



JUNE 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

3 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Words in Words Game 12:30 Did You Know?	4 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?	5 9:00 Coffee 9:30 Health Education w/Nurse Kim Torsiello "Senior Nutrition Jeopardy" 10:00 Mobile Info./Assist. with Marcia S. 11:30 Lunch 12:00 Nutrition Ed: "Young At Heart - Healthy Habits" 12:30 Hang Man Game	6 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:15 BINGO 11:30 Lunch 12:00 Thought for Today 12:30 Hagerstown Tymes Discussion	7 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
10 9:00 Coffee and Yahtzee 9:30 Exercise w/Deloris 10:00 Making Father's Day Cards 11:30 Lunch 12:00 Thought for Today 12:30 Hang Man Game Wear Your Purple!	11 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BP Screening w/Meritus Home Health 10:00 Fresh Conversations "Ancient Grains" by Lisa McCoy 11:30 Lunch 12:00 Hagerstown Tymes Discussion 12:30 Today In History Wear Your Purple!	12 9:00 Coffee 9:30 UNO/Skip Bo 10:00 Show "N" Tell 11:30 Lunch 12:00 Nutrition Ed: "Storing Cold Foods" 12:30 Hang Man Game Wear Your Purple!	13 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 Wear Your Purple!	14 9:00 Coffee 9:30 UNO/Skip Bo 10:00 World Elder Abuse Awareness Day 11:30 Lunch 12:00 Happy Father's Day Party 12:30 Hang Man Game Wear Your Purple!
17 9:00 Coffee & Yahtzee 9:30 Exercise w/Deloris 10:00 Making Cards 11:30 Lunch 12:00 Hang Man Game 12:30 Placemat Drawing	18 9:00 Coffee 9:30 Exercise w/Deloris 10:00 BINGO 11:30 Lunch 12:00 Find the 3 Different Things in the Room 12:30 Did You Know?	19 9:00 Coffee 9:30 UNO/Skip Bo 10:00 5-Minute Craft 11:30 Lunch 12:00 Nutrition Ed: "What Are Chia Seeds?" 12:30 Hang Man Game	20 9:00 Coffee & Cards 9:30 Exercise w/Deloris 10:15 KARAOKE! w/Darlene Celebrating World Music Day 11:30 Lunch 12 Placemat Drawing 12:30 Words in Words Game	21 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
24 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Card Making 11:30 Lunch 12:00 Hang Man Game 12:30 Today in History	25 9:00 Coffee 9:30 Exercise w/Deloris 10:00 Fresh Conversations "Eating Out Healthier" by Lisa McCoy 11:30 Lunch 12:00 Guess the Celebrity Ages 12:30 Did You Know?	26 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?	27 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?	28 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

Your Community Meal Program Is Waiting To Serve You!

Save time and money - Get healthy food without the effort - Learn about good nutrition
Do less shopping and cooking - Avoid missed meals - Support your independence
Socialize and have fun!

Lunch is available for a donation which supports the program.

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



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