

The News

Volume X Issue Seven



July 2009

Bowie Senior Center, Where The Finest People Meet.

Members Fashion

This is a "just for fun" fashion show! Models will be show casing the fashions right out of their closet. Volunteer, Rose M. Foreman is the Fashion Coordinator of this fun day. Ms. Foreman will also be the choreographer. Her philosophy is "to make the members bring forth beauty." We promise mystery, surprises and refreshments. If you would like to be a model, please call the Center at 301-809-2300. Join us Tuesday, July 21, at 12:30 p.m.

Horseracing in Early America:

The *Sport of Kings*, thoroughbred horseracing, is an important part of American sports history. Here in Bowie, Belair's colonial owners, Samuel Ogle and Benjamin Tasker, imported an outstanding group of British thoroughbred horses with the intention of breeding a better, faster AMERICAN racehorse. That legacy continued to the twentieth century. William Woodward fielded some of the country's most noted racehorses, including Gallant Fox and Omaha (the only father/son horses to ever take the Triple Crown.) Join Historic Properties Manager, Pam Williams, Thursday, July 30 at 10:30 a.m. as she discusses the colorful *History of Thoroughbred Horseracing in America*. Reservations required.

Tip from the "Green" Team

The City of Bowie is holding a recycle event, July 18, from 8:00 a.m. to 2:00 p.m. at Bowie's High School parking lot. It will include document shredding and e-cycling (recycling electronics, including computers, monitors, TVs and other electronic devices.)

Summer Evening Dance

Please join us for an evening full of dancing and social conversation. Steve McIntyre, a popular DJ, will fill the room with music for your listening and dancing pleasure. Light refreshments will be provided. We hope to see you on Thursday, July 23 from 6:30-8:00 p.m. The fee is \$7.00 Residents and \$8.00 Non-Residents. Registration is required.



Closings

Independence Day
Friday, July 3
Saturday, July 4

Activities

Room assignments for Classes/
Meetings/Games are listed daily
on an easel in the lobby.

One Ends, Another Gets Under Way

Table shuffleboard tournament #8 featured great competition and closely contested games. Ezio Cerrelli and George Ratts emerged as champions in the play-offs. Tournament #9 will begin after Labor Day. The summer will be quiet time for this sport.

Meanwhile, get outside and enjoy the bocce ball court. The bocce ball tournament will run until Labor Day, with play-offs to begin September 9. Come and join us. Have a great summer and as always, good luck and thanks for playing.

Bonsai Club forming

The art of growing miniature trees in containers with a esthetic appeal originated in China and was later introduced to Japan. It is called *penjing* in China and *bonsai* (pronounced BONE-SIGH) in Japan. This is a living work of art, and there is no finished work. The Center offered a free class in growing *bonsai*. A Bonsai/Penjing Club will be formed, so that students who attended this class can meet monthly to continue working on their *bonsai* and learn more advanced techniques. Members are welcome to join the Center's Bonsai/Penjing Club. There are no club dues or bylaws. Starting August 7, the Club will meet in the Ceramics Room from 9:00 to 11:00a.m. on the first Friday of the month (except December and January.) To join, call 301-809-2300.

Artist of the Month

The Center welcomes Mr. Jesse Berry as the July Artist of the month. Mr. Berry's passion is photographing unique domestic and international landscapes. He has captured the scenic wonders of kayakers challenging the rapids on the Potomac River in the summer and the autumn foliage in the fall. His Nikon D70 has captured soft clouds of cherry blossoms around the tidal basin, and floral beauty of water lilies at the Kenilworth Aquatic Gardens in Washington, DC. Through his lenses, he illustrates for us the sand formations of Egyptian and American deserts, torrents of water flowing over Victoria and Niagara Falls. Join Mr. Berry for his reception on Thursday, July 9 at 7:00 p.m.



Military Vets Seek To Meet Other Vets

Are you a military veteran 55 or older? Would you like to get together with other veterans? Several Senior Center members, who have served in the armed forces, have requested that a meeting be scheduled for veterans. They could come together to meet others who have served and talk about their experiences. If you are interested, please sign up at the front desk.



Armchair Tours

Frank Evans and Bill Cramer will be back in September.

Ceramics Beginner Class

Classes will be held on Wednesdays, beginning July 8 from 9:30 until 11:30 a.m. The registration fee is \$25.00 for Residents and \$30.00 for Non-Residents of Bowie. There is an additional lab fee of \$30.00 for all the necessary supplies to complete 5 projects. Register at the front desk.

Smart & Safe Living Series

Avoid being a victim of a con artist or other scams. Paul Kin will continue his *Smart & Safe Living Safety Program* on Thursday, July 9 at 10:30 a.m. Learn how to identify the structure of the classic cons and scams, and how they are used today with modern technology against older adults. This interactive and informative presentation will include refreshments. Call the Center to reserve your spot!

Bereavement Group

New

Have you lost someone close to you (it need not be recent), and find the many changes in your life unbelievable and at times very challenging? Consider joining the Center's new Bereavement Group. Bereavement is an on-going process, with many stages that can be heart-filling. Would you find it helpful to meet with others living with loss and perhaps share adjustment ideas? We will also discuss some simple self-care tips for body-mind-spirit that can be powerful. Have you walked the Center's labyrinth? Would you enjoy learning more about the labyrinth and experience walking the labyrinth for healing? We will meet for three Wednesdays in July (15, 22, and 29) from 10:00 to 11:00 a.m. There is no cost, but we prefer you register at 301- 809-2300

Mark your calendars: GRANDPARENTS

Recognizing and appreciating the huge role that many grandparents play in the lives of their grandchildren and their own adult children, Youth & Family Services is offering an introductory service for grandparents, beginning Tuesday, September 22. They are offering a six-week, one-hour seminar for 10 – 12 grandparents. They will gather to talk and share their experiences, ideas and possible concerns. Discussion will begin with *Why Grandparents Matter: Lessons from Resilient Elders*. Other topics of interest may include: Being supportive to your children as parents; Grandparenting in the digital age; The power of play (playing with your young grandchildren); Life experience - am I really heard?the quagmire of giving advice and others.

Beyond 80



Grumblings of a Crabby Old Man

I'm so behind the times. I don't text. I don't twitter. I don't blog. I'm not on *Facebook*. I have a cell phone, but it doesn't take pictures. It doesn't access the internet. It's just a telephone. Technologically speaking, I'm living in the Stone Age.

It wasn't always this way. Back in the 1980s, I was on the cutting edge. When personal computers were still a novelty, I was right there with my powerful KayPro II. Remember the KayPro II? It came in a suitcase-size metal case that could be closed and latched for traveling. Nobody called it a laptop back then. Maybe because nobody had a lap big enough to support the mighty KayPro II.



The KayPro II featured a nine-inch screen that displayed only text. No icons. No clip art. No photos. It wasn't loaded with programs like the computers on the market today. Instead, there were two slots for 5 1/4-inch floppy discs. In one slot, you loaded a disc that carried the program you wanted to use. The other slot was for the "working" disc that accommodated text or data you cranked into the computer.

I graduated from the KayPro II to a succession of more advanced computers, thinking that each new upgrade would satisfy my needs forever. Bill Gates thought otherwise. He kept churning out new versions of this and that, beckoning users ever deeper into technology's promised land.

It wasn't just computers, of course. There was an electronic revolution going on across the board. I couldn't keep up.

There are iPods from Apple that can stock up to 30,000 iTunes. Imagine that! I'd be hard pressed to come up with even 30 songs I'd want to download and carry with me everywhere.

I still read books the old-fashioned way, even though Amazon offers the *Kindle*, an electronic device that can accommodate as many as 1,500 books to be read on its small screen.

There are Blackberries and similar gadgets used for phoning, e-mail, snapping pictures, trading stock and—most of all—sending text messages.

Texting is a manic mode of communication that has brought the English language to its knees. "All thumbs," a term once used to describe awkward bumbler. Now it may be deemed a compliment among texters, using both thumbs to punch out messages on the Blackberry's tiny keyboard. That's their excuse, I suppose, for the truncated language they employ.



I saw a Blackberry ad in the paper recently that featured this message on its screen: "*BEN: how's date goin? what do u want 2 do after ur dinner w/ what's her face?*"

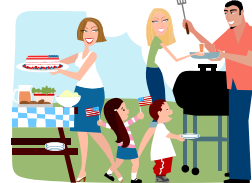
It's a whole new world out there, but it's going to have to go on without me. How bout u?

Paul Schuette

Special Groups

Reminiscence: Independence Day

Let's get together to talk about the different ways you and your families have celebrated our nation's birth. Did you attend any parades? Did you sing patriotic songs? How about a cookout with family? And what about the glorious fireworks? Join Jenny in Reminiscing on Tuesday, July 28, at 12:30 p.m.



Special Groups Meetings		
Advisory Board	Will return in September	10:00
Armchair Tour	Will return in September	12:30
Book Club	Will return in September	3:00
BSS (Bowie Single Society)	Second and Fourth Monday	10:30 — 12:30
Computer Club	First and Third Thursday	12:30—2:15
Green Team	Will return in September	10:30
Magic Club	First Wednesday	10:00
NARFE Counseling (Federal Retirees)	First Tuesday	10:00 — 12:00
Senior Chorale	Will return in September	
Writers Group	Every Tuesday	9:30 — 11:30
Games		
Billiards	Daily	Center hours
Bridge (Sign-up necessary)	Every Tuesday	1:00 — 4:00
Duplicate Bridge (Sign-up)	Every Friday	12:30 — 4:00
Chess	Every Thursday	2:00 — 5:00
Mahjong	Every Monday and Thursday	1:00
Pinochle	Every Monday and Thursday	12:30
Scrabble	Every Tuesday and Wednesday	1:00
Table Tennis	Every Monday Every Tuesday Every Wednesday Every Thursday Every Friday	12:00—4:30 3:15—6:00 3:00—4:30 12:00 — 3:00 3:00—4:30
Table Shuffleboard	Daily	Center hours
Wii Game Night & More	Every Tuesday	6:30 — 8:00

July Classes

Monday	Tuesday	Wednesday
10:00 Tai Chi (CC)	9:00 Ceramics/Int. (F)	9:30 Ceramics/Beg. (F)
10:00 Critical Thinking (CC)	9:00 Bio-Aerobics (F)	9:30 Angels & Life Hereafter (CC)
10:00 Jewelry Making (CC)	9:30 Writer's Group (V)	10:00 Watercolor (CC)
10:00 Wii Game (V)	10:00 Studio Fine Art (CC)	12:30 Watercolor/Int. (CC)
12:00 Table Tennis	10:00 Current Issues (CC)	1:00 Armchair Fitness (V)
12:30 Stain Glass/Beg. (CC)	10:00 Computers/MS Word (F/V)	12:30 Jewelry Making (CC)
12:30 Literature/World Religions (CC)	10:00 Knit/Crochet (CC)	1:00 Scrabble
12:30 Pinochle	10:00 Basic Fitness (CC)	1:00 Tai Chi (CC)
1:00 Mahjong	10:30 Balance & Strength (V)	2:00 Drawing I/Traditional (CC)
2:30 Ballroom Dancing/Adv (CC)	12:00 Piano Beg. (CC)	2:30 Current Issues Hot Spots (CC)
2:30 Current Issues (CC)	12:30 Ancient Greeks (CC)	3:00 Table Tennis
	12:30 American History (CC)	
	12:30 Stained Glass/Adv. (CC)	

Monday Special

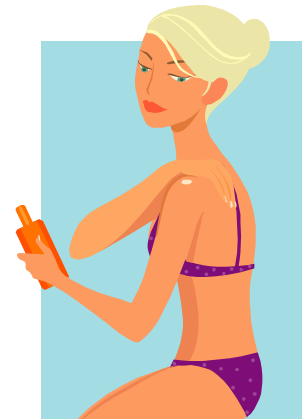
July 13

Wayne's Musical Memories (12:30 p.m.)



CC = Community College,
Summer Semester Classes
at the Senior Center
June 8—Sept. 14
F = Fee
V = Volunteer, Staff
F/V = Fee/Volunteer

1:00 Line Dancing (CC)
1:00 Scrabble
1:00 Piano/Int. (CC)
1:00 Bridge Club
2:00 Music Appreciation (CC)
3:15 Table Tennis
6:00 Yoga (CC)
6:30 Wii Games and More



Tuesday Special

July 7, 14, 21, and 28

Piano with Jim (11:00 a.m.)

Upcoming Blood Drives:
July 11, August 8,
Sept. 12, Oct. 10
Hours:
8:30 a.m.-1:00 p.m.

And Activities

Room assignments for Classes/ Meetings/Games are listed daily on an easel in the lobby.

Thursday	Friday	Saturday
9:00 Ceramics/Int. (F)	10:00 Quilting (CC)	9:00 Yoga/Adv. (CC)
9:00 Bio-Aerobics (F)	10:00 Tai Chi/Int. (CC)	11:00 Wt. Training/Adv. (CC)
10:00 Computers/MS Word (F/V)	10:00 Morning Exercise (V)	11:00 Yoga/Beg (CC)
10:00 History Holocaust (CC)	12:30 Quilting (CC)	12:45 Wt. Training/ Beg. (CC)
10:00 Watercolor II/Adv. (CC)	12:30 Bridge Club (Duplicate)	
10:00 Yoga (CC)	12:30 Art Studio (CC)	
12:00 Pilates (CC)	1:00 Tai Chi Dao Yin Chinese Flexibility (CC)	
12:00 Table Tennis	2:30 Art Studio (CC)	
12:30 Drawing II (CC)	3:00 Table Tennis	
12:30 Pinochle		
12:45 Bingo with Prizes		
1:00 History/Image & Reality (CC)		
1:00 Mahjong		
2:00 Chess (V)		
3:00 Ballroom Dancing/Beg (CC)		
6:15 Line Dancing (CC)		
6:30 Meditation 1st/3rd Thurs(CC)		

Prince George's Community College (PGCC)
SAGE (Seasoned Adults Growing Educationally)
 Continuing Education classes offered at the Center

The SAGE calendar consists of three semesters; Fall, Spring, and Summer. Maryland residents who are 60 or older may register for as many non-conflicting courses as desired and pay one \$50 registration fee to PGCC. Students under 60 years old may now register for all classes by paying the tuition. The cost of SAGE tuition is \$75.00 for one hour course and \$150 for two hour courses.

Friday Special

July 10, 17, 24, & 31
Piano Lounge (12:30 p.m.)



Closings

Independence Day
 Friday, July 3
 Saturday, July 4

Thursday Special

July 2, 9, 16, 23, 30
Piano with Jim (11:00 a.m.)

July 16
Birthday Sing-a-Long (12:30 p.m.)
Piano Cafe (7:00 p.m.)

July 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Transportation

Sign-up for August begins:

Tuesday, July 21—City of Bowie Residents (10:30 a.m.)

Thursday, July 23—Non-City of Bowie Residents

Three Special Shuttle Services

Special shuttle services are now available through the Center, on Tuesday, Wednesday, and Friday. Sign-up at the front desk is necessary, and the cost **will be \$.50 each time you board the bus.**

Anyone 55 years or older with a current registration card may use the service.

The Tuesday and Wednesday shuttle service makes a loop from the Center to Kohl's, Target, Wal-Mart and returns to the Center.

Departures from the Center will be at 10 a.m., 11 a.m., and 12 p.m. There will be a final RETURN ONLY loop at 1:00 p.m.

The Friday shuttle service makes a loop from the Center through Bowie Town Center and returns to the Center.

Departures from the Center will be at 10 a.m., 11 a.m., and 12 p.m. There is a final RETURN ONLY loop from Town Center at 1:00 p.m.

NOTICE: As of *July 2009*, the Center will be using Charter Bus Service for all trips into Baltimore, Washington, and destinations beyond a 30-mile radius.

July Trips & Events	
7	Lunch Bunch @ Old Country Buffet
15	Brookside Gardens
22	Annapolis Trolley & Boat Tour
27	Ford's Theater Museum
29	North Beach & Chesapeake Beach

August Trips & Events (tentative)	
4	Harrington Slots
7	Annapolis Towne Center at Parole Plaza
10	Lunch Bunch @ Five Guys
19	"Oklahoma!" @ Toby's in Columbia
21	National Harbor
26	Goddard Space Flight Center

Oklahoma

Calling Rodgers & Hammerstein's "Oklahoma!" a classic is an understatement. Set in a Western Indian Territory, just after the turn of the century, the high-spirited rivalry between the local farmers and cowboy provides the colorful background as a cowboy and farm girl play out their love story.



"Jersey Boys" @ National Theater, Washington, D.C. (Thursday October 8th)

We had many requests to get this one on the books, so sign up soon for this superb performance based on Frankie Valli and *The Four Seasons*!

Happenings

Survey Summary

The Participant Satisfaction Survey Questionnaire was developed November 2008 - January 2009. We had a grand total of 443 questionnaires completed by Center members in March.

Senior Center Evaluation Goals & Process (The Center surveyed members for service satisfaction with some of the following goals gleaned from the survey.)

Goal: Continue working with the Air conditioning/Heating vendor to have quality control in each room.

Goal: Provide more Tuesday/Thursday evening events and programs for cabarets/lectures.

Goal: Schedule lectures on health related issues such as Lyme disease.

Goal: Educate seniors to the *Information and Referral Specialist*, Gloria Gaddy. She will discuss the resources and services she provides at a fireside chat once a month, highlighting a new topic.

A Summary of the survey findings are as follows:

443 surveys were submitted of which 303 were completed by woman, 137 completed by men, 3 provided no response as to gender. The distribution by age group was 118 (55-65 years old), 198 (66-75 years old), 104 (76-85 years old), and 21 (85+ years old.) 340 residents responded, 97 non-resident, and 6 no response.

Results seem to indicate a general satisfaction with the Center's services and quality of services. Most of the Center's services were rated as "excellent" or "good" by more than 76% of respondents.

- 90% of respondents rated their dealings with the Front Desk staff and volunteers as "excellent."
- When do you use the Center: 409 attend days, 56 attend evenings and 48 attend weekends.
- 47.2% of the responders have a fitness membership. 48.5% do not, 4.3% provided no response.
- Visits to the fitness room 19 daily, 94 two/three times a week, 42 weekly, and 58 no answer.
- Participate in Programs, 65.2% yes, 34.8% no, trips 37% yes, 63% no. Special events 35.9% yes, 64.1% no.
- Satisfaction with the cost of programs and classes 84% yes, 2.9% no. Satisfied with trip cost 58% yes, 3.4% no. Satisfied with the variety of programs and classes 73.4% yes 1.6% no.
- Respondents aware of an Information and Referral Service. 36% yes, 49.9% no, 14.0% no response. If yes, do you use it 7.0%, yes 10.4% no, 82.6% no response.
- Do you read the Center's Newsletter .73.6% yes, 12.0% no, 14.4% no response.
- Sources of information regarding Senior Center programs and Services. Center Newsletter 271, Website 36, Bowie Blade 150, Bowie Star 65, City Spotlight 64, word of mouth 193.
- Satisfied with the lunch program. 60 yes, 7 not satisfied, 37 no response.
- Reason for using the Center's Transportation services. to Center 31, Medical appt. 18, Dialysis 2, post office 0, bank 7, food shopping 17, local shopping 19, local trips 34, out of town trips 29.
- Are facilities satisfactory? 65.9% always, 19.0% sometimes, 8% rarely, 13.3% no response.
- Rate the new members and membership renewal program. 63.9% excellent, 36.1% good.
- New members are made to feel Welcome and Knowledgeable. 304 yes, Welcome but Unaware 39.



Wellness

Walk-In Classes Available

In addition to the “SAGE” exercise classes that are offered through the Prince George’s Community College, we also have weekly walk-in classes that are available. The following is a short description of the format of these classes along with a suggested fitness level for those that attend these classes.



Strength and Balance

Many of the physical changes that occur with aging are associated with the ability to maintain good balance. The format of this class targets issues like proper body alignment, balance testing, strength training, and hand out information for exercises you can do anytime, anywhere. Also, we discuss the importance of everyone working at their own pace, and adjusting the program to suit their individual needs. *This class meets every Tuesday from 10:30 to 11:30.* The suggested fitness level for taking this class would be beginner to intermediate. You must be able to walk and stand on your own, without assistance, in order to take this class. This is not recommended for those that use a walker or wheel-chair.

Armchair Fitness

We have recently added an armchair fitness exercise session to our weekly program that *meets every Wednesday at 1:00 pm.* This routine consists of lively stretching and strengthening motions with musical accompaniment, and can be performed by anyone able to sit erect in a chair. All fitness levels can benefit from taking this class.

Morning Exercise

On Friday mornings, at 10 a.m. exercise room #2 fills up with dedicated seniors, who have come to love the walk aerobic and strength training program. This class has advanced to where they are doing a two mile walk aerobic program, which is followed with a half hour strength and flexibility program. Class ends with relaxation and breathing exercises. You may sit in your chair or stand to do this program. Everyone is welcome. Come prepared to have fun, while you get fit.

Weight Management Support Group

The *Friday morning* weight management support group meets at 11:00 a.m. and the meetings will have a change in how the program is offered. In an effort to create more interest in how very important managing our weight is to our over all health, the support group will be offering a new program to all that are interested. The program will start in September and will consist of 12 full months of nutrition education, journaling, weigh-ins, body fat analysis, and tips on how to add exercise to your program. All participants will be encouraged to set some goals with their diet and exercise programs. Look for a syllabus of the class in next month’s newsletter.

Elaine Kackley, Wellness Coordinator

Nurse on Duty

A nurse from Prince George's County Health Department is available for blood pressure screening and health information on the first Thursday of the month:

Thursday July 2, 10:00 a.m.—12:00 p.m.

A volunteer nurse is available for blood pressure screening:

Wednesday, July 15, 10:00 a.m.—12:00 p.m.

Thursday July 23, 10:00 a.m.—11:00 a.m.



Massage

John Wiemann, Certified Massage Therapist, offers **free** 15 min. mini-massages for shoulders and back! Appointments necessary.

Wednesday, July 15, 9:30 a.m.-11:00 a.m.

Information and Referral Specialist

The Center offers assistance to seniors in the community by providing information and referral in areas such as; health care, finance, family issues, housing options, and many other concerns. Call for an appointment at 301-809-2377 or come to the Center.

Monday—Friday 10:00 a.m. —2:00 p.m.

Some helpful printed resources are always available at the Center.

Hearing Screening

An audiologist from either Hearing Professionals, Inc. or Bowie Hearing Center will be available at the Center for hearing screenings once a month.

Appointments necessary.

Bowie Hearing Center Wednesday July 15 1:00 p.m.—2:00 p.m.



Special Interest Groups

Fireside Chat <i>Facilitator Gloria Gaddy</i>	<i>Tuesday, July 28</i>	11:00 a.m. -11:45 a.m.
Diabetes Support	<i>Wednesday, July 8</i>	10:00 a.m. -11:00 a.m.
Caregiver Support <i>Facilitator Rosemary Allender</i>	<i>Second Tuesday Fourth Thursday</i>	10:00 a.m. -11:00 a.m. 6:00-7:00 p.m.
Weight Management Support	<i>Every Friday</i>	11:00 a.m. -12:00 p.m.
Hearing Impaired Seniors	<i>Wednesday, July 1</i>	10:00 a.m. -4:00 p.m.
Parkinson's Support	<i>Monday, July 27</i>	10:00 a.m. - 12:00 p.m.

The Center

Notary



Notary services by appointment

Bowie Senior Center, Where The Finest People Meet.



Bowie Senior Center

14900 Health Center Drive Bowie, MD 20716

www.bowieseniorcenter.org

Alternative versions of this newsletter are available upon request. Call the Senior Center at 301-809-2300.

The Center is open to all independent seniors, 55+

The hours of operation are: Monday, Wednesday, and Friday, 8:30 a.m. to 4:30 p.m.; Tuesdays and Thursdays, 8:30 a.m. to 8:30 p.m.; and Saturdays, 8:30 a.m. to 2:30 p.m.

For information about current programs or to obtain the day trips schedule, stop by the Center for the Monthly Newsletter and Trip List, or visit our web page www.bowieseniorcenter.org or call the Senior Center at 301-809-2300.

- Manager..... Kathy White
- Assistant Manager Laurel Raymond
- Transportation Sue O’Toole
- Wellness Coordinator . Elaine Kackley
- Information & Referral Specialist
..... Gloria Gaddy
- Program Assistants. Betty Joubert, Judith Lorenz,
..... Lori Lackey, Diana Shrader,
..... Jenny Tringali, Marchette Alexander
- Receptionist Pat Dunston
- Maintenance Ray Esguerra, Harry Booth
- Nutrition Manager Mary Garman
- Bus Drivers... Lisa Bennett, Deborah Boone, Joe Clark,
..... Bob Long, Robert Garland, Gary Harash,
..... John Kylus, Dean Moore, Venard Gray,
..... John Scanlon, Darryl Stafford,
..... James Woodard, Dario Ciuffetelli

Phone Numbers:

- Senior Center 301-809-2300
- Transportation 301-809-2324
- Weekday Nutrition..... 301-809-2356
- Prince George’s County Senior
Information/Assistance... 301-265-8450
- Prince George’s County (Aging Services)
Home Delivered Meals... 301-265-8475



Transportation Services

The City of Bowie Transportation Services offers (within the city limits of Bowie) curb-to-curb transportation for Bowie senior citizens and individuals with disabilities. This service is for medical appointments, shopping, Center activities, Senior Clubs, and other trips on a priority basis.

A lift-equipped van is available for those in need. Please, let staff know of need for a lift-equipped van when making a transportation appointment. **A minimal \$.50 donation each way** is requested.

To make an appointment, call **301-809-2324**.

Services



Nutrition Program

Meals are served at the Center, Monday through Friday at 11:45 a.m. The meals are provided through the Prince George’s County Department of Family Services, Aging Division, Nutrition Program (formerly known as the Food & Friendship Program).

The county pays \$4.49 per meal. Seniors are asked to donate as much as they can. Suggested donation is \$2.50. **Reservations are required 48 hours in advance.** Cancellations should be made as soon as possible.

Call **301-809-2356**.