

KINDRED SPIRITS SOCIAL CLUB

at Glenwood



October, 2017

Fall has arrived and we are very busy this time of year. Mark your calendar to attend the 50+EXPO on Friday, October 20, at Wilde Lake High School and the Thanksgiving Luncheon on Wednesday, November 15, at Ten Oaks Ballroom. Thanksgiving Luncheon details are attached and the 50+EXPO information is below.

Judy, Andrea, Bridget

News and Notes:

Happy Birthday to Tony.

The center will be closed on Monday, October 9, in observance of Columbus Day and Friday, October 20, for the 50+EXPO.

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

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

Plan NOW to Attend the 2017 Howard County 50+EXPO!

**Preparedness
Information
Education**

FRIDAY, OCTOBER 20

9 AM to 4 PM • \$1 ADMISSION*

Wilde Lake High School, 5460 Trumpeter Road, Columbia 21044

Only  Accessible Parking On-Site at WLHS
All others must USE FREE SHUTTLE from The Mall in Columbia

410-313-6410 (VOICE/RELAY)
www.howardcountymd.gov/aging

- 160+ Exhibitors
- Capitol Steps — ONE SHOW ONLY! (11:00 AM; \$5 suggested donation*)
- AARP's "America's First Foodie" (James Beard Documentary at 1:00 PM)
- NEW! Virtual Dementia Tours
- NEW! Preparedness Seminars
- Flu Shots and Health Screenings

*Proceeds Benefit the Vivian Reid Community Fund for Older Adults


Resources for All Stages and Ages!

50 EXPO
PLUS


 #HoCoEXP017
[facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kindred Spirits Social Club at Glenwood

October 2017

Monday	Wednesday	Friday
<p>2</p> <p>Coffee & Conversation Exercise with Sara Debbie Sings Lunch</p>	<p>4</p> <p>Coffee & Conversation Qi Gong Games Octoberfest Lunch</p>	<p>6</p> <p>Coffee & Conversation Gentle Yoga Art with Ann Lunch</p>
<p>9</p> <p>Closed Columbus Day</p>	<p>11</p> <p>Coffee & Conversation Qi Gong Fire & Rescue Service Lunch</p>	<p>13</p> <p>Coffee & Conversation Gentle Yoga Steve Flynn as Dean Martin Lunch</p>
<p>16</p> <p>Coffee & Conversation Exercise with Sara Word Games Lunch</p>	<p>18</p> <p>Waffle Bar Coffee & Conversation Qi Gong Pottery Lunch</p>	<p>20</p> <p>Closed 50+ EXPO Wilde Lake High School 9 am to 4 pm</p>
<p>23</p> <p>Coffee & Conversation Exercise with Sara Music with Peter Lunch</p>	<p>25</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p>	<p>27</p> <p>Coffee & Conversation Gentle Yoga Meteor Shower Talk Lunch</p>
<p>30</p> <p>Coffee & Conversation Qi Gong Fall Craft Fish Fry 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.