

To: **Community News** – Announcements, Senior Calendar, etc.
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Bowie Senior Center

January 2015

Computer Classes

The next session of computer classes starts January 5. Classes are available for beginners as well as experienced users. Class schedules and synopses are available at the front desk and on the Bowie Senior Center website at www.cityofbowie.org/senior_center. Registration for classes may be made at the front desk until the day before each class begins. It is best to register as soon as possible as the number of students for each class is limited to twelve.

For help with your laptop, questions, or just practice, a free computer lab is also available every Wednesday from 1:00 - 2:30 p.m.

Belly Dancing: It's Fun and So Good for You!

Thursdays, February 12 through April 2, 2:00 -3:00 p.m.

Historically, belly dancing is a dance of celebration. Instructor Sasha will teach hand and arm movements, slow and fast hip movements, shimmies, walks, and more. You will strengthen your legs, back, arms, and stomach.

These classes will give you an improved sense of well-being and self-esteem along with good exercise and fun. So come along on this journey and allow Sasha to introduce you to the world of belly dancing. The class will meet for eight weeks. The fee is \$40 for residents and \$48 for nonresidents. Register by February 5.

Holiday Train Garden

Ted Tuck's train garden is back. His work is always so much fun and enjoyed by all. The display is located in the dining room. Bring the children in your life for a visit to the Bowie Senior Center. On special days they will be able to run the trains.

Special days: Saturday, January 17, 10:00 a.m. - noon for Thomas the Tank Engine and Friends

Safety and the Internet

Thursday, January 29, 10:00 a.m.

Join Glenn Bock as he gives you some helpful hints on how to be safe using the internet. Overall, the presentation will introduce you to some of the current threats to computer users and how to make yourself safer than you currently are. He may even talk about plug-ins that he uses with his browser that can keep you a little more aware of what your computer is doing when you surf the net.

Meditation to Boost the Spirit

Monday, January 26, 10:30 a.m. - Noon

Join us as Katrina Boverman conducts a meditation workshop. Ms. Boverman has been a licensed clinical social worker for over 30 years and has a Master's degree in Applied Healing Arts.

Experience guided meditations which will help you to slow down, become more mindful, and connect with others.

With the hustle and bustle of the holiday season behind us, now is the time to discover ways to reduce stress and refresh your spirit.

Be sure to wear comfortable clothes and bring a cushion, blanket, pillow, and/or mat if you desire.

Two new support groups

The National Alliance on Mental Illness (NAMI) is a non-profit organization that operates at the national, state, and local levels. The mission of NAMI is to provide hope for individuals and their families affected by mental illness through programs of support, education, and advocacy. NAMI family support groups are conducted by trained facilitators for family members or friends who are caregivers of loved ones with mental illness. The first meeting at the Center is scheduled on Saturday, January 17, at 9:30 a.m. Subsequently, the group will meet on the third Saturday of each month.

The stroke support group meets the second Wednesday of the month at 1:00 p.m. and is facilitated by Maher Kharma, occupational therapist, and is organized by Doctors Community Hospital.

Counseling Service

Free counseling for seniors age 55 and older is now available with a licensed therapist through a grant from the Community Outreach Committee of the City of Bowie. If you are suffering with grief over a loss in your life, experiencing anxiety over a life situation, or need help in making a decision or solving a problem, counseling can help. To schedule a private appointment, you may contact Susan DeNardo, LCPC, at 202-256-3336 or by email at sddenardo@aol.com. This free counseling service will be available on Fridays (other days can be scheduled) from now to May 2015.

Red Cross Community Blood Drive

Jan. 10 and Feb. 14

8:30 a.m. - 1:00 p.m.

To make an appointment, please call

1-800-REDCROSS

1-800-733-2767

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