



MARCH 2023

Smithsburg Activity 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>Masks Are Required At Sites</u></p> 	<p><u>Winter Weather</u></p>  <p>If Wash. Co. Public Schools are Closed or Delayed due to weather, Activity Nutrition Sites are Closed.</p>	<p>1 9:00 Coffee & Chat 9:30 Exercise 10:00 It Happened in March... 11:00 Nutrition Ed #1 <i>Food Safety Common Foods</i> 11:30 Lunch 12:00 Word Game</p>	<p>2</p> <p>Site Closed</p>	<p>3</p> <p>9:00 Coffee & Chat 9:30 Info & Assistance with COA's MAP Staff Health Information 9:30 Spring Flowers 11:30 Lunch 12:00 Cards</p>
<p>6</p> <p>9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 UNO</p>	<p>7</p> <p>Site Closed</p>	<p>8</p> <p>9:00 Coffee & Chat 9:30 Exercise 10:00 Find the Object 11:00 Nutrition Ed #2 <i>Reduce Sodium Part 1</i> 11:30 Lunch 12:00 Tic-Tac-Toe</p>	<p>9</p> <p>Site Closed</p>	<p>10 9:00 Coffee & Chat 9:30 Blind-Fold Drawing 11:30 Lunch 12:00 Games "Spring Forward" and Change Your Clocks Sunday 3/12 @ 2:00 AM</p>
<p>13</p> <p>9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Word Search</p>	<p>14</p> <p>Site Closed</p>	<p>15</p> <p>9:00 Coffee & Chat 9:30 Exercise 10:00 A Rainbow Craft 11:00 Nutrition Ed #3 <i>Reduce Sodium Part 2</i> 11:30 Lunch 12:00 Card Games</p>	<p>16</p> <p>Site Closed</p>	<p>17 <i>It's St. Patrick's Day!</i> 9:00 Coffee & Chat 9:30 Gold Coin Toss 10:00 What is Your St. Patrick Day Menu? 11:30 Lunch 12:00 Enjoy Irish Music</p>
<p>20</p> <p>9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Bean Bag Toss</p>	<p>21</p> <p>Site Closed</p>	<p>22</p> <p>9:00 Coffee & Chat 9:30 Exercise 10:00 Craft 11:30 Lunch 12:00 Share Your Spring Plans</p>	<p>23</p> <p>Site Closed</p>	<p>24</p> <p>9:00 Coffee & Chat 9:30 Fill in The Blanks 11:30 Lunch 12:00 Checkers</p>
<p>27</p> <p>9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Adult Coloring</p>	<p>28</p> <p>Site Closed</p>	<p>29</p> <p>9:00 Coffee & Chat 9:30 Exercise 10:00 Craft 11:30 Lunch 12:00 Find the Object</p>	<p>30</p> <p>Site Closed</p>	<p>31</p> <p>9:00 Coffee & Chat 9:30 Word Un-Scramble 11:30 Lunch 12:00 Cards</p>

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



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