



NOVEMBER 2022

Hancock Activity Nutrition Site

Hazel Dunn, Site Specialist Site Phone 301-573-6295

126 West High Street, Hancock, MD 21750

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

	1 Site Closed	2 9:00 Coffee & Tea Nutrition Ed #1 <i>Celebrations & Gatherings</i> 10:00 BINGO 11:30 Lunch 12:15 Puzzles or Game Choice	3 Site Closed	4 9:00 Coffee & Tea 10:00 Exercises for Strength & Balance 11:30 Lunch 12:15 -1:00 What's Your Favorite Candy? <i>National Candy Day</i>
7 9:00 Coffee & Tea Craft Table Open 11:30 Lunch 12:15 Exercises for Strength & Balance	8 Site Closed	9 9:00 Coffee & Tea 9:30 Nutrition Ed #2 <i>Diabetes Buffet Tips</i> 10:00 BINGO 11:30 Lunch 12:15 Puzzles or Game Choice	10 Site Closed	11 CLOSED Veterans' Day
14 9:00 Coffee & Tea Craft Table Open 11:30 Lunch 12:15 Exercises for Strength & Balance	15 Site Closed	16 9:00 Coffee & Tea 9:30 Nutrition Ed #3 <i>Kitchen Time Savers</i> 10:00 BINGO 11:30 Lunch 12:15 Puzzles or Game Choice	17 Site Closed	18 9:00 National Apple Cider Day - Join Us for Hot Mulled Cider & Baked Treats 11:45 Lunch 12:15 Crafts
21 9:00 Coffee & Tea 10:00 Nurse Kim's Topic: "Dementia" BP & O2 Health Screens 11:30 Lunch 12:15 Craft Table Open	22 Site Closed	23 9:00 Coffee & Tea Tomorrow is Thanksgiving! Count up your Blessings! 11:30 Lunch 12:15 -1:00 Puzzles & Conversation	24 Site Closed & COA Closed Thanksgiving Day	25 CLOSED Native American Heritage Day
28 9:00 Coffee & Tea Think Christmas! Discuss Craft Ideas 11:30 Lunch 12:15 Plan Crafts	29 Site Closed	30 9:00 Coffee & Tea 10:00 BINGO 11:30 Lunch 12:15 Walking with Weights	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</p> 	

Washington County Commission on Aging, Inc./Area Agency on Aging



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