



MAY 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

<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 Coffee/Tea/Snacks 10-10:30 Planning Time "Older American Mo." 10:30-12 Mobile Info & Assistance w/Marcia S. 12-12:30 Lunch 12:30-2 Nutrition Ed. Info & Discussion "Chemotherapy & Diet, Part 1"</p>	<p>2 Coffee/Tea/Snacks 10-11:30 Baby Day - Guess Who It Is (Photo) 11:45-12:30 Lunch 12:15-1:00 Walking & Balance Exercises 1:00-2:00 BINGO</p>	<p>3 Site Closed</p>
<p>6 Site Closed</p>	<p>7 Coffee/Tea/Snacks CELEBRATE <u>Older Americans Month</u> "Connect, Create, Contribute" Join Us! Lunch at 12 Noon</p>	<p>8 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "Chemotherapy & Diet, Part 2" 11:30-12:15 Lunch 12:15 Trip (TBA) Must Pre-Register</p>	<p>9 Coffee/Tea/Snacks 10-11:45 Bingo or Make Flowers for Mother's Day 11:45-12:30 Lunch 12:30-2:00 Health Talk w/ Nurse Kim T. "Weights" BP & O2 Screens</p>	<p>10 Site Closed</p>
<p>13 Site Closed</p>	<p>14 Coffee/Tea/Snacks 10-11:45 Knit Wits Group Or Wii Games 11:45-12:45 Lunch 12:45-1:00 Exercise 1:15-2:00 Wii Games, Billiards, Corn Hole, Puzzles</p>	<p>15 Coffee/Tea/Snacks 10-11:30 Nutrition Ed. Info & Discussion "Making Smart Food Choices" 11:30-12:15 Lunch & Walk 12:15-1 Exercises 1-2 Corn Hole, Puzzles</p>	<p>16 Coffee/Tea/Snacks 10-11:45 Sewing or Garden Project 11:45-12:15 Lunch 12:30-1:00 Billiards or Wii Games 1:00-2:00 BINGO <i>Happy Birthday Kathy M.!</i></p>	<p>17 Site Closed</p>
<p>20 Site Closed</p>	<p>21 Coffee/Tea/Snacks 10-11:45 Knit Wits Group Or Wii Games 11:45-12:45 Lunch 12:45-1:00 Exercise 1:15-2:00 Wii Games, Billiards, Corn Hole, Puzzles</p>	<p>22 Coffee/Tea/Snacks 10-11:45 Ideas for July (Discussion) 11:45-12:15 Lunch & Walking 12:15-2:00 Mystery Trip (TBA) Must Pre-Register</p>	<p>23 Coffee/Tea/Snacks 10-11:45 Sewing or Garden Project 11:45-12:15 Lunch 12:30-1:00 Billiards or Wii Games 1:00-2:00 BINGO</p>	<p>24 Site Closed</p>
<p>27 MEMORIAL DAY HOLIDAY - CLOSED -</p>	<p>28 Coffee/Tea/Snacks 10-11:45 Knit Wits Group Or Wii Games 11:45-12:45 Lunch 12:45-1:00 Exercise 1:15-2:00 Wii Games, Billiards, Corn Hole, Puzzles</p>	<p>29 Coffee/Tea/Snacks 10-11:45 Discussion: Did You "Connect, Create & Contribute" for Older Americans Month? 11:45-12:15 Lunch & Walking 12:15-2:00 Mystery Trip (TBA) Must Pre-Register</p>	<p>30 Coffee/Tea/Snacks 10-11:45 Sewing or Garden Project 11:45-12:15 Lunch 12:30-1:00 Billiards or Wii Games 1:00-2:00 BINGO</p>	<p>31 Site Closed</p>

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



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