



AUGUST 2022

Hancock Activity Nutrition Site

Hazel Dunn, Site Specialist Site Phone 301-573-6295

126 West High Street, Hancock, MD 21750

Hours M-W-F 9:00 am to 1:00 pm

1 9:00 Coffee & Tea 9:30 It's National Golf Month Let's Play Wii Golf 11:30 Lunch 12:00 - 1:00 Exercise or Billiards	2 Site Closed	3 9:00 Coffee & Tea 10:00 Nutrition Ed #1 Tomato Facts 10:30 BINGO 11:30 Lunch 12:00-1:00 Walking w/Weights Or Games	4 Site Closed	5 9:00 Coffee & Tea 10:00 Adult Coloring or Word Games 11:30 Lunch 12:00 -1:00 Exercise, Games or Crafts
8 9:00 Coffee & Tea 9:30 Official Day To Be Creative! 11:30 Lunch 12:00 - 1:00 <i>Happy Birthday Kathleen!</i>	9 Site Closed	10 9:00 Coffee & Tea 10:00 Nutrition Ed #2 Better Beverage Choices 10:30 BINGO 11:30 Lunch 12:00-1:00 Walking, Billiards or Puzzles	11 Site Closed	12 9:00 Coffee & Tea 10:00 Aviation Time - Let's Fly! (Paper Planes) 11:30 Lunch 12:00 -1:00 Exercises for Strength & Balance
15 9:00 Coffee & Tea 9:30 National Peach Month - Recipe Exchange & Best Peach Ideas 11:30 Lunch 12:00 - 1:00 Exercises for Strength & Balance	16 Site Closed	17 9:00 Coffee & Tea 10:00 Nutrition Ed #3 Fruits & Veggies Info. 10:30 BINGO 11:30 Lunch 12:00-1:00 Walking, Billiards or Puzzles	18 Site Closed	19 9:00 Coffee & Tea 10:00 Crafting with Pam M. - Join Us! 11:45 Lunch 12:15 -1:00 Finish Your Project
22 9:00 Coffee & Tea 9:30 Music Monday - Enjoy Old & New Favs 11:30 Lunch 12:00 - 1:00 Exercises for Strength & Balance	23 Site Closed	24 9:00 Coffee & Tea 9:30 BINGO 11:30 Lunch 12:00 -1:00 Walking w/Weights	25 Site Closed	26 9:00 Coffee & Tea 10:00 Nurse Kim "Eat Better on a Budget" BP/O2 Checks 11:45 Lunch 12:15 -1:00 Exercises for Strength & Balance
29 9:00 Coffee & Tea 9:30 Learn Something New Day?? 11:30 Lunch 12:00 - 1:00 Exercises for Strength & Balance	30 Site Closed	31 9:00 Coffee & Tea 9:30 BINGO 11:30 Lunch 12:00 -1:00 Walking w/Weights	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</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

