



# MARCH 2019

## Smithsburg Activity Nutrition Site

Eleanor Vanhoozer, Site Specialist Telephone 301-824-2183

29 Blue Mountain Estates, Smithsburg, MD 21783

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

<p><b><u>WINTER WEATHER</u></b> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p><b><u>CHECK OUT OUR MARCH ACTIVITIES!</u></b> Invite your friends and neighbors to join us for a wonderful variety of games, crafts, health tips &amp; presentations, bingo, movies and fellowship!</p>			<p>1 9:00 Coffee/Snacks 9:30 Exercise 10:00 Finish This Phrase 10:30 Word Search 11:30 Lunch 12:15 Relax with Chinese Music</p>
<p>4 9:00 Coffee/Snacks 9:30 Health Ed: w/Nurse Kim Torsiello "Balance Testing" 10:30 BP &amp; O2 Screen 11:30 Lunch 12:15 UNO Game</p>	<p>5 Site Closed</p>	<p>6 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Caffeine's Effects on Blood Pressure" 10:00 BINGO 11:30 Lunch 12:15 A Year Ago Today</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee/Snacks 9:30 Word for Today 10:00 Facts About March: History, Fun &amp; Trivia 11:30 Lunch 12:15 Story Time</p>
<p>11 9:00 Coffee/Snacks 9:30 Exercise 10:00 Reminisce with Old Photos 11:00 Share a Keepsake 11:30 Lunch 12:15 Quiet Time with Music</p>	<p>12 Site Closed</p>	<p>13 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Drinking Enough Fluids" 10:00 Craft 11:30 Lunch 12:15 What Season Do You Like &amp; Why?</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee/Snacks 9:30 Exercise 10:00 Show Some Green 10:30 St. Patrick! 11:30 Lunch 12:15 Green Cupcakes</p>
<p>18 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie - Part 1 with Popcorn 11:00 Share a Keepsake 11:30 Lunch 12:15 Magazine Stories</p>	<p>19 Site Closed</p>	<p>20 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Make Better Beverage Choices" 10:00 Movie - Part 2 with Popcorn 11:30 Lunch 12:15 Current Events</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee/Snacks 9:30 Bean Bag Toss 10:30 Tic-Tac-Toe 11:30 Lunch 12:15 UNO</p>
<p>25 9:00 Coffee/Snacks 9:30 Exercise 10:00 Where I Would Like To Go! Sharing a Video 11:30 Lunch 12:15 Tic-Tac-Toe</p>	<p>26 Site Closed</p>	<p>27 9:00 Coffee/Snacks 9:30 Exercise 10:00 BINGO 11:00 Time for a Laugh 11:30 Lunch 12:15 Rummy</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee/Snacks 9:30 Exercise 10:00 Find the Object 10:30 UNO 11:30 Lunch 12:15 Birthday Celebration!</p>

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



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