



# JUNE 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

3 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole or Tic-Tac-Toe	4 Site Closed	5 9:00 Coffee/Snack 9:30 Exercise 10:30 Nutrition Ed: "Young at Heart Healthy Habits" 11:30 Lunch 12:00 Beach Ball Toss	6 Site Closed	7 9:00 Coffee/Snack 9:30 Movie Time With Popcorn 11:30 Lunch 12:00 Chocolate Ice Cream Day Treat & Corn Hole
10 9:00 Coffee/Snack Exchange Info. for "Site Pen Pal" Group 9:30 BINGO 11:30 Lunch 12:00 UNO or Corn Hole	11 Site Closed	12 9:00 Coffee/Snack 9:30 Exercise 10:30 Nutrition Ed: "Storing Cold Foods" 11:30 Lunch 12:00 Painting Pictures	13 Site Closed	14 9:00 Coffee/Snack 9:30 Let's Take a Walk 10:00 Cards 11:30 Lunch 12:00 Hangman Game or Tic-Tac-Toe
17 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Adult Coloring or Corn Hole	18 Site Closed	19 9:00 Coffee/Snack 9:30 Exercise 10:00 Health Talk w/Kim "Senior Nutrition Jeopardy" BP/O2 Screens 11:00 Nutrition Ed: "What Are Chia Seeds?" 11:30 Lunch 12:00 UNO	20 Site Closed	21 9:00 Coffee/Snack 9:30 Movie Time 11:30 Lunch 12:00 Puzzles or Checkers
24 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12:00 Checkers or Corn Hole	25 Site Closed	26 9:00 Coffee/Snack 9:30 Corn Hole 10:30 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Chocolate Pudding Day Treat & Card Games	27 Site Closed	28 9:00 Coffee/Snack 9:30 Take A Walk & Gardening at Site 11:30 Lunch 12:00 Word in Word Game or UNO

### **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



535 East Franklin Street, Hagerstown, MD 21740 www.wccoaging.org  
 Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

