

KINDRED SPIRITS SOCIAL CLUB

at Glenwood



December, 2019

Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.

~John Boswell

Just a Reminder:

We are open the week between Christmas and New Year's except Christmas Day, December 25, 2019. We wish you all a joyous holiday season.

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, the program is cancelled. When the public schools have a scheduled day off, Please contact the Inclement Weather Program Status Line at 410-313-7777 to learn of any delayed openings.

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 Foundation of America: 10 Tips for Managing Stress

1. Maintain a positive attitude
2. Acceptance is key—all you can control is how you react and adjust
3. People can't help if they don't know there is a problem—be honest and open with your feelings
4. Relax—taking time to breathe is so important
5. Get moving—exercise can help reduce stress
6. Take it one day at a time—if it's not an emergency situation, do not turn it into one
7. Sleep is important—a good night's rest keeps us functioning at our best
8. Incorporate stress management techniques into your life—be social and have fun!
9. Eat a balanced healthful diet, full of fruits, vegetables and water
10. Set realistic goals and go slow—life is not a race, rather, it's a journey

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Monday	Wednesday	Friday
<p>2</p> <p>Coffee & Conversation Exercise with Margaret Music with Debbie Lunch</p>	<p>4</p> <p>Coffee & Conversation QI Gong Lindbergh Kidnapping Lunch</p>	<p>6</p> <p>Coffee & Conversation Gentle Yoga Pet Rock/Holiday Music Lunch</p>
<p>9</p> <p>Coffee & Conversation Exercise with Margaret Student Sing-a-long Lunch</p>	<p>11</p> <p>Coffee & Conversation Qi Gong Music with Ray Lunch</p>	<p>13</p> <p>Coffee & Conversation Gentle Yoga Astronomy Speaker Lunch</p>
<p>16</p> <p>Coffee & Conversation Exercise with Margaret Support Group Lunch</p>	<p>18</p> <p>Coffee & Conversation Qi Gong Holiday Luncheon</p>	<p>20</p> <p>Coffee & Conversation Gentle Yoga Library Program Lunch</p>
<p>23</p> <p>Coffee & Conversation Exercise with Margaret Music with Peter Lunch</p>	<p>25</p> <p style="color: red; text-align: center;">Center Closed Christmas Day</p>	<p>27</p> <p>Coffee & Conversation Exercise New Year's Activity Lunch</p>
<p>30</p> <p>Coffee & Conversation Exercise with Margaret Music with Mary Ann Lunch</p>	<p>1</p> <p style="color: red; text-align: center;">Center Closed New Year's Day</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.