

# KINDRED SPIRITS SOCIAL CLUB

## at Glenwood



May, 2017

*"I thought that Spring must last forevermore for I was young and loved,  
and it was May." ~Vera Brittain*

Spring has sprung and the weather is turning warm so please dress appropriately. Keep in mind, it may be warm outside but cool in the building so bring a sweater or light jacket.

Judy, Andrea & Bridget

### News & Notes:

The center will be closed on Monday, May 29, in observance of Memorial Day.

**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](mailto:jumiller@howardcountymd.gov), [abryant@howardcountymd.gov](mailto:abryant@howardcountymd.gov), or [bmcandrew@howardcountymd.gov](mailto:bmcandrew@howardcountymd.gov)

**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 call the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-5441 to hear a recorded message regarding center operations.

### 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) 313-1234

Alzheimer's Association

(410) 561-9099


### Caregiver Corner

Summer is quickly approaching, which means it's vacation time. Please let us know when you plan to be away so we can plan activities accordingly. As well, you'll need to contact RTA and cancel the bus for the days your loved one is away.

Also, staff would appreciate each participant having a change of clothes to be kept at the center. We have had a few incidents at the center with participants being ill and needing to change. Please send the clothes in a bag marked with the participant's name. If you have any questions, please let us know. Thank you.

# Kindred Spirits Social Club at Glenwood

## May 2017

Monday	Wednesday	Friday
<p><b>1</b></p> <p>Coffee &amp; Conversation Exercise with Sara Music with Debbie Lunch</p>	<p><b>3</b></p> <p>Coffee &amp; Conversation Qi Gong Games Lunch</p>	<p><b>5</b></p> <p>Coffee &amp; Conversation Gentle Yoga Confessions of a Museum Director Cinco de Mayo Lunch</p>
<p><b>8</b></p> <p>Coffee &amp; Conversation Exercise with Sara Garden Club Lunch</p>	<p><b>10</b></p> <p>Coffee &amp; Conversation Qi Gong Famous Mothers Lunch</p>	<p><b>12</b></p> <p>Coffee &amp; Conversation Gentle Yoga Ship Building in Baltimore Lunch</p>
<p><b>15</b></p> <p>Coffee &amp; Conversation Exercise Cooking Activity Lunch</p>	<p><b>17</b></p> <p>Coffee &amp; Conversation Qi Gong Pottery Lunch</p>	<p><b>19</b></p> <p>Coffee &amp; Conversation Gentle Yoga Spy Who Couldn't Spell Lunch</p>
<p><b>22</b></p> <p>Coffee &amp; Conversation Exercise Music with Peter Lunch</p>	<p><b>24</b></p> <p>Coffee &amp; Conversation Qi Gong Support Group Lunch</p>	<p><b>26</b></p> <p>Coffee &amp; Conversation Gentle Yoga <i>Two for the Show</i> Summer Picnic</p>
<p><b>29</b></p> <p style="color: red;">Closed Memorial Day</p>	<p><b>31</b></p> <p>Coffee &amp; Conversation Qi Gong Dr. Dan 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.