

# KINDRED SPIRITS SOCIAL CLUB

## at Glenwood



**March, 2017**

*"The world's a stage and most of us are desperately unrehearsed"* - Sean O'Casey

March is upon us and the warm weather is on its way. We have a lot of great activities planned for this month: music, speakers, and a pizza party, so bundle up and join us at the Club.

Judy, Andrea & Bridgette

**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

**News & Notes:**

Happy Birthday, Sonny.

**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.

## 5th Annual Caregiver Conference

The Caregiving Journey: *A Universal Voyage*

Date: Saturday, March 25, 2017

Time: 9:00 am to 3:30 pm

Fee: \$10 for caregivers


Place: Gary J. Arthur Community Center, 2400 Rt. 97, Cooksville, MD 21723

Register for conference and respite at <https://caregiverjourney.eventbrite.com>

Keynote Speaker: Nicole Absar, M.D., Medical Director of the Copper Ridge Memory Clinic  
Free respite services available on site. Reservations required.

# Kindred Spirits Social Club at Glenwood

## March 2017

| Monday   | Wednesday   | Friday   |
|--|---|--|
|                                     | <p><b>1</b></p> <p>Coffee &amp; Conversation<br/>Qi Gong<br/>Pottery<br/>Lunch</p>                    | <p><b>3</b></p> <p>Coffee &amp; Conversation<br/>Gentle Yoga<br/>Wheel of Fortune<br/>Lunch</p>                    |
| <p><b>6</b></p> <p>Coffee &amp; Conversation<br/>Exercise with Sara<br/>Music with Debbie<br/>Lunch</p>              | <p><b>8</b></p> <p>Coffee &amp; Conversation<br/>Qi Gong<br/>Baltimore on the War Front<br/>Lunch</p> | <p><b>10</b></p> <p>Coffee &amp; Conversation<br/>Gentle Yoga<br/>Sally Ride<br/>Lunch</p>                         |
| <p><b>13</b></p> <p>Coffee &amp; Conversation<br/>Exercise with Sara<br/>Irish Cooking Activity<br/>Lunch</p>        | <p><b>15</b></p> <p>Coffee &amp; Conversation<br/>Qi Gong<br/>Dr. Dan: Tips on Coping<br/>Lunch</p>   | <p><b>17</b></p> <p>Coffee &amp; Conversation<br/>Gentle Yoga<br/>Mighty Kelltones<br/>St. Patrick's Day Lunch</p> |
| <p><b>20</b></p> <p>Coffee &amp; Conversation<br/>Exercise with Sara<br/>Sights &amp; Sounds of Spring<br/>Lunch</p> | <p><b>22</b></p> <p>Coffee &amp; Conversation<br/>Qi Gong<br/>Support Group<br/>Lunch</p>             | <p><b>24</b></p> <p>Coffee &amp; Conversation<br/>Gentle Yoga<br/>100 Things to Do in<br/>Baltimore<br/>Lunch</p>  |
| <p><b>27</b></p> <p>Coffee &amp; Conversation<br/>Exercise with Sara<br/>Kelltones<br/>Lunch</p>                     | <p><b>29</b></p> <p>Coffee &amp; Conversation<br/>Qi Gong<br/>Spring Craft Activity<br/>Lunch</p>     | <p><b>31</b></p> <p>Coffee &amp; Conversation<br/>Gentle Yoga<br/>Pet Rock<br/>Pizza Party</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.