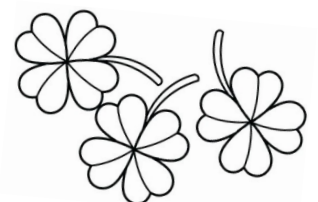


March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
March IQ Baking with Kids Paws4Comfort <p style="text-align: right;">2</p>	Today in History Sing-a-long with Joyce <p style="text-align: right;">3</p>	Puzzlers March Madness games <p style="text-align: right;">4</p>	Brain Games Paws4Comfort Music w/ MaryAnn <p style="text-align: right;">5</p>	Connections at Miller Branch Library 9421 Frederick Road <p style="text-align: right;">6</p>
Current Events International Women's Day Paws4Comfort <p style="text-align: right;">9</p>	Cranium Crunches Pictionary <p style="text-align: right;">10</p>	Good News March Bingo <p style="text-align: right;">11</p>	Today in History Music w/ Ellis Paws4Comfort <p style="text-align: right;">12</p>	Friday Funnies Irishmen's Chorale <p style="text-align: right;">13</p>
Puzzlers Art for All Paws4Comfort <p style="text-align: right;">16</p>	Brain Games St. Patrick's Day Trivia <p style="text-align: right;">17</p>	Current Events Members' Choice Games <p style="text-align: right;">18</p>	Cranium Crunches Price is Right Paws4Comfort <p style="text-align: right;">19</p>	Friday Funnies Music w/ Al & Annie <p style="text-align: right;">20</p>
Good News Music with Peter Paws4Comfort <p style="text-align: right;">23</p>	Today in History Family Feud <p style="text-align: right;">24</p>	Puzzlers Birthday Celebration Birthday Bingo <p style="text-align: right;">25</p>	Brain Games Student Activity Paws4Comfort <p style="text-align: right;">26</p>	Friday Funnies Connect with Connections <p style="text-align: right;">27</p>
Current Events Music w/ Tom Paws4Comfort <p style="text-align: right;">30</p>	Cranium Crunches Art for All <p style="text-align: right;">31</p>	<p>Daily Activities:</p> <p>10 a.m. Arrival and Coffee Talk</p> <p>11 a.m. Yoga (Mon)</p> <p>11 a.m. Seated Exercise (Tu, W, & Th)</p> <p>12 p.m. Lunch</p> <p>1 p.m. Yoga (Fri)</p>		



CAREGIVER'S CORNER

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

~Rosalyn Carter

Self-care for the caregiver: An important part of being a caregiver is caring for yourself—that includes your physical and mental well-being. Come learn about lifestyle changes you can make that may help preserve your memory. This lecture, entitled “Dementia and Neuropsychiatric Symptoms,” is led by Paul Rosenberg, MD, Professor of Psychiatry and Behavioral Sciences. The class will be held on Thursday, March 12 at 1 p.m. in the 50+ Center. Drop by or call the 50+ front desk, 410-313-1400 to register. For more information about happenings at the 50+ Center, check out their newsletter online at www.howardcountymd.gov/ellicottcity50.

LET'S CELEBRATE OUR MARCH BIRTHDAYS



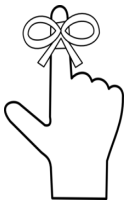
Having a birthday this month is Connections' member Grace. We will enjoy a delicious communal birthday cake on **March 25** provided by our wonderful volunteer, Gary Pon. Happy Birthday, everyone!

RTA CONTACT INFORMATION



Questions about anything bus-related? Call 1-800-270-9553. Press “3” and follow prompts.

IMPORTANT REMINDERS!



- We will meet at the **Miller Branch Library, 9421 Frederick Road, on Friday, March 6** from **10 a.m. to 2 p.m.**
- Although spring officially begins this month, a chance for inclement weather still exists. When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Program will also be closed. If schools are delayed by one hour, the center is open. When the schools have a scheduled day off, please tune to WBAL-TV for possible weather-related closures of the center or call the Inclement Weather Line at 410-313-7777. Contact the center at 410-313-1425 to hear a recorded message regarding center operations.