



9401 Frederick Road
Ellicott City, MD 21042
410-313-1425



October 2017

Hours:
Monday – Thursday 10am – 2pm
Friday 10am – 1pm

Felicia Stein, Director; fstein@howardcountymd.gov
Joyce Nagel-Mortell, Assistant Director; jnagel@howardcountymd.gov

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Coffee Talk 10:30 Peanuts Trivia 11:00 Seated Yoga 12:00 Lunch 12:45 Comedians Day 12:45 Paws4Comfort 2	10:00 Coffee Talk 10:30 Mayberry Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Leaf Craft 1:30 Paws4Comfort 3	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Peter 1:00 Paws4Comfort 4	10:00 Coffee Talk 10:30 Famous Firsts 11:00 Seated Exercise 12:00 Lunch 12:45 Horse Racing 1:15 Paws4Comfort 5	10:00 Coffee Talk 11:00 Ceramics 12:00 Lunch 12:30 Trivia (Hours 10:00 – 1:00) 6
Center Closed In observance of Columbus Day 9	10:00 Coffee Talk 10:30 Columbus Trivia 11:00 Seated Exercise 12:00 Lunch 12:30 Social Security Admin. Chorus 10	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Art With a Purpose 1:00 Paws4Comfort 11	10:00 Coffee Talk 10:30 Finish the Line 11:00 Seated Exercise 12:00 Lunch 12:45 WWII Music 1:00 Rosie the Riveter 1:15 Paws4Comfort 12	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 (Hours 10:00 – 1:00) 13
10:00 Coffee Talk 10:30 Cranium Crunch 11:00 Seated Yoga 12:00 Lunch 12:45 Pumpkin Craft 12:45 Paws4Comfort 16	10:00 Coffee Talk 10:30 Italy IQ 11:00 Seated Exercise 12:00 Lunch 12:30 Country Music (Maria and Danny) 17	10:00 Coffee Talk 10:30 Alaska Day 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Ed 1:00 Paws4Comfort 18	10:00 Coffee Talk 10:30 Doughnut Day 11:00 Seated Exercise 12:00 Lunch 12:45 Jeopardy 1:15 Paws4Comfort 19	Program, Music and Lunch at North Laurel Community Center 9411 Whiskey Bottom Road, Laurel 410-313-7218 (Hours 10:00 – 1:00) 20
10:00 Coffee Talk 10:30 Here's Johnny! 11:00 Seated Yoga 12:00 Lunch 12:45 Music with Al 12:45 Paws4Comfort 23	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:30 Visit with Bell (A Screech Owl) 24	10:00 Coffee Talk 10:30 Birthday Party! 11:00 Seated Exercise 12:00 Lunch 1:00 Ceramics 1:00 Paws4Comfort 25	Aquatic Wellness, Art, Music (Tom) and Lunch at Roger Carter Center 3000 Milltowne Drive Ellicott City, MD (Hours 10:00 – 2:00) 26	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 (Hours 10:00 – 1:00) 27
10:00 Coffee Talk 10:30 Word Games 11:00 Seated Yoga 12:00 Lunch 12:45 Acorn Bingo 12:45 Paws4Comfort 30	10:00 Coffee Talk 10:30 Spooky Trivia 11:00 Seated Exercise 12:00 Spooky Lunch 12:30 Halloween Party (Wear your costume) 31			

Caregiver's Corner

"My name is Gary Pon and I was the caregiver for both of my parents for many years. It was the hardest job that I have ever done and yet the most rewarding. All caregivers at one time or another feels that there is no help or support, but I found help at the Connections Social Day Program in Ellicott City. The Connections Social Day Program was a wonderful experience for my parents, especially my mother. For four hours during the weekdays, I would bring her to the Connections Social Day Program for supervised scheduled structured activities. She would be with other members participating in games, listening to music, doing art projects, exercising or just talking to other members. As part of the program, all participants are given a morning snack and served a balanced lunch from a catering service. It was good for her to be out with other members and she was very happy there. The hidden benefit was that it allowed me the middle of the day to do other things. However, if I had time or wanted to be with my parents I could stay. This allowed me to get to know her friends and talk to my mom about them at home. I believe so much in this program that I am currently an regular active volunteer. For any caregiver who needs help with a loved one, I highly recommend the Connections Social Day Program."

Written by: Gary Pon

Want to share your story and experiences with being a caregiver? Contact the Connections Social Day Program at 410-313-1425.

Let's Celebrate our October Birthdays!

This month we would like to wish a very happy birthday to Irene, Elaine and Jill!

We will be celebrating our October birthdays on Wednesday, October 25th!

A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations.

Thank you to HoneyBaked Ham for their continuous support of our program.

IMPORTANT DATES TO PUT ON YOUR CALENDAR

Connections Social Day Program CLOSED – Monday, October 9th for the Columbus Day Holiday

Connections Social Day Program will be visiting the North Laurel Community Center on Friday, October 20th from 10:00 – 1:00

Silver Dolphin Aquatic Wellness Program @ Roger Carter Center on Thursday, October 26th from 10:00 – 2:00

(Please remember to bring your bathing suit or swim trunks, towel and water shoes.)

Inclement Weather Policy:

When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Social Day Program at Ellicott City will be closed.

If the schools are delayed by one hour, the center is open.

When the schools have a scheduled day off, please tune to WBAL-TV for possible weather related closures of the center or call the Inclement Weather Line at 410-313-7777. Contact the center at 410-313-1425 to hear a recorded message regarding center operations.