



FEBRUARY 2024

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

<p><u>WINTER WEATHER</u></p> <p>If Washington County Public Schools are Closed or Delayed due to weather conditions, Congregate Nutrition Sites are CLOSED.</p>			1 Site Closed	2 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 BINGO 11:30 Lunch 12:00 UNO
5 9:00 Coffee & Snack 9:30 Cards or Walk 10:00 Valentine's Craft 11:30 Lunch 12:00 UNO	6 Site Closed	7 9:00 Coffee & Snack 9:30 Nutrition Ed #1 <i>Be Salt Smart</i> 10:00 Finish Crafts 11:30 Lunch 12:00 Cards or Walk	8 Site Closed	9 9:00 Coffee & Snack 9:30 Nurse Amanda & Good Health Info. 11:30 Lunch 12:00 Cards <i>National Pizza Day</i>
12 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 UNO 11:30 Lunch 12:00 Cards	13 Site Closed	14 9:00 Coffee & Snack 9:30 Nutrition Ed #2 <i>Move to Low Fat or Fat Free Dairy</i> 10:00 Valentine's Day Fun 11:30 Lunch	15 Site Closed	16 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 BINGO 11:30 Lunch 12:00 Cards <i>National No One Eats Alone Day</i>
19 Presidents' Day COA & Site Closed	20 Site Closed	21 9:00 Coffee & Snack 9:30 Nutrition Ed #3 <i>Healthy Eating for for Older Adults</i> 10:00 Corn Hole 11:30 Lunch 12:00 Cards or Walk	22 Site Closed	23 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 BINGO 11:30 Lunch 12:00 Cards
26 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 Craft Time 11:30 Lunch 12:00 UNO	27 Site Closed	28 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 Corn Hole 11:30 Lunch 12:00 Cards Nat'l. Pink Day	29 Site Closed	<p><u>The Actual Cost of Each Lunch is \$10.00.</u></p> <p><u>Thank You for Your Donations!</u></p>

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



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