



# JUNE 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

<b>Hot Weather Safety Tips</b>		1	2
<ul style="list-style-type: none"> <li>•Stay Informed on Weather &amp; Storms •Stay Cool in Air Conditioning</li> <li>•Don't Rely on Fans Alone •Don't Use Stoves or Ovens to Cook</li> <li>•Drink Plenty of Water - Don't Wait Until You Start to Feel Thirsty</li> <li>•Wear Loose, Lightweight, Light Colored Clothing •Remember Pets</li> <li>•Seek Medical Care Immediately for Heat Related Illness</li> </ul> <p>A Few Symptoms: Muscle Cramps, Headaches, Nausea/Vomiting</p>		Site Closed	<i>Nat'l. Donut Day</i> 9:00 Coffee, Tea & ? ...Donuts! 10:00 Exercise 10:30 Games, Puzzles, Billiards 11:30 Lunch 12:00 Craft Table Open
5	6	7	8
<i>WWII D-Day Constitution Day</i> 9:00 Coffee & Tea & Conversation 10:30 Exercise for Strength & Balance 11:30 Lunch 12:00 Bingo	Site Closed	9:00 Coffee, Tea & Talk 10:00 Nutrition Ed #1 <i>Save More at the Store</i> <i>Share Ideas, Suggestions</i> 11:30 Lunch 12:00 Walk w/Weights 12:30 Puzzles or Games	Site Closed
12	13	14	15
9:00 Coffee & Tea & Conversation 10:00 Decorate & Prepare for Beach Party 11:30 Lunch 12:00 Finish Decorating & Discuss Plans	Site Closed	9:00 Coffee, Tea & Talk 10:30 Nutrition Ed #2 <i>Role of Sodium #1</i> <i>Share Ideas, Suggestions</i> 11:30 Lunch 12:00 Walk w/Weights 12:30 Puzzles or Games <i>Flag Day</i>	Site Closed
19	20	21	22
<b>JUNTEENTH</b> Observed <b>CLOSED</b>	Site Closed	<i>Summer Solstice</i> 9:00 Coffee, Tea & Talk 10:30 Nutrition Ed #3 <i>Role of Sodium #2</i> <i>Share Ideas, Suggestions</i> 11:30 Lunch 12:00 Walk w/Weights 12:30 Puzzles or Games	Site Closed
26	27	28	29
<b>BEACH PARTY DAY!</b> Join Us & Have Fun 11:30 Lunch ...Beach Party Continues After Lunch...	Site Closed	9:00 Coffee, Tea & Talk 10:00 Group Planning for July Holiday 11:30 Lunch 12:00 Craft Table Open, Wii Games or Puzzles	Site Closed
			30
			<i>Nat'l. Pink Day</i> 9:00 Coffee, Tea & Talk 10:00 Games, Puzzles, Billiards 11:30 Lunch 12:00 Craft for MOW Clients
			9:00 Coffee, Tea & Talk 10:00 Walking or Card Games 11:30 Lunch 12:00 Corn Hole Game

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



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