



# MARCH 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>The Actual Cost of Each Lunch is \$10.00.</u> <u>Thank You for Your Donations!</u></p>	<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>			<p>1 9:00 Coffee &amp; Chat 9:30 Nurse Amanda &amp; Good Health Info. BP/O2 Screenings 11:30 Lunch 12:00 Music Time</p>
<p>4 9:00 Coffee &amp; Chat 9:30 Bingo 11:30 Lunch 12:00 Exercise</p>	<p>5 Site Closed</p>	<p>6 9:00 Coffee &amp; Chat 9:30 Tray Memory Game 10:30 Exercise 11:00 Nutrition Ed #1 <i>Eating Right &amp; Reducing Food Waste</i> 11:30 Lunch 12:00 Tic-Tac-Toe</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee &amp; Chat 9:30 Word Search 10:30 Board Game 11:30 Lunch 12:00 Why Time Change?</p>
<p>11 9:00 Coffee &amp; Chat 9:30 Bingo 11:30 Lunch 12:00 Adult Coloring</p>	<p>12 Site Closed</p>	<p>13 9:00 Coffee &amp; Chat 9:30 Bowling 11:00 Nutrition Ed #2 <i>Kitchen Timesavers</i> 11:30 Lunch 12:00 Puzzles</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee &amp; Chat 9:30 Make a Craft 10:30 Why Green? 11:30 Lunch 12:00 Cards</p>
<p>18 9:00 Coffee &amp; Chat 9:30 Bingo 11:30 Lunch 12:00 Mini Corn Hole</p>	<p>19 Site Closed</p>	<p>20 9:00 Coffee &amp; Chat 9:30 Find the Words in These Letters 11:00 Nutrition Ed #3 <i>Eat Right &amp; Smart Snacking</i> 11:30 Lunch 12:00 Spring Time</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee &amp; Chat 9:30 Fill in the Blanks 10:30 Fun Time 11:30 Lunch 12:00 UNO</p>
<p>25 9:00 Coffee &amp; Chat 9:30 Bingo 11:30 Lunch 12:00 Checkers</p>	<p>26 Site Closed</p>	<p>27 9:00 Coffee &amp; Chat 9:30 Crossword Puzzle 11:00 Exercise 11:30 Lunch 12:00 What Book are You Reading?</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee &amp; Chat 9:30 Egg Roll Games 10:30 Craft Time 11:30 Lunch 12:00 Holiday Dessert</p>

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



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