



MAY 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

<p><u>May is Older Americans Month!</u></p> <ul style="list-style-type: none"> ◆ CONNECT with friends, family, and services that support participation. ◆ CREATE by engaging in activities that promote learning, health & personal enrichment. ◆ CONTRIBUTE time, talent, and life experience to benefit others. 		<p>1 9:00 Coffee/Yahtzee 9:30 Health Education w/Nurse Kim Torsiello "Weights" 11:30 Lunch 12:00 Nutrition Ed: "Chemotherapy & Diet - Part 1" 12:30 Hang Man Game</p>	<p>2 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Thought for Today 12:30 Words in Words Game</p>	<p>3 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game</p>
<p>6 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Craft Time: Mother's Day Cards 11:30 Lunch 12:00 Thought for Today 12:30 Hang Man Game</p>	<p>7 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Words in Words Game 12:30 Did You Know?</p>	<p>8 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Show "N" Tell 11:30 Lunch 12:00 Nutrition Ed: "Chemotherapy & Diet - Part 2" 12:30 Hang Man Game</p>	<p>9 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Find the Three Different Things in the Room 12:30 Words in Words Game</p>	<p>10 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game</p>
<p>13 9:00 Coffee & Games 9:30 Exercise w/Deloris 10:00 Craft Time: Mother's Day Cards & Making Angels 11:30 Lunch 12:00 Hang Man Game 12:30 Placemat Drawing</p>	<p>14 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BP Screening w/Meritus Home Health 10:00 Fresh Conversations "Gut Bacteria" by Lisa McCoy 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?</p>	<p>15 9:00 Coffee 9:30 UNO/Skip Bo 10:00 5-Minute Craft 11:30 Lunch 12:00 Nutrition Ed: "Making Smart Food Choices" 12:30 Hang Man Game</p>	<p>16 9:00 Coffee UNO/SKIP BO 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Placemat Drawing 12:00 Words in Words Game</p>	<p>17 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Mother's Day Celebration</p>
<p>20 9:00 Coffee & Cards 9:30 Exercise w/Deloris 10:00 Card Making 11:30 Lunch 12:00 Hang Man Game 12:30 Today in History</p>	<p>21 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?</p>	<p>22 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?</p>	<p>23 9:00 Coffee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Words in Words Game 12:30 Did You Know?</p>	<p>24 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game</p>
<p>27 MEMORIAL DAY HOLIDAY - CLOSED -</p>	<p>28 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Fresh Conversations "Heart Healthy Fats" by Lisa McCoy 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?</p>	<p>29 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?</p>	<p>30 9:00 Coffee 9:30 UNO/SKIP BO 10:15 BINGO 11:30 Lunch 12:00 Placemat Drawing 12:30 Words in Words Game</p>	<p>31 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Book Club: "Intelligence for Your Life" by John Tesh 11:30 Lunch 12:00 Story Time 12:30 Hang Man Game</p>

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



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