




# OCTOBER 2023

## Smithsburg Congregate Nutrition Site

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

29 Blue Mountain Estates, Smithsburg, MD 21783

Site Phone 240-452-7296

2 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Ring Toss	3  Site Closed	4 9:00 Coffee & Chat 9:30 Crafting Fall Decorations 11:00 Nutrition Ed #1 <i>Food Myths</i> 11:30 Lunch 12:00 Music Time	5  Site Closed	6 9:00 Coffee & Chat 9:30 Exercise 10:00 Trivia 11:00 Music Time 11:30 Lunch 12:00 Tic-Tac-Toe
9  COLUMBUS DAY COA & Site Closed	10  Site Closed	11 9:00 Coffee & Chat 9:30 UNO 11:00 Nutrition Ed #2 <i>Tips for Eating Right</i> 11:30 Lunch 12:00 Adult Coloring	12  Site Closed	13 9:00 Coffee & Chat 9:30 October Word Search 10:30 Unscramble Words 11:30 Lunch 12:00 Cards
16 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Puzzles	17  Site Closed	18 9:00 Coffee & Chat 9:30 Exercise 10:00 Board Game 11:00 Nutrition Ed #3 <i>Healthy Restaurant Meals</i> 11:30 Lunch 12:00 Cards	19  Site Closed	20 9:00 Coffee & Chat 9:30 Chair Ball Toss 11:00 Music Time 11:30 Lunch 12:00 Mini Corn Hole
23 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Chinese Checkers	24  Site Closed	25 9:00 Coffee & Chat 9:30 Exercise 10:00 Object Search 11:30 Lunch 12:00 Ball Toss	26  Site Closed	27 9:00 Coffee & Chat 9:30 Crafting Stepping Stones 11:00 Music Time 11:30 Lunch 12:00 Finish Craft
30 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Checkers	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



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