



JUNE 2023

Boonsboro Activity Nutrition Site

Hours M-W-F 9:00 am to 1:00 pm
 37 Park Drive, Boonsboro, MD 21713
 Site Phone 301-432-5143

Hot Weather Safety Tips			1	2
<ul style="list-style-type: none"> •Stay Informed on Weather & Storms •Stay Cool in Air Conditioning •Don't Rely on Fans Alone •Don't Use Stoves or Ovens to Cook •Drink Plenty of Water - Don't Wait Until You Start to Feel Thirsty •Wear Loose, Lightweight, Light Colored Clothing •Remember Pets •Seek Medical Care Immediately for Heat Related Illness <p>A Few Symptoms: Muscle Cramps, Headaches, Nausea/Vomiting</p>			Site Closed	9:00 Coffee & Snack Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 Cards <i>National Donut Day</i>
5	6	7	8	9
9:00 Coffee & Snack Walking or Cards 10:15 June Craft 11:30 Lunch 12:00 UNO	Site Closed	9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Nutrition Ed #1 <i>Save More at the Store</i> 11:30 Lunch 12:00 Checkers	Site Closed	9:00 Coffee & Snack Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 Cards <i>National Donald Duck Day</i>
12	13	14	15	16
9:00 Coffee & Snack Walking or Cards 10:15 Bean Bag Crate Toss 11:30 Lunch 12:00 UNO	Site Closed	9:00 Coffee & Snack Walking or Cards 9:45 Nutrition Ed #2 <i>Role of Sodium in Food #1</i> 10:00 Info & Assistance with COA's MAP Staff 10:15 Craft for Flag Day 11:30 Lunch 12:00 Finish Craft	Site Closed	9:00 Coffee & Snack Walking or Cards 10:15 Corn Hole 11:30 Lunch 12:00 Cards
19	20	21	22	23
JUNTEENTH Observed CLOSED	Site Closed	9:00 Coffee & Snack Walking or Cards 9:45 Nutrition Ed #3 <i>Role of Sodium in Food #2</i> 10:15 Chair Exercises 11:30 Lunch 12:00 Cards	Site Closed	9:00 Coffee & Snack Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 UNO
26	27	28	29	30
9:00 Coffee & Snack Walking or Cards 10:15 Chair Exercises 11:30 Lunch 12:00 Rummy Cards	Site Closed	9:00 Coffee & Snack Walking or Cards 10:15 Bean Bag Crate Toss 11:30 Lunch 12:00 UNO	Site Closed	9:00 Coffee & Snack Walking or Cards 9:30 Blood Pressure & O2 Screens w/Nurse Kim 10:15 BINGO 11:30 Lunch 12:00 Checkers

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



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