

KINDRED SPIRITS SOCIAL CLUB



March, 2016

*May your blessings outnumber the shamrocks that grow, And
may trouble avoid you wherever you go. ~Anonymous*

Judy, Andrea & Bridget

News & Notes:

Happy Birthday Jim.

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) 313-5980

Alzheimer's Association

(410) 561-9099

**Kindred Spirits is closed on Wednesday, March 16, 2016 for a
department meeting and Friday, March 25, 2016, in observance of
Good Friday.**

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 or contact the center at 410-313-5442 to hear a recorded message regarding center operations.

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

Caregiver Corner

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-5980 or 800-506-5806 for more information.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

March 2016

Monday	Wednesday	Friday
	<p>2</p> <p>Coffee & Conversation Qi Gong Music Therapy with Abigail Lunch</p>	<p>4</p> <p>Waffle Bar Gentle Yoga Pet Rock Lunch</p>
<p>7</p> <p>Coffee & Conversation Exercise with Sara Debbie Sings Lunch</p>	<p>9</p> <p>Coffee & Conversation Harriet Tubman Program Exercise with Susan Lunch</p>	<p>11</p> <p>Coffee & Conversation Gentle Yoga Art Therapy with Michelle Lunch</p>
<p>14</p> <p>Nutrition Activity Exercise with Sara Music with Peter Lunch</p>	<p>16</p> <p>Center Closed Department Staff Meeting</p>	<p>18</p> <p>Coffee & Conversation Gentle Yoga Word Game Lunch</p>
<p>21</p> <p>Coffee & Conversation Exercise with Sara History of Broadway Lunch</p>	<p>23</p> <p>Coffee & Conversation Qi Gong Support Group Lunch Culture, Conversation & Cuisine</p>	<p>25</p> <p>Center Closed Good Friday</p>
<p>28</p> <p>Coffee & Conversation QiGong Music with Tom Lunch</p>	<p>30</p> <p>Coffee & Conversation Exercise with Susan Crossword Puzzle 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.