



JUNE 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

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 & Chat 9:30 Find the Object 10:30 Word Search 11:30 Lunch 12:00 Cards
5 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Cards	6 Site Closed	7 9:00 Coffee & Chat 9:30 Exercise 10:00 Hole-Ball Game 11:00 Nutrition Ed #1 <i>Save More at the Store</i> 11:30 Lunch 12:00 UNO	8 Site Closed	9 9:00 Coffee & Chat 9:30 Bird Art Work 9:30 Info & Assistance with COA's MAP Staff Health Information 11:00 Simon Says 11:30 Lunch 12:00 Trivia
12 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Tic-Tac-Toe	13 Site Closed	14 9:00 Coffee & Chat 9:30 Exercises 10:00 Paper Craft 11:00 Nutrition Ed #2 <i>Role of Sodium in Food #1</i> 11:30 Lunch 12:00 Ball Toss	15 Site Closed	16 9:00 Coffee & Chat 9:30 Water Bottle Toss 10:30 Word Search 11:30 Lunch 12:00 Puzzles
19 JUNTEENTH Observed CLOSED	20 Site Closed	21 9:00 Coffee & Chat 9:30 BINGO 11:00 Nutrition Ed #3 <i>Role of Sodium in Food #2</i> 11:30 Lunch 12:00 Mini Corn Hole	22 Site Closed	23 9:00 Coffee & Chat 9:30 Rock Painting 11:00 Inside Walking 11:30 Lunch 12:00 Ring Toss
26 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Music Time	27 Site Closed	28 9:00 Coffee & Chat 9:30 Exercise 11:30 Lunch 12:00 UNO	29 Site Closed	30 9:00 Coffee & Chat 9:30 Find the Object 10:30 Word Search 11:30 Lunch 12:00 Hangman Game

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



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