

March 2022



# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## **Mardi Gras Day Celebration**

*Tuesday, March 1, 12:30 p.m.*

At this time of year, the carnival season in New Orleans, known as Mardi Gras, is in full swing with music, parades, and parties. Join us as we listen to some lively music of the season. We will distribute colorful masks and beads to spice up the celebration. Light refreshments will be served. Space is limited so preregister at the front desk.



## **Nature Presentation – Spring Colors and Animals**

*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.

## **St. Patrick's Day and Laughter Yoga**

*Thursday, March 17, 12:30 p.m.*

'Tis more than just Irish eyes that will be smiling at the Center come mid-March 'cause there will be fun for all as we dress in anything **GREEN**. With a little luck, some green, and a lot of laughter, we're going to leave our worries behind as we lift our spirits with certified Laughter Yoga instructor, Cathy Lacey. Our rainbow will lead us to a pot of gold called happiness. Space is limited so preregister at the front desk.



## **Spring Has Sprung – Let's Get Planting**

*Wednesday, March 23, 10 a.m.*

Join us to celebrate spring with new growth and friendship. You've heard of Pet Rocks. Now is your chance to have your very own pet plant. Take home a plant to beautify your home.

There will be a short presentation giving tips on how to plant, where to place your plant in your home, and the signs of when your plant needs watering. Due to a generous donation, all supplies will be provided for each participant—pot, soil, and indoor plant. Preregister at the front desk.

Volunteers from the Bowie Green Team, Bowie-Crofton Garden Club, and Center nature walkers will assist with this program. Some participants may want to take a short walk outside and see some signs of spring, weather permitting.

## **Bowie Senior Chorale Presents "The 60s"**

*Save the date, Friday, May 13, 2 p.m.,*

*or Saturday, May 14, 2 p.m.*

These spring concert performances will celebrate the extraordinary music of the 60s—the Beatles, Motown, folk tunes, and more classics from one of the best musical decades ever. The 60s was considered a revolutionary musical period blending many styles to create the musical accompaniment for a time of peace and love, political unrest, new beliefs, and expressions. Craig Sparks, chorale director, has chosen a program of iconic songs for the 60-member chorale to perform. The program will surely include some of your favorites.

Tickets are \$5 and can be purchased beginning March 21 at the front desk. Space is limited.

## Computer Classes

A regular schedule of computer classes will resume in April. Offered classes will be Computers 1, 2, 3, Microsoft Word, and Excel. Synopses, schedule, and tuition are available in a flier available at the information station in the front lobby. Enrollment is required and a minimum of five students is required before a class will be taught.

Note: Students enrolled in the Computer 3 class when the Center was shut down in March 2020 may reenroll without additional tuition.

## Join the Bonsai Club

**Thursday, March 10, 9:30 a.m. – noon**

You are invited to participate in the first meeting of the year for the Bonsai Club. The club meets the second Thursday of each month. Membership is open to all Center members and no previous experience with bonsai is necessary. The club focuses on teaching bonsai horticulture and training techniques, as well as the artistic aspects. Meetings consist of demonstrations, discussions, and hands-on work on members' bonsai.

## Coffee with the Advisory Board

**Tuesday, March 1, 11 a.m.**

Members of the advisory board will join us in the dining room for a half hour of coffee and conversation. Everybody is welcome. The coffee is free and the conversation should be lively. This is your opportunity to offer suggestions and ideas. All Center members are encouraged to participate.

## 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)	Live! Arundel Mills Shopping and gaming	Meet at the Center (Lunch on your own)	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
20 (We)	<i>Rocky</i> 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
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
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
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.

<b>Groups and Club Meetings</b>		
Advisory Board	First Tuesday	10 a.m.
Bonsai Club	Second Thursday	9:30 a.m.
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.



<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 Spring SAGE Class Schedule</b>					
<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>
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. 1:00 Line Dancing	9:00 Painting 9:00 Stained Glass 9:30 Int. Guitar 10:00 Beg. Sign Language 11:00 Spanish I 1:30 Tai Chi 2:00 Spanish II 2:00 Estate Planning	9:30 Beg. Guitar 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

## March Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
	<b>1</b> 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Advisory Board 10:00 Bid Whist 11:00 Coffee with the Advisory Board 12:30 Mardi Gras 1:00 Bridge 3:30 Table Tennis	<b>2</b> 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	<b>3</b> 9:30 Better Day Live 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	<b>4</b> 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
<b>7</b> 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>8</b> 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 10:00 Women's Day 1:00 Bridge 3:30 Table Tennis	<b>9</b> 10:00 Nature Presentation 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>10</b> 9:30 Bonsai Club 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>11</b> 12:30 Duplicate Bridge 12:30 Horse Racing 3:30 Table Tennis
<b>14</b> 10:00 Blood Pressure 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>15</b> 9:00 Ceramics*\$ 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 10:00 Phase 10 1:00 Bridge 3:30 Table Tennis	<b>16</b> 10:00 Magic Club 10:00 Hearing Screening* 12:00 Birthday Celebration 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	<b>17</b> 9:30 Better Day Live 9:45 Chair-obics 10:00 Bid Whist 12:30 St. Patrick's Day 12:30 Computer Club 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>18</b> 10:00 Phase 10 10:00 Labyrinth Walk 12:30 Duplicate Bridge 3:30 Table Tennis
<b>21</b> 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	<b>22</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>23</b> 10:00 Spring Has Sprung 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>24</b> 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	<b>25</b> 12:30 Duplicate Bridge 3:30 Table Tennis
<b>28</b> 12:30 Pinochle 1:00 Machiavelli 1:00 Table Tennis	<b>29</b> 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	<b>30</b> 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	<b>31</b> 9:45 Chair-obics 10:00 Bid Whist 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 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.



## **Nature Walk**

*Wednesday, March 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.



## **Bookworms**

*Wednesdays, March 2, 10 – 11 a.m.*

The book for March is *The Sum of Us* by Heather McGhee. The book for April's is *The Lincoln Highway* by Amor Towles and for May it's *His Truth is Marching On: John Lewis and the Power of Hope* by Jon Meacham.



## **Walking the Labyrinth**

*Fridays, March 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.

## **International Women's Day**

*Tuesday, March 8, 10 a.m.*

In recognition of the achievements of women from around the world, we will play a game to refresh your memory of the accomplishments of women in politics, sports, and the arts. Hopefully, we will be motivated to explore more amazing accomplishments made by women.

## **Ceramics Workshops**

*Tuesdays; April 4, 11, 18, and 25, 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.

## **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.

## **Artists of the Month**

*Ellen Baer's Studio Fine Art Class*

"Color is a means of exerting direct influence on the soul." This statement, attributed to Russian artist Wassily Kandinsky, was the inspiration for Ellen Baer's Studio Fine Art class at the Bowie Senior Center during the Fall 2021 semester.

This month's art exhibit at the Center entitled "As I See It" will highlight student paintings from this course. The artwork is based on concepts the students learned from Ellen's lectures and assignments focused on color.

Student artists experimented in a rainbow of styles as they sought to improve their color mixing knowledge, evoke emotions through their art, and portray luminosity in their paintings.

Be sure to stop by the Center to see experiments with bold and neutral colors, pictures based on folklore and traditional stories, and the many different ways the world is expressed and seen through color.



# 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

### *Income Tax Tips*

*Thursday, March 3, 9:30 a.m.*

This chat will be a review of some tax tips shared by local experienced tax consultants. Changes and due dates are important when it's tax time. First step in tax preparation is getting all of your records together along with last year's tax returns. Come prepared with questions that might help you get your return completed on time and without errors.

### *“What if’s” for Seniors*

*Thursday, March 17, 9:30 a.m.*

How well do we know ourselves? What if we can't maintain our independence and quality of life? What if we have to move out of our home. What if we become unable to manage financial needs? What if we become lonely? These are just a few *what if's* we may face. This conversation may help reduce stress and anxiety especially during this Covid-19 pandemic. Many seniors have had to wonder about a lot of what if's and did not have the information nor resources to work things out. This presentation will help put the *what if's* out of your mind. Join in the conversation and bring your *what if's* to place in the basket of forgetfulness. There will be prizes and fun for all.

## 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.

## 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.



## **Immune System Boost**

Wellness Coordinator, Mark Shields

Zinc is an essential nutrient that plays a critical role in immune function and wound healing. Because of its ability to help your immune system, it is sometimes added to OTC medicines.

Those that can be at risk for low zinc levels are vegetarians, those with sickle cell anemia, and those with chronic kidney disease.

Studies show that zinc supplementation can significantly reduce the risk of infections and boost immune system response in older adults. When older adults supplement with zinc it is also been shown to improve your body's response to the flu vaccine.

If you want to consume more zinc via your diet, then the following foods will be a good source: shellfish, beef, pork, salmon, sardines, black beans, lentils, chickpeas, cashews, milk, yogurt, cheese, eggs, oats, quinoa, brown rice, kale, peas and asparagus. Animal based sources will be more easily absorbed by the body. While zinc from food sources is rarely problematic, be sure to discuss with your doctor if you decide to supplement with zinc as too much can cause side effects as well as block absorption of other minerals such as iron.

## **Getting Back to a Routine**

Have the past two years gotten you out of your exercise routine? Here are some tips to get back safely into the swing of things.

- Start small and try not to pick up where you left off. Less is better here. Instead of an hour-long class, try a 30-minute one. The Center offers two such classes: Chair Fitness and a slightly faster-paced Chair-obics.
- Set a realistic goal. Instead of trying to work out five days per week, aim for three to start off.
- Grab a friend and make each other accountable.
- Reimagine what working out means to you. Exercise doesn't have to be on a treadmill or bike if you find that boring. Maybe you enjoy other physical activities such as walking, table tennis, or Bocce Ball. You may also consider signing up for Pickleball at the City Gym.

## **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, March 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, March 21, 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, March 12 and April 23, 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

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## **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>	301-809-2324
<b>Information &amp; Referral Specialist</b> Gloria Gaddy	301-809-2377	<b>Assistant Transportation Supervisor</b>	301-809-2301
<b>Program Assistants</b> Trish McCants Sharon Wanzer	301-809-2327	<b>Bus Drivers</b> 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](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.