



MARCH 2019

Boonsboro Activity Nutrition Site

Jennie O'Leary, Site Specialist Telephone 301-432-5143

37 Park Drive, Boonsboro, MD 21713

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><u>CHECK OUT OUR MARCH ACTIVITIES!</u> Invite your friends and neighbors to join us for a wonderful variety of games, crafts, health tips & presentations, bingo, conversation and fellowship!</p>			<p>1 9:00 Coffee/Snack 10:00 Corn Hole 11:30 Lunch 12:00 "National Peanut Butter Lover's Day" Share Your Favorite Recipe!</p>
<p>4 9:00 Coffee/Snack 10:00 Paint on Canvas 11:30 Lunch 12:00 Current Events Discussion</p>	<p>5 Site Closed</p>	<p>6 9:00 Coffee/Snack 9:30 Nutrition Ed. "Caffeine's Effects on Blood Pressure" 10:00 BINGO 10:30 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Hidden Pictures</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee/Snack 9:30 Bean Bag Crate Toss 11:30 Lunch 12:00 "National Day of Unplugging" How Do You Unplug?</p>
<p>11 9:00 Coffee/Snack 9:30 Health Ed: w/Kim Torsiello "Balance Testing" 11:30 Lunch 12:00 UNO</p>	<p>12 Site Closed</p>	<p>13 9:00 Coffee/Snack 9:30 Nutrition Ed. "Drinking Enough Fluids" 10:00 Jewelry Craft "National Jewel Day" 10-11:30 Mobile Info. & Assistance 11:30 Lunch 12 Finish Jewelry Craft</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee/Snack 10:00 Trivia Wear Green & St. Patrick's Day Fun! 11:30 Lunch 12:00 Word Games</p>
<p>18 9:00 Coffee/Snack 10:00 Health Talk with Mallory C. from Sharpsburg Pharm. 11:30 Lunch 12:00 Awkward Moments Day - Share an Awkward Moment!</p>	<p>19 Site Closed</p>	<p>20 9:00 Coffee/Snack 9:30 Nutrition Ed. "Make Better Beverage Choices" 10:00 BINGO 11:30 Lunch 12:00 Share Some Happy Stories for "International Day of Happiness"</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee/Snack 10:00 Corn Hole 11:30 Lunch 12:00 UNO</p>
<p>25 9:00 Coffee/Snack 10:00 Exercise 11:30 Lunch 12:00 UNO</p>	<p>26 Site Closed</p>	<p>27 9:00 Coffee/Snack 10:00 BINGO 11:30 Lunch 12:00 Word Search</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee/Snack 10:00 Magic Tricks 11:30 Lunch 12:00 Birthday Celebration "Smoke & Mirrors Day"</p>

Washington County Commission on Aging, Inc./Area Agency on Aging



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