



# MAY 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><b><u>May is Older Americans Month!</u></b></p> <ul style="list-style-type: none"> <li>◆ <b>CONNECT</b> with friends, family, and services that support participation.</li> <li>◆ <b>CREATE</b> by engaging in activities that promote learning, health &amp; personal enrichment.</li> <li>◆ <b>CONTRIBUTE</b> time, talent, and life experience to benefit others.</li> </ul>		<p>1 9:00 Coffee/Snack 9:30 Nutrition Ed. "Chemotherapy &amp; Diet - Part 1" 10:00 BINGO 10:30 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Batman Day!</p>	<p>2  Site Closed</p>	<p>3  9:00 Coffee/Snack 10:00 Crate Bean Bag Toss Game 10:30 Exercise 11:30 Lunch 12:00 UNO</p>
<p>6 9:00 Coffee/Snack 9:30 UNO or Board Games 11:30 Lunch 12:00 Hidden Pictures</p>	<p>7  Site Closed</p>	<p>8 9:00 Coffee/Snack 9:30 Nutrition Ed. "Chemotherapy &amp; Diet - Part 2" 10:00 BINGO 11:30 Lunch 12:00 Iris Day</p>	<p>9  Site Closed</p>	<p>10 9:00 Coffee/Snack 9:30 Mother's Day Craft Time 11:30 Lunch 12:00 Current Events Discussion</p>
<p>13  Site Closed</p>	<p>14  Site Closed</p>	<p>15  Site Closed</p>	<p>16  Site Closed</p>	<p>17  Site Closed</p>
<p>20 9:00 Coffee/Snack 10:30 Mallory w/ Sharpsburg Pharmacy 11:30 Lunch 12:00 Word Search</p>	<p>21  Site Closed</p>	<p>22 9:00 Coffee/Snack 9:30 Nutrition Ed. "Making Smart Food Choices" 10:00 BINGO 11:30 Lunch 12:00 UNO</p>	<p>23  Site Closed</p>	<p>24 9:00 Coffee/Snack 10:00 National Scavenger Hunt Day 10:30 Word Games 11:30 Lunch 12:00 Nature Walk</p>
<p>27  MEMORIAL DAY  HOLIDAY  - CLOSED -</p>	<p>28  Site Closed</p>	<p>29  9:00 Coffee/Snack 10:00 BINGO 11:30 Lunch 12:00 Nature Walk</p>	<p>30  Site Closed</p>	<p>31 9:00 Coffee/Snack 9:30 Health Talk w/ Nurse Kim Torsiello "Weights" BP &amp; O2 Screens 11:30 Lunch 12:00 Birthdays of the Month Celebration!</p>

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



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