



# FEBRUARY 2024

## 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><u>WINTER WEATHER</u></p> <p>If Washington County Public Schools are Closed or Delayed due to weather conditions, Congregate Nutrition Sites are CLOSED.</p>			1  Site Closed	2 9:00 Coffee, Tea & Talk 10:00 Crafts or Puzzles 11:30 Lunch 12:00 Walking or Games
5 9:00 Coffee, Tea & Talk 10:00 Crafts or Puzzles 11:30 Lunch 12:00 Share your favorite snow day off from school story.	6  Site Closed	7 9:00 Coffee, Tea & Talk 10:00 Nutrition Ed #1 <i>Be Salt Smart</i> 11:30 Lunch 12:00 Billiards or Wii Games	8  Site Closed	9 9:00 Coffee, Tea & Talk 10:00 Crafts or Puzzles 11:30 Lunch 12:00 Walking or Games
12 9:00 Coffee, Tea & Talk 10:00 Crafts or Puzzles 11:30 Lunch 12:00 What's your very favorite from a box of chocolates?	13  Site Closed	14 9:00 Coffee & Talk 10:00 Nurse Amanda & Good Health Info. Nutrition Ed #2 <i>Move to Low Fat or Fat Free Dairy</i> 11:30 Lunch 12:00 Billiards or Games	15  Site Closed	16 9:00 Coffee, Tea & Talk 10:00 Crafts with Pam 11:30 Lunch 12:00 Walking or Games
19  Presidents' Day COA & Site Closed	20  Site Closed	21 9:00 Coffee, Tea & Talk 10:00 Nutrition Ed #3 <i>Healthy Eating for for Older Adults</i> 11:30 Lunch 12:00 Billiards or Wii Games	22  Site Closed	23 9:00 Coffee, Tea & Talk 10:00 Crafts or Puzzles 11:30 Lunch 12:00 Walking or Games
26 9:00 Coffee, Tea & Talk 10:00 Crafts or Puzzles 11:30 Lunch 12:00 Cards or Work Jigsaw Puzzles	27  Site Closed	28 9:00 Coffee, Tea & Talk 10:00 Morning Walk 11:30 Lunch 12:00 What is your favorite movie character and why?	29  Site Closed	<p><u>The Actual Cost of Each Lunch is \$10.00.</u></p> <p><u>Thank You for Your Donations!</u></p>

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



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