

KINDRED SPIRITS SOCIAL CLUB



June, 2016

Summer is on its way or at least that's what the weather person keeps telling us each evening. With warm weather in mind, we have an exciting field trip planned for this month and other fun-filled activities. So pack up your parkas and throw on some shorts and join us at the Club.

Judy, Andrea & Bridget

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

News & Notes:

Happy Birthday Suzanne and Judy.

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 410-313-5980 or 800-506-5806 for more information.

Caregiver Corner

Identification: As we get ready to embark on another exciting field trip, we thought it prudent to discuss the importance of having some type of identification on your loved one at all times. ID can be kept in a wallet, purse or worn. If your loved one has progressed to a point where he/she no longer carries a purse or wallet, then it is best to purchase a medical alert bracelet or necklace.

To get more information go to <http://www.alz.org/care/dementia-medic-alert-safe-return.asp> or google "medical alert identification".

June 2016

Monday	Wednesday	Friday
	1 Frederick Trip 9 am to 2 pm	3 Coffee & Conversation Gentle Yoga Star Spangled Town Lunch
6 Coffee & Conversation Qi Gong Debbie Sings Lunch	8 Coffee & Conversation Exercise with Susan Glamour at Glenwood Lunch	10 Coffee & Conversation Gentle Yoga <i>Two for the Show</i> Lunch
13 Coffee & Conversation Exercise with Sara Pottery Lunch	15 Coffee & Conversation <i>Living History:</i> <i>Mr. and Mrs. Robert E. Lee</i> Lunch	17 Coffee & Conversation Gentle Yoga Activity with Miriam Lunch
20 Coffee & Conversation Exercise with Sara Jeopardy Lunch	22 Coffee & Conversation Exercise with Susan Lyric Opera House Lunch	24 Coffee & Conversation Gentle Yoga Support Group Summer Picnic Lunch
27 Coffee & Conversation Exercise with Sara Music with Peter Lunch	29 Coffee & Conversation World War II Speaker Qi Gong Lunch	

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.