



MAY 2019

Smithsburg Activity Nutrition Site

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29 Blue Mountain Estates, Smithsburg, MD 21783

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

<p><u>May is Older Americans Month!</u></p> <ul style="list-style-type: none"> ◆ CONNECT with friends, family, and services that support participation. ◆ CREATE by engaging in activities that promote learning, health & personal enrichment. ◆ CONTRIBUTE time, talent, and life experience to benefit others. 		<p>1 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Chemotherapy & Diet, Part 1" 10:00 BINGO 11:00 A Poem 11:30 Lunch 12:15 Newspaper Time</p>	<p>2 Site Closed</p>	<p>3 9:00 Coffee/Snacks 9:30 Health Ed: w/Nurse Kim Torsiello "Importance of Exercise" 11:30 Lunch 12:15 UNO</p>
<p>6 9:00 Coffee/Snacks 9:30 Health Ed: w/Nurse Kim Torsiello "Weights" 10:30 BP & O2 Screen 11:30 Lunch 12:15 Tic-Tac-Toe</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Chemotherapy & Diet, Part 2" 10:00 Checkers Game 11:00 May Flowers 11:30 Lunch 12:15 Adult Coloring</p>	<p>9 Site Closed</p>	<p>10 9:00 Coffee/Snacks 9:30 Mother's Day History 10:00 A Craft for Me 11:00 Remembering "Mom" 11:30 Lunch 12:15 Share a Picture</p>
<p>13 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie - Part 1 with Popcorn 11:00 Word for Today 11:30 Lunch 12:15 Rummy</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Making Smart Food Choices" 10:00 Movie - Part 2 with Popcorn 11:00 Review Movie 11:30 Lunch 12:15 Ball Toss</p>	<p>16 Site Closed</p>	<p>17 9:00 Coffee/Snacks 9:30 Exercise 10:00 "Thank You" Poster for Our Soldiers 11:00 Story of a Soldier 11:30 Lunch 12:15 Relaxing with Music</p>
<p>20 9:00 Coffee/Snacks 9:30 Tray Game 10:00 It Happened in May 10:30 Word Find 11:30 Lunch 12:15 Card Games</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee/Snacks 9:30 Exercise 10:00 BINGO 11:00 Fun Time 11:30 Lunch 12:15 UNO</p>	<p>23 Site Closed</p>	<p>24 9:00 Coffee/Snacks 9:30 Why Memorial Day? 10:00 Memorial Day Craft: Star Wreath 11:00 Patriotic Music 11:30 Lunch 12:15 Pledge to the Flag</p>
<p>27 MEMORIAL DAY HOLIDAY - CLOSED -</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee/Snacks <u>Bird Day - Smithsburg</u> 9:30 A Walk Outside (weather permitting) 10 What Bird Did You Hear or See Outside? 10:30 Listen to Bird Calls 11:00 Mimic a Bird Call 11:30 Lunch 12:15 A Bird Joke!</p>	<p>30 Site Closed</p>	<p>31 9:00 Coffee/Snacks 9:30 Exercise 10:00 Cookie Designing 10:45 Today in USA History 11:30 Lunch 12:15 Birthday Celebration!</p>

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



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