



# MARCH 2023

## Williamsport Activity Nutrition 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><b><u>Masks Are Required At Sites</u></b></p> 	<p><b><u>Winter Weather</u></b></p> <p>❄️ ❄️ ❄️ ❄️ ❄️</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 &amp; Chat 9:30 Chair Exercises &amp; Indoor Games 11:00 11:30 Lunch 12:00 Nutrition Ed #1 <i>Food Safety Common Foods</i></p>	<p>2  Site Closed</p>	<p>3 9:00 Coffee &amp; Chat 9:30 Movie &amp; Popcorn 11:30 Lunch 12:00 Word Search or Crosswords</p>
<p>6 9:00 Coffee &amp; Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards</p>	<p>7  Site Closed</p>	<p>8 9:00 Coffee &amp; Chat 9:30 St. Patrick's Craft 11:00 Nutrition Ed #2 <i>Reduce Sodium Part 1</i> 11:30 Lunch 12:00 Cards</p>	<p>9  Site Closed</p>	<p>10 9:00 Coffee &amp; Chat 9:30 Movie &amp; Popcorn 11:30 Lunch 12:00 Minute to Win It Game</p>
<p>13 9:00 Coffee &amp; Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Indoor Games</p>	<p>14  Site Closed</p>	<p>15 9:00 Coffee &amp; Chat 9:30 Chair Volleyball 11:00 Nutrition Ed #3 <i>Reduce Sodium Part 2</i> 11:30 Lunch 12:00 Cards</p>	<p>16  Site Closed</p>	<p>17 9:00 Coffee &amp; Chat 9:30 Movie &amp; Popcorn 11:30 Lunch 12:00 St. Patrick's Day Fun - Wear Your Green!</p>
<p>20 9:00 Coffee &amp; Chat 9:30 - 11:00 Movie 11:30 Lunch 12:00 Cards or Adult Coloring</p>	<p>21  Site Closed</p>	<p>22 9:00 Coffee &amp; Chat 10:00 Info &amp; Assistance with COA's MAP Staff Health Information 11:30 Lunch 12:00 Indoor Games</p>	<p>23  Site Closed</p>	<p>24 9:00 Coffee &amp; Chat 9:30 BINGO 11:30 Lunch 11:45-12:15 Wash. Co. Library Bookmobile 12:00 Listen to Music</p>
<p>27 9:00 Coffee &amp; Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Minute to Win It Game</p>	<p>28  Site Closed</p>	<p>29 9:00 Coffee &amp; Chat 9:30 Chair Volleyball 11:00 Health Info. 11:30 Lunch 12:00 Cards</p>	<p>30  Site Closed</p>	<p>31 9:00 Coffee &amp; Chat 9:30 Movie &amp; Popcorn 11:30 Lunch 12:00 Adult Coloring &amp; Word Search</p>

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



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

