



MARCH 2020

Hancock Activity Nutrition Site

Hazel Dunn, Site Specialist Telephone 301-678-7163

126 West High Street, Hancock, MD 21750

Open T-W-Th 10:00 am to 2:00 pm

2 Site Closed	3 Coffee/Tea/Snacks National Anthem Day 10-11:45 Learn all about the National Anthem. Work on Crochet Projects 11:45-12:15 Lunch & Walk 12:15-1:00 Go4Life & Balance Exercises 1:00-2:00 Puzzles, Billiards, Wii Games	4 Coffee/Tea/Snacks Nat'l. Nutrition Month 10-10:45 Nutrition Ed. "Kidney Health - Eating Right Overview" 11:45-12:15 Lunch 12:15-2 Trip (TBA) Must Pre-Register Weather Permitting	5 Coffee/Tea/Snacks 10:00-10:45 Discussion: Women's History Month 10:45-11:45 Exercises for Strength & Balance 11:45-12:15 Lunch 12:15-1:00 Billiards, Wii Games or Puzzles 1:00-2:00 Bingo	6 Site Closed
9 Site Closed	10 Coffee/Tea/Snacks 10:00 S.A.L.T. Special Presentation: Environmental Disaster Safety 11-11:45 Craft Table, Billiards, Puzzles 11:45-12:15 Lunch & Walk 12:15-1:00 Exercises 1-2 Wii Games, Computer	11 Coffee/Tea/Snacks 10:30-11:45 Nutrition Ed. 10-10:45 Nutrition Ed. "Kidney Health - Eating Right First Steps" 11:45-12:15 Lunch & Walk 12:15-2 Johnny Appleseed Day - Origins & Apple Recipe Swap	12 Coffee/Tea/Snacks Popcorn Day 10:00-11:45 Bingo 11:45-12:15 Lunch & Walk 12:30-2:00 Health Talk with Nurse Kim T. "Diabetes Catch & Learn" BP/O2 Screens	13 Site Closed
16 Site Closed	17 10:00 Coffee/Snacks ST. PATRICK'S DAY <i>Visit & Be Irish for a Day!</i> Green Tea & Irish Music Play Games & Dance 11:45-12:15 Lunch 12:15-2 St. Patrick's Cont. <i>Happy B'day Richard M.!</i>	18 Coffee/Tea/Snacks 10-11:45 Nutrition Ed. "Kidney Health - Eating Right Next Steps" 11:45-12:15 Lunch 12:15-2 Trip (TBA) Must Pre-Register Weather Permitting	19 Coffee/Tea/Snacks "Hello Spring!" 10-11 Poultry Day & 1st Day of Spring - Share light & healthy recipes. 11-11:45 Toss & Talk Ball 11:45-12:15 Lunch 12:15-1 Exercise & Walk 1:00-2:00 Bingo	20 Site Closed
23 Site Closed	24 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table, Billiards, Puzzles 11:45-12:15 Lunch & Walk 12:15-1:00 Go4Life & Balance Exercises 1:00-2:00 Wii Games & Computer Time	25 Coffee/Tea/Snacks 10-11:45 Join Us for a "Welcome Spring" Project 11:45-12:15 Lunch & Walk 12:15-2 Craft Table, Wii Games, Billiards, Puzzles	26 Coffee/Tea/Snacks 10:00-10:45 Current Events & Discussion 10:45-11:45 Exercises for Strength & Balance 11:45-12:15 Lunch 12:15-1:00 Billiards, Wii Games or Puzzles 1:00-2:00 Bingo	27 Site Closed
30 Site Closed	31 Coffee/Tea/Snacks 10-11:45 Projects for Patients or Craft Table, Billiards, Puzzles 11:45-12:15 Lunch & Walk 12:15-1:00 Go4Life & Balance Exercises 1:00-2:00 Wii Games & Computer Time	<p><u>CHECK OUT OUR MARCH ACTIVITIES!</u></p> <p>Invite your friends and neighbors to join us for: Free Diabetes Information with Nurse Kim T. Free Environmental Disaster Safety Information w/ S.A.L.T. St. Patrick's Day fun, Wii games, crafts & more!</p>		

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



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