



MARCH 2020

Francis Murphy Activity Nutrition Site

Deloris Bitner, Site Specialist Telephone 301-393-1617

20014 Rosebank Way, Hagerstown, MD 21742

Open M-T-W-Th-F 9:00 am to 1:00 pm

2 9:00 Coffee 9:30 Rummy 10:00 Show & Tell 11:30 Lunch 12:00 National Peanut Butter Lovers Day 12:30 Hang Man Game	3 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Lunch Box Lesson 12:30 Dr. Seuss Day Celebrate "The Cat in the Hat" and other favorites!	4 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Mobile Info/Assist. 10:00 5-Minute Craft 11:30 Lunch 12:00 Nutrition Ed: "Kidney Health & Eating Right Overview" 12:30 Nutrition Facts	5 9:00 Coffee & Cards 9:30 Health Talk w/ Nurse Kim T. "Diabetes Catch & Learn" BP & O2 Screens 11:30 Lunch 12:00 Hang Man Game 12:30 March Weather	6 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Life Lessons: What is the Best Advice You Ever Got? 11:30 Lunch 12 Fun Facts-March 12:30 Hang Man Game
9 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Connect 4 Game 11:30 Lunch 12:00 Hang Man Game 12:30 National Meatball Day	10 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BP Screen with Meritus Home Health 10:15 BINGO 11:30 Lunch 12:00 Word Search 12:30 National Blueberry Popover Day w/Recipe	11 9:00 Coffee 9:30 UNO/Skip Bo 10:00 5-Minute Craft 11:30 Lunch 12:00 Nutrition Ed: "Kidney Health & Eating Right First Steps" 12:30 Nutrition Facts	12 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Hidden Pictures 12:30 Fun Facts	13 9:00 Coffee/Rummy 10:00 Life Lessons: What is the Worst Advice You Ever Got? 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
16 9:00 Coffee & Connect 4 Game 9:30 Exercise w/Deloris 10:00 Show & Tell 11:30 Lunch 12:00 Hang Man Game 12:30 National "Wellderly" Day	17 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Lunch Box Lesson 12:30 Wear Your Green! St. Patrick's Day Celebration!	18 9:00 Coffee 9:30 UNO/Skip Bo 10:00 5-Minute Craft 11:30 Lunch 12:00 Nutrition Ed: "Kidney Health & Eating Right Next Steps" 12:30 Hang Man Game	19 9:00 Coffee and UNO or Skip Bo 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12 Placemat Drawing 12:30 Recipe Swap First Day of Spring!	20 9:00 Coffee 9:30 UNO/Skip Bo 10:00 S.A.L.T. Special Presentation: Environmental Disaster Safety 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
23 9:00 Coffee & Rummy 9:30 Five Minute Craft 10:00 Exercise w/Deloris 11:30 Lunch 12:00 Hang Man Game 12:30 National Puppy Day	24 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Nat'l. Chocolate Covered Raisins Day 12:30 Did You Know?	25 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Show & Tell 11:30 Lunch 12:00 Placemat Drawing 12:30 Hang Man Game	26 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Words in Words 12:30 "Make Up Your Own Holiday" Day	27 9:00 Coffee/Cards 10:00 Life Lessons: What is Your Favorite Good Deed to Do? 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
30 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Connect 4 Game 11:30 Lunch 12:00 Hang Man Game 12:30 Recipe Swap: Easter Cakes & Treats	31 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Lunch Box Lesson 12:30 Memory Tray Game	<p><u>CHECK OUT OUR MARCH ACTIVITIES!</u></p> <p>Invite your friends and neighbors to join us for: Free Diabetes Information with Nurse Kim T. Free Environmental Disaster Safety Information w/ S.A.L.T. St. Patrick's Day fun, games, bingo and more!</p>		

Washington County Commission on Aging, Inc./Area Agency on Aging



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