

To: **Community News** – Announcements, Senior Calendar, etc.  
From: Laurel Raymond, Senior Services Assistant Manager  
Bowie Senior Center  
14900 Health Center Dr.  
Bowie, MD 20716  
301-809-2300  
October 21, 2014

**Bowie Senior Center**  
November 2014

Week of Oct. 31 – Nov.6  
Bowie Senior Center  
14900 Health Center Drive  
301-809-2300

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

Contact the Center for complete list of programs, classes, trips, and services

**Friday:** 8:30 a.m. – 4:30 p.m.  
Walk aerobics & strength, 9 a.m.  
Healthy lifestyles, 10 a.m.  
\*Halloween Party, 12:30 p.m.  
Table Tennis, 3 – 4:30 p.m.

**Saturday:** 8:30 a.m. – 12 noon  
Fitness gym, 8:30 a.m. – 12 noon  
Pool/Billiards, 8:30 a.m. – 12 noon  
Parkinson's exercise, 10:30 p.m.

**Monday:** 8:30 a.m. – 4:30 p.m.  
Diabetic Support, 10:30 a.m.  
Table tennis, 12:00 p.m.  
Pinochle, 12:30 p.m.  
Mahjong, 1 p.m.

**Tuesday:** 8:30 a.m. – 7 p.m.  
Writer's group, 9:30 a.m.  
Bid whist, 10 a.m.  
Register for Alert Bowie, 10 a.m.  
Walk aerobics & strength, 10:30 a.m.  
Bridge, 12:30 p.m.  
Fitness gym open to 7 p.m.

**Wednesday:** 8:30 a.m. – 4:30 p.m.  
Social Security Update, 10 a.m.  
Magic Club, 10 a.m.  
Dental screening, 11 a.m. Call for appointment  
Computer help lab, 1 p.m.  
Chair fitness, 1 p.m.

**Thursday:** 8:30 a.m. – 7 p.m.  
Blood pressure screening, 10 a.m.  
Social bingo, 10 a.m.  
Mini Massage, 11 a.m.  
Computer club, 12:30 p.m.  
Honoring Veterans program, 1 p.m. open to public  
Walk Aerobics class, 5:30 p.m.

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Week of Nov. 7 - 13  
Bowie Senior Center  
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**Friday:** 8:30 a.m. – 4:30 p.m.  
Walk aerobics & strength, 9 a.m.  
Healthy lifestyles, 10 a.m.  
Piano lounge, 12:30 p.m.  
Table Tennis, 3 – 4:30 p.m.

**Saturday:** 8:30 a.m. – 12 p.m.  
Fitness gym, 8:30 a.m. – 12 noon  
Pool/Billiards, 8:30 a.m. – 12 noon  
Parkinson's exercise, 10:30 p.m.

**Monday:** 8:30 a.m. – 4:30 p.m.  
Bowie Social Society, 10:30 a.m.  
Health presentation, 12:30 p.m.  
Pinochle, 12:30 p.m.  
Mahjong, 1p.m.

**Tuesday:**  
Bowie Senior Center closed

**Wednesday:** 8:30 a.m. – 4:30 p.m.  
Register for Alert Bowie, 10 a.m.  
Armchair Tour: Denali Nat'l Park, 12:30 p.m.  
Computer help lab, 1 p.m.  
Stroke Support, 1p.m.

**Thursday:** 8:30 a.m. – 7 p.m.  
Bid whist, 10 a.m.  
'Ask Me 3' health information, 10:30 a.m.  
Social Bingo, 12:30 p.m.  
Walk Aerobics class, 5:30 p.m.

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Week of Nov. 14 - 20

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**Friday:** 8:30 a.m. – 4:30 p.m.

Walk aerobics & strength, 9 a.m.

Piano lounge, 12:30 p.m.

Table Tennis, 3 p.m.

**Saturday:** 8:30 a.m. – 12 p.m.

American Red Cross Blood Drive, call for appointments 1-800-REDCROSS

Fitness gym, 8:30 a.m. – 12 noon

Pool/Billiards, 8:30 a.m. – 12 noon

Parkinson's exercise, 10:30 p.m.

**Monday:** 8:30 a.m. – 4:30 p.m.

Table tennis, 12 p.m.

Reminisce group, 12:30 p.m.

Mahjong, 1 p.m.

**Tuesday:** 8:30 a.m. – 7 p.m.

Caregiver Support, 10 a.m.

Medicare Seminar, 10 a.m.

Walk aerobics & strength, 10:30 a.m.

Hot Topics: Using Resources Effectively, 5:45 pm, open to public

Blood pressure screening, 6 p.m.

**Wednesday:** 8:30 a.m. – 4:30 p.m.

Bonsai Club, 9:30 a.m.

Magic club, 10:00 a.m.

Hearing screening, 10 a.m. Call for appointment

Armchair Tour: Paris, 1:00 p.m.

Computer help lab, 1 p.m.

**Thursday:** 8:30 a.m. – 7 p.m.

Blood Pressure screening, 10 a.m.

Social bingo, 10 p.m.

Register for Alert Bowie, 10 a.m. – 12 noon

Birthday sing along, 12:30 p.m.

Computer club, 12:30 p.m.

Walk aerobics class 5:30 p.m.

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Week of Nov. 21 - 27

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**Friday:** 8:30 a.m. – 4:30 p.m.  
Walk aerobics & strength, 9 a.m.  
Piano lounge, 12:30 p.m.  
Table Tennis, 3 p.m.

**Saturday:** 8:30 a.m. – 12:00 p.m.  
Fitness gym, 8:30 a.m. – 12 noon  
Parkinson's exercise, 10:30 p.m.

**Monday:** 8:30 a.m. – 4:30 p.m.  
Parkinson's Support, 10 a.m.  
Table tennis, 12:00 p.m.  
Snack Bingo, 12:30 p.m.

**Tuesday:** 8:30 a.m. – 7:00 p.m.  
Writer's group, 9:30 a.m.  
Walk aerobics & strength, 10:30 a.m.  
Blood Pressure screening, 12:30 p.m.  
Bridge, 12:30 p.m.  
Fitness gym open to 7 p.m.

**Wednesday:** 8:30 a.m. – 4:30 p.m.  
Scrabble, 1 p.m.  
Computer help lab, 1 p.m.

**Thursday:**  
Senior Center Closed

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Week of Nov. 28 - 29  
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programs, classes, trips, and services

**Friday:**  
Senior Center Closed

**Saturday:** 8:30 a.m. – 12:00 p.m.  
Fitness gym, 8:30 a.m. – 12 noon  
Parkinson's exercise, 10:30 p.m.

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## **Additional Programs at the Bowie Senior Center**

### *Senior Transportation Plan for Maryland General Elections*

The Center's bus transportation service will be available for seniors 55 and older, and for disabled citizens living within the Bowie city limits.

#### **Early Voting at Bowie Community Center**

October 23, 24, 27, 28, 29 & 30

Call **301-809-2324** to make arrangements

Appointments can be made for 10:00 a.m., 10:30 a.m., or 11:00 a.m.

#### **General Elections**

November 4

Shuttle service will be provided to the Pin Oak Village, Evergreen, and Willows senior communities from 10:00 a.m. to 2:00 p.m.

For others, service will be provided from 9:00 a.m. to 3:00 p.m. on Election Day. Please call the Center at **301-809-2324** by Friday, October 31 to make arrangements.

### *Honoring Our Veterans*

*Thursday, November 6, 12:30 p.m.*

Veterans Day is a time to remember and honor those who have served our country. We invite all veterans and members of the community to join us for a special celebration. The Bowie Senior Choraleers will perform several patriotic musical selections for your enjoyment. Light refreshments will be served.

If you are a veteran and will be attending, please RSVP at the front desk or call 301-809-2300. We thank you for your service.

### *Wellness Presentation: "Ask Me 3"*

*Thursday, November 13, 10:30 a.m.*

Pauletta Handy is a Community Health Advocate with Priority Partners of Johns Hopkins HealthCare. Her talk is designed to teach participants about advocacy. The program will empower participants to be able:

- To understand that communication between patients and providers is important.
- To understand that patients have the right to ask questions of health care vendors and receive answers which they understand.
- To use the "Ask Me 3" questions when talking with health professionals.

### *Hot Topics: Using Resources Effectively*

*Tuesday, November 18, 5:45 p.m. - 7:00 p.m.*

Now is the time to be selective about resources such as health care, finance, family issues, housing options, and many others. Professionals will provide ways that will help you be selective and benefit from your selection. Resources afford you options when making important decisions. This event is open

to the public and family members.

## *Community Holiday Craft Fair*

*Friday, December 5, 9:00 a.m. - 1:00 p.m.*

It may be early but we hope you will keep the holiday craft fair in mind. Join us for this annual event which is always a welcome part of the holiday season. The craft fair is open to the entire community.

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