



JUNE 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

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| 3 9:00 Coffee/Snack 9:30 Exercise 10:00 Painting on Canvas 11:30 Lunch 12:00 National Repeat Day | 4 Site Closed | 5 9:00 Coffee/Snack 9:30 Nutrition Ed. "Young at Heart Healthy Habits" 10:00 BINGO 10:30 BP Screening w/ Meritus Home Health 11:30 Lunch 12:00 Drive In Movies Day- Share Memories | 6 Site Closed | 7 9:00 Coffee/Snack 9:30 Exercise 10:00 Corn Hole Game 11:30 Lunch 12:00 Donut Day |
| 10 9:00 Coffee/Snack 9:30 Health Talk w/ Nurse Kim Torsiello "Senior Nutrition Jeopardy" BP & O2 Screens 11:30 Lunch 12:00 "Iced Tea Day" | 11 Site Closed | 12 9:00 Coffee/Snack 9:30 Nutrition Ed. "Storing Cold Foods" 10-11:30 Mobile Info & Assistance w/ Marcia S. 10:00 BINGO 11:30 Lunch 12:00 Red Rose Day | 13 Site Closed | 14 9:00 Coffee/Snack 9:30 Exercise 10:00 Wear Your Red, White & Blue! Word Games/Trivia 11:30 Lunch 12:00 Flag Day |
| 17 9:00 Coffee/Snack 9:30 Remember Dad: Bring in Pictures Of Your Father 10:30 Mallory w/ Sharpsburg Pharmacy 11:30 Lunch 12:00 Eat Your Vegetables Day | 18 Site Closed | 19 9:00 Coffee/Snack 9:30 Nutrition Ed. "What are Chia Seeds?" 10:00 BINGO 11:30 Lunch 12:00 UNO | 20 Site Closed | 21 9:00 Coffee/Snack 9:30 Exercise 10:00 Rock Painting 10:30 Bean Bag Toss Word Games/Trivia 11:30 Lunch 12:00 Hidden Pictures |
| 24 9:00 Coffee/Snack 9:30 Exercise 10:00 Board Games, UNO, Adult Coloring 11:30 Lunch 12:00 Discussion: Current Events | 25 Site Closed | 26 9:00 Coffee/Snack 9:30 Hidden Pictures 10:00 BINGO 11:30 Lunch 12:00 Chocolate Pudding Day | 27 Site Closed | 28 9:00 Coffee/Snack 9:30 Exercise 10:00 Corn Hole Game 11:30 Lunch 12:00 June Birthday Celebration! |

Your Community Meal Program Is Waiting To Serve You!

Save time and money - Get healthy food without the effort - Learn about good nutrition
Do less shopping and cooking - Avoid missed meals - Support your independence
Socialize and have fun!

Lunch is available for a donation which supports the program.

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



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