

KINDRED SPIRITS SOCIAL CLUB



May, 2016

The flowers are blooming and the sun is shining; spring has finally arrived. We have a lot of exciting and fun activities planned for the month of May so come out and join us at the Club.

Judy, Andrea & Bridget

News & Notes:

Happy Birthday Ken and Terry.

Kindred Spirits will be closed on Monday, May 30th, in observance of Memorial Day.

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.

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


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.

May 2016

Monday	Wednesday	Friday
<p>2</p> <p>Coffee & Conversation Exercise with Sara Music with Debbie Lunch</p>	<p>4</p> <p>Coffee & Conversation Qi Gong Student Activity Lunch</p>	<p>6</p> <p>Coffee & Conversation Gentle Yoga Derby Days Lunch</p>
<p>9</p> <p>Coffee & Conversation Exercise with Sara History of Broadway Lunch</p>	<p>11</p> <p>Coffee & Conversation Exercise with Susan Music with Peter Lunch</p>	<p>13</p> <p>Coffee & Conversation Gentle Yoga Crossword Puzzle Lunch</p>
<p>16</p> <p>Nutrition Activity Exercise with Sara Bee Keeper Lecture Lunch</p>	<p>18</p> <p>Coffee & Conversation Exercise with Susan Support Group Lunch</p>	<p>20</p> <p>Waffle Bar Gentle Yoga History of Sparrows Point Lunch</p>
<p>23</p> <p>Coffee & Conversation Exercise with Sara Garden Club Lunch</p>	<p>25</p> <p>Coffee & Conversation Qi Gong Music Program Featuring Alexander Mitchell Lunch</p>	<p>27</p> <p>Nutrition with Torry Coffee & Conversation Gentle Yoga <i>Two for the Show</i> Lunch</p>
<p>30</p> <p>Center Closed Memorial 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.