



AUGUST 2022

Williamsport Activity Nutrition Site

Cathleen Miller, Site Specialist Site Phone 240-329-7322

Parkview Knoll, 215 Otho Holland Drive, Williamsport, MD 21795

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

1 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Ladder Ball	2 Site Closed	3 9:00 Coffee & Chat 10:00 Chair Exercises & Walking 11:00 Nutrition Ed #1 Tomato Facts 11:30 Lunch 12:00 Cards	4 Site Closed	5 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Walking
8 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Bean Bag Toss	9 Site Closed	10 9:00 Coffee & Chat 10:00 Chair Exercises & Walking 11:00 Nutrition Ed #2 Better Beverage Choices 11:30 Lunch 12:00 Crosswords & Word Search	11 Site Closed	12 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Word Search
15 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Games or Word Find	16 Site Closed	17 9:00 Coffee & Chat 10:00 Chair Exercises & Walking 11:00 Nutrition Ed #2 Fruits & Veggies Info 11:30 Lunch 12:00 Cards <i>National Lollipop Day</i>	18 Site Closed	19 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Bean Bag Toss
22 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Bean Bag Toss	23 Site Closed	24 9:00 Coffee & Chat 10:00 Nurse Kim T. Talks About Eating Better on a Budget & BP, O2 Check 11:30 Lunch 12:00 Cards	25 Site Closed	26 9:00 Coffee & Chat 10:00 Chair Exercises & Walking 11:30 Lunch 12:00 Word Search or Card Games
29 9:00 Coffee & Chat 9:30 -11:15 Bingo 11:30 Lunch 12:00 Ladder Ball	30 Site Closed	31 9:00 Coffee & Chat 9:30 Movie Time 11:30 Lunch 12:00 Crosswords	<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



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