

February 2022



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Quick Pick-Up Information Station

Available in the Center's Vestibule

In an effort to continue to provide vital information during these unpredictable times, the staff has created an information station just inside our front door. This is designed to meet the needs of seniors who would prefer to just pick up information rather than come into the building. It will include the monthly newsletter, activity packet, home exercises, health and wellness tips, interesting history fact sheets, simple craft projects, and more. You can take this information and peruse it in the comfort of your own home. Check it out.

Black History Month

Black History Month is an annual celebration to honor prominent African-American leaders and others of the past as well as present day who have made significant contributions to the nation and the world.

Presidential Memorabilia Display – Friday, February 18, 10 a.m. - noon

From the Obama administration back to Regan, Center member Lottie Graham shares photographs, invitations, and other items from the 30 years that she worked at the White House. Step back into history as you peruse this unique exhibit.

Remembering Dr. Martin Luther King, Jr. – Wednesday, February 23, 10 a.m.

Reminisce with us as we reflect on a montage of interviews and speeches by Dr. King. Listen to him explain his nonviolent revolution. Remember how a minister of a local church forged a national movement.

Famous African-American JINGO – Thursday, February 24, 12:30 p.m.

This game will feature details on African-American politicians, actors, sports figures, musicians, and leaders. Join us as we celebrate their notable contributions to society. Learn and have fun at the same time.

Black Musicians Who Changed Music Forever – Friday, February 25, 12:30 p.m.

The music industry has been touched by some remarkable singer-songwriters and performers over the years. Genres like jazz, soul, rock, gospel, and R&B have been transformed by prolifically talented black artists who have altered the course of music. Listen to some of their familiar songs and talk about their amazing careers.

Variety Show Performance

Tuesday, February 15, 12:30 p.m.

You won't want to miss this show. The South County ShowStoppers are in their 10th year and going strong. The group is comprised of more than 40 volunteer senior citizens who perform variety shows with singing, dancing, and comedy. Ranging in age from 60 to 94, all are energetic and enthusiastic and each share a commitment to oneself as well as to the community. There is no fee but registration by February 11 is required. Space is limited so register early. The South County ShowStoppers' motto is "We Aspire to Inspire Before We Expire."

Center will be closed February 21 for Presidents' Day.

Computer Classes

To slowly restart the Center’s Computer Education Program, three class sessions are being offered in February. The theme will be Computer Usage Review.

Session One – Computer Basics, Wednesday, February 2, 10 – 11:30 a.m.

This session will cover the basic elements of computers and usage including hardware, operating system, input devices, text editing, and saving.

Session Two – Windows 10 and Internet, Wednesday, February 9, 10 – 11:30 a.m.

This session will cover the many features and uses of the Windows 10 operating system and internet access and safety.

Session Three – Office Applications, Wednesday, February 16, 10 – 11:30 a.m.

This session will cover an overview of the three most popular application of the Microsoft Office suite: Word, Excel, and PowerPoint.

In the event of a weather-related cancellation, Wednesday, February 23, will be a make-up day.

Registration is required as class size is limited to 12. A one-time registration and \$15 tuition fee covers all three sessions. A synopsis for each session is available at the front desk.

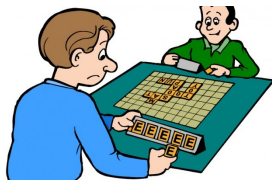
Center Day Trips

Trip Information – Chartered bus trips depart from and return to the Kenhill Center, 2614 Kenhill Drive, Bowie. Please park in the side lot only. All other trips depart from and return to the Senior Center. For additional trip details, please see the trip board located in the Center’s hall outside of the administrative offices. Enroll now.

April			
5 (Tu)	Arundel Mills/Live Shopping and gaming	Meet at the Center (Lunch on your own)	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
20 (Tu)	Rocky at Toby’s Dinner Theater	Meet at the Center Toby’s COVID requirement – Each patron must present proof of COVID vaccination upon entry.	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
29 (Fri)	Hillwood Museum and Gardens	Meet at Kenhill Center (Walking/lunch on your own)	9:15 a.m. – 3:30 p.m. Res. \$65/NR \$70
May			
5 (Th)	Ocean City Springfest	Meet at Kenhill Center	8:15 a.m. – 5:30 p.m. Res. \$45/NR \$48
18 (We)	Mormon Temple Open House – self-guided tour	Meet at Kenhill Center (Lots of walking)	11:15 a.m. – 2:00 p.m. Res. \$15/NR \$17
12 (Th)	Wegmans in Crofton	Meet at the Center (Shopping and lunch on your own)	9:30 a.m. – 1:30 p.m. Res. \$10/NR \$12
24 (Tu)	Harrington Casino	Meet at Kenhill Center No buffet service. Other eateries are open and patrons can eat in the buffet area.	8:15 a.m. – 3:45 p.m. Res. \$38/NR \$42
June			
7 (Tu)	National Harbor/MGM Shopping, food, and gaming	Meet at the Center (On your own)	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
16 (Th)	Lawdew Topiary Gardens and Boordy Vineyards	Meet at Kenhill Center (Lunch and wine tasting included)	8:15 a.m. – 3:30 p.m. Res. \$95/NR \$100

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.


Groups and Club Meetings		
Advisory Board	First Tuesday	10 a.m.
Bonsai Club	No meeting until March	
Bookworms	First Wednesday	10 a.m.
Computer Help Lab	Wednesdays	12:30 – 3 p.m.
Magic Club	First and third Wednesdays	10 a.m.
Seniors Computer Club	First and third Thursdays	12:30 – 2:15 p.m.
Writers Group	Tuesdays	9:30 a.m.



Weekly Games		
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	1 – 4:30 p.m.
	Tuesday	3:30 – 4:30 p.m.
	Thursday	3 – 4:30 p.m.
	Friday	3:30 – 4:30 p.m.

In-Person Spring SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Int. Piano 9:00 Art Design and Comp. 10:00 Int. Sign Language 10:30 Tai Chi 11:00 Adv. Piano 12:30 Stained Glass 1:00 Amer. Hist. 1:00 Tap Dance 1:00 Zumba	9:00 Studio Art 10:00 Current Issues 12:00 Beg. German 12:30 Amer. Hist. 12:30 Printmaking 1:00 Line Dancing	9:00 Painting 9:00 Stained Glass 9:30 Int. Guitar 10:00 Beg. Sign Language 10:00 Alaska 11:00 Spanish I 1:00 French Revolution 1:30 Tai Chi 2:00 Spanish II 2:00 Estate Planning	9:30 Beg. Guitar 10:00 Studio Fine Arts 10:00 Beg. Sign Language 12:15 Pilates 2:00 Music Appreciation	9:30 Beg. Drawing 9:30 Intro. Improv 10:00 Beg. Jewelry 10:00 Italian 10:30 Tai Chi 12:30 Modern Painting 1:30 Chinese Exercise	8:30 Adv. Yoga 10:20 Beg. Yoga

February Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
	1 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Advisory Board 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	2 10:00 Computer Class 10:00 Bookworms 10:00 Phase 10 10:00 Nature Walk 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	3 9:45 Chair-obics 10:00 Bid Whist 12:30 Computer Club 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	4 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
7 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	8 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 1:00 Memory Café 1:00 Bridge 3:30 Table Tennis	9 10:00 Computer Class 10:00 Crime Prevention 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	10 9:30 Better Day Live 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	11 12:30 Duplicate Bridge 3:30 Table Tennis
14 10:00 Blood Pressure 12:30 Friendship Day 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli 	15 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 10:00 Phase 10 12:30 ShowStoppers 1:00 Bridge 3:30 Table Tennis	16 10:00 Computer Class 10:00 Magic Club 10:00 Hearing Screening* 12:30 Bridge 12:30 Computer Help 1:00 Scrabble	17 9:45 Chair-obics 10:00 Bid Whist 12:00 Birthday Recognition 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	18 10:00 Presidential Display 10:00 Phase 10 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
21 Closed for President's Day	22 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	23 10:00 Remembering MLK 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	24 9:30 Better Day Live 9:45 Chair-obics 10:00 Bid Whist 12:30 Famous African-American JINGO 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	25 12:30 Black Musicians 12:30 Duplicate Bridge 3:30 Table Tennis
28 12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis				

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.

Ceramics Workshops

Tuesdays; March 1, 8, 15, and 22; or Thursdays, March 3, 10, 17, and 24, 9 a.m. – noon

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.

Let's Stay Active

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

Nature Walk

Wednesday, February 2, 10 a.m. (weather permitting)

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



Phase 10 Card Game

Wednesday, February 2, 10 a.m.

Tuesday, February 15, 10 a.m.

Friday, February 18, 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.

Bookworms

Wednesdays, February 2, 10 – 11 a.m.

The book for February is *The Answer Is* by Alex Trebek. The book for March is *The Sum of Us* by Heather McGhee.



Walking the Labyrinth

Fridays, February 4 and 18, 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.

Friendship Day

Monday, February 14, 12:30 p.m.

Gather to celebrate the many friendships that have formed through participating in classes and activities here at the Center. Reminisce about your lifelong friendships, listen to poetry celebrating friends of all kinds, and receive a token to share with your "besties." Spread the love of friendship on this special day.

Let's Play UNO

Tuesday, February 22, 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.

Nature Presentation – Spring Colors and Animals

Save the date – Wednesday, March 9, 10 a.m.

This is a fun new hands-on program about Maryland's most prominent animals. Learn about local animals and animals from around the world. Delve into animal habitats and history. Meet a few animals and learn interesting facts about them. Presented by Echoes of Nature.

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

Are You Living Well?

Thursday, February 10, 9:30 a.m.

John Bodecker and his team will discuss a customized roadmap to aging well and plans that will help you live a full and enriching life at home. This is the time to plan and see your plan come true. This event is free and space is limited.

There will be an opportunity to ask questions and share what you have experienced as you age well. This is the time to get information firsthand.

Caregiver Appreciation

Thursday, February 24, 9:30 a.m.

It's a new year and time to say "Thank You" to non-paid caregivers. Come and see how we celebrate them. We will honor those individuals who help our loved ones live better lives by providing loving care. Caregivers spend many hours taking care of those who need care as well as assisting those who self-care. Come and support this event. Hear stories of how hard caregivers work and how they love doing what they do. This event is free and space is limited.

Transportation Services

The city offers curb-to-curb 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.

Note: Please see the Weather Policy on page 7 for transportation service cancellations due to bad weather.

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.



Red Cross Community Blood Drive

Saturday, February 5 and March 12, 8:30 a.m. – 12:30 p.m.

Please call 1-800-733-2767 or visit 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.

Love Your Heart Month

Wellness Coordinator, Mark Shields

February is National Heart Health month. To keep your New Year's resolution of improving your health, here are some quick tips to keep your heart healthy.



- Strive for five. Eat five different fruits and vegetables every day.
- Decrease trans-fats, also known as partially hydrogenated oils, in your diet. These are typically found in highly processed prepackaged foods to help increase shelf life.
- Walk more. It's one of the simplest ways to be healthier. Walking outside can boost your heart health.
- Spend time outside. There's just something about being outdoors in nature that reinvigorates us and reduces stress.
- Floss regularly. Our oral health is a good marker for overall heart health status, both directly and indirectly.
- Include nuts in your diet if you're not allergic. These contain some protein, as well as heart-healthy fats.
- Know your numbers. Two key ones to focus on are blood pressure and blood sugar levels.

Safety and Crime Prevention

Wednesday, February 9, 10 a.m.

Bowie community service officers will offer safety and crime prevention tips and recommendations. The presentation will cover phone scams, theft from autos, and other property crimes. You don't want to miss this.

Blood Pressure Check

Monday, February 14, 10 – 11:30 a.m.

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



Hearing Screening

Wednesday, February 16, 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.

Parkinson's Support Group via Zoom

Monday, February 21, 10 – 11:30 a.m.

Please contact Art James at 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 to be added to the meeting.

Weather Policy

When Prince George's County Public Schools cancel in-person classes for the day 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. If public schools are to close two hours early due to the weather, all classes and scheduled activities after 2 p.m. are canceled.

Bowie Senior Center

14900 Health Center Drive, Bowie, Maryland 20716

301-809-2300

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

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

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 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 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.