



NOVEMBER 2022

Boonsboro Activity Nutrition Site

Jennie O'Leary, Site Specialist Site Phone 301-432-5143

37 Park Drive, Boonsboro, MD 21713

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

	1 Site Closed	2 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Nutrition Ed #1 <i>Celebrations & Gatherings</i> 10:30 Corn Hole 11:30 Lunch 12:00 UNO	3 Site Closed	4 9:00 Coffee & Snack 9:30 Walking or Cards 10:30 BINGO 11:30 Lunch 12:00 Share Your Stories: What's Your Favorite Candy? <i>National Candy Day</i>
7 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Hidden Pictures & Word Games 11:30 Lunch 12:00 UNO	8 Site Closed	9 9:00 Coffee & Snack 9:30 Nurse Kim: "Dementia" & BP & O2 Check 11:00 Nutrition Ed #2 <i>Diabetes Buffet Tips</i> 11:30 Lunch 12:00 Checkers	10 Site Closed	11 CLOSED Veterans' Day
14 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Thanksgiving Craft 11:30 Lunch 12:00 Finish Craft	15 Site Closed	16 9:00 Coffee & Snack 9:30 Walking or Cards 10:30 Crate Bean Bag Toss 11:00 Nutrition Ed #3 <i>Kitchen Time Savers</i> 11:30 Lunch 12:00 UNO	17 Site Closed	18 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 Share Your Stories: Who's Your Favorite Disney Character? <i>Micky Mouse's Birthday</i>
21 9:00 Coffee & Snack 9:30 Walking or Cards 10:30 Corn Hole 11:30 Lunch 12:00 UNO	22 Site Closed	23 9:00 Coffee & Snack 9:30 Walking or Cards 10:30 Thanksgiving Trivia & Word Games 11:30 Lunch 12:00 UNO	24 Site Closed & COA Closed Thanksgiving Day	25 CLOSED Native American Heritage Day
28 9:00 Coffee & Snack 9:30 Walking or Cards 10:00 Craft for December 11:30 Lunch 12:00 Finish Craft	29 Site Closed	30 9:00 Coffee & Snack 9:30 Walking or Cards 10:30 Corn Hole 11:30 Lunch 12:00 UNO	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</p> 	

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



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