





MARCH 2023

Hancock Activity 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>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 <i>National Women's History Month</i> 9:00 Coffee, Tea & Conversation 10:30 Nutrition Ed #1 <i>Food Safety Common Foods</i> 11:30 Lunch 12:15 BINGO</p>	<p>2 Site Closed</p>	<p>3 <i>National Anthem Day Wear Blue Today!</i> 9:00 Coffee & Tea & Conversation 10:00 Crafts for Shut-Ins 11:30 Lunch 12:15 Crafts Continued</p>
<p>6 <i>National Dentists' Day</i> 9:00 Coffee & Tea & Conversation 10:00 Billiards, Puzzles, or Game Choice 11:30 Lunch 12:15 Walk w/Weights</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee, Tea & Conversation 10:30 Nutrition Ed #2 <i>Reduce Sodium Part 1</i> 11:30 Lunch 12:15 BINGO</p>	<p>9 Site Closed</p>	<p>10 9:00 Coffee & Tea & Conversation 10:00 Info & Assistance with COA's MAP Staff Health Information 10:00 Crafts or Puzzles 11:30 Lunch 12:15 Exercise & Games</p>
<p>13 <i>Good Samaritan Day Be Kind & Helpful</i> 9:00 Coffee & Tea & Conversation 10:00 Exercise for Strength & Balance 11:30 Lunch 12:15 Book Discussion</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee, Tea & Conversation 10:30 Nutrition Ed #3 <i>Reduce Sodium Part 2</i> 11:30 Lunch 12:15 BINGO</p>	<p>16 Site Closed</p>	<p>17 <i>It's St. Patrick's Day Be Irish Today & Wear Your Green!</i> 9:00 Coffee, Green Tea & Conversation 10:00 Celebrate St. Patrick's Day 11:30 Lunch 12:15 Music & Games</p>
<p>20 <i>First Day of Spring!!! Earth Day!</i> 9:00 Coffee & Tea & Conversation 10:00 Walk Outside (weather permitting) 11:30 Lunch 12:15 Quick Spring Craft</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee & Tea & Conversation 10:30 Exercise 11:30 Lunch 12:15 BINGO</p>	<p>23 Site Closed</p>	<p>24 9:00 Coffee, Tea & Conversation 10:00 Wii Bowling 11:30 Lunch 12:15 Chair Exercises & Walking</p>
<p>27 9:00 Coffee & Tea & Conversation 10:00 Craft Table Open Think Easter 11:30 Lunch 12:15 Craft Table Plus Puzzles & Games</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee & Tea & Conversation 10:30 Exercise 11:30 Lunch 12:15 BINGO</p>	<p>30 Site Closed</p>	<p>31 9:00 Coffee, Tea & Conversation 10:00 Cornhole 11:30 Lunch 12:15 Chair Exercises & Walking</p>

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



535 East Franklin Street, Hagerstown, MD 21740 www.wccoaging.org
 Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

