



APRIL 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

1 9:00 Coffee/Snack 10:00 Board Games & Word Games 11:30 Lunch 12:00 April Fool's Day - Tell Us About Your Best One	2 Site Closed	3 9:00 Coffee/Snack 9:30 Nutrition Ed. "Build a Healthy Eating Pattern Part 1" 10:00 BINGO 10:30 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Ball Toss	4 Site Closed	5 9:00 Coffee/Snack 10:00 Adult Coloring 10:30 Exercise 11:30 Lunch 12:00 UNO
8 9:00 Coffee/Snack 9:30 Health Talk w/ Nurse Kim Torsiello "Importance Of Exercise" BP & O2 Screens 11:30 Lunch 12:00 UNO	9 Site Closed	10 9:00 Coffee/Snack 9:30 Nutrition Ed. "Build A Healthy Eating Pattern Part 2" 10:00 BINGO 11:30 Lunch 12:00 Current Events Discussion	11 Site Closed	12 9:00 Coffee/Snack 9:30 Easter/Spring Craft Time 10:15 Corn Hole 11:30 Lunch 12:00 Nature Walk & Talk
15 9:00 Coffee/Snack 10:00 UNO 10:30 Health Talk with Mallory C. from Sharpsburg Pharm. 11:30 Lunch 12:00 Current Events Discussion	16 Site Closed	17 9:00 Coffee/Snack 9:30 Nutrition Ed. "Build A Healthy Eating Pattern Part 3" 10:00 BINGO 11:30 Lunch 12:00 Spring Ideas Discussion	18 Site Closed	19 9:00 Coffee/Snack 10:00 Easter/Spring Fun & Word Games 11:30 Lunch 12:00 Current Events Discussion
22 9:00 Coffee/Snack 10:00 Join Us for a <u>GARDEN PARTY</u> 11:30 Lunch 12:00 Board Games	23 Site Closed	24 9:00 Coffee/Snack 10:00 BINGO 11:30 Lunch 12:00 Craft Time: Make Spring Flowers	25 Site Closed	26 9:00 Coffee/Snack 10:00 Bean Bag Crate Toss 11:30 Lunch 12:00 UNO
29 9:00 Coffee/Snack 10:00 UNO & Board Games 11:30 Lunch 12:00 April Birthdays Celebration!	30 Site Closed	<p><u>CABIN FEVER? We have just the thing!</u> Why not get out of your cabin for lunch with friends? Join us at the Boonsboro Activity Nutrition Site! - Donations Greatly Appreciated -</p>		

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



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