



APRIL 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

1 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 UNO 11:30 Lunch 12:00 Rummy	2 Site Closed	3 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 Nutrition Ed. #1 <i>Fuel for the Future</i> 11:30 Lunch 12:00 Rummy	4 Site Closed	5 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 BINGO 11:30 Lunch 12:00 Rummy
8 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 Spring Craft 11:30 Lunch 12:00 UNO	9 Site Closed	10 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 Nutrition Ed. #2 <i>Eat Healthy to Be Healthy</i> 11:30 Lunch 12:00 Finish Craft	11 Site Closed	12 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Nurse Amanda Visit <i>Good Health Info. and Blood Pressure/O2 Screens</i> 11:30 Lunch 12:00 UNO
15 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 UNO 11:30 Lunch 12:00 Rummy	16 Site Closed	17 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 Nutrition Ed. #3 <i>Meal Planning</i> 11:30 Lunch 12:00 UNO	18 Site Closed	19 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 BINGO 11:30 Lunch 12:00 Rummy
22 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 Spring Craft 11:30 Lunch 12:00 UNO	23 Site Closed	24 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 Finish Craft 11:30 Lunch 12:00 Rummy	25 Site Closed	26 9:00 Coffee & Snack 9:15 Cards or Walk 9:30 Exercise 10:15 BINGO 11:30 Lunch 12:00 UNO
29 9:00 Coffee & Snack 9:30 Cards or Walk 10:15 Bean Bag Games 11:30 Lunch 12:00 Rummy	30 Site Closed	<p style="text-align: center;"><u>THE ACTUAL COST OF EACH LUNCH IS</u> <u>TEN DOLLARS</u> If you sign up for lunch but your plans change, let us know. Cancel meal reservations three work days in advance. Please do your part so we don't waste food or resources!</p>		

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



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