




SEPTEMBER 2023

Williamsport Activity Congregate 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

 <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 & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Walk Outside <i>(weather permitting)</i>
4 LABOR DAY COA & Site Closed	5 Site Closed	6 9:00 Coffee & Chat 9:30 Chair Volleyball 11:30 Lunch 12:00 Nutrition Ed #1 <i>Weight Loss & Diet Myths Part One</i>	7 Site Closed	8 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 12:00 Card Games
11 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards	12 Site Closed	13 9:00 Coffee & Chat 9:30 Outdoor Games <i>(weather permitting)</i> 11:30 Lunch 12:00 Nutrition Ed #2 <i>Weight Loss & Diet Myths Part Two</i>	14 Site Closed	15 9:00 Coffee & Chat 9:30 Special Guest TBD or Outdoor Fun <i>Weather Permitting</i> 11:30 Lunch 12:00 Card Games
18 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Word Search	19 Site Closed	20 9:00 Coffee & Chat 9:30 Halloween Craft 11:30 Lunch 12:00 Nutrition Ed #3 <i>Weight Loss & Diet Myths Part Three</i>	21 Site Closed	22 9:00 Coffee & Chat 9:30 Movie & Popcorn 11:30 Lunch 11:45 Bookmobile 12:00 Listen to Music
25 9:00 Coffee & Chat 9:30 -11:00 Bingo 11:30 Lunch 12:00 Cards	26 Site Closed	27 9:00 Coffee & Chat 9:30 Chair Volleyball 11:30 Lunch 12:00 Word Search	28 Site Closed	29 9:00 Coffee & Chat 9:30 Indoor Games 11:30 Lunch 12:00 Crosswords

Wash. Co. 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

