




SEPTEMBER 2023

Francis Murphy Congregate Nutrition Site

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

20014 Rosebank Way, Hagerstown, MD 21742

Site Phone 301-573-7192

 <h3>Hot Weather Safety Tips</h3> <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>				
				<p>1</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Play Pokeno</p> <p>11:30 Lunch</p> <p>12:00 Chair Exercises</p>
<p>4</p> <p>LABOR DAY COA & Site Closed</p>	<p>5</p> <p>Site Closed</p>	<p>6</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Nutrition Ed. #1 <i>Weight Loss & Diet Myths Part One</i></p> <p>11:30 Lunch</p> <p>12:00 Word Find or Card Making</p>	<p>7</p> <p>Site Closed</p>	<p>8</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Music Time</p> <p>11:30 Lunch</p> <p>12:00 Picture Find</p>
<p>11</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Healthy Recipes Recipe Swap</p> <p>11:30 Lunch</p> <p>12:00 Walk & Talk</p>	<p>12</p> <p>Site Closed</p>	<p>13</p> <p>9:00 Coffee & Chat</p> <p>10:00 Nutrition Ed. #2 <i>Weight Loss & Diet Myths Part Two</i></p> <p>10:30 Card Making</p> <p>11:30 Lunch</p> <p>12:00 Walk & Talk</p>	<p>14</p> <p>Site Closed</p>	<p>15</p> <p>9:00 Coffee & Chat</p> <p>10:00 Live Music</p> <p>11:30 Lunch</p> <p>12:00 Walk & Talk</p>
<p>18</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Music Time</p> <p>11:30 Lunch</p> <p>12:15 Adult Coloring</p>	<p>19</p> <p>Site Closed</p>	<p>20</p> <p>9:00 Coffee & Chat</p> <p>10:00 Nutrition Ed. #3 <i>Weight Loss & Diet Myths Part Three</i></p> <p>10:30 Card Making</p> <p>11:30 Lunch</p> <p>12:00 Easy Listening Music</p>	<p>21</p> <p>Site Closed</p>	<p>22</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Card Games</p> <p>11:30 Lunch</p> <p>12:00 Music</p>
<p>25</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Board Games</p> <p>11:30 Lunch</p> <p>12:15 Music Time</p>	<p>26</p> <p>Site Closed</p>	<p>27</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Board Games</p> <p>11:30 Lunch</p> <p>12:00 Chair Exercises</p>	<p>28</p> <p>Site Closed</p>	<p>29</p> <p>9:00 Coffee & Conversation</p> <p>10:00 Chair Exercise</p> <p>11:30 Lunch</p> <p>12:00 Share Your Weekend Plans</p>

Wash. Co. Commission on Aging, Inc./Area Agency on Aging



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