

KINDRED SPIRITS SOCIAL CLUB at Glenwood



November, 2018

"Give thanks for unknown blessings already on their way."

~Native American Saying

Happy Birthday to Helen.

Just a Reminder:

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) 313-1234

Alzheimer's Association

(410) 561-9099

Center is closed Monday, November 12, 2018, in observance of Veterans Day and Friday, November 23, 2018, in observance of Thanksgiving.

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; abryant@howardcountymd.gov; or bmcandrew@howardcountymd.gov

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, call the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-5441 to hear a recorded message regarding center operations.

Upcoming Events

Thanksgiving Celebration: The *Giving Thanks* Luncheon and Dance

Thursday, November 15, 2018 / 10:30 a.m. to 1 p.m.


Ten Oaks Ballroom / 5000 Signal Bell Lane, Clarksville, MD 21029

Must have a ticket for admission.

A table is being reserved for Kindred Spirits participants and their loved ones. If your loved one is taking the bus to the event, then RTA will contact you the evening before with a pick up time. For those driving to the event, the doors open at 10:30 a.m.

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November 2018

| Monday | Wednesday | Friday |
|---|--|---|
|  | | <p>2</p> <p>Coffee & Conversation Gentle Yoga Garden Club Lunch</p> |
| <p>5</p> <p>Coffee & Conversation Exercise with Margaret Debbie Sings Lunch</p> | <p>7</p> <p>Coffee & Conversation Qi Gong Gone But Not Forgotten Lunch</p> | <p>9</p> <p>Coffee & Conversation Gentle Yoga Games Veterans Luncheon</p> |
| <p>12</p> <p>Center Closed Veterans Day</p> | <p>14</p> <p>Coffee & Conversation Qi Gong Music with Ray Lunch</p> | <p>16</p> <p>Coffee & Conversation Gentle Yoga Music with Steve Flynn Lunch</p> |
| <p>19</p> <p>Nutrition Ed Coffee & Conversation Exercise with Margaret Crossword Puzzle Lunch</p> | <p>21</p> <p>Coffee & Conversation Qi Gong Pottery Lunch</p> | <p>23</p> <p>Center Closed Thanksgiving</p> |
| <p>26</p> <p>Coffee & Conversation Exercise with Margaret Music with Peter Lunch</p> | <p>28</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p> | <p>30</p> <p>Coffee & Conversation Gentle Yoga Drumming with Scott 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.