



# JUNE 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

<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	9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Card Games  <i>Nat'l. Donut Day</i>
5	6	7	8	9
9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Checkers & Cards	Site Closed	9:00 Coffee & Chat 9:30 Nutrition Ed #1 <i>Save More at the Store</i> 10:00 Chair Volleyball 11:30 Lunch 12:00 Let's Walk	Site Closed	9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Card Games
12	13	14	15	16
9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Crossword Puzzle  <i>Nat'l. Peanut Butter Cookie Day</i>	Site Closed	9:00 Coffee & Chat 9:30 Nutrition Ed #2 <i>Role of Sodium in Food #1</i> 10:00 Indoor Games 11:30 Lunch 12:00 Indoor Games	Site Closed	9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Crossword Puzzles <i>Nat'l. Wear Blue Day Goodie Bags for Men in Honor of Father's Day</i>
19	20	21	22	23
<b>JUNTEENTH Observed CLOSED</b>	Site Closed	9:00 Coffee & Chat 9:30 Nutrition Ed #3 <i>Role of Sodium in Food #2</i> 10:00 Chair Exercises 10:00 Info & Assistance with COA's MAP Staff Health Information 11:30 Lunch 12:00 Let's Walk <i>First Day of Summer</i>	Site Closed	9:00 Coffee & Chat 9:30 Summer Craft 11:30 Lunch 12:00 Adult Coloring
26	27	28	29	30
9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Card Games	Site Closed	9:00 Coffee & Chat 9:30 -11:00 Indoor Games 11:30 Lunch 12:00 Card Games	Site Closed	9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Let's Walk

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



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