

KINDRED SPIRITS SOCIAL CLUB

at Glenwood



October, 2018

"Autumn is a second spring when every leaf is a flower."
~Albert Camus

Happy Birthday to Dan and Carl H.

Just a Reminder:

As the weather turns colder, it is often cool in the building so please bring a sweater or light jacket to the program.

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, Kindred Spirits is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, call the Inclement Weather Line at 410-313-7777 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

Upcoming Events

Howard County's 20th Annual 50+ EXPO

Presented by the Howard County Office on Aging and Independence
Friday, October 19, 2018 / 9 a.m. to 4 p.m.
Wilde Lake High School / 5460 Trumpeter Road, Columbia, MD 21044
Admission \$1.00 / Proceeds benefit the Vivian Reid Community Fund

Thanksgiving Celebration: The *Giving Thanks* Luncheon and Dance

Thursday, November 15, 2018 / 10:30 a.m. to 1 p.m.
Ten Oaks Ballroom / 5000 Signal Bell Lane, Clarksville, MD 21029
Admission is free for participants / \$15.00 family members and friends
Contact Judy Miller for tickets at jumiller@howardcountymd.gov

Kindred Spirits Social Club at Glenwood

October 2018

Monday	Wednesday	Friday
<p>1</p> <p>Coffee & Conversation Exercise with Margaret Debbie Sings Lunch</p>	<p>3</p> <p>Coffee & Conversation Qi Gong Crossword Puzzle Lunch</p>	<p>5</p> <p>Coffee & Conversation Gentle Yoga Storytelling: My Forever Home Lunch</p>
<p>8</p> <p>Closed Columbus Day</p>	<p>10</p> <p>Coffee & Conversation Qi Gong Music with Ray Lunch</p>	<p>12</p> <p>Coffee & Conversation Gentle Yoga Oktoberfest Lunch</p>
<p>15</p> <p>Coffee & Conversation Exercise with Margaret History of Broadway Lunch</p>	<p>17</p> <p>Coffee & Conversation Qi Gong Pottery Lunch</p>	<p>19</p> <p>Center Closed 50+ EXPO Wilde Lake High School 9 a.m. to 4 p.m.</p>
<p>22</p> <p>Coffee & Conversation Exercise with Margaret Music with Peter Lunch</p>	<p>24</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p>	<p>26</p> <p>Coffee & Conversation Gentle Yoga Birds of Prey Lunch</p>
<p>29</p> <p>Coffee & Conversation Exercise with Margaret Games Lunch</p>	<p>31</p> <p>Coffee & Conversation Qi Gong Drumming with Scott 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.