



# APRIL 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

1 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole	2 Site Closed	3 9:00 Coffee/Snack 9:30 Exercise 10:00 Beach Ball Toss 11:00 Nutrition Ed: "Building A Healthy Eating Pattern, Part 1" 11:30 Lunch 12:00 Silly Jokes	4 Site Closed	5 9:00 Coffee/Snack 9:30 Movie Time 11:30 Lunch 12:00 Beach Ball Toss
8 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Board Games (Your Choice)	9 Site Closed	10 9:00 Coffee/Snack 9:30 Exercise 10:00 UNO 11:00 Nutrition Ed: "Building A Healthy Eating Pattern, Part 2" 11:30 Lunch 12:00 Corn Hole	11 Site Closed	12 9:00 Coffee/Snack 9:30 UNO 10:30 Tic-Tac-Toe 11:30 Lunch 12:00 Checkers
15 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Crossword Puzzles	16 Site Closed	17 9:00 Coffee/Snack 9:30 Exercise 10:00 Health Talk w/Kim "Importance of Exercise" 11:00 Nutrition Ed: "Building A Healthy Eating Pattern, Part 3" 11:30 Lunch 12:00 Easter Craft	18 Site Closed	19 9:00 Coffee/Snack 9:30 Easter Egg Drawing 10:30 Coloring 11:30 Lunch 12:00 Share Your Best Eastertime Memories
22 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Nature Walk & Talk	23 Site Closed	24 9:00 Coffee/Snack 9:30 Corn Hole 10:00 Dart Game 10-11:30 Mobile Info. & Assistance 10:30 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Corn Hole	25 Site Closed	26 9:00 Coffee/Snack 9:30 Movie 11:30 Lunch 12:00 Nature Walk & Talk
29 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Game Time: "The Hokey Pokey"	30 Site Closed	<p><b><u>CABIN FEVER? We have just the thing!</u></b>          Why not get out of your cabin for lunch with friends?          Join us at the Williamsport Activity Nutrition Site!          - Donations Greatly Appreciated -</p>		

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



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