

Services

Transportation:

Curbside bus service for Bowie residents is provided: to the Center, for local food shopping and local doctor appointments. Call the Center at least 24 hours in advance to make appointments. Appointments are on a “first call, first served basis.”

Nutrition Program:

A hot, tasty, healthy lunch sponsored by the Prince George’s County Department of Family Services is served weekdays. A 48-hour advance reservation is required. Donations accepted.

Information & Assistance:

If you need help finding an answer regarding health, appropriate housing, medical, financial or legal issues, contact the Center for information and/or referral.

Notary Public:

A notary, on an appointment basis, is available free for seniors.

Bowie Senior Center
14900 Health Center Drive
Bowie, Maryland 20716

City of Bowie



Programs and Events for the Active Adult 55+

The Center is open to all independent persons 55 years of age or older. Seniors must register as either a Bowie resident or nonresident. There is no registration fee; however, fees are charged for some classes and special events.



Bowie Senior Center

**14900 Health Center Drive
Bowie, Maryland 20716**

Phone: 301-809-2300

Programs & Events at the Center

Health Services

Trips

Day trips are planned to places of interest in the Baltimore/Washington area including museums, historical sites, local restaurants, dinner theaters, concerts, and shopping malls.

Monthly trip/event sign-up for Bowie residents is on the 3rd Tuesday at 10:30 a.m. Sign-up for nonresidents is the following Thursday at any time. Check at the front desk for availability of the trips.

Various Interest Groups

- ◆ **Ceramics:** This group meets Tuesday and Thursday of each week. Beginners meet on Wednesday.
- ◆ **Arts and Crafts:** A casual group that does knitting, crocheting, plastic canvas and other crafts at various times during the month.
- ◆ **Writers:** People interested in writing and exchanging ideas and suggestions meet every Tuesday morning.
- ◆ **Computers:** People interested in computers meet the first and third Thursday of each month.
- ◆ **Exercisers:** The Center has a well-equipped Fitness Room. The City's Gymnasium is also available weekdays for seniors interested in Fitness Walking, Basketball or Volleyball.
- ◆ **Armchair Tours:** Visit other countries without leaving your chair.
- ◆ **Bowie Chorale:** The Chorale holds rehearsals on Thursdays 10:00 a.m. at the Bowie Senior Center.

Center Classes

- ◆ Prince George's Community College Classes are held at the Senior Center for:
 - Individuals 60 years and over.
 - Spring, Summer and Fall term.
 - Class listings include art, music, languages, exercise, history, dance, financial planning, etc.
 - \$50.00 registration fee per term.
 - Registration information is available at the Senior Center.
- ◆ The Center also provides classes/seminars for a nominal fee and are usually three to eight weeks in duration. Topics include: computers, photography, history, magic, art, Bio Aerobics, health and wellness, and many more.

Advisory Board

The Advisory Board consists of nine persons who must be fifty-five years of age or older and registered to vote in the City of Bowie, and who have been members of the Center for at least six months.

The purpose of the Board is to advise and assist the Manager in the promotion of the Center and the provision of services to the Seniors of the City of Bowie. Three new members are appointed each year. For more information, contact the Manager.

- ◆ Prince George's County Health Department and a volunteer nurse provide blood pressure screening regularly throughout the month.
- ◆ Special Health Interest Support Groups, that meet on a monthly basis, include: Diabetes, Parkinson's, Aging Issues, Hearing Impaired, Weight Management, and Caregivers Support.
- ◆ Local physicians provide informational presentations on various health topics.
- ◆ Special Seminars/Presentations:
 - Financial Planning
 - Prince George's County Health Dept.
 - Prince George's County Police Dept.
 - Nutrition Presentations

Hours of Operation

Monday, Wednesday, and Friday

8:30 a.m. - 4:30 p.m.

Tuesday and Thursday

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

Saturday

8:30 a.m. - 2:30 p.m.
No Meals Available

For alternative versions of this brochure please consult the Bowie Senior Center at 301-809-2300 or www.bowieseniorcenter.org