JANUARY 2019

Hancock Activity Nutrition Site

Hazel Dunn, Manager Telephone 301-678-7163
126-128 High Street, Hancock, MD 21750
Open T-W-Th 10:00 am to 2:00 pm

WINTER WEATHER If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.	1 NEW YEAR'S DAY HOLIDAY CLOSED	2 Coffee/Tea/Snacks 10-11:45 Nutrition Ed: "Healthy Eating As We Age" Discussion & Ideas 11:45-12:30 Lunch 12:30-2 Wii Bowling *Happy Birthday Wilma!*	3 Coffee/Tea/Snacks 10-11:45 Tea & Talk - Celebrate National Tea Month 11:45-12:30 Lunch 12:30-1:15 BINGO 1:15-2 Billiards *Happy Birthday Debbie!*	4 Site Closed
7 Site Closed	8 Coffee/Tea/Snacks 10-11:45 Knit-Wits Group or Sewing Project or Billiards 11:45-12:15 Lunch &Walk 12:15-1:15 Go4Life Exercises 1:15-2:00 Wii Games or Cards or Corn Hole	9 Coffee/Tea/Snacks 10-11:45 Nutrition Ed: "Healthy Weights for Older Adults" Discussion & Information 11:45-12:15 Lunch 12:15-2 *Trip (TBA) (*Sign Up in Advance)	10 Coffee/Tea/Snacks 10-11:30 Health Ed. w/Kim Torsiello, LPN "Living Well Jeopardy" BP & O2 Check w/Kim 11:30-12:15 Lunch 12:15-1:00 Billiards 1:00-2:00 BINGO	11 Site Closed
14 Site Closed	15 Coffee/Tea/Snacks 10-11:45 Knit Wits Group Sewing Project or Billiards 11:30-12:15 Lunch &Walk with Weights 12:15-1:15 Nat'l. Hat Day Personalize Your Hat 1:15-2:00 Wii Bowling or Billiards	16 Coffee/Tea/Snacks 10-11:00 Nutr. Ed: "Special Nutrient Needs of Older Adults" Discussion & Information 11:00-11:45 Billiards, Craft Table or Corn Hole 11:45-12:15 Lunch 12:15-2 Go4Life Exercises	17 Coffee/Tea/Snacks 10-11:45 National Soup Month: Share Favorite Recipes 11:45-12:15 Lunch 12:30-1:15 BINGO 1:15-2:00 Billiards	18 Site Closed
21 MARTIN LUTHER KING, JR. DAY HOLIDAY CLOSED	22 Coffee/Tea/Snacks 10-11:45 Knit-Wits Group or Sewing Project or Billiards 11:45-12:15 Lunch 12:15-1:15 Go4Life Exercises 1:15-2:00 Wii Games or Cards or Corn Hole	23 Coffee/Tea/Snacks 10-11:45 Nat'l. Pie Day: A Quick & Easy Pie 11:45-12:15 Lunch 12:15-2 Movie or Billiards or Corn Hole	24 Coffee/Tea/Snacks 10-11:45 Sewing Project, Puzzle or Wii Games 11:45-12:15 Lunch 12:15-1:15 BINGO 1:15-2:00 Billiards	25 Site Closed
28	29 Coffee/Tea/Snacks 10-11:45 Knit-Wits Group or Sewing Project or Craft Table 11:45-12:15 Lunch 12:15-1:00 Go4Life Exercises 1:00-2:00 Wii Games or Corn Hole	30 Coffee/Tea/Snacks 10-11:45 Card Project with Cricut 11:45-12:15 Lunch 12:15-2 *Trip (TBA) (*Sign Up in Advance)	31 Coffee/Tea/Snacks 10-11:30 Inspire Your Heart with Art! 11:30-12:15 Lunch 12:15-1:00 Billiards 1:00-2:00 BINGO	**WINTER WEATHER** If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.

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

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