

March 2010
SMITHSBURG SENIOR SITE

Judi Warren, **MANAGER**
 29 Blue Mountain Estates, Smithsburg, MD 21783
 301-824-2183 OPEN 9 A.M. - 1 P.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 UNO 10:00 am	2 BP Screening w/ Merry Gehr 9:30 am	3 Mind Games 10:00 am	4 Bingo 10:00 am	5 Malnutrition w/ Jackie Willison 10:30 am
8 Mind Games 10:00 am	9 You Are What You Eat w/Ita Kavanuagh 10:00 am	10 Community Resources & Exercise w/Helen House 10:15 am	11 Bingo 10:00 am	12 UNO 10:00 am
15 Trivial Pursuit 10:00 am	16 Dominoes 10:00 am	17 St. Patrick's Day Activities All Day	18 Bingo 10:00 am	19 Spring Craft Time 10:00 am
22 Chair Exercises 10:00 am	23 Bingo 10:00 am Due to Birthday Luncheon	24 Nutritional Supplements & Exercise w/Helen House 10:15 am	25 Birthday Luncheon 11:30 am	26 UNO 10:00 am
29 Word Games & Craft Time 10:00 am	30 Music & Sing A Long 10:00 an	31 Dominoes 10:00 am		