




OCTOBER 2023

Francis Murphy Congregate Nutrition Site

Hours M-W-F 9:00 am to 1:00 pm

20014 Rosebank Way, Hagerstown, MD 21742

Site Phone 301-573-7192

2 9:00 Coffee & Conversation 10:00 Pokeno 11:30 Lunch 12:00 Chair Exercises	3 Site Closed	4 9:00 Coffee & Conversation 10:00 Nutrition Ed. #1 <i>Food Myths</i> 11:30 Lunch 12:00 Word Find	5 Site Closed	6 9:00 Coffee & Conversation 10:00 Board Games 11:30 Lunch 12:15 Music
9 COLUMBUS DAY COA & Site Closed	10 Site Closed	11 9:00 Coffee & Chat 10:30 Nutrition Ed. #2 <i>Tips for Eating Right</i> 11:30 Lunch 12:00 Walk & Talk	12 Site Closed	13 9:00 Coffee & Conversation 10:30 Music Time 11:30 Lunch 12:15 Picture Find
16 9:00 Coffee & Conversation 10:30 BINGO 11:30 Lunch 12:00 Adult Coloring	17 Site Closed	18 9:00 Coffee & Chat 10:00 Nutrition Ed. #3 <i>Healthy Restaurant Meals</i> 11:30 Lunch 12:00 Easy Listening Music	19 Site Closed	20 9:00 Coffee & Chat 10:00 Live Music 11:30 Lunch 12:15 Exercise
23 9:00 Coffee & Conversation 10:00 Board Games 11:30 Lunch 12:15 Music	24 Site Closed	25 9:00 Coffee & Chat 10:30 Card Making 11:30 Lunch 12:00 Walk & Talk	26 Site Closed	27 9:00 Coffee & Conversation 10:00 Card Games 11:30 Lunch 12:15 Music
30 9:00 Coffee & Conversation 10:00 Chair Exercises 11:30 Lunch 12:15 Recipe Swap	31 Site Closed	<p>Wash your hands with soap and warm water. Use alcohol based hand sanitizer with 60% or more alcohol. Cover coughs & sneezes with a tissue, your sleeve or elbow. Avoid touching eyes, nose, mouth with unwashed hands. Clean & disinfect frequently touched objects & surfaces. Avoid close contact with people who are sick.</p>  <p><u>If you are sick, stay home unless seeking medical care.</u></p>		

Wash. Co. Commission on Aging, Inc./Area Agency on Aging



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