

# KINDRED SPIRITS SOCIAL CLUB at Glenwood



January, 2017

Happy New Year to the Kindred Spirits participants and their families. We wish you a joyous and healthy 2017.

Judy, Andrea & Bridget

## News & Notes:

The center will be closed on Monday, January 2, 2017, in observance of the New Year and Monday, January 16, in observance of Martin Luther King, Jr.'s birthday.

**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](mailto:jumiller@howardcountymd.gov), [abryant@howardcountymd.gov](mailto:abryant@howardcountymd.gov), or [bmcandrew@howardcountymd.gov](mailto:bmcandrew@howardcountymd.gov)

**Inclement Weather Policy:** When Howard County Public Schools are closed or delayed 2 hours, Kindred Spirits is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-5441 to hear a recorded message regarding center operations.

**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

## Caregiver Corner


### Kindred Spirits' Holiday Fundraiser Update

Kindred Spirits Social Club held a fundraiser last month to raise money to purchase items for **Project Holiday**, a Howard County Office on Aging and Independence project that collects toiletry items, socks, and blankets for low-income older adults who reside in nursing homes, assisted living facilities and in the community. Money collected is used to purchase items that are not donated in sufficient quantities.

Thank you to all who donated their pendants to help others to have a nicer holiday! **Kindred Spirits raised \$75 for this worthy cause.**

# Kindred Spirits Social Club at Glenwood

## January 2017

Monday	Wednesday	Friday
<p><b>2</b></p> <p>Center Closed Happy New Year</p>	<p><b>4</b></p> <p>Coffee &amp; Conversation Exercise with Sara New Year Activity Lunch</p>	<p><b>6</b></p> <p>Coffee &amp; Conversation Gentle Yoga <i>Pet Rock</i> Lunch</p>
<p><b>9</b></p> <p>Coffee &amp; Conversation Exercise with Sara Bird Feeder Activity Lunch</p>	<p><b>11</b></p> <p>Coffee &amp; Conversation Qi Gong Baltimore Through the Industrial Age Lunch</p>	<p><b>13</b></p> <p>Coffee &amp; Conversation Gentle Yoga The Story Behind Our National Anthem Lunch</p>
<p><b>16</b></p> <p>Center Closed Martin Luther King, Jr. Day</p>	<p><b>18</b></p> <p>Coffee &amp; Conversation Qi Gong Pottery Lunch</p>	<p><b>20</b></p> <p>Coffee &amp; Conversation Gentle Yoga Presidential Jeopardy Lunch</p>
<p><b>23</b></p> <p>Coffee &amp; Conversation Exercise with Sara Music with Peter Lunch</p>	<p><b>25</b></p> <p>Coffee &amp; Conversation Qi Gong Support Group Lunch</p>	<p><b>27</b></p> <p>Coffee &amp; Conversation Gentle Yoga Debbie Sings Lunch—Chili Cook Off</p>
<p><b>30</b></p> <p>Coffee &amp; Conversation Exercise with Sara Chinese New Year 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.