



FEBRUARY 2024

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

<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 & Chat 9:30 Nurse Amanda & Good Health Info. 10:30 Plane Race 11:30 Lunch 12:00 January Trivia
5 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Crossword Puzzles	6 Site Closed	7 9:00 Coffee & Chat 9:30 Make A Craft 11:00 Nutrition Ed #1 <i>Be Salt Smart</i> 11:30 Lunch 12:00 Exercise	8 Site Closed	9 9:00 Coffee & Chat 9:30 It Happened <i>In February</i> 10:30 Word Search 11:30 Lunch 12:00 Adult Coloring
12 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Magazine Time	13 Site Closed	14 9:00 Coffee & Chat 9:30 Roll A Topic 11:00 Nutrition Ed #2 <i>Move to Low Fat or Fat Free Dairy</i> 11:30 Lunch 12:00 Have a Heart	15 Site Closed	16 9:00 Coffee & Chat 9:30 Mini Corn Hole 10:30 Relax with Music 11:30 Lunch 12:00 Puzzles
19 Presidents' Day COA & Site Closed	20 Site Closed	21 9:00 Coffee & Chat 9:30 Find the Object 11:00 Nutrition Ed #3 <i>Healthy Eating for Older Adults</i> 11:30 Lunch 12:00 Card Games	22 Site Closed	23 9:00 Coffee & Chat 9:30 Fill in the Blanks 10:30 Tic-Tac-Toe 11:30 Lunch 12:00 Words in these Letters
26 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Play Cards	27 Site Closed	28 9:00 Coffee & Chat 9:30 UNO 11:30 Lunch 12:00 Bowling	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



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

