





MARCH 2023

Francis Murphy Activity Nutrition Site

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

20014 Rosebank Way, Hagerstown, MD 21742

Site Phone 301-573-7192

<p><u>Masks Are Required At Sites</u></p> 	<p><u>Winter Weather</u></p>  <p>If Wash. Co. Public Schools are Closed or Delayed due to weather, Activity Nutrition Sites are Closed.</p>	<p>1 9:00 Coffee & Cookies 9:30 Info & Assistance with COA's MAP Staff Health Information 9:30 Word Search 10:30 Nutrition Ed. #1 <i>Food Safety Common Foods</i> 11:45 Lunch 12:00 Puzzles</p>	<p>2</p> <p>Site Closed</p>	<p>3</p> <p>9:00 Coffee & Conversation 10:00 Music & Adult Coloring 11:30 Lunch 12:15 Card Games</p>
<p>6</p> <p>9:00 Coffee & Conversation 10:00 Board Games 11:30 Lunch 12:00 Easy Listening Music</p>	<p>7</p> <p>Site Closed</p>	<p>8</p> <p>9:00 Hot Chocolate & Chat 10:00 Nutrition Ed. #2 Handout & Discussion <i>Reduce Sodium Part 1</i> 11:30 Lunch 12:00 Card Games</p>	<p>9</p> <p>Site Closed</p>	<p>10</p> <p>9:00 Coffee & Music 10:00 Puzzles 11:30 Lunch 12:15 Word Search</p>
<p>13</p> <p>9:00 Coffee & Donuts & Conversation 10:00 Listen to Music 11:30 Lunch 12:00 Game Time</p>	<p>14</p> <p>Site Closed</p>	<p>15</p> <p>9:00 Coffee & Muffins 10:00 Nutrition Ed. #3 Handout & Discussion <i>Reduce Sodium Part 2</i> 11:30 Lunch 12:00 Chat: <i>St. Patrick's Day Plans?</i></p>	<p>16</p> <p>Site Closed</p>	<p>17</p> <p><i>Happy St. Patrick's Day Wear Your Green!</i></p> <p>9:00 Coffee & Chat 10:00 Card Making 11:30 Lunch 12:15 Music Time</p>
<p>20</p> <p>9:00 Tea Time & Cookies 10:00 Listen to Music 11:30 Lunch 12:00 Word Find</p>	<p>21</p> <p>Site Closed</p>	<p>22</p> <p>9:00 Hot Chocolate & Chat 10:00 Adult Coloring Or Picture Find 11:30 Lunch 12:00 Music Time & Word Search</p>	<p>23</p> <p>Site Closed</p>	<p>24</p> <p>9:00 Tea Time & Conversation 10:00 Share Your Weekend Plans 11:30 Lunch 12:00 Card Games</p>
<p>27</p> <p>9:00 Coffee & Conversation 10:00 Adult Coloring 11:30 Lunch 12:00 Listen to Music</p>	<p>28</p> <p>Site Closed</p>	<p>29</p> <p>9:00 Coffee & Conversation 10:00 Puzzles 11:30 Lunch 12:00 Game Time</p>	<p>30</p> <p>Site Closed</p>	<p>31</p> <p>9:00 Coffee & Conversation 10:00 Let's talk about activities you would enjoy at the site. 11:30 Lunch 12:00 Game Time</p>

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



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