



FEBRUARY 2024

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><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 & Chat 9:30-11:00 Movie & Popcorn 11:30 Lunch 12:00 Cards
5 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Word Search	6 Site Closed	7 9:00 Coffee & Chat 9:30 Nutrition Ed #1 <i>Be Salt Smart</i> 10:00-11:15 Chair Volleyball 11:30 Lunch 12:00 Cards	8 Site Closed	9 9:00 Coffee & Chat 9:30-11:00 Board Games 11:30 Lunch 12:00 Word Search
12 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards	13 Site Closed	14 9:00 Coffee & Chat 9:30 Nutrition Ed #2 <i>Move to Low Fat or Fat Free Dairy</i> 10:00-11:15 Valentine's Day Party 11:30 Lunch 12:00 Word Search	15 Site Closed	16 9:00 Coffee & Chat 9:30-11:00 Movie & Popcorn 11:30 Lunch 12:00 Cards
19 Presidents' Day COA & Site Closed	20 Site Closed	21 9:00 Coffee & Chat 9:30 Nutrition Ed #3 <i>Healthy Eating for for Older Adults</i> 10:00-11:15 Chair Exercises & Indoor Games 11:30 Lunch 12:00 Cards	22 Site Closed	23 9:00 Coffee & Chat 9:30-11:00 Board Games 11:30 Lunch 11:45 - 12:15 Bookmobile Comes to the Site 12:00 Crossword Puzzles
26 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards	27 Site Closed	28 9:00 Coffee & Chat 10:00 Nurse Amanda & Good Health Info. 11:30 Lunch 12:00 Word Search	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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