



# NOVEMBER 2022

## Smithsburg Activity Nutrition Site

Eleanor Vanhoozer, Site Specialist Site Phone 240-452-7296

29 Blue Mountain Estates, Smithsburg, MD 21783

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

	1  Site Closed	2 9:00 Coffee & Chat 9:30 Exercise 10:00 Craft Time 11:00 Nutrition Ed #1 <i>Celebrations &amp; Gatherings</i> 11:30 Lunch 12:00 Checkers	3  Site Closed	4 9:00 Coffee & Chat 9:30 Nurse Kim T. visits <i>"Dementia"</i> & BP & O2 Check 11:30 Lunch 12:00 Holiday Plans
7 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Bean Bag Toss	8  Site Closed	9 9:00 Coffee & Chat 9:30 Exercise 10:00 "A Veteran" 11:00 Nutrition Ed #2 <i>Diabetes Buffet Tips</i> 11:30 Lunch 12:00 Patriotic Songs	10  Site Closed	11  CLOSED Veterans' Day
14 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Cards	15  Site Closed	16 9:00 Coffee & Chat 9:30 Exercise 10:00 Craft Time 11:00 Nutrition Ed #3 <i>Kitchen Time Savers</i> 11:30 Lunch 12:00 Plan a Menu For Thanksgiving	17  Site Closed	18 9:00 Coffee & Chat 9:30 Games 11:30 Lunch 12:00 Story Time
21 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Recipe Exchange Favorite Cozy Soups	22  Site Closed	23 9:00 Coffee & Chat 9:30 Exercise 10:00 "I am Thankful For..." 11:30 Lunch 12:00 How to Set the Table	24  Site Closed & COA Closed Thanksgiving Day	25  CLOSED Native American Heritage Day
28 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Recipe Exchange Favorite Holiday Cookies	29  Site Closed	30 9:00 Coffee & Chat 9:30 Chair Exercise 10:00 Wrapping a Gift 11:30 Lunch 12:00 My Holiday List	<p><b><u>Masks are Required at Sites</u></b></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe &amp; healthy!</p> 	

Washington County 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

