



OCTOBER 2023

Williamsport Activity Congregate Site

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

Parkview Knoll, 215 Otho Holland Drive, Williamsport, MD 21795

Phone 240-329-7322

<p>2 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards</p>	<p>3 Site Closed</p>	<p>4 9:00 Coffee & Chat 9:30-11:00 Chair Volleyball 11:30 Lunch 12:00 Nutrition Ed #1 <i>Food Myths</i></p>	<p>5 Site Closed</p>	<p>6 9:00 Coffee & Chat 9:30-11:00 Movie & Popcorn 11:30 Lunch 12:00 Outdoor Walk <i>(weather permitting)</i></p>
<p>9 COLUMBUS DAY COA & Site Closed</p>	<p>10 Site Closed</p>	<p>11 9:00 Coffee & Chat 9:30 -11:00 Movie & Popcorn 11:30 Lunch 12:00 Nutrition Ed #2 <i>Tips for Eating Right</i></p>	<p>12 Site Closed</p>	<p>13 9:00 Coffee & Chat 9:30-11:00 Board Games 11:30 Lunch 12:00 Card Games</p>
<p>16 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards</p>	<p>17 Site Closed</p>	<p>18 9:00 Coffee & Chat 9:30-11:00 Outdoor Games <i>(weather permitting)</i> 11:30 Lunch 12:00 Nutrition Ed #3 <i>Healthy Restaurant Meals</i></p>	<p>19 Site Closed</p>	<p>20 9:00 Coffee & Chat 9:30-11:00 Movie & Popcorn 11:30 Lunch 12:00 Word Find</p>
<p>23 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Word Search</p>	<p>24 Site Closed</p>	<p>25 9:00 Coffee & Chat 9:30 Chair Exercises 10:00 Chair Volleyball 11:30 Lunch 12:00 Tic-Tac-Toe</p>	<p>26 Site Closed</p>	<p>27 9:00 Coffee & Chat 9:30-11:00 -- Halloween Party -- Wear Orange/Black or a fun Halloween Shirt 11:30 Lunch 11:45-12:15 Bookmobile 12:15 Music Time</p>
<p>30 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 What is Your Favorite Halloween Trick or Treat?</p>	<p>31 Site Closed</p>	<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. <u>If you are sick, stay home unless seeking medical care.</u></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

