

KINDRED SPIRITS SOCIAL CLUB at Glenwood



September, 2016

Do not fear mistakes. You will know failure. Continue to reach out.

~Benjamin Franklin

Happy Labor Day. We have an exciting September planned, a field trip to Goddard Visitor Center, Karaoke with Doug and a Margarita Party. So come out and join us at the Club.

Judy, Andrea & Bridget

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

News & Notes:

Happy Birthday Sonny,

The center will be closed on Monday, September 5, 2016, in observance of Labor 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, abryant@howardcountymd.gov, or bmcandrew@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

Individuals with memory disorders benefit from and find security in a routine. When their routine is disrupted by a vacation, sickness or a change in caregiver, it can cause behavior changes and anxiety.

Please let staff know when there is a change in the member's health, attendance and/or his/her caregiver, even if it is temporary. Staff is then aware of the potential for behavior changes and increased anxiety. Also, please provide the contact information for the temporary caregiver. We appreciate your cooperation and all you do.

Kindred Spirits Social Club at Glenwood

September 2016

Monday	Wednesday	Friday
 <p>www.clipartof.com - 1129333</p>		<p>2</p> <p>Coffee & Conversation Exercise It Happened in September Lunch</p>
<p>5</p> <p>Center Closed Labor Day</p>	<p>7</p> <p>Coffee & Conversation Qi Gong Fun at the Fair Lunch</p>	<p>9</p> <p>Coffee & Conversation Gentle Yoga Debbie Sings Lunch</p>
<p>12</p> <p>Coffee & Conversation Exercise with Sara Crossword Puzzle Lunch</p>	<p>14</p> <p>Coffee & Conversation Exercise Pet Rock Lunch</p>	<p>16</p> <p>Coffee & Conversation Gentle Yoga Pottery Lunch</p>
<p>19</p> <p>Coffee & Conversation Exercise with Sara Word Games Lunch</p>	<p>21</p> <p>Field Trip Goddard Space Flight Visitor Center 9 am to 2:30 pm</p>	<p>23</p> <p>Coffee & Conversation Gentle Yoga Doug Phebus Lunch</p>
<p>26</p> <p>Coffee & Conversation Oatmeal Bar Exercise with Sara Music w/Peter Lunch</p>	<p>28</p> <p>Waffle Bar Coffee & Conversation Qi Gong Support Group Lunch</p>	<p>30</p> <p>Coffee & Conversation Gentle Yoga Margarita Party 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.