



JUNE 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

Hot Weather Safety Tips			1	2
<ul style="list-style-type: none"> •Stay Informed on Weather & Storms •Stay Cool in Air Conditioning •Don't Rely on Fans Alone •Don't Use Stoves or Ovens to Cook •Drink Plenty of Water - Don't Wait Until You Start to Feel Thirsty •Wear Loose, Lightweight, Light Colored Clothing •Remember Pets •Seek Medical Care Immediately for Heat Related Illness <p>A Few Symptoms: Muscle Cramps, Headaches, Nausea/Vomiting</p>			Site Closed	9:00 Coffee & Conversation 10:00 Rummy Card Game 11:30 Lunch 12:15 Music
5	6	7	8	9
9:00 Coffee & Conversation 10:00 Walk About (weather permitting) 11:30 Lunch 12:15 Word Search	Site Closed	9:00 Coffee & Cookies 10:30 Nutrition Ed. #1 <i>Save More at the Store</i> 11:45 Lunch 12:00 Walking	Site Closed	9:00 Coffee & Music 10:00 Hang Man Game 11:30 Lunch 12:15 Word Search
12	13	14	15	16
9:00 Tea Time & Cookies 10:00 Music & Conversation 11:30 Lunch 12:15 Tic-Tac-Toe	Site Closed	9:00 Coffee & Muffins & Chat 10:00 Nutrition Ed. #2 <i>Role of Sodium in Food #1</i> 11:30 Lunch 12:00 Music	Site Closed	9:00 Coffee & Chat 10:00 Card Games 11:30 Lunch 12:15 Walk About (weather permitting)
19	20	21	22	23
JUNTEENTH Observed CLOSED	Site Closed	9:00 Hot Chocolate 10:00 Nutrition Ed. #3 Handout & Discussion <i>Role of Sodium in Food #2</i> 11:30 Lunch 12:00 Picture Find	Site Closed	9:00 Tea Time & Conversation 9:30 Info & Assistance with COA's MAP Staff Health Information 10:00 Weekend Plans? 11:30 Lunch 12:00 Tic-Tac-Toe
26	27	28	29	30
9:00 Coffee & Conversation 10:00 Walk About (weather permitting) 11:30 Lunch 12:15 Listen to Music	Site Closed	9:00 Coffee & Conversation 10:00 Music & Adult Coloring 11:30 Lunch 12:15 Card Games	Site Closed	9:00 Coffee & Cookies 10:00 Card Game 11:30 Lunch 12:15 Music

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



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