



JUNE 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

3 Site Closed	4 Coffee/Tea/Snacks 10-11:45 Knit Wits Projects for Patients 11:45-12:15 Lunch 12:15-12:45 Exercise 12:45-2:00 Bird & Butterfly Feeders	5 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "Young at Heart Healthy Habits" 11:45-12:15 Lunch 12:15-2:00 Trip - TBA Must Pre-Register	6 Coffee/Tea/Snacks 10-11:45 D-Day Remembrance 11:45-12:30 Lunch & Walking 12:15-1:00 Exercises 1:00-2:00 BINGO <i>Happy Birthday Betty M.!</i>	7 Site Closed
10 Site Closed	11 Coffee/Tea/Snacks 10-11:45 Knit Wits Projects for Patients 11:45-12:15 Lunch 12:15-12:45 Exercise 12:45-2:00 Summer Sewing Project - TBA	12 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "Storing Cold Foods" 11:45-12:15 Lunch & Walking 12:15-2:00 Summer Sewing Project	13 Coffee/Tea/Snacks 10-10:30 Morning Coffee & Conversation 10:30-11:45 Bingo 11:45-12:30 Lunch/Walk 12:30-2:00 Health Talk w/ Nurse Kim T. "Senior Nutrition Jeopardy" BP & O2 Screens	14 Site Closed
17 Site Closed	18 <i>Coffee/Tea/Snacks</i> LUAU DAY! JOIN US Lunch Served at Noon - Bring a Friend - & Have Some Hawaiian Style Fun!	19 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. Info & Discussion "What Are Chia Seeds?" 11:45-12:15 Lunch 12:15-2:00 Mystery Trip Must Pre-Register	20 Coffee/Tea/Snacks 10-11:45 Craft Table Projects 11:45-12:15 Lunch & Ice Cream Soda Day! 12:30-1:00 Exercises 1:00-2:00 BINGO	21 Site Closed
24 Site Closed	25 Coffee/Tea/Snacks 10-11:45 Knit Wits Group Projects for Patients or Wii Games 11:45-12:15 Lunch 12:15-12:45 Exercise 12:45-2:00 Billiards, Puzzles or Corn Hole	26 Coffee/Tea/Snacks 10-11:45 Bring Your Ideas and Plans for July 11:45-12:15 Lunch & Walking 12:15-2:00 Computer Time, Toss & Talk Ball, or Wii Games	27 Coffee/Tea/Snacks 10-11:45 Nat'l. Fresh Fruit & Veggie Month - Any Healthy, Yummy Ideas? Bring Them! 11:45-12:15 Lunch/Walk 12:30-1:00 Exercise 1:00-2:00 BINGO	28 Site Closed

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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