





**Hours:**

Mon-Fri: 10am-2pm  
Last Fri: 10am-1pm

## December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
December IQ Cardinal Craft Paws4Comfort   3	Current Events Music with Peter   4	Good News Paws4Comfort Holiday Cards   5	Brain Games Music with Julie Paws4Comfort   6	Friday Funnies Hanukkah Party Yoga   7
Morning Mix Paws4Comfort Holiday Cards   10	Puzzlers Piano Recital   11	<b>Connections Holiday Party &amp; Santa Visit</b>   12	Good News Mount View Middle School Singers Paws4Comfort Music with Charlie   13	Friday Funnies Wreath Craft Yoga   14
Brain Games Reindeer Games Paws4Comfort   17	Morning Mix Music with Don   18	Puzzlers Paws4Comfort 50+ Players   19	Current Events Music with Tim Paws4Comfort   20	Friday Funnies Holiday Cookies Yoga   21
Good News Holiday Sing-a-long Paws4Comfort   24	<b>Closed for the Christmas Holiday</b>   25	Morning Mix Paws4Comfort Music with MaryAnn   26	Puzzlers Bingo Paws4Comfort   27	Friday Funnies Cooking Activity Yoga   28
Today in History Paws4Comfort Music with Al   31				

**Daily Activities:**

10:00 Arrival and Coffee Talk

11:00 Yoga (Mon)

11:00 Seated Exercise (Tu, W, & Th)

12:00 Lunch

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## CAREGIVER'S CORNER

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The holidays can be stressful for everyone—even more so for caregivers and their charges. The website *Alzheimers.net* offers the following tips for getting through the holiday season with ease:

- 1. Give Yourself Permission to Say “No”** You are not obligated to attend every social gathering of the season; nor are you obligated to host parties in your home. Allow yourself the time you need to prepare, relax and spend time with loved ones.
- 2. Avoid Crowded and Noisy Places** Loud or startling noises can further confuse or frustrate someone with cognitive difficulties. Instead, prioritize smaller and more low-key events that won't add to confusion or stress.
- 3. Manage Sugar Intake** Avoid alcohol which can lead to depression and increase the risk of falls. Be cautious of over-indulgence in sugary foods may also trigger behavioral issues.
- 4. Maintain Routines** This can be challenging during the holidays when parties go late, but try to keep your loved one on a similar routine so that holiday preparations do not become disruptive.
- 5. Involve Your Loved One in Holiday Preparations** Capture some of the joy of the season by having loved ones participate in the fun. Decorating cookies, hanging decorations, setting the table and even wrapping gifts are some examples of how you can keep the holiday spirit alive together.

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## LET'S CELEBRATE OUR DECEMBER BIRTHDAYS

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We will celebrate our **December birthdays** on **December 26** with a delicious cake made by our wonderful volunteer, Gary Pon. Celebrating birthdays this month are Connections' members **Kathy** and **Dorothy Jean**.

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## RTA CONTACT INFORMATION

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Questions about anything bus related? Call 1-800-270-9553. Press “3” and follow prompts.

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## IMPORTANT WINTER REMINDERS!

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Connections will be **CLOSED** for the Christmas holiday on **December 25** and also on **January 1** to celebrate the New Year.

**Inclement Weather Policy:** When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Program 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.