

KINDRED SPIRITS SOCIAL CLUB

at Glenwood



August, 2017

"The purpose of life is to watch and experience living. To enjoy living every moment of it. And to live in environments, which are calm, quiet, slow, sophisticated, elegant. Just to be...The ideal purpose of your life is that you are grateful—great and full— that you are alive, and you enjoy it." ~Yogi Bhajan

News and Notes:

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

Senior Day at the Fair is being held on Tuesday, August 8, 2017 from 10 am to 3 pm. Admission is free for adults 62+. Visit the activities building for fun things to do...rain or shine!

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.

Powerful Tools for Caregivers

The Latest Evidence-Based Program for Caregivers

This six-week series of 90-minute classes will offer caregivers opportunities to explore a variety of self-care tools in a supportive environment designed to help you reduce personal stress, change negative self-talk, communicate more effectively in challenging situations, manage your emotions, and make tough caregiving decisions.

Dates and Time: October 3 through November 7 from 5:30 to 7:00 pm


Location: Ellicott City 50+ Center, 9401 Frederick Rd. Ellicott City, 21043

Fee: \$30 covers all materials

Information and Registration: Kathy Wehr at 410-313-5955 or kwehr@howardcountymd.gov

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Monday	Wednesday	Friday
	<p>2</p> <p>Coffee & Conversation Qi Gong Travel to Hawaii Lunch</p>	<p>4</p> <p>Coffee & Conversation Gentle Yoga Senorita Sunshine Hawaiian Luau</p>
<p>7</p> <p>Coffee & Conversation Exercise with Sara Music with Debbie Lunch</p>	<p>9</p> <p>Coffee & Conversation Qi Gong Music with Tom K. Lunch</p>	<p>11</p> <p>Coffee & Conversation Gentle Yoga Baltimore: Good Old Days Lunch</p>
<p>14</p> <p>Coffee & Conversation Exercise with Sara History of Broadway Lunch</p>	<p>16</p> <p>Coffee & Conversation Qi Gong Pottery Lunch</p>	<p>18</p> <p>Coffee & Conversation Gentle Yoga Drumming with Scott Lunch</p>
<p>21</p> <p>Coffee & Conversation Exercise with Sara Total Eclipse Party Lunch</p>	<p>23</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p>	<p>25</p> <p>Coffee & Conversation Gentle Yoga Picnic Games Picnic Lunch</p>
<p>28</p> <p>Coffee & Conversation Exercise with Sara Music with Peter Lunch</p>	<p>30</p> <p>Coffee & Conversation Qi Gong Word Games 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.