

KINDRED SPIRITS SOCIAL CLUB

at Glenwood



September, 2017

"Oh the places you'll go, today is your day! Your mountain is waiting. So...get on your way!" ~ Dr. Seuss

News and Notes:

Happy Birthday to Sonny and belated birthday wishes to Jeanne.

The center will be closed on Monday, September 4, in observance of Labor Day.

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

Howard County Walk to End Alzheimer's

Sponsored by the Alzheimer's Association

Saturday, September 23, 2017

Centennial Park, Ellicott City, MD 21042

Registration 9 a.m. / Walk 10 a.m.

Alz.org/walk

Howard County Department of Community Resources and Services has a team fundraising and walking this year. You may sign-up to join, walk or donate at <http://act.alz.org/goto/HOCODCRS>.

Kindred Spirits Social Club at Glenwood

September 2017

Monday	Wednesday	Friday
		1 Coffee & Conversation Gentle Yoga Music with Doug Lunch
4 Closed Labor Day	6 Coffee & Conversation Qi Gong Art Therapy Lunch	8 Coffee & Conversation <i>The Rise of the Airplane</i> Exercise Lunch
11 Coffee & Conversation Exercise with Sara History of Broadway Lunch	13 Robinson Nature Center 6692 Cedar Lane Columbia, MD 21044 9 am to 1 pm	15 Coffee & Conversation Gentle Yoga <i>Lost Baltimore</i> Lunch
18 Coffee & Conversation Exercise with Sara <i>The Port: 300 Years of History</i> Lunch	20 Coffee & Conversation Qi Gong Pottery Lunch	22 Coffee & Conversation Gentle Yoga Debbie Sings Lunch
25 Coffee & Conversation Qi Gong Pet Rock Lunch	27 Waffle Bar Coffee & Conversation Qi Gong Support Group Lunch	29 Coffee & Conversation Gentle Yoga Drumming with Scott Lunch

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.