



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



## August 2017

**Hours:**  
Monday – Thursday 10am – 2pm  
Friday 11am – 2pm

Felicia Stein, Director; [fstein@howardcountymd.gov](mailto:fstein@howardcountymd.gov)  
Joyce Nagel-Mortell, Assistant Director; [jnagel@howardcountymd.gov](mailto:jnagel@howardcountymd.gov)

Monday	Tuesday	Wednesday	Thursday	Friday
	10:00 Coffee Talk 10:30 Hotel Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Art With a Purpose	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Coloring Book Day 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Cranium Crunches 11:00 Seated Exercise 12:00 Lunch 12:45 All About Martha	11:00 Coffee Talk and Music with Peter 12:00 Lunch 1:00 Ceramics 1:30 Twins Trivia
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10:00 Coffee Talk 10:30 Cat Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Tom 12:45 Paws4Comfort	10:00 Coffee Talk 10:30 Sing a Long 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Ed 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Vacations 11:00 Seated Exercise 12:00 Lunch 12:30 <i>Deauxaux</i> 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Eddie Fisher 11:00 Seated Exercise 12:00 Lunch 12:45 Art With a Purpose	<b>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 11:00-2:00</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:00 Coffee Talk 10:30 Famous Lefties 11:00 Seated Exercise 12:00 Lunch 12:45 Ceramics 12:45 Paws4Comfort	10:00 Coffee Talk 10:30 1960's Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Sunflower Craft	10:00 Coffee Talk 10:30 Goldrush Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Lighthouses 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Word Search 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Charlie E.	<b>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 11:00-2:00</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:00 Coffee Talk 10:30 Solar Eclipse 11:00 Seated Exercise 12:00 Lunch 12:45 Art With a Purpose 12:45 Paws4Comfort	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Horse Racing 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Finish the Line 11:00 Seated Exercise 12:00 Lunch 12:45 Gene Kelly 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Cranium Crunches 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Al	<b>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 11:00-2:00</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:00 Coffee Talk 10:30 Tennis Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Going to the Dog 12:45 Paws4Comfort	10:00 Coffee Talk 10:30 Mary Poppins 11:00 Seated Exercise 12:00 Lunch 12:45 Thank You Cards	10:00 Coffee Talk 10:30 Female Authors 11:00 Seated Exercise 12:00 Special Lunch 12:45 <i>Pet Rock</i> 1:00 Paws4Comfort	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Birthday Party! 12:45 Music with Tom	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

# Caregiver's Corner

## How to Stay Hydrated



### Water

Don't wait to drink until you're thirsty! Drink water throughout the day to prevent dehydration.



### Juice

All natural juice without added sugar provides hydration and important nutrients. Check the label on the juice bottle and make sure it says "100 percent juice with no sugar added."



### Popsicles

Enjoy a 100% fruit juice popsicle for a cool way to replenish fluids.



### Avoid Caffeine

On hot days, avoid caffeinated beverages as much as possible since too much can suck the moisture from your body and lead to dehydration.

## Let's Celebrate our August Birthdays!

This month we would like to wish a very happy birthday to Mary and Joyce!

We will be celebrating August birthdays on Thursday, August 31<sup>st</sup>

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.

## Reminder

To accommodate for the bowling alley's summer hours, we will operate on Fridays from **11:00am – 2:00pm.**

### 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.