



# JANUARY 2019

## Francis Murphy Activity Nutrition Site

Deloris Bitner, Manager Telephone 301-393-1617

20014 Rosebank Way, Hagerstown, MD 21742

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

<p><b>JANUARY</b> <b>- All Month Long -</b> Enter our Hidden Objects Contest!</p>	<p>1 NEW YEAR'S DAY  HOLIDAY  CLOSED</p>	<p>2 9:00 Coffee 9:30 Health Ed.: with KimTorsiello " Living Well Jeopardy" 11:30 Lunch 12:00 Nutrition Ed: "Healthy Eating As We Age"</p>	<p>3 9:00 Coffee &amp; Yahtzee 9:30 Exercise w/Deloris 10:00 Contest Begins: Can You Find All the Hidden Objects? 11:30 Lunch 12:00 Today In History 12:30 Thought for Today</p>	<p>4 9:00 Coffee 9:30 Book Club: <u>Chicken Soup for the Soul</u> by Jack Canfield &amp; Mark V. Hansen 10:00 Exercise w/Deloris 11:30 Lunch 12 Story Time 12:30 Wear White &amp; Win a Prize</p>
<p>7 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Make Greeting Cards for Our Sick &amp; Shut In Friends 11:30 Lunch 12:00 Thought for Today 12:30 Reminiscence: "the 1960s"</p>	<p>8 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Today in History 12:30 Did You Know?</p>	<p>9 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Easy Drawing with Wendy 11:30 Lunch 12:00 Nutrition Ed: "Healthy Weights for Older Adults" 12:30 Thought for Today</p>	<p>10 9:00 Coffee &amp; Yahtzee 9:30 Exercise w/Deloris 10:00 Join Us for Dee's Kitchen Corner 11:30 Lunch 12:00 Find the Three Different Things in the Room 12:30 Word of the Day</p>	<p>11 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Chicken Soup for the Soul</u> by Jack Canfield &amp; Mark V. Hansen 11:30 Lunch 12 Story Time 12:30 Did You Know?</p>
<p>14 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Show &amp; Tell 11:30 Lunch 12:00 Reminiscence: "Wintertime Comforts"</p>	<p>15 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?</p>	<p>16 9:00 Coffee 9:30 Yahtzee 10:00 Easy Drawing with Wendy 11:30 Lunch 12:00 Nutr. Ed "Special Nutrient Needs - Older Adults" 12:30 Thought for Today</p>	<p>17 9:00 Coffee UNO/SKIP BO 9:30 Exercise w/Deloris 10:00 "Don't Forget" 11:30 Lunch 12:00 Reminiscence: "The Deepest Snow" 12:30 Did You Know?</p>	<p>18 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Chicken Soup for the Soul</u> by Jack Canfield &amp; Mark V. Hansen 11:30 Lunch 12 Story Time 12:30 Hagerstown Trivia</p>
<p>21 MARTIN LUTHER KING, JR. DAY  HOLIDAY  CLOSED</p>	<p>22 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?</p>	<p>23 9:00 Coffee 9:30 Yahtzee 10:00 Craft: Making a Refrigerator Magnet 11:30 Lunch 12:00 Reminiscence: "the Movies" 12:30 Thought for Today</p>	<p>24 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Show &amp; Tell 11:30 Lunch 12:00 Share Your New Year's Memories 12:30 Did You Know?</p>	<p>25 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Chicken Soup for the Soul</u> by Jack Canfield &amp; Mark V. Hansen 11:30 Lunch 12 Story Time 12:30 Word of the Day</p>
<p>28 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Craft: Making a Hobo or Shopping Bag from a T-Shirt 11:30 Lunch 12:00 Hang-Man Game 12:30 Today in History</p>	<p>29 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Craft: Making Valentine's Day Cards 11:30 Lunch 12:00 Hang-Man Game 12:30 Today in History</p>	<p>30 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Bring in Your Favorite Game 11:30 Lunch 12:00 Finish the Phrase 12:30 Thought for Today</p>	<p>31 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Craft: Making Valentine's Day Cards 11:30 Lunch 12:00 Find the Three Different Things in the Room 12:30 Word of the Day</p>	<p><b>WINTER WEATHER</b>  If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>

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



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