

August 2022



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Bowie Senior Chorale

The chorale is inviting new members to sing with sheer joy at the holiday concerts. “Sheer Joy” is the theme of the concert which will feature joyous, upbeat traditional, and innovative seasonal songs. It is sheer joy for the chorale to resume its weekly rehearsals to make beautiful music together. Current and past members are requested to register by August 11, when rehearsals begin.



New members are eagerly welcomed. Chorale members don’t need musical training, nor do they need to read music. They only need to enjoy singing in a group and attend the Thursday rehearsals, from 2:30 to 4:30 p.m., and perform in the December concert. There is a \$30 fee for Bowie residents and \$35 for nonresidents. Members may be requested to wear masks at rehearsals depending upon current COVID precautions.

Craft Workshop: Collage in the Round

Tuesday, August 23, 9:30 a.m. - noon

Join us for a morning of cutting, gluing, and celebrating the *artist that you are!* Using cardboard rounds as your canvas, you will create your individual hanging collage. Michelle Johnson will lead the workshop and engage the group in conversations about the art that you have experienced throughout your life. The workshop is free. Please register by August 19.

Stronger Memory Program

Fridays, 10 – 10:30 a.m. for 12 weeks starting September 9

This program is designed to support brain health in older adults by encouraging participants to practice simple activities that trigger brain function. A facilitator will provide support for your brain health journey. There is no fee but pre-registration by September 2 is required.

AARP Driver Safety Course

Tuesday, September 13, or October 25, or Thursday, November 10, 10 a.m. – 2:30 p.m.

The Driver Safety Course is based on the latest driver safety research and insights. You will learn driver strategies and refresh your knowledge of the latest rules, state laws, and hazards of the road. Upon completion of the course, contact your auto insurance agent to inquire about a discounted rate. The discount is good for 3 years. Contact the Center to register. The fee is \$20 for AARP members or \$25 for nonmembers.

Intro to Pickleball

Mondays, September 12 through October 17, 10:15 – 11:30 a.m.

Have you heard about the fastest growing sport in America? A large part of the popularity is among the senior population because it is generally more joint friendly than many other recreational or competitive sports.

If you’re interested in learning the basics of the game in a small friendly group atmosphere sign-up at the Center’s front desk. Wellness Coordinator, Mark Shields, will show you how to enjoy the physical and social aspects of the game. Space is limited. These classes will take place in the City Gym.



Get Ready for a Fashion Show

Tuesday, September 20, 12:30 p.m.

Here is your opportunity to walk the runway and shine. Explore your very own closet to find just the perfect outfit that you would like to model. Let's face it, over the past couple of years, many of us have not worn some of our favorite and special ensembles. Our social calendars took a hit due, in part, to the pandemic. We encourage you to "Strut Your Stuff" with us for a lighthearted and delightful fashion show. Please sign up at the front desk by August 31. One of our staff will contact you for a description of your outfit and to share further details with you.



Don't Forget to Hydrate

Be sure that you stay properly hydrated in the summer heat. Being even slightly dehydrated can impact your movement which by itself could lead to increased risk of injury.

From impacting your nerves and muscle function, to heart rate and body temp, being adequately hydrated is crucial for our survival. As we age our internal thirst mechanism becomes less functional, so it's important to consume fluids even if you aren't thirsty. It doesn't all have to be via drinking water. Tea and even coffee, contrary to popular belief, count toward your fluid intake. Another way to get more fluids is by eating more fresh veggies and fruit. Fruit such as watermelon and oranges have very high water content. The old saying goes drink eight, 8 oz glasses of water per day. While that's not grounded in any scientific evidence, it tends to be a good rule of thumb to follow.

If you're going to be spending lots of time outdoors or engaging in physical activity that causes a great deal of sweating, you may want to consider adding in an electrolyte type of drink, such as a low sugar Gatorade version. Don't wait for thirst to set in, be sure to drink fluids throughout the day. Your body will thank you for it.

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.

August			
11 (Th)	Suicide Bridge Cruise Registration closes Aug.3	Meet at Kenhill Center	9:30 a.m. – 5:30 p.m. Res. \$120/NR \$125
26 (Fr)	DC Waterfront, SW Washington (The Wharf)	Meet at Kenhill Center (Shopping and lunch on your own. Lots of walking)	9 a.m. – 3 p.m. Res. \$31/NR \$36
September			
1 (TH)	Patuxent River Park Jug Bay Natural Area	Meet at Senior Center	8:45 a.m. – 2:30 p.m. Res. \$14/NR \$16
14 (We)	<i>Ghost</i> , the Musical Toby's Dinner Theater	(Sold out) Meet at the Senior Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69
October			
20 (Th)	Sunfest at Ocean City Registration opens July 18	Meet at Kenhill Center	8:15 a.m. – 5:30 p.m. Res. \$45/NR \$48
November			
17 (Th)	Arundel Mills/Live Registration opens Sept. 2	Meet at Senior Center	9:30 a.m. – 2:30 p.m. Res. \$15/NR \$17
30 (We)	<i>It's a Wonderful Life</i> Toby's Dinner Theater Registration opens Sept 2	Meet at Senior Center	9:45 a.m. – 3:45 p.m. Res. \$65/NR \$69

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

Groups and Club Meetings		
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.
Deaf Support	First Thursday	9:30 a.m.
Magic Club	First and third Wednesdays	10 a.m.
NARFE	Third Thursday	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. 9 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.

Come Play Bocce Ball

The bocce ball court has been refreshed and is ready for use. The partially-shaded court will be available for play as long as the weather cooperates. If you'd like to bring some friends and play, just stop at the front desk, pick up the equipment, and head on out.



Computer Club Meetings and Help Sessions

The Bowie Seniors Computer Club meets every first and third Thursday of each month at 12:30 p.m. The first meeting of the month will be in person in Classroom 1 at the Center. The second meeting of the month will be via Zoom. Log-in information is provided in the meeting announcement. Email dahackenberg@verizon.net to be added to the announcement distribution list.

Knowledgeable Center volunteers hold weekly computer help sessions each Wednesday afternoon from 12:30 to 3 p.m. Members may bring in a computer, ask questions, or practice computer skills.



The next computer class sessions will return in September. Classes include Computers 1, Computers 3, and Excel. October classes will include Computers 2 and Word. Registration will begin August 1 and registration help will be available in the lobby Wednesday, August 17, 9:30 – 11 a.m. Schedules and synopses will also be available starting August 1.

August Activity Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
1 12:30 Pinochle 12:30 Musical Monday 1:00 Table Tennis 1:00 Machiavelli	2 9:30 Writers Group 9:45 Chair-obics 10:00 Advisory Board 10:00 Bid Whist 10:00 Horse Racing 1:00 Bridge 3:30 Table Tennis	3 9:00 Nature Walk 10:00 Bookworms 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	4 9:00 Bid Whist 9:30 Deaf Support 9:45 Chair-obics 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	5 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 Duplicate Bridge 12:30 Musical Friday 3:30 Table Tennis
8 10:00 Blood Pressure 12:30 Pinochle 12:30 Musical Monday 1:00 Table Tennis 1:00 Machiavelli	9 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 1:00 Artist Reception 1:00 Bridge 3:30 Table Tennis	10 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	11 9:00 Bid Whist 9:45 Chair-obics 9:30 Bonsai Club 9:30 Better Day Live 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	12 9:00 Walk Aerobics 10:00 Horse Racing 12:30 Duplicate Bridge 12:30 Musical Friday 3:30 Table Tennis
15 12:30 Pinochle 12:30 Musical Monday 1:00 Table Tennis 1:00 Machiavelli	16 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 11:00 Meet and Greet 1:00 Bridge 3:30 Table Tennis	17 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	18 9:00 Bid Whist 9:30 Who Will Help 9:45 Chair-obics 9:30 Better Day Live* 12:30 Pinochle 12:30 Bingo 1:00 Mahjong 3:00 Table Tennis	19 9:00 Walk Aerobics 10:00 Labyrinth Walk 12:30 Duplicate Bridge 12:30 Musical Friday 3:30 Table Tennis
22 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	23 9:30 Writers Group 9:30 Craft Workshop* 9:45 Chair-obics 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	24 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble	25 9:00 Bid Whist 9:45 Chair-obics 10:00 Karaoke 12:30 Bingo 12:30 Pinochle 1:00 Mahjong 3:00 Table Tennis	26 9:00 Walk Aerobics 12:30 Duplicate Bridge 12:30 Musical Friday 3:30 Table Tennis
29 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	30 9:30 Writers Group 9:45 Chair-obics 10:00 Bid Whist 1:00 Bridge 3:30 Table Tennis	31 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble		

Schedule Notes:

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

Enjoy Outside Activities at the Center

This is a great time of year to enjoy the Center. Have you experienced the peace and tranquility of walking the labyrinth, enjoyed a rousing game of bocce ball or horseshoes, sat at the gazebo or on the back patio surrounded by flower gardens, taken a nature walk to learn about native plantings, or explored the beautiful butterfly waystation garden? The garden is teeming with activity—bees, hummingbirds, and, most importantly, monarch butterflies. Spend some time outdoors and watch the gift of nature during the busiest time of the year.

Nature Walk

Wednesday, August 3, 9 a.m. (weather permitting)

Join volunteer Cecelia Reddy and other nature lovers for a walk around the Center grounds. Enjoy nature in full bloom. The group will meet in the lobby.



Bookworms

First Wednesday of the month, 10 – 11 a.m.

July – *The Last Thing He Told Me* by Laura Dave.

August – *On Tyranny* by Timothy Snyder.

September – *Russians Among Us: Sleeper Cells, Ghost Stories and the Hunt for Putin's Spies* by Gordon Corera (Lead – VaLerie Hill)

October – *The Book Woman of Troublesome Creek* by Kim Michele Richardson (Lead – Susan Price)

New Members Meet and Greet

Tuesday, August 16, 11 a.m.

Are you a new Center member and still feel like you are settling in with us? Would you like to get better acquainted with other members? Join us for some cookies and punch and make new friends. Staff and volunteers will be available to answer any questions about the wonderful opportunities the Center has to offer.

Artist of the Month – Otella Brantmier

Reception, Tuesday, August 9, 1 p.m.

Multi-media artist Otella Brantmier has been in the art field most of her life. She has designed stage sets and produced local television shows in her hometown. Her creative talents lead to designing cards for retail and writing a children’s book. Her folk art has been displayed in galleries in several cities in her home state of Wisconsin. She has exhibited here in the past and taught Big Brush Stroke art classes. We are delighted to welcome Otella back and we know you will enjoy her colorful show.

Musical Mondays and Fridays

Mondays and Fridays, 12:30 – 1:30 p.m.

Join us to listen and dance to the tunes by DJ Robert Downs. Robert is a volunteer here at the Center and likes to see people get up and move to tunes from throughout the decades.

Creative Corner

Be on the lookout for our Creative Corner in the dining room. Throughout the week we hope to inspire your mental, physical, and creative juices. We will have a variety of activities such as corn hole, adult coloring, writing, and educational worksheets designed to help keep your mind sharp.

SAGE – Continuing Education Program

The Center partners with the Prince George’s Community College SAGE (Seasoned Adults Growing Educationally) program to offer three semesters of in-person and Zoom classes throughout the year. The vast selection of classes includes art, history, dance, music, language, literature, self-awareness, writing, finance, exercise, stained glass, jewelry making, and more. Registration for the fall classes will begin in September for classes starting in October.

In-Person Summer SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Int. Piano	9:00 Mixed Media	9:00 Stained Glass	9:00 Ceramics I	9:30 Beg. Drawing	8:30 Adv. Yoga
9:00 Zumba Gold	9:00 Ceramics I	9:30 Painting	9:30 Beg. Guitar		10:20 Beg. Yoga
10:00 Int. ASL	10:00 Current Issues	9:30 Int. Guitar	10:00 Adv. Color Theory	10:00 Beg. Jewelry	
10:30 Tai Chi	11:00 Ceramics II	10:00 Yoga	10:00 Beg. ASL	10:30 Tai Chi	
11:00 Adv. Piano	12:30 Printmaking	11:00 Stained Glass	11:00 Ceramics II	1:30 Chinese Exercise	
12:30 Stained Glass	12:30 Amer. Hist.	1:30 Tai Chi	12:15 Pilates		
1:00 Tap Dance	1:00 Line Dancing				

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

Life is Better with Plans

Thursday, August 11, 9:30 a.m.

We live in a fast-paced kind of world, don't we? Texting and e-mailing are the new norm. However, seeing or hearing someone in person often makes things clearer. Come out to hear a team of professionals who will provide information to help you tailor a plan that will work for your lifestyle. Planning ahead helps you to be prepared for the unexpected.

Self-Care

Thursday, August 18, 9:30 a.m.

Is there something missing in your life? It just might be the neglect of yourself. This session will empower you to make yourself a priority. Discover how to carve out moments of your day to focus on what you love about life, let go of guilt, think positively, and experience self-compassion. Your busy life becomes easier to manage when self-care is a priority. You will recharge more quickly and, more importantly, protect your physical, mental, and emotional health. Registration is required, as space is limited. This session will be facilitated by Gloria Gaddy, Information and Referral Specialist.

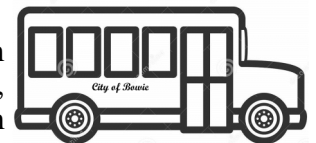
Falls Prevention Course

Fridays, September 23, 30, and October 7, 10 – 10:45 a.m.

September is Falls Prevention Month and the Center will be offering a three-week course to help prevent falls. This free course will be a mix of identifying risks around the home and exercises to reduce the risk of falling. The Center's Wellness Coordinator, Mark Shields, will lead this course. Space is limited so sign up at the front desk.

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. 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 to set up an appointment at least 24 hours in advance.



Shuttle transportation will be available for grocery shopping on Mondays, Tuesdays, and Thursdays. 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.

Walk Aerobics

Fridays, 9 a.m.

This popular exercise class mixes low-impact aerobics with stretching and some light resistance band training. Whether you're looking to get your heart rate pumping or meet new friends, this class has it all. Space is limited for this drop-in program.



Blood Pressure Check

Monday, August 8, 10 – 11:30 a.m.

A healthcare volunteer will check your blood pressure.



Parkinson's Support Group

Monday, August 15, 10 – 11:30 a.m. (Virtual)

Please contact Art James at artjames@msn.com to be added to the meeting.

Dance for Parkinson's

For many years the Parkinson Foundation of the National Capital Area (PFNCA) (www.pfnca.org) provided a weekly Dance for Parkinson's class at the Center. The class moved online during the pandemic. PFNCA is considering resuming the in-person class at the Center on Saturday mornings. If you are interested in participating or learning more, please email pfnca@parkinsonfoundation.org and write "Bowie Dance" in the subject line.

Hearing Screening

Wednesday, August 17, 10 – 11:15 a.m.

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

Caregiver Support

Every fourth Thursday, 6 p.m. (Virtual)

Please contact Ann Craynon at ann@acElderCareSolutions.com to be added to the meeting.

Support and Fellowship

Second and fourth Wednesdays, 9:30 – 10:30 a.m.

As we continue to navigate this journey of life, it is often helpful to have a time and place to come together to support one another. A Center member will facilitate a bi-monthly support group. Participants will gather for a time of sharing, enjoying music, and a time to reflect silently.

Support Group Workshop for Widowed Persons

Thursdays, starting September 22, 2 – 4 p.m.

This six-week workshop offers emotional support and practical advice for widowed men and women to help them adapt to their new circumstances. For more information and to register for the scheduled sessions, please call 301-577-4312 or 301-483-8202. Support group sessions are sponsored by the Patuxent Widowed Persons Service.

High-Dose Flu Clinic

Thursday, September 29, 10 a.m. – 2 p.m.

There will be a no-cost, high-dose flu shot at the Bowie Senior Center. The clinic will be in partnership with Safeway Pharmacy. Be sure to wear clothing that allows easy access to your upper arms. Bring your Medicare card or other health insurance card.



Red Cross Community Blood Drive

Saturday, August 13 and September 24, 8:30 a.m. – 12:30 p.m.

Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.

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

Senior Services Manager Laurel Raymond	301-809-2326	Receptionist Monica Leonard	301-809-2300
Assistant Manager Colleen Cofod	301-809-2325	Julie Modlin	
Wellness Coordinator Mark Shields	301-809-2376	Maintenance Ray Esguerra	
Information & Referral Specialist Gloria Gaddy	301-809-2377	Andre Walton	
Program Assistants Mary Orange Sharon Wanzer	301-809-2327	Transportation Supervisor Ronald Lindsey	301-809-2324
		Bus Drivers Robert Caldwell, Walter Green, Hank Lloyd, Keith Oden, Dwight Orr, and Darryl Stafford	

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—Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, 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 offers 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.