
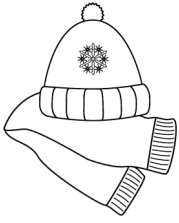


February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Good News Paws4Comfort Music with Peter 3	Today in History Activity with Joyce 4	Puzzlers Valentine Craft How It's Made 5	Brain Games Student Activity Paws4Comfort 6	Connections at Miller Branch Library 9421 Frederick Road 7
Current Events Howard High Visit Music with Tom Paws4Comfort 10	Cranium Crunches Holiday Talk with Rabbi Baron and Rabbi Seigel Activity with Joyce 11	Good News Valentine BINGO 12	Today in History Garden Club Music with MaryAnn Paws4Comfort 13	Friday Funnies Valentine's Party Music with Ellis 14
Connections closed  17	Current Events Presidential Who Am I? 18	Cranium Crunches Al and Annie 19	Good News Activity with Joyce Paws4Comfort 20	Friday Funnies Ask Alexandra 21
Brain Games ESL Students Activity with Joyce Paws4Comfort 24	Puzzlers Mardi Gras Activity 25	Cranium Crunches Birthday Celebration Bingo 26	Trivia Time The Price is Right Paws4Comfort 27	Friday Funnies Connect with Connections 28
Daily Activities: 10a.m. Arrival and Coffee Talk 11a.m. Yoga (Mon) 11a.m. Seated Exercise (Tu, W, & Th) 12p.m. Lunch 1p.m. Yoga (Fri)		Connections will be CLOSED on February 17th We will meet at the Miller Branch Library, 9421 Frederick Road, on Friday, February 7 from 10 a.m. to 2 p.m		

CAREGIVER'S CORNER



Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. The National Institute on Aging offers the following tips staying warm during winter's colder months:

- Dress warmly on cold days even if you are staying inside. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- When you go outside, wear loose layers of clothing. The air between the layers helps to keep you warm. You can remove layers as needed once indoors.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.

And please, **label your scarves, hats and gloves with your loved ones' name** so Connections' staff can make sure your winter accessories go home with the right person!

LET'S CELEBRATE OUR FEBRUARY BIRTHDAYS



Having a birthday this month are Connections' members Ruby W., Barry, Brenda and Connections' Director, Felicia. We will enjoy a delicious communal birthday cake on **February 26** provided by our wonderful volunteer, Gary Pon. Happy Birthday, everyone!

RTA CONTACT INFORMATION



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

IMPORTANT REMINDERS!



- Connections will be **CLOSED** on **February 17**.
- We will meet at the **Miller Branch Library, 9421 Frederick Road**, on **Friday, February 7** from **10 a.m. to 2 p.m.**

• When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Program will also be closed. If 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.