

# KINDRED SPIRITS SOCIAL CLUB

## at North Laurel



January 2017

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

*~Ralph Waldo Emerson*

Happy New Year to the Kindred Spirit's participants and their families. I wish you a Joyous and healthy New Year.

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:

It is often chilly in our room remember to bring 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 410-313-5441 or email [NRiley@howardcountymd.gov](mailto: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

### Memory Café Early-Stage Social Engagement Program

Memory Café is a safe and relaxed place where people with early-stage memory loss, their families and friends, health care professionals come together for a unique blend of education and social interactions. It is a forum where people can share experiences and socialize. Anyone affected by early-stage memory loss is welcome to attend. RSVP is required; attendance is free.

First Wednesday of each month 6:30-7:30 pm Ellicott City 50+ Center 9401 Frederick Road, Ellicott City 21042. RSVP to the Alzheimer's Association at 410-561-9099 x225.

# Kindred Spirits Social Club at North Laurel

## January 2017

<b>Tuesday</b>	<b>Thursday</b>
<p><b>3</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 News Year’s Trivia            12:00 Lunch            12:45 Cards and Games</p>	<p><b>5</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Bird Day Trivia and Craft            12:00 Lunch            12:45 Billiards Party</p>
<p><b>10</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Pizza Cooking activity            12:00 Lunch            12:45 Crossword Puzzle</p>	<p><b>12</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Craft            12:00 Lunch            12:45 Trivia</p>
<p><b>17</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Ceramics            12:00 Lunch            12:45 Crossword Puzzle</p>	<p><b>19</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga-Chi with Liz            11:00 Jeopardy            12:00 Lunch            12:45 Nature Game</p>
<p><b>24</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Make Homemade Ice Cream            12:00 Lunch            12:45 Billiards</p>	<p><b>26</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Travel to Australia            12:00 Lunch            12:45 Cards and Games</p>
<p><b>31</b></p> <p>9:30 Coffee &amp; Conversation            10:30 Yoga– Chi with Liz            11:00 Craft            12:00 Lunch– Birthday Bash!            1:00 Trivia</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.