




SEPTEMBER 2023

Hancock Congregate 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

 <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>				
				1 9:00 Coffee, Tea & Talk 10:00 Fall Craft Project 11:30 Lunch 12:00 Help Celebrate the "Spirit of 76" <i>(It's Hazel's Birthday)</i>
4 LABOR DAY COA & Site Closed	5 Site Closed	6 9:00 Coffee, Tea & Talk 10:00 Nutrition Ed #1 <i>Weight Loss & Diet Myths Part One</i> 11:00 Nat'l. Read a Book Day - Share if you've read a good one! 11:30 Lunch 12:00 BINGO	7 Site Closed	8 9:00 Coffee, Tea & Talk 10:00 Craft Table Open 11:30 Lunch 12:00 Continue Crafts or Games
11 <i>Patriot Day</i> 9:00 Coffee, Tea & Talk "Remembering" 10:30 Exercise w/Bands 11:30 Lunch 12:15 Cornhole	12 Site Closed	13 9:00 Coffee, Tea & Talk 10:00 Nutrition Ed #2 <i>Weight Loss & Diet Myths Part Two</i> 11:30 Lunch 12:00 BINGO	14 Site Closed	15 9:00 Coffee, Tea & Talk 10:00 Crafting w/Pam 11:30 Lunch 12:00 Complete Craft or Puzzles
18 <i>Aging Awareness Day</i> <i>Rice Krispies Treats Day</i> 9:00 Coffee, Tea & Talk 10:00 Exercise for Strength & Balance 11:30 Lunch 12:15 "Go Fish" Card Game	19 Site Closed	20 9:00 Coffee, Tea & Talk 10:00 Nutrition Ed #3 <i>Weight Loss & Diet Myths Part Three</i> 11:30 Lunch 12:00 BINGO	21 Site Closed	22 <i>Native Americans Day</i> 9:00 Coffee, Tea & Talk 10:00 Wii Games Archery 11:30 Lunch 12:15 Wii Games or Cornhole
25 <i>Fall Foliage Week</i> 9:00 Coffee, Tea & Talk 10:00 Take a Walk <i>Weather Permitting</i> 11:30 Lunch 12:15 Games	26 Site Closed	27 9:00 Coffee, Tea & Talk <i>Health & Fitness Day</i> 10:00 Exercise w/Bands 11:30 Lunch 12:00 BINGO	28 Site Closed	29 <i>National VFW Day</i> <i>National Coffee Day</i> 9:00 Coffee, Tea & Talk 10:00 Speaker 11:30 Lunch 12:15 Billiards or Cards

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



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