



MARCH 2019

Hancock Activity Nutrition Site

Hazel Dunn, Site Specialist Telephone 301-678-7163

126-128 High Street, Hancock, MD 21750

Open T-W-Th 10:00 am to 2:00 pm

<p>WINTER WEATHER If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p>Invite your friends and neighbors to join us for our <u>Mardi Gras Party on March 5th!</u> Check out our variety of creative activities, games, health tips & presentations, bingo, billiards, Wii games, mystery trips, movies and fellowship!</p>			<p>1 Site Closed</p>
<p>4 Site Closed</p>	<p>5 Coffee/Tea/Snacks 10-12 MARDI GRAS PARTY! <i>Music & Games</i> 12:00-12:30 Lunch 12:30-2 Mardi Gras Party Continues</p>	<p>6 Coffee/Tea/Snacks 10-11:45 Nutrition Ed: "Caffeine's Effects on Blood Pressure" Information & Discussion 11:30-12:15 Lunch & Walk 12:15-1:00 Exercises 1:00-2:00 Wii Games, Corn Hole, Puzzles, Billiards</p>	<p>7 Coffee/Tea/Snacks 10-11:45 Discussion "National Women's History Month" 11:45-12:15 Lunch & Walk 12:15-1:00 Corn Hole or Billiards 1:00-2:00 BINGO</p>	<p>8 Site Closed</p>
<p>11 Site Closed</p>	<p>12 Coffee/Tea/Snacks 10-11:45 Knit Wits Group or Craft Table, Wii Games 11:45-12:15 Lunch & Walk 12:15-1:15 Join us for "Plant a Flower Day" (weather permitting) 1:15-2:00 Billiards</p>	<p>13 Coffee/Tea/Snacks 10-11:45 Nutrition Ed: "Drinking Enough Fluids" Information & Discussion 11:30-12:15 Lunch & Walk 12:15-2 *Trip (TBA) (*Must Pre-Register)</p>	<p>14 Coffee/Tea/Snacks 10-11:45 Health Ed. "Balance Testing" w/ Kim T. and BP & O2 Screenings 11:45-12:15 Lunch & Walk 12:15-1 Learn About Butterflies Day 1:00-2:00 BINGO & Popcorn for "Popcorn Lovers' Day" "Don't forget to wear the green on 17" & Wish Rick M. Happy Birthday!</p>	<p>15 Site Closed</p>
<p>18 Site Closed</p>	<p>19 Coffee/Tea/Snacks 10-11:45 Knit Wits Group "Tea for Two Tuesday" 11:45-12:30 Lunch & Walk 12:30-1:30 Exercise 1:15-2:00 Billiards, Corn Hole, Puzzles</p>	<p>20 Coffee/Tea/Snacks 10-11:45 Nutrition Ed: "Make Better Beverage Choices" Information & Discussion 11:30-12:15 Lunch & Walk 12:15-1:00 Exercises 1:00-2:00 Wii Games, Corn Hole, Puzzles, Billiards</p>	<p>21 Coffee/Tea/Snacks 10-11:45 Coffee, Tea & Conversation: "Thoughts of Spring" 11:45-12:15 Lunch & Walk 12:15-1:00 Wii, Billiards or Corn Hole Game 1:00-2:00 BINGO</p>	<p>22 Site Closed</p>
<p>25 Site Closed</p>	<p>26 Coffee/Tea/Snacks 10-11:45 Knit Wits Group & Discussion - It's National Spinach Day Let's Swap Recipes! 11:45-12:15 Lunch & Walk 12:15-2:00 Game Time (Your Choice)</p>	<p>27 Coffee/Tea/Snacks 10-11:45 Getting Ready for Spring Projects & Decorating 11:45-12:15 Lunch & Walk 12:15-2 *Mystery Trip (*Must Pre-Register)</p>	<p>28 Coffee/Tea/Snacks 10-11:30 "Something on a Stick Day" Kabobs or Ice Cream? 11:30-12:30 Lunch & Walk 12:30-1:00 Billiards or Corn Hole 1:00-2:00 BINGO</p>	<p>29 Site Closed</p>

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



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