



# MARCH 2020

## Williamsport Activity Nutrition Site

Jo Ellen Stephens, Site Specialist Telephone 301-223-6588  
 Parkview Knoll, Otho Holland Drive, Williamsport, MD 21795

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

2 9:00 Coffee & Snack 9:30 Beach Ball Game <b>10:00 S.A.L.T. Special Presentation: Environmental Disaster Safety</b> 11:30 Lunch 12:00 Game Time: Ladder Hook Game	3  Site Closed	4 9:00 Coffee & Snack 9:30 Exercise 10:00 Nutrition Ed: "Kidney Health - Eating Right Overview" 10:30 Card Games 11:30 Lunch 12:00 Corn Hole	5  Site Closed	6  9:00 Coffee & Snack 9:30 Movie 11:30 Lunch 12:00 Listen to Music
9  9:00 Coffee & Snack 9:30 BINGO 11:30 Lunch 12:00 Corn Hole	10  Site Closed	11 9:00 Coffee & Snack 9:30 Exercise 10:00 Nutrition Ed: "Kidney Health-Eating Right First Steps" 10:30 Game Time 11:30 Lunch 12:00 Play Darts	12  Site Closed	13  9:00 Coffee & Snack 9:30 Puzzles 10:30 Recipe Swap 11:30 Lunch 12:00 Skip Bo Game
16 9:00 Coffee/Snack 9:30 BINGO 11:30 Lunch 12 Beach Ball Game 12:30 St. Patrick's Day Party with Cake <i>Happy B'day Cassie G.!</i>	17  Site Closed	18 9:00 Coffee/Snack 9:30 Exercise 10:00 Nutrition Ed. "Kidney Health-Eating Right Next Steps" 10:30 Skip-Bo Game 11:30 Lunch 12:00 Adult Coloring	19  Site Closed	20  9:00 Coffee/Snack 9:30 Craft Time with Sandy D. 11:00 UNO Cards 11:30 Lunch 12:00 Play Darts
23  9:00 Coffee & Snack 9:30 BINGO 11:30 Lunch 12:00 Take a Walk	24  Site Closed	25  9:00 Coffee & Snack 9:30 Game Time: Ladder Hook Game 10:30 Corn Hole 11:30 Lunch 12:00 Checkers	26  Site Closed	27 9:00 Coffee/Snack 9:30 Adult Coloring or Hidden Pictures 10:00 Health Talk with Nurse Kim "Diabetes Catch & Learn" BP/O2 Screens 11:30 Lunch 12:00 Corn Hole
30  9:00 Coffee & Snack 9:30 BINGO 11:30 Lunch 12:00 Sing-Along to Music	31  Site Closed	<p><b><u>CHECK OUT OUR MARCH ACTIVITIES!</u></b></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, movies &amp; more!</p>		

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



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