

January 2023



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Welcome 2023 – “Noon” Year’s Party

Friday, December 30, 12:30 p.m.

Say “Goodbye” to 2022 and look forward to a new year. Let’s get ready for the annual “Noon” Year’s party. The 2 4 U Band will serve up a variety of tunes and, of course, there will be noisemakers so everybody can contribute to the celebration. Wear your party finery or come casual. Space is limited. Please pre-register at the front desk. The fee is \$5 for residents and \$6 for nonresidents.



Dr. Martin Luther King, Jr.

Friday, January 13, 10 a.m.

This event will honor the life of Dr. Martin Luther King Jr. with presentations and activities. Dr. King was born January 15, 1929. As a young man, he was encouraged to be a minister just like his grandfather and father. As a minister and activist, he became the most visible spokesperson and leader in the Civil Rights Movement. In December 1955 he accepted leadership of the first African-American peaceful boycott which launched his successful career as an internationally known crusader for equal rights. Join us as we honor this significant American.

Register for Spring SAGE Classes

Our continuing education partnership with the Prince George’s Community College SAGE (Seasoned Adults Growing Educationally) program remains strong by offering many in-person and Zoom classes. Many of your favorite instructors will be returning this semester. The vast selection of classes includes art, history, dance, music, language, literature, self-awareness, writing, finance, exercise, stained glass, jewelry making, and more. The spring schedule is online at <https://www.pgcc.edu/ce/>. Registration starts on January 6 for classes beginning the week of February 5. You are encouraged to register online as that is the most efficient and effective way to ensure access to desired classes and pay the registration fee. The schedule for spring in-person classes at the Center is provided on page 5 of this newsletter.

Join the Senior Chorale

Registration open Through January 4

The chorale is inviting new members to sing with them in the spring semester. Chorale members don’t need musical training, nor do they need to read music. They only need to enjoy singing in a group, attend the Thursday rehearsals and perform in the May 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. Rehearsals are on Thursdays, January 12 – May 11, 2:30 – 4:30 p.m.

Parkinson’s Dance Class Returns

Saturdays, beginning January 7, virtual 10:15 – 11:00 a.m. or in-person 11:15 a.m. – 12:15 p.m.

After a nearly three-year hiatus due to the pandemic, the very popular Parkinson’s dance exercise class will resume virtually or in-person here at the Center. If interested in attending contact our community partner the Parkinson Foundation of the National Capital Area (PFNCA). There is no cost for sessions. Annual registration is required with PFNCA. There is a \$50 annual administrative fee to register with PFNCA and this fee can be waived if you have a financial concern. You can learn more and register at www.pfnca.org or by calling 301-844-6510.

Center will be closed January 2, and January 16.

Computer Club

The Bowie Seniors Computer Club meets the first and third Thursdays each month from 12:30 – 2:15 p.m. at the Center. To be added to the meeting announcement distribution list, email dahackenberg@verizon.net.

Center volunteers who are also members of the computer club offer free PC computer help every Wednesday from 12:30 – 3 p.m. in the computer classroom. Center members may bring their computers to get assistance, just ask questions, or practice computer skills.



Computer Classes

Computer classes resume in January with Computers 1, Computers 3, and Excel being offered. In February, Computers 2 and Word will be offered. Class descriptions and schedules are available in the lobby.

If you enjoy helping others and would like to learn more about computers, consider volunteering as a classroom assistant.

Animal Welfare Volunteer Opportunities

Q & A Session, Wednesday, January 25, 1:00 p.m.

Do you have a couple of hours a week you wouldn't mind helping to care for kittens and cats at sites in Bowie waiting to be adopted? Have a spare room in your home where you could foster an adoptable feline for a short term? Could you put your computer skills to use organizing adoptable animal photos for a charity website?

Join Bowie Citizens for Local Animal Welfare (CLAW) to learn about these highly needed, rewarding, and friendship-bonding opportunities right here in our City. Cookies—and a surprise special guest or two—will be there.



Artists of the Month – David Brosch's Printmaking Class

Artists' Reception on Tuesday, February 7, 1 p.m.

Printmaking is distinguished from other two-dimensional art media, such as painting or drawing, in that the final art is indirectly created by producing an image on a plate or block and then transferring it, typically, to paper. What also sets it apart is that multiple pieces of the same artwork can be generated. The printmaking class focuses on linocuts. Students are displaying a variety of styles, techniques, and subject matter.

AARP Driver Safety Course

Tuesday, March 21, 10 a.m. – 2:30 p.m.

This one-day 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. Space is limited. Preregister at the front desk. The fee is \$20 for AARP members or \$25 for nonmembers.

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

Groups and Club Meetings		
Advisory Board	First Tuesdays, 10 a.m. (Except this January it meets on the second Tuesday)	
Bonsai Club	Meetings resume in March	
Bookworms	No January meeting	
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.

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.



Weekly Games		
Bid Whist	Tuesday Thursday	10 a.m. – 2 p.m. 9 a.m. – noon
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.
Chess Club	Friday	1:30 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.

Table Shuffleboard League

Grab a partner and form a two-member team. Sign-up now at the front desk. After the team listing is posted, the team members are responsible for arranging matches. League play will start on January 17 and the tournament will begin in May. Rules will be posted near the shuffleboard table.

Center Day Trips

Trip Information – All trips are open to Senior Center members. Payments are non-refundable unless replacements can be found from the waiting list. For additional trip details, please see the trip board located in the Center’s hall outside of the administrative offices.

March			
1 (We)	Toby’s Dinner Theater <i>Something Rotten</i>	Meet at Senior Center	9:45 a.m. – 3:45 p.m. Res. \$73/NR \$78
15 (We)	Toby’s Dinner Theater <i>Something Rotten</i>	Meet at Senior Center	9:45 a.m. – 3:45 p.m. Res. \$73/NR \$78
April			
6 (Th)	Cherry Blossom Cruise	Meet at Kenhill Center Registration opens January 18	10 a.m. – 3:15 p.m. Res. \$130/NR \$135

January Activity Schedule				
Mon.	Tues.	Wed.	Thurs.	Fri.
2 Center Closed For New Years Day (observed)	3 9:30 Writers Group 9:30 Chair-obics+ 10:00 Computers 3*\$ 10:00 Bid Whist 1:00 Bridge 1:00 Excel*\$ 3:30 Table Tennis	4 10:00 Nature Walk 10:00 Magic Club 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	5 9:00 Bid Whist 9:30 Deaf Support 9:45 Chair-obics 10:00 Computers 3*\$ 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Excel*\$ 1:00 Mahjong 3:00 Table Tennis	6 9:00 Walk Aerobics 12:00 Computers 1*\$ 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
9 10:00 Blood Pressure 12:00 Computers 1*\$ 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	10 9:30 Writers Group 9:30 Chair-obics+ 10:00 Advisory Board 10:00 Computers 3*\$ 10:00 Bid Whist 10:30 Craft Workshop 1:00 Excel*\$ 1:00 Bridge 3:30 Table Tennis	11 9:30 Better Day Live 9:30 Fellowship 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	12 9:00 Bid Whist 9:45 Chair-obics 10:00 Computers 3*\$ 12:30 Bingo 12:30 Pinochle 1:00 Excel*\$ 1:00 Mahjong 3:00 Table Tennis	13 9:00 Walk Aerobics 10:00 MLK Program 12:00 Computers 1*\$ 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
16 Center Closed For Martin Luther King Day (observed)	17 9:30 Writers Group 9:30 Chair-obics+ 10:00 Computers 3*\$ 10:00 Bid Whist 11:00 Meet and Greet 1:00 Excel*\$ 1:00 Bridge 3:30 Table Tennis	18 9:30 Better Day Live 10:00 Hearing Screening* 10:00 Magic Club 12:00 Birthday Celebration 12:30 Bridge 12:30 Computer Help 1:00 Scrabble 1:00 Chair Fitness	19 9:00 Bid Whist 9:45 Chair-obics 10:00 Computers 3*\$ 12:30 Computer Club 12:30 Bingo 12:30 Pinochle 1:00 Excel*\$ 1:00 Mahjong 3:00 Table Tennis	20 9:00 Walk Aerobics 10:30 Laughter Yoga 12:00 Computers 1*\$ 12:30 Duplicate Bridge 12:30 DJ Music 1:30 Chess Club 3:30 Table Tennis
23 10:15 Pickleball*+ 12:00 Computers 1*\$ 12:30 Musical Monday 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	24 9:30 Writers Group 9:30 Chair-obics+ 10:00 Computers 3*\$ 10:00 Bid Whist 10:30 Laughter Yoga 1:00 Excel*\$ 1:00 Bridge 3:30 Table Tennis	25 9:30 Fellowship 10:00 Karaoke 12:30 Bridge 12:30 Computer Help 1:00 Chair Fitness 1:00 Scrabble 1:00 Animal Welfare Volunteers	26 9:00 Bid Whist 9:45 Chair-obics 10:00 Computers 3*\$ 12:30 Bingo 12:30 Pinochle 1:00 Excel*\$ 1:00 Mahjong 3:00 Table Tennis	27 9:00 Walk Aerobics 12:00 Computers 1*\$ 12:30 DJ Music 12:30 Duplicate Bridge 1:30 Chess Club 3:30 Table Tennis
30 10:15 Pickleball*+ 12:00 Computers 1*\$ 12:30 DJ Music 12:30 Pinochle 1:00 Table Tennis 1:00 Machiavelli	31 9:30 Writers Group 9:30 Chair-obics+ 10:00 Bid Whist 10:30 Show and Tell 1:00 Bridge 3:30 Table Tennis			

Schedule Notes:

- An asterisk (*) after the title indicates that a pre-registration is required.
 - A dollar (\$) after a title indicates there is a fee required.
 - A plus (+) after a title indicates that it will be at the City Gym. All others will be at the Center.
- Programs are subject to change. Call the Center at 301-809-2300 for confirmation.

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.

Nature Walk

Wednesday, January 4, 10 a.m. (Weather permitting)

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

Craft Workshop

Tuesday January 10, 10:30 a.m.

Create a fun and whimsical 3-D snowflake. Registration is required. A sample is on display in the lobby.



New Members Meet and Greet

Tuesday, January 17, 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.

Show and Tell 😊

Tuesday, January 31 10:30 a.m.

Remember in elementary school how excited you were to bring a favorite item in for show and tell? You know you do! Now it's Senior Show and Tell. Bring a prized possession in to show to others. It could be a piece of jewelry, a knick-knack; anything that means a lot to you. Share your story about why it's special to you. We can't wait to hear your story.

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. He likes to see people get up and move to tunes from throughout the decades.

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 gymnasium. This is an opportunity to exercise in a safe and climate-controlled environment.



Intro to Pickleball

Mondays, 10:15 – 11:30 a.m., January 23 – March 13

Have you heard about the fastest growing sport in America? A large part of the popularity is among the senior population due to it generally being 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 front desk at the Center as space is limited. Wellness Coordinator Mark Shields will show you how to enjoy the physical and social aspects of the game. These sessions will be held at the city gymnasium.

In-Person Spring SAGE Class Schedule					
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
9:00 Int. Piano	9:00 Ceramics	9:00 Stained Glass	9:00 Ceramics	9:00 Beg. Drawing	8:30 Adv. Yoga
9:00 Zumba Gold	10:00 Current Issues	9:30 Int. Guitar	9:30 Beg. Guitar	9:30 Improv	10:20 Beg. Yoga
10:00 Intro. Pen & Ink	10:00 Studio Fine Art	10:00 Yoga	10:00 Adv. Color	10:00 Practical	
10:30 Tai Chi	12:00 German	10:00 Paper Crafts	Pencils	Italian	
11:00 Adv. Piano	12:30 Printmaking	10:00 Water Colors	12:15 Pilates	10:00 Beg. Spanish	
12:30 Stained Glass	12:30 Amer. Hist.	1:00 The Constitution	2:00 Music	10:00 Beg. Jewelry	
	1:00 Line Dancing	1:30 Tai Chi	Appreciation	10:30 Tai Chi	
		2:00 Estate Planning		12:00 Int. Spanish	
				1:30 Tai Chi Do Yin	

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

Preparation for Crisis

Wednesday, January 11, 9:30 a.m.

Emergency information for crisis for older adults is becoming a challenge. Professional first responders and those who care about seniors in crisis will provide information and resources that will help in day-to-day incidents that might occur with older adults. Natural disasters, unexpected changes in health, physical or mental disability, emotional and social problems, and more can make it difficult for older adults to understand and respond to emergency situations. Please pre-register at front desk.

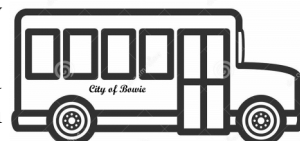
Self-Care Session

Wednesday, January 18, 9:30 a.m.

This self-care session is designed as a powerful tool to honor your spiritual, mental and physical needs. The focus will be “Life Lessons.” Discover how you can overcome some of your trials and pitfalls. You will quickly discover how easy it is to start working on your goals, intentions, and activities because you can begin at any point in the year or time in your life. Come out and improve the way you love yourself without guilt. This is a great way to kick off 2023.

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.
- Shuttle transportation will be available for grocery shopping on Mondays, Tuesdays, and Thursdays depending on your location. 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.
- Please call 301-809-2324 to set up an appointment at least 24 hours in advance. When making an appointment, please let the staff know if a lift-equipped bus is needed.
- These services are available only within city limits. The fare is \$1 each way.
- Appointments are required for **all** transportation services. Passengers will not be allowed on the bus without an appointment.



Alert Bowie 2.0

The Alert Bowie system provides you with accurate, up-to-the-minute emergency notifications and informational messages from the City of Bowie.

Signing up to Alert Bowie is the best and most dependable way to ensure that you stay informed of important matters. It also puts you on the distribution list for the City’s weekly newsletter. For more information, log on to the City of Bowie website.

To sign up visit <https://member.everbridge.net/index/1332612387832036#/signup>.



Gratitude for Mental Health

With the new year comes new challenges but also a chance to reflect on the positives in life. Taking a moment to be grateful can give your mood and overall mental health a big boost.

Evidence shows that a gratitude journal can have a significant impact on feelings of hope and happiness. A good first step is beginning, or ending, your day by thinking about one thing for which you are grateful. Jot it down, whether in a journal or on your notes section of your smartphone.

During the day try to make a mental note of things for which you are grateful that you may otherwise have just let go by during those busy moments in life.

It doesn't have to be a big thing for you to be grateful. Simple things can sometimes be overlooked and not appreciated. Maybe you're outside and notice that the weather is just how you like it. That's something you can be grateful for and enjoy in the moment.

By being more aware of the simple things you can begin to really appreciate and be thankful for those little moments that slip on by.

“Gratitude turns what we have into enough.” – Anonymous.

Blood Pressure Check

Monday, January 9, 10 – 11:30 a.m.

A healthcare volunteer will check your blood pressure.



Open Swim for Seniors

Mondays & Wednesdays, 10 a.m. - 12:30 p.m.

Bowie State University welcomes older adults to utilize their pool in the James Physical Education Complex for open swim. For details contact Aquatics Coordinator, Mark Wascavage at 301-860-4739 or mwascavage@bowiestate.edu.

Hearing Screening

Wednesday, January 18, 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 March 16, 2 – 4 p.m.

This eight-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 pre-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.



Red Cross Community Blood Drive

Saturday, January 14 and February 18, 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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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.

Senior Center Membership to Participate: Independent adults age 55 and older must complete a membership form to join the Center. There is no membership fee.

Hours of Operation: Monday through Friday, 8:30 a.m. – 4:30 p.m., and Saturday, 8:30 a.m. – 12:30 p.m.

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 Andre Walton	
Information & Referral Specialist Gloria Gaddy	301-809-2377	Transportation Supervisor Ronald Lindsey	301-809-2324
Program Assistants Pam McComb Mary Orange Sharon Wanzer	301-809-2327	Assistant Transportation Supervisor Rayvon McKoy	301-809-2301
		Bus Drivers Robert Caldwell, Walter Green, Hank Lloyd, Keith Oden, 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—Adrian Bendermyer, Fran Blacker, Mary Brown, David Dasenbrock, Bettye Demps, 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 301-809-2356.

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.