</b> Mark Shields	301-809-2376	<b>Transportation Supervisor</b> Sue O'Toole	301-809-2324
<b>Information &amp; Referral Specialist</b> Gloria Gaddy	301-809-2377	<b>Assistant Transportation Supervisor</b> Carlos Walton	301-809-2301
<b>Program Assistants</b> Michaeline Gandolph Trish McCants Sharon Wanzer	301-809-2327	<b>Bus Drivers</b> Robert Caldwell, Hank Lloyd, Keith Oden, Darryl Stafford, Ernie Watkins, and Lionel Williams	

## Advisory Board

The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. We encourage you to get to know the board members—Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

## Information for Bowie Seniors

**Homebound Senior Nutrition Program** – You may be eligible to receive seven frozen meal packs delivered to your home weekly. Please call Prince George's County Department of Aging at 301-265-8475.

**Hot Lunch Program** – A hot, nutritious lunch is served at the Center. Service begins at 11:30 a.m. For a monthly menu and more details about the program, please stop by the front desk. This program is provided to county residents 60 years and older by the Prince George's County Department of Family Services. A donation is requested. Reservations are required one week in advance by calling 301-809-2300.

**Bowie Food Pantry** – The pantry provides food to needy residents of Bowie. Eligible new clients must show ID with proof of a current Prince George's County address. Please call 301-262-6765 or check the website at [www.bowiefoodpantry.org](http://www.bowiefoodpantry.org) for more information.

**Neighbors Helping Neighbors** – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries, doing yard work, and picking up prescriptions. For information, visit the City of Bowie website at [www.cityofbowie.org/nhn](http://www.cityofbowie.org/nhn) or call Lori Cunningham at 240-544-5601.

**Free Notary Service** – The Center is now offering a free notary service. To schedule an appointment, please call Colleen Cofod at 301-809-2325.

## Prince George's County Aging and Disabilities Services

Information and Assistance – 301-265-8450

Home-delivered Meals – 301-265-8475

Alternative versions of this newsletter are available upon request.