



JANUARY 2019

Smithsburg Activity Nutrition Site

Eleanor Vanhoozer, Manager Telephone 301-824-2183

29 Blue Mountain Estates, Smithsburg, MD 21783

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

<p>WINTER WEATHER If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p>1 NEW YEAR'S DAY HOLIDAY CLOSED</p>	<p>2 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Healthy Eating as We Age" 10:00 BINGO 11:30 Lunch 12:15 Card Game "War"</p>	<p>3 Site Closed</p>	<p>4 9:00 Coffee/Snacks 9:30 Exercise 10:00 Plans for This New Year! 10:00 Fun Facts About January 11:30 Lunch 12:15 Quiet Time w/ Music</p>
<p>7 9:00 Coffee/Snacks 9:30 Health Ed: with Kim Torsiello "Living Well Jeopardy" 10:30 BP & O2 Screen with Kim 11:30 Lunch 12:15 UNO Game</p>	<p>8 Site Closed</p>	<p>9 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Healthy Weights for Older Adults" 10:00 Craft: Making Watercolor Luminaries 11:30 Lunch 12:15 Sharing Magazines</p>	<p>10 Site Closed</p>	<p>11 9:00 Coffee/Snacks 9:30 Exercise 10:00 We Are Making Marshmallow Structures! 11 Share a Warm Idea! 11:30 Lunch 12:15 Rummy</p>
<p>14 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie Part 1 "Air Force One" 11:30 Lunch 12:15 Tic-Tac-Toe</p>	<p>15 Site Closed</p>	<p>16 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Special Nutrient Needs for Older Adults" 10:00 Movie Part 2 "Air Force One" 11:30 Lunch 12:15 Adult Coloring</p>	<p>17 Site Closed</p>	<p>18 9:00 Coffee/Snacks 9:30 Exercise 10:00 January Trivia 10:30 Safety - Fill In the Blanks 11:30 Lunch 12:15 Sing-Along</p>
<p>21 MARTIN LUTHER KING, JR. DAY HOLIDAY CLOSED</p>	<p>22 Site Closed</p>	<p>23 9:00 Coffee/Snacks 9:30 Exercise 10:00 BINGO 11:30 Lunch 12:15 UNO</p>	<p>24 Site Closed</p>	<p>25 9:00 Coffee/Snacks 9:30 Exercise 10:00 Everyone Has A Story - What's Yours? 11:00 UNO 11:30 Lunch 12:15 B-day Celebration</p>
<p>28 9:00 Coffee/Snacks 9:30 Exercise 10:00 Your Choice: Adult Coloring or Word Search 11:30 Lunch 12:15 Current Events</p>	<p>29 Site Closed</p>	<p>30 9:00 Coffee/Snacks 9:30 Exercise 10:00 BINGO 11:30 Lunch 12:15 Dominoes</p>	<p>31 Site Closed</p>	<p>WINTER WEATHER If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</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

