



JUNE 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

3 9:00 Coffee/Snacks 9:30 Health Ed: w/Nurse Kim Torsiello "Senior Nutrition Jeopardy" 10:30 BP & O2 Screen 11:30 Lunch 12:15 Adult Coloring	4 Site Closed	5 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Young at Heart - Healthy Habits" 10:00 BINGO 11:00 Relaxing Music 11:30 Lunch 12:15 Checkers	6 Site Closed	7 9:00 Coffee/Snacks 9:30 Exercise 10:00 Things to Do In the Month of June 10:30 June Trivia 11:30 Lunch 12:00 My Plans for June
10 9:00 Coffee/Snacks 9:30 Exercise 10:00 Word of the Month 10:30 Fun Games on the I-Pad (Computer) 11:30 Lunch 12:00 Share a Happy Event	11 Site Closed	12 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Storing Cold Foods" 10:00 June Craft: Making a Book Mark 11:00 Fun Time 11:30 Lunch 12:00 Dominoes	13 Site Closed	14 9:00 Coffee/Snacks 9:30 Flag Day Celebra- tion - Why This Day? 10:00 Raising Our Flags Outside 11:00 Time to Remember 11:30 Lunch 12 Pledge of Allegiance
17 9:00 Coffee/Snacks 9:30 Exercises 10:00 Adult Coloring or Word Search 11:00 Tic Tac Toe 11:30 Lunch 12:15 UNO	18 Site Closed	19 9:00 Coffee/Snacks 9:30 Nutrition Ed: "What Are Chia Seeds?" 10:00 BINGO 11:00 A Newspaper Article 11:30 Lunch 12:15 UNO	20 Site Closed	21 9:00 Coffee/Snacks 9:30 Exercise 10:00 World Music Day 10:30 Music from the World 11:30 Lunch 12:00 A Little More Music...
24 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie - Part 1 with Popcorn 10:30 Our Word of the Month? 11:30 Lunch 12:15 Today in History	25 Site Closed	26 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie - Part 2 with Popcorn 11:00 Time to Chat 11:30 Lunch 12:00 Chinese Checkers	27 Site Closed	28 9:00 Coffee/Snacks 9:30 Exercise 10:00 Bowling 11:00 Great Names In Bowling 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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