



# APRIL 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

1  Site Closed	2 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table 11:45-12:30 Lunch & Walk 12:30-1:15 Go4Life Exercises for Balance 1:15-2:00 Puzzles & Word Games	3 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "Building A Healthy Eating Pattern, Part 1" 11:45-12:30 Lunch & Walk 12:30-2:00 Shopping Trip (TBA) Must Pre-Register	4 Coffee/Tea/Snacks 10-11:45 Painting Projects for the Flowerbed 11:45-12:30 Lunch 12:15-1:00 Walking & Balance Exercises 1:00-2:00 BINGO	5  Site Closed
8  Site Closed	9 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table 11:45-12:30 Lunch & Walk 12:30-1:15 Go4Life Exercises for Balance 1:15-2:00 Puzzles & Word Games	10 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "Building A Healthy Eating Pattern, Part 2" 11:45-12:30 Lunch & Walk 12:30-2:00 Wii Games, Sewing Project	11 Coffee/Tea/Snacks 10-11:00 BINGO 11:00-11:45 Billiards, Sewing or Puzzles 11:45-12:30 Lunch 12:30-2:00 Health Talk w/ Nurse Kim T. "Importance of Exercise" BP & O2 Screens	12  Site Closed
15  Site Closed	16 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table 11:45-12:30 Lunch & Walk 12:30-1:15 Go4Life Exercises for Balance 1:15-2:00 Puzzles & Word Games	17 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "Building A Healthy Eating Pattern, Part 3" 11:45-12:30 Lunch & Walk 12:30-2:00 Mystery Trip (TBA) Must Pre-Register	18 Coffee/Tea/Snacks 10-11:45 Crafts for Hall Decorations - For Easter 11:45-12:30 Lunch 12:30-1:00 Walking & Balance Exercises 1:00-2:00 BINGO	19  Site Closed
22  Site Closed	23 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table 11:45-12:30 Lunch & Walk 12:30-1:15 Go4Life Exercises for Balance 1:15-2:00 Puzzles & Word Games	24 Coffee/Tea/Snacks 10-11:30 Corn Hole, Wii Games, Billiards, Cards or Puzzles 11:30-12:00 Lunch 12:00-1:00 Classic Movie with Popcorn	25 Coffee/Tea/Snacks 10-11:45 National Poetry Month - Do you have a favorite or have you written a poem to share? 11:45-12:30 Lunch 12:30-1:00 Walking & Balance Exercises 1:00-2:00 BINGO	26  Site Closed
29  Site Closed	30 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table 11:45-12:30 Lunch & Walk 12:30-1:15 Go4Life Exercises for Balance 1:15-2:00 Puzzles & Word Games	<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 Hancock Activity Nutrition Site! - Donations Greatly Appreciated -</p>		

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



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