



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



September 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 11:00 Ceramics 12:00 Lunch 12:30 Trivia 10:00 – 1:00 (ORIGINAL HOURS) 1
Center Closed In observance of Labor Day 4	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Labor Day Program 5	10:00 Coffee Talk 10:30 Read a Book Day 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Ed 1:00 Paws4Comfort 6	10:00 Coffee Talk 10:30 Finish the Line 11:00 Seated Exercise 12:00 Lunch 12:45 Art with a Purpose 7	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00 – 1:00 (ORIGINAL HOURS) 8
10:00 Coffee Talk 10:30 Cranium Crunch 11:00 Seated Yoga 12:00 Lunch 12:45 Inspiring Stories 12:45 Paws4Comfort 11	10:00 Coffee Talk 10:30 Good News Day 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Al 1:30 Paws4Comfort 12	10:00 Coffee Talk 10:30 Hershey Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Tom 1:00 Paws4Comfort 13	10:00 Coffee Talk 10:30 TV Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Pop Tarts Cooking Activity 14	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00 – 1:00 (ORIGINAL HOURS) 15
10:00 Coffee Talk 10:30 NY Times Trivia 11:00 Seated Yoga 12:00 Lunch 12:45 Loteria 12:45 Paws4Comfort 18	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Olde Golde Music 19	10:00 Coffee Talk 10:30 Finish the Line 11:00 Seated Exercise 12:00 Lunch 12:45 Rosh Hashanah 1:00 Paws4Comfort 20	10:00 Coffee Talk 10:30 Gratitude Day 11:00 Seated Exercise 12:00 Lunch 12:45 Fall Craft 21	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00 – 1:00 (ORIGINAL HOURS) 22
10:00 Coffee Talk 10:30 Banned Books 11:00 Seated Yoga 12:00 Lunch 12:45 Jeopardy 12:45 Paws4Comfort 25	10:00 Coffee Talk 10:30 Love Notes Day 11:00 Seated Exercise 12:00 Lunch 12:45 Art With a Purpose 1:30 Paws4Comfort 26	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:30 Birthday Party! 1:00 Ceramics 1:00 Paws4Comfort 27	Aquatic Wellness Program, Art, Music and Lunch at Roger Carter Center 3000 Milltowne Drive Ellicott City, MD 10:00-2:00 28	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00 – 1:00 (ORIGINAL HOURS) 29

Caregiver's Corner

Benefits of Pet Therapy

The Connections Social Day Program at Ellicott City has several dogs visit weekly and will be adding a cat to our repertoire of furry friends. Visiting with animals includes such health benefits as lowering blood pressure and lowering overall pain. The act of petting an animal produces an automatic relaxation response, reducing the amount of medication some people need. Studies have shown the mental health benefits are many, including a decrease in depression and anxiety. Being in the company of animals may also decrease feelings of isolation, encourage communication and increase a sense of community. Thank you to all our **“Paws4Comfort”** visitors for the joy they bring to us each week.

Let's Celebrate our September Birthdays!

This month we would like to wish a very happy birthday to
Adela, Margaret, Kamala, Carol, Lettie and Kat!

We will be celebrating our September birthdays on Wednesday, September 27th!

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, September 4th for the Labor Day Holiday

Silver Dolphin Aquatic Wellness Program @ Roger Carter Center – **Thursday, September 28th**
(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.