

# KINDRED SPIRITS SOCIAL CLUB



February, 2016

Join us in welcoming Chelsea; she is an OTA student from the Community College of Baltimore County. She will be with us for eight weeks and we look forward to her enthusiasm and creativity. So bundle up and join us at the Club.

Judy, Andrea & Bridget

## News & Notes:

Happy Birthday to Harold, Andrea and Bridget.

**Kindred Spirits is closed on Monday, February 15, in observance of Presidents' Day.**

**Inclement Weather Policy:** When Howard County Public Schools are closed or delayed 2 hours, Kindred Spirits is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-5442 to hear a recorded message regarding center operations.

**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](mailto:jumiller@howardcountymd.gov), [abryant@howardcountymd.gov](mailto:abryant@howardcountymd.gov) or [bmcandrew@howardcountymd.gov](mailto:bmcandrew@howardcountymd.gov)

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) 313-5980

Alzheimer's Association


(410) 561-9099

## Caregiver Corner

Re-evaluations are nearly complete and the last few will be emailed in the next week. We are re-evaluating members that have been in the program for six months or more.

If you have any questions or would like to discuss the evaluation, please contact Judy at 410-313-5441 or via email at [jumiller@howardcountymd.gov](mailto:jumiller@howardcountymd.gov).

# February 2016

Monday	Wednesday	Friday
<p><b>1</b></p> <p>Coffee &amp; Conversation Exercise with Sara Debbie Sings Lunch</p>	<p><b>3</b></p> <p>Coffee &amp; Conversation Qi Gong Music Therapy with Abigail Lunch</p>	<p><b>5</b></p> <p>Coffee &amp; Conversation Gentle Yoga Crossword Puzzle Lunch</p>
<p><b>8</b></p> <p>Coffee &amp; Conversation Exercise with Sara Valentine Activity Lunch</p>	<p><b>10</b></p> <p>Coffee &amp; Conversation Exercise with Susan Jeopardy with Bridget Lunch</p>	<p><b>12</b></p> <p>Coffee &amp; Conversation Gentle Yoga Two for the Show Lunch</p>
<p><b>15</b></p> <p><b>CENTER CLOSED</b> <b>President's Day</b></p>	<p><b>17</b></p> <p>Coffee &amp; Conversation Civil War Exercise with Susan Lunch</p>	<p><b>19</b></p> <p>Coffee &amp; Conversation Gentle Yoga Chinese New Year Activity Lunch</p>
<p><b>22</b></p> <p>Coffee &amp; Conversation Exercise with Sara Music with Peter Lunch</p>	<p><b>24</b></p> <p>Coffee &amp; Conversation Qi Gong Lyric Opera Cares Lunch</p>	<p><b>26</b></p> <p>Coffee &amp; Conversation Gentle Yoga Drumming with Scott Lunch</p>
<p><b>29</b></p> <p>Coffee &amp; Conversation Exercise with Sara Support Group 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.