



MARCH 2019

Williamsport Activity Nutrition Site

Jo Ellen Stephens, Site Specialist Telephone 301-223-6588
 Parkview Knoll, Otho Holland Drive, Williamsport, MD 21795

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

<p><u>WINTER WEATHER</u> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p align="center"><u>CHECK OUT OUR MARCH ACTIVITIES!</u> Invite your friends and neighbors to join us for a fun variety of games, crafts, health tips & talks, bingo, corn hole, movies and fellowship!</p>			<p>1 9:00 Coffee/Snack 9:30 Movie Time 11:30 Lunch 12:00 Card Game</p>
<p>4 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole</p>	<p>5 Site Closed</p>	<p>6 9:00 Coffee/Snack 9:30 Exercise 10:00 Corn Hole 11:00 Nutrition Ed: "Caffeine's Effects on Blood Pressure" 11:30 Lunch 12:00 Corn Hole</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee/Snack 9:30 Adult Coloring 10:30 Take A Walk 11:30 Lunch 12:00 Tic-Tac-Toe</p>
<p>11 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Adult Coloring</p>	<p>12 Site Closed</p>	<p>13 9:00 Coffee/Snack 9:30 Exercise 10:00 Sing Along to Music 10:30 Nutrition Ed: "Drinking Enough Fluids" 11:00 Checkers 11:30 Lunch 12:00 Word Search</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee/Snack 9:30 Movie 11:30 Lunch 12:00 Wear Green! St. Patrick's Day Festivities</p>
<p>18 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Dart Game</p>	<p>19 Site Closed</p>	<p>20 9:00 Coffee/Snack 9:30 Exercise 10:00 Health Ed. w/Kim "Balance Testing" BP & O2 Screens w/Kim 11:00 Nutrition Ed: "Making Better Beverage Choices" 11:30 Lunch 12:00 Beach Ball Game</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee/Snack 9:30 UNO 10:30 Take A Walk 11:30 Lunch 12:00 Beach Ball Game</p>
<p>25 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Hidden Pictures</p>	<p>26 Site Closed</p>	<p>27 9:00 Coffee/Snack 9:30 Crafts w/ Sandy D. 10:30 BP Screening w/ Meritus Home Health 11:00 Take A Walk 11:30 Lunch 12:00 Telling Silly Jokes</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee/Snack 9:30 Movie 11:30 Lunch 12:00 Let's Talk About Spring!</p>

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



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