



# APRIL 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

1 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Checkers	2  Site Closed	3 9:00 Coffee & Chat 9:30 Hello April! 10:30 Exercise 11:00 Nutrition Ed #1 <i>Fuel for the Future</i> 11:30 Lunch 12:00 Tic-Tac-Toe	4  Site Closed	5 9:00 Coffee & Chat 9:30 Nurse Amanda & Good Health Info. BP/O2 Screenings 11:30 Lunch 12:00 Music Time
8 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Exercise	9  Site Closed	10 9:00 Coffee & Chat 9:30 Tray Memory Game 10:30 Exercise 11:00 Nutrition Ed #2 <i>Eat Healthy to Be Healthy</i> 11:30 Lunch 12:00 Tic-Tac-Toe	11  Site Closed	12 9:00 Coffee & Chat 9:30 Word Search 10:30 Board Game 11:30 Lunch 12:00 What is Your Favorite Spring Flower?
15 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Adult Coloring	16  Site Closed	17 9:00 Coffee & Chat 9:30 Bowling 11:00 Nutrition Ed #3 <i>Menu Planning</i> 11:30 Lunch 12:00 Puzzles	18  Site Closed	19 9:00 Coffee & Chat 9:30 April Trivia 10:30 Walk Outside Weather Permitting 11:30 Lunch 12:00 Cards
22 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Mini Corn Hole	23  Site Closed	24 9:00 Coffee & Chat 9:30 Find the Words in These Letters 11:00 Find the Object 11:30 Lunch 12:00 Beach Ball Toss	25  Site Closed	26 9:00 Coffee & Chat 9:30 Fill in the Blanks 10:30 Hidden Pictures 11:30 Lunch 12:00 UNO
29 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Relax with Music	30  Site Closed	<p><b><u>THE ACTUAL COST OF EACH LUNCH IS</u></b></p> <p><b><u>TEN DOLLARS</u></b></p> <p>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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