



# MARCH 2019

## 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

<p><b>WINTER WEATHER</b> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p align="center"><b><u>CHECK OUT OUR MARCH ACTIVITIES!</u></b></p> <p align="center">Join us for a great variety of games, quick crafts, nutrition tips, Nurse Kim's health info, blood pressure screens, story time, bingo, book club - even Karaoke!</p>			<p>1 9:00 Coffee 9:30 Book Club: <u>Reader's Digest</u> - "Laughter is the Best Medicine" 11:30 Lunch 12:00 Story Time 12:30 Wear Green &amp; Win a Prize</p>
<p>4 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Making St. Patrick's Day Cards 11:30 Lunch 12:00 Thought for Today 12:30 Hang Man Game</p>	<p>5 9:00 Coffee 9:30 Exercise w/Deloris 10:00 5-Minute Craft 11:30 Lunch 12:00 Placemat Drawing 12:30 Did You Know?</p>	<p>6 9:00 Coffee 9:30 Health Education w/Nurse Kim Torsiello "Balance Testing" 10-11:30 Mobile Info. &amp; Assistance 11:30 Lunch 12:00 Nutrition Ed: "Caffeine's Effects on Blood Pressure"</p>	<p>7 9:00 Coffee &amp; Yahtzee 9:30 Exercise w/Deloris 10:00 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>8 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Reader's Digest</u> - "Laughter is the Best Medicine" 11:30 Lunch 12:00 Story Time 12:30 Did You Know?</p>
<p>11 9:00 Coffee &amp; Yahtzee 9:30 Exercise w/Deloris 10:00 Show &amp; Tell 11:30 Lunch 12:00 Hang Man Game</p>	<p>12 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BP Screening w/Meritus Home Health 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?</p>	<p>13 9:00 Coffee 9:30 UNO/Skip Bo 10:30 <u>KARAOKE!</u> with Darlene 11:30 Lunch 12:00 Nutrition Ed: "Drinking Enough Fluids" 12:30 Thought for Today</p>	<p>14 9:00 Coffee UNO/SKIP BO 9:30 Exercise w/Deloris 10:00 5 Minute Craft 11:30 Lunch 12:00 Reminisce: The Longest Trip You Have Ever Made 12:30 Placemat Drawing</p>	<p>15 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Reader's Digest</u> - "Laughter is the Best Medicine" 11:30 Lunch 12:00 Story Time 12:30 St. Patrick's Trivia</p>
<p>18 9:00 Coffee &amp; Cards 9:30 Exercise w/Deloris 10:00 5-Minute Crafts 11:30 Lunch 12:00 Hang Man Game 12:30 Today in History</p>	<p>19 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>20 9:00 Coffee 9:30 UNO/Skip Bo 10:00 5-Minute Craft 11:30 Lunch 12:00 Nutrition Ed: "Making Better Beverage Choices" 12:30 Thought for Today</p>	<p>21 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Dee's Kitchen Corner 11:30 Lunch 12:00 Finish the Phrase 12:30 Did You Know?</p>	<p>22 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Reader's Digest</u> - "Laughter is the Best Medicine" 11:30 Lunch 12:00 Today in History 12:30 Word of the Day</p>
<p>25 9:00 Coffee 9:30 Exercise w/Deloris 10:00 5-Minute Crafts 11:30 Lunch 12:00 Hang-Man Game 12:30 Today in History</p>	<p>26 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Craft: Making Easter Cards 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?</p>	<p>27 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Bring in Your Favorite Recipe 11:30 Lunch 12:00 Finish the Phrase 12:30 Thought for Today</p>	<p>28 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Craft: Making "Thinking of You" Cards 11:30 Lunch 12:00 Find the Three Different Things in the Room 12:30 Word of the Day</p>	<p>29 9:00 Coffee 9:30 UNO/SKIP BO 10:00 Book Club: <u>Reader's Digest</u> - "Laughter is the Best Medicine" 11:30 Lunch 12:00 Today in History 12:30 Word of the Day</p>

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



535 East Franklin Street, Hagerstown, MD 21740    www.wccoaging.org  
Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

