



# JANUARY 2019

## Williamsport Activity Nutrition Site

Jo Ellen Stephens, Manager Telephone 301-223-6588  
 Parkview Knoll, Otho Holland Drive, Williamsport, MD 21795  
 Open M-W-F 9:00 am to 1:00 pm

<b>WINTER WEATHER</b> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.	1 <b>NEW YEAR'S DAY</b> <b>HOLIDAY</b> <b>CLOSED</b>	2 9:00 Coffee/Snack 9:30 Exercise 10:00 Nutrition Ed: "Healthy Eating As We Age" 10:30 UNO Card Game 11:30 Lunch 12:00 Cards	3 Site Closed	4 9:00 Coffee/Snack 9:30 Movie Time 11:30 Lunch 12:00 Beach Ball Game
7 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole	8 Site Closed	9 9:00 Coffee/Snack 9:30 Exercise 10:00 Nutrition Ed: "Healthy Weights for Older Adults" 10:30 Corn Hole 11:30 Lunch 12:00 Corn Hole	10 Site Closed	11 9:00 Coffee/Snack 9:30 UNO Card Game 11:30 Lunch 12:00 Cards
14 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Hidden Pictures	15 Site Closed	16 9:00 Coffee/Snack 9:30 Exercise 10:00 Health Ed. w/Kim "Living Well Jeopardy" BP & O2 Screens w/Kim 11:00 Nutrition Ed: "Enjoy Your Food and Eat Less" 11:30 Lunch 12:00 Checkers	17 Site Closed	18 9:00 Coffee/Snack 9:30 Movie 11:30 Lunch 12:00 Quiz on Movie
21 <b>MARTIN LUTHER KING, JR. DAY</b> <b>HOLIDAY</b> <b>CLOSED</b>	22 Site Closed	23 9:00 Coffee/Snack 9:30 Crafts w/ Sandy D. 10:30 BP Screening w/ Meritus Home Health 10:30 Dart Game 11:30 Lunch 12:00 Corn Hole	24 Site Closed	25 9:00 Coffee/Snack 9:30 Adult Coloring 11:30 Lunch 12:00 Tic-Tac-Toe  Happy Birthday Jim H.!
28 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Adult Coloring	29 Site Closed	30 9:00 Coffee/Snack 9:30 Movie 11:30 Lunch 12:00 Game Time	31 Site Closed	<b>WINTER WEATHER</b> 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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