



# APRIL 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

1 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Craft Time: Making Easter Cards 11:30 Lunch 12:00 Thought for Today 12:30 Hang Man Game	2 9:00 Coffee 9:30 Health Education w/Nurse Kim Torsiello "Medications & Food" 10:00 BINGO 11:30 Lunch 12:00 Thought for Today 12:30 Words in Words Game	3 9:00 Coffee/Yahtzee 9:30 Health Education w/Nurse Kim Torsiello "Importance of Exercise" 11:30 Lunch 12:00 Nutrition Ed: "Build a Healthy Eating Pattern Part 1" 12:30 Hang Man Game	4 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:00 Craft Time: Making Easter Cards 11:30 Lunch 12:00 Thought for Today 12:30 Words in Words Game	5 9:00 Coffee 9:30 UNO/Skip Bo 9:30 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
8 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Craft Time: Making Easter Cards 11:30 Lunch 12:00 Thought for Today 12:30 Hang Man Game	9 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BP Screening w/Meritus Home Health 11:30 Lunch 12:00 Words in Words Game 12:30 Did You Know?	10 9:00 Coffee 9:30 UNO/Skip Bo 10:00 <u>KARAOKE!</u> with Darlene 11:30 Lunch 12:00 Nutrition Ed: "Build a Healthy Eating Pattern Part 2" 12:30 Thought for Today	11 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Find the Three Different Things in the Room 12:30 Words in Words Game & Word of the Day	12 9:00 Coffee 9:30 UNO/Skip Bo 9:30 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
15 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:00 Show & Tell 11:30 Lunch 12:00 Hang Man Game 12:30 Placemat Drawing	16 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?	17 9:00 Coffee 9:30 UNO/Skip Bo 10:00 <u>KARAOKE!</u> with Darlene 11:30 Lunch 12:00 Nutrition Ed: "Build a Healthy Eating Pattern Part 3" 12:30 Hang Man Game	18 9:00 Coffee UNO/SKIP BO 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Placemat Drawing 12:00 Words in Words Game	19 9:00 Coffee 9:30 UNO/Skip Bo 9:30 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
22 9:00 Coffee & Cards 9:30 Exercise w/Deloris 10:00 Hand Drawings 11:30 Lunch 12:00 Hang Man Game 12:30 Today in History	23 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Guess the Celebrity Ages 12:30 Did You Know?	24 9:00 Coffee 9:30 UNO/Skip Bo 10:00 5-Minute Craft 11:30 Lunch 12:00 Hang Man Game 12:30 What's in the Bag?	25 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Words in Words Game 12:30 Did You Know?	26 9:00 Coffee 9:30 UNO/Skip Bo 9:30 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game
29 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	30 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><b><u>CABIN FEVER? We have just the thing!</u></b></p> <p>Why not get out of your cabin for lunch with friends? Join us at the Francis Murphy Activity Nutrition Site! - Donations Greatly Appreciated -</p>		

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



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