



NOVEMBER 2022

Williamsport Activity Nutrition Site

Cathleen Miller, Site Specialist Site Phone 240-329-7322

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

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

	1 Site Closed	2 9:00 Coffee & Chat 9:30 Chair Exercises Chair Volleyball 11:00 Nutrition Ed #1 <i>Celebrations & Gatherings</i> 11:30 Lunch 12:00 Crosswords	3 Site Closed	4 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Word Search
7 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Ladder Ball	8 Site Closed	9 9:00 Coffee & Chat 9:30 Chair Exercises Walking <i>(weather permitting)</i> 11:00 Nutrition Ed #2 <i>Diabetes Buffet Tips</i> 11:30 Lunch 12:00 Cards	10 Site Closed	11 CLOSED Veterans' Day
14 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Board Game/Cards	15 Site Closed	16 9:00 Coffee & Chat 9:30 Chair Exercise Chair Volleyball 11:00 Nutrition Ed #3 <i>Kitchen Time Savers</i> 11:30 Lunch 12:00 Crosswords or Word Search	17 Site Closed	18 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Ladder Ball
21 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Holiday Crafting	22 Site Closed	23 9:00 Coffee & Chat 10:00 Share Your Favorite Thanksgiving Foods & What You Are Thankful For 11:30 Lunch 12:00 Walking <i>(weather permitting)</i>	24 Site Closed & COA Closed Thanksgiving Day	25 CLOSED Native American Heritage Day
28 9:00 Coffee & Chat 9:30 -11:15 Bingo 11:30 Lunch 12:00 Finish Holiday Crafting Project	29 Site Closed	30 9:00 Coffee & Chat 10:00 Nurse Kim T. <i>"Dementia"</i> & BP, O2 Check 11:30 Lunch 12:00 Ladder Ball or Walking <i>(weather permitting)</i>	<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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