

KINDRED SPIRITS SOCIAL CLUB

at North Laurel



September 2017

*The best and most beautiful things in the world cannot be seen or even touched
—they must be felt with the heart.*

~Helen Keller

I would like to wish everyone a happy and safe Labor Day. Please consider participating in the Walk to End Alzheimer's on Saturday, September 23 at Centennial Park, Ellicott City. 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>.

Nancy

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: Even though it is hot outside it is often chilly in our room so please consider bringing in a sweater.

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 410-313-7691 or email nriley@howardcountymd.gov.

Maryland Access Point of Howard County (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-1234, 800-506-5806 or map@howardcountymd.gov.

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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Tuesday	Thursday
5 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Harvest Moon Trivia & Craft 12:00 Lunch 12:45 Cards and Games	7 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Music with Al & Ann 12:00 Lunch 12:45 Billiards Party or Trivia
12 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Music with Ellis 12:00 Lunch 12:45 Crossword Puzzle	14 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Music with Tom 12:00 Lunch 12:45 This Day in History
19 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Ceramics 12:00 Lunch 12:45 Trivia	21 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Music with Peter 12:00 Lunch 12:45 Nature Game
26 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Timeslips 12:00 Lunch 12:45 Billiards or Cards & Games	28 9:30 Coffee & Conversation 10:30 Yo-Chi with Liz 11:00 Cooking Activity 12:00 Lunch 12:45 This Day in History
	

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.