




# OCTOBER 2023

## Hancock Congregate Nutrition Site

Hours M-W-F 9:00 am to 1:00 pm  
 126 West High Street, Hancock, MD 21750  
 Site Phone 301-573-6295

<p>2  <i>Active Aging Week</i>            9:00 Coffee, Tea &amp; Talk            10:30 Exercise w/Bands            11:30 Lunch            12:15 Walk Outside  <i>Weather Permitting</i></p>	<p>3            Site Closed</p>	<p>4            9:00 Coffee, Tea &amp; Talk            10:00 Nutrition Ed #1  <i>Food Myths</i>            11:30 Lunch            12:00 Golf Lover's Day            Play Wii Golf</p>	<p>5            Site Closed</p>	<p>6  <i>World Smile Day</i>            9:00 Coffee, Tea &amp; Talk  <i>What Makes You Smile?</i>            10:00 Cornhole            11:30 Lunch            12:00 Random Acts            of Poetry -            Ever Written Any?</p>
<p>9            COLUMBUS DAY            COA &amp; Site Closed</p>	<p>10            Site Closed</p>	<p>11            9:00 Coffee, Tea &amp; Talk            10:00 Nutrition Ed #2  <i>Tips for Eating Right</i>            11:30 Lunch  <i>National Fossil Day</i>            12:00 BINGO</p>	<p>12            Site Closed</p>	<p>13  <i>National M&amp;M Day</i>            9:00 Coffee, Tea &amp; Talk            10:00 Craft Table Open            11:30 Lunch            12:00 Puzzles or Games</p>
<p>16            9:00 Coffee, Tea &amp; Talk            10:30 Exercise w/Bands            11:30 Lunch            12:15 Bingo</p>	<p>17            Site Closed</p>	<p>18            9:00 Coffee, Tea &amp; Talk            10:00 Nutrition Ed #3  <i>Weight Loss &amp; Diet Myths            Part Three</i>            11:30 Lunch            12:00 BINGO</p>	<p>19            Site Closed</p>	<p>20            9:00 Coffee, Tea &amp; Talk            10:00 Crafting w/Pam            11:30 Lunch            12:00 Complete Craft            or Puzzles</p>
<p>23            9:00 Coffee, Tea &amp; Talk            10:30 Exercise w/Bands            11:30 Lunch            12:15 Bingo</p>	<p>24            Site Closed</p>	<p>25            9:00 Coffee, Tea &amp; Talk            10:00 Nutrition Ed #3  <i>Healthy Restaurant Meals</i>            11:30 Lunch            12:00 BINGO            or Play Wii Golf</p>	<p>26            Site Closed</p>	<p>27  <i>Bandana Day</i>            9:00 Coffee, Tea &amp; Talk            10:00 Bingo            11:30 Lunch            12:15 Puzzles or Games</p>
<p>30            9:00 Coffee, Tea &amp; Talk            10:30 Exercise w/Bands            11:30 Lunch            12:15 Halloween            Wear something Orange!</p>	<p>31            Site Closed</p>	<p><b>W</b>ash your hands with soap and warm water.            Use alcohol based hand sanitizer with 60% or more alcohol.            Cover coughs &amp; sneezes with a tissue, your sleeve or elbow.            Avoid touching eyes, nose, mouth with unwashed hands.            Clean &amp; disinfect frequently touched objects &amp; surfaces.            Avoid close contact with people who are sick.  <b><u>If you are sick, stay home unless seeking medical care.</u></b></p> 		

## Wash. Co. 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

