



APRIL 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

1 9:00 Coffee/Snacks 9:30 Health Ed: w/Nurse Kim Torsiello "Importance of Exercise" 10:30 BP & O2 Screen 11:30 Lunch 12:15 What Did Kim Say?	2 Site Closed	3 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Building A Healthy Eating Pattern, Part 1" 10:00 BINGO 11:00 Share a Spring Idea 11:30 Lunch 12:15 Tic-Tac-Toe	4 Site Closed	5 9:00 Coffee/Snacks 9:30 April Facts 10:00 Let's Make A Rabbit! 11:00 Rabbit Parade 11:30 Lunch 12:15 Decorate Table
8 9:00 Coffee/Snacks 9:30 Exercise 10:00 Adult Coloring Or Word Search 11:00 Time to Laugh! 11:30 Lunch 12:15 Smithsburg News	9 Site Closed	10 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Building A Healthy Eating Pattern, Part 2" 10:00 Craft: Make a Rice Heating Pad 11:30 Lunch 12:15 Magazine Time	11 Site Closed	12 9:00 Coffee/Snacks 9:30 Exercise 10:00 Tray Game 11:00 Trivia 11:30 Lunch 12:15 Relax with Music
15 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie - Part 1 with Popcorn 11:30 Lunch 12:15 Adult Coloring	16 Site Closed	17 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Building A Healthy Eating Pattern, Part 3" 10-11:30 Mobile Info. & Assistance 10:00 Movie - Part 2 11:30 Lunch 12:15 UNO	18 Site Closed	19 9:00 Coffee/Snacks 9:30 Exercise 10:00 A Good Friday Story 10:30 An Egg for Our Neighbors 11:30 Lunch 12:15 Delivery Time
22 9:00 Coffee/Snacks 9:30 Exercise 10:00 Facts About Earth Day 10:30 Earth Day Project 11:30 Lunch 12:15 Rummy Cards	23 Site Closed	24 9:00 Coffee/Snacks 9:30 Exercise 10:00 BINGO 11:00 Fun Time - Jokes 11:30 Lunch 12:15 Today in History	25 Site Closed	26 9:00 Coffee/Snacks 9:30 Exercises 10:00 Rainbow Bowling 10:30 How Many Words Can You Find? 11:30 Lunch 12:15 Birthday Celebration
29 9:00 Coffee/Snacks 9:30 Word Search 10:30 Ball Toss 11:30 Lunch 12:15 Checkers	30 Site Closed	<p><u>CABIN FEVER? We have just the thing!</u></p> <p>Why not get out of your cabin for lunch with friends? Join us at the Smithsburg Activity Nutrition Site! - Donations Greatly Appreciated -</p>		

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



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