




# OCTOBER 2023

## Boonsboro Congregate Nutrition Site

Hours M-W-F 9:00 am to 1:00 pm  
 37 Park Drive, Boonsboro, MD 21713  
 Site Phone 301-432-5143

2 9:00 Coffee & Snack 10:15 Corn Hole 11:30 Lunch 12:00 Your Favorite Halloween Costume?	3 Site Closed	4 9:00 Coffee & Snack Nutrition Ed #1 <i>Food Myths</i> 10:15 Easy Exercises 11:30 Lunch 12:00 Walking or Cards	5 Site Closed	6 9:00 Coffee & Snack 9:30 Autumn Word Games 10:15 BINGO 11:30 Lunch 12:00 UNO
9 COLUMBUS DAY COA & Site Closed	10 Site Closed	11 9:00 Coffee & Snack Nutrition Ed #2 <i>Tips for Eating Right</i> 10:15 Fall Word Games 11:30 Lunch 12:00 UNO	12 Site Closed	13 9:00 Coffee & Snack 9:30 Cards 10:15 BINGO 11:30 Lunch 12:00 Cards
16 9:00 Coffee & Snack 10:15 Fall Craft 11:30 Lunch 12:00 Finish Craft	17 Site Closed	18 9:00 Coffee & Snack Nutrition Ed #3 <i>Healthy Restaurant Meals</i> 10:15 Trivia/Word Games 11:30 Lunch 12:00 UNO	19 Site Closed	20 9:00 Coffee & Snack 9:30 Cards 10:15 BINGO 11:30 Lunch 12:00 Cards
23 9:00 Coffee & Snack 10:15 Halloween Craft 11:30 Lunch 12:00 Finish Craft	24 Site Closed	25 9:00 Coffee & Snack 9:30 Easy Exercises 10:15 Corn Hole 11:30 Lunch 12:00 UNO	26 Site Closed	27 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 Spooky Stories
30 9:00 Coffee & Snack 10:15 Halloween Party 11:30 Lunch 12:00 Word Games	31 Site Closed	<p><b>W</b>ash your hands with soap and warm water.          Use alcohol based hand sanitizer with 60% or more alcohol.          Cover coughs &amp; sneezes with a tissue, your sleeve or elbow.          Avoid touching eyes, nose, mouth with unwashed hands.          Clean &amp; disinfect frequently touched objects &amp; surfaces.          Avoid close contact with people who are sick.</p> <p><b><u>If you are sick, stay home unless seeking medical care.</u></b></p> 		

## Wash. Co. Commission on Aging, Inc./Area Agency on Aging



535 East Franklin Street, Hagerstown, MD 21740    www.wccoaging.org  
 Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

