

KINDRED SPIRITS SOCIAL CLUB

at North Laurel



September, 2016

Write it on your heart, everyday is the best day of the year.

~Ralph Waldo Emerson

September is upon us and soon the weather and leaves will be changing. This is our second month having Kindred Spirits here at North Laurel. We hope to learn a lot about our new participants this month and enjoy art, history, and music with Al. It's sure to be a fantastic month, so join us at the Club.

Nancy & Miriam

HOURS 9 :30AM - 1 30 PM

Tuesday & Thursday

IMPORTANT NUMBERS

Nancy Riley

410-313-7691

Carmen at Front Desk

410-313-0380

Regional Transit Agency

1-800-270-9553

Maryland Access Point

(410) 313-1234

Alzheimer's Association

(410) 561-9099

News & Notes:

Welcome Kindred Spirits to North Laurel!

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 nriley@howardcountymd.gov.

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-1234 or 800-506-5806 for more information.

Caregiver Corner

Powerful Tools for Caregivers—a 6-week course teaching caregivers self-care tools & focusing on well-being.

Thursdays, September 8th to October 13th from 3:00pm-4:30pm.

North Laurel Community Center 9411 Whiskey Bottom Road, Laurel, MD 20723

Respite is available for all sessions. Register by contacting Kathy Wehr, Howard County Office on Aging and Independence, 410-313-5955 or kwehr@howardcountymd.gov.

Alzheimer's Walk—Howard County Office on Aging and Independence has formed a team to participate in the Walk to Fight Alzheimer's on Saturday, September 24th at Centennial Park. We would love if you walked with us, but if you are unable to walk please consider donating to the cause. The link to our page is <http://act.alz.org/goto/HOCOAgina>.

If you have any questions please contact Kathy Wehr at 410-313-5955.

Kindred Spirits Social Club at North Laurel

September 2016

Tuesday	Thursday
	<p>1</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Travel to Stonehenge 12:00 Lunch 12:45 Pool Party</p>
<p>6</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Music Trivia 12:00 Lunch 12:45 Cards and Games</p>	<p>8</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Mosaics 12:00 Lunch 12:45 Cards and Games</p>
<p>13</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Fun with iPads 12:00 Lunch 12:45 Paws4Comfort with Luna</p>	<p>15</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Cooking Activity 12:00 Lunch 12:45 Nature Walk</p>
<p>20</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Healthy Tastings 12:00 Lunch 12:45 Cards and Games</p>	<p>22</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Polymer Clay Activity 12:00 Lunch 12:45 Fun with iPads</p>
<p>27</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Music with Al 12:00 Lunch– Birthday Bash! 1:00 Crossword Puzzle</p>	<p>29</p> <p>9:30 Coffee & Conversation 10:30 Yoga–Chi with Liz 11:00 Jeopardy 12:00 Lunch 12:45 Nature Walk</p>

If you need this publication in an alternate format, call (410) 313-7691 or (410) 313-7218.
 To request a sign language interpreter or other accommodations to attend an event, please call one week in advance.