

KINDRED SPIRITS SOCIAL CLUB at Glenwood



August, 2016

Write it on your heart, everyday is the best day of the year.

~Ralph Waldo Emerson

The dog days of summer are upon us, but there's no time to take it easy. We've got the Kindred Spirits Olympics coming up and great musical performances by Sterling Dorn and *Two for the Show*. It's sure to be a fantastic month so join us at the Club.

Judy, Andrea & Bridget

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) 313-1234

Alzheimer's Association

(410) 561-9099

News & Notes:

Happy Birthday Judith.

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 410-313-1234 or 800-506-5806 for more information.

Caregiver Corner


Introducing Kindred Spirits Social Club at North Laurel—Starting August 2nd!

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.
- This is a great way to increase your days in the program.

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Monday	Wednesday	Friday
<p>1</p> <p>Coffee & Conversation Exercise with Sara Debbie Sings Lunch</p>	<p>3</p> <p>Coffee & Conversation Qi Gong Crossword Puzzle Lunch</p>	<p>5</p> <p>Coffee & Conversation Gentle Yoga <i>Sterling Dorn</i> All American Lunch</p>
<p>8</p> <p>Coffee & Conversation Exercise with Sara Ice Cream Day Lunch</p>	<p>10</p> <p>Coffee & Conversation Exercise with Susan KS Olympics Lunch</p>	<p>12</p> <p>Coffee & Conversation Gentle Yoga <i>Two for the Show</i> Lunch</p>
<p>15</p> <p>Coffee & Conversation Exercise with Sara Pet Rock Lunch</p>	<p>17</p> <p>Coffee & Conversation Qi Gong Fused Glass Lunch</p>	<p>19</p> <p>Coffee & Conversation Exercise The Dawn of Flight Aviation Day Lunch</p>
<p>22</p> <p>Coffee & Conversation Exercise with Sara Music with Peter Lunch</p>	<p>24</p> <p>Waffle Bar Qi Gong Support Group Lunch</p>	<p>26</p> <p>Coffee & Conversation Exercise Drumming with Scott Lunch</p>
<p>29</p> <p>Coffee & Conversation Exercise with Sara Word Games Lunch</p>	<p>31</p> <p>Coffee & Conversation Qi Gong Hawaii Day 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.