

KINDRED SPIRITS SOCIAL CLUB



July, 2016

Where liberty dwells, there is my country.
~Benjamin Franklin



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

News & Notes:

Happy Birthday to the U.S.A.

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

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-1234 or 800-506-5806 for more information.

Caregiver Corner

Introducing Kindred Spirits Social Club at North Laurel

To better serve the community, Kindred Spirits Social Club is expanding to southern Howard County. Program details are below:

- Tuesdays and Thursdays
- 9:30 am to 1:30 pm
- RTA transportation is available
- North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel, MD 20723
- If you are interested in joining, please contact Nancy Riley, Director at 410-313-7691 or via email at nriley@howardcountymd.gov.

July 2016

Monday	Wednesday	Friday
 <p>© Can Stock Photo - csp1194332</p>		<p>1</p> <p>Coffee & Conversation Gentle Yoga Picnic Games Lunch</p>
<p>4</p> <p>Closed July 4th Holiday</p>	<p>6</p> <p>Coffee & Conversation Qi Gong Crossword Puzzle Lunch</p>	<p>8</p> <p>Coffee & Conversation Gentle Yoga Adventure & Raptors Lunch</p>
<p>11</p> <p>Coffee & Conversation Qi Gong Debbie Sings Lunch</p>	<p>13</p> <p>Coffee & Conversation Exercise with Susan Garden Stake Mosaics Lunch</p>	<p>15</p> <p>Coffee & Conversation Gentle Yoga <i>Two for the Show</i> Lunch</p>
<p>18</p> <p>Coffee & Conversation Exercise with Sara Summer Craft Lunch</p>	<p>20</p> <p>Waffle Bar Nutrition Program Exercise with Susan iPad Games Lunch</p>	<p>22</p> <p>Coffee & Conversation Gentle Yoga Pottery Crab Cake Lunch</p>
<p>25</p> <p>Coffee & Conversation Exercise with Sara Music with Peter Lunch</p>	<p>27</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p>	<p>29</p> <p>Coffee & Conversation Gentle Yoga Miriam's Germany Trip 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.