

KINDRED SPIRITS SOCIAL CLUB



April, 2016

Join us in welcoming Tanisha Cottom, an Occupational Therapy Assistant student from CCBC. We are very excited to have Tanisha with us for the next eight weeks and look forward to her creativity and enthusiasm.

News & Notes:

Happy Birthday Wayne and Renee.

Inclement Weather Policy: When Howard County Public Schools are closed or delayed 2 hours, Kindred Spirits is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-5442 to hear a recorded message regarding center operations.

Sick Policy: If the participant is feeling ill or has a fever, please do not send him/her to the program.

If you can't attend for any reason, please leave a message at 410-313-5441 or email jumiller@howardcountymd.gov, abryant@howardcountymd.gov, or bmcandrew@howardcountymd.gov

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-5980 for more information.

HOURS 9 AM - 1 PM

Monday, Wednesday,
and Friday

IMPORTANT NUMBERS

Judy Miller

(410) 313-5441

Chris at Front Desk

(410) 313-5440

Regional Transit Agency

1-800-270-9553

Maryland Access Point

(410) 313-5980

Alzheimer's Association

(410) 561-9099


Caregiver Corner

Introducing Kindred Spirits Social Club at North Laurel

To better serve the community, Kindred Spirits Social Club is expanding to southern Howard County. Program details are below:

- Tuesdays and Thursdays
- 9:30 am to 1:30 pm
- RTA transportation is available
- North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel, MD 20723
- If you are interested in joining, please contact Nancy Riley, Director at 410-313-7691 or via email at nriley@howardcountymd.gov.

April 2016

Monday	Wednesday	Friday
		<p>1</p> <p>Coffee & Conversation Gentle Yoga Maryland Zoo Lunch</p>
<p>4</p> <p>Coffee & Conversation Exercise with Sara Music with Debbie Lunch</p>	<p>6</p> <p>Coffee & Conversation Qi Gong Word Game Lunch</p>	<p>8</p> <p>Coffee & Conversation Gentle Yoga <i>Two for the Show</i> Lunch</p>
<p>11</p> <p>Nutrition Activity Exercise with Sara History of Broadway Lunch</p>	<p>13</p> <p>Coffee & Conversation Exercise with Susan Student Activity Lunch</p>	<p>15</p> <p>Waffle Bar Gentle Yoga Pottery Lunch</p>
<p>18</p> <p>Coffee & Conversation Exercise with Sara Student Activity Lunch</p>	<p>20</p> <p>Coffee & Conversation Nutrition Education with Torry Exercise with Susan Dr. Dan Lunch</p>	<p>22</p> <p>Coffee & Conversation Gentle Yoga <i>“What put the Charm in Charm City”</i> Lunch</p>
<p>25</p> <p>Coffee & Conversation Exercise with Sara Music with Peter Lunch</p>	<p>27</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p>	<p>29</p> <p>Coffee & Conversation Gentle Yoga Drumming with Scott Lunch</p>

If you need this publication in an alternate format, call (410) 313-5442 or (410) 313-5441. To request a sign language interpreter or other accommodations to attend an event, please call one week in advance.