

KINDRED SPIRITS SOCIAL CLUB



January, 2016

We wish all the Kindred Spirits' participants and their families a very joyous and prosperous New Year.

Judy, Andrea & Bridget

News & Notes:

Kindred Spirits is closed on Friday, January 1, for New Year's Day and Monday, January 18, in observance of Martin Luther King, Jr. Day.

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

It is often cool in our rooms, so please dress appropriately and bring or wear a lightweight jacket or sweater.

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

Resource Information

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-5980 for more information.

Caregiver Corner

In an effort to ensure Kindred Spirits Social Club is meeting the needs of all participants, each participant is re-evaluated bi-annually or more frequently if the staff observes a change in the participant's ability to function in the Club. As stated in the Participation Agreement each member signed when he/she started in the program, Kindred Spirits Social Club is a transition group designed for persons in the early stages of Alzheimer's disease or a related memory disorder.

Staff will be conducting the re-evaluations of all current participants by the end of January 2016. Caregivers will receive a letter detailing the results of the re-evaluation.

January 2016

Monday	Wednesday	Friday
		1 Center Closed New Year's Day
4 Coffee & Conversation Exercise with Sara History of Broadway Lunch	6 Coffee & Conversation Qi Gong Music with Peter Lunch	8 Coffee & Conversation Gentle Yoga Wheel of Fortune Lunch
11 Coffee & Conversation Exercise with Sara Debbie Sings Lunch	13 Waffle Bar Exercise with Susan Music with Tom Lunch	15 Coffee & Conversation Gentle Yoga Baltimore Water Front Lunch
18 Center Closed MLK Day	20 Coffee & Conversation Civil War Exercise with Susan Lunch	22 Coffee & Conversation Gentle Yoga Jeopardy Lunch
25 Coffee & Conversation Exercise with Sara OTA Student Activity Lunch	27 Coffee & Conversation Qi Gong Support Group Lunch	29 Coffee & Conversation Gentle Yoga Pet Rock Lunch Chili Cook-off

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.