



MAY 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

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| <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/Snack 9:30 Exercise 10:00 Nutrition Ed: "Chemotherapy & Diet, Part 1" 10:30 Cards 11:30 Lunch 12:00 Cards</p> | <p>2 Site Closed</p> | <p>3 9:00 Coffee/Snack 9:30 Movie Time With Popcorn 11:30 Lunch 12:00 Beach Ball Toss</p> |
| <p>6 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole</p> | <p>7 Site Closed</p> | <p>8 9:00 Coffee/Snack 9:30 Exercise 10:00 Nutrition Ed: "Chemotherapy & Diet, Part 2" 10:30 Craft: Make Mother's Day Flowers 11:30 Lunch 12:00 Finish Craft or Checkers</p> | <p>9 Site Closed</p> | <p>10 9:00 Coffee/Snack 9:30 Make Mother's Day Crafts 11:30 Lunch 12:00 Finish Crafts or Tic-Tac-Toe</p> |
| <p>13 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole</p> | <p>14 Site Closed</p> | <p>15 9:00 Coffee/Snack 9:30 Exercise 10:00 Health Talk w/Kim "Weights" BP/O2 Screens 11:30 Lunch 12:00 Nutrition Ed: "Making Smart Food Choices"</p> | <p>16 Site Closed</p> | <p>17 9:00 Coffee/Snack 9:30 Top Ten List - Guessing Game 11:30 Lunch 12:00 Darts</p> |
| <p>20 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Sing & Dance to The "Hokey Pokey"</p> | <p>21 Site Closed</p> | <p>22 9:00 Coffee/Snack 9:30 Exercise 10:30 BP Screening w/Meritus Home Health 11:30 Lunch 12:00 Word Search</p> | <p>23 Site Closed</p> | <p>24 9:00 Coffee/Snack 9:30 This Is Your Life - Share Your Life Stories 11:30 Lunch 12:00 This Is Your Life (continued)</p> |
| <p>27 MEMORIAL DAY HOLIDAY - CLOSED -</p> | <p>28 Site Closed</p> | <p>29 9:00 Coffee/Snack 9:30 Tic-Tac-Toe, Checkers or Corn Hole 11:30 Lunch 12:00 Taking a Walk</p> | <p>30 Site Closed</p> | <p>31 9:00 Coffee/Snack 9:30 Movie Time 11:30 Lunch 12:00 Share the Best or Worst Advice You Ever Got</p> |

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



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