



AUGUST 2022

Boonsboro Activity Nutrition Site

Jennie O'Leary, Site Specialist Site Phone 301-432-5143

37 Park Drive, Boonsboro, MD 21713

Hours M-W-F 9:00 am to 1:00 pm

1 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Cornhole 11:30 Lunch 12:00 UNO	2 Site Closed	3 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Hidden Pictures/ Word Games 11:00 Nutrition Ed #1 Tomato Facts 11:30 Lunch 12:00 Your Favorite Way to Eat Fresh Tomatoes?	4 Site Closed	5 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 UNO
8 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Crate Toss 11:30 Lunch 12:00 Share Your Good News	9 Site Closed	10 9:00 Coffee & Snack 9:30 Nurse Kim: "Eat Healthy on a Budget" & BP & O2 Check 11:00 Nutrition Ed #2 Better Beverage Choices 11:30 Lunch 12:00 UNO	11 Site Closed	12 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Hidden Pictures 11:30 Lunch 12:00 Share Your Sibling Stories <i>Nat'l. Middle Child Day</i>
15 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Word Games 11:30 Lunch 12:00 UNO <i>Nat'l. Relaxation Day</i>	16 Site Closed	17 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 August Craft 11:00 Nutrition Ed #3 Fruits & Veggies Info. 11:30 Lunch 12:00 Checkers <i>Nat'l. Thrift Shop Day</i>	18 Site Closed	19 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 Ice Cream Social <i>Nat'l. Soft Ice Cream Day</i>
22 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Celebrate Our Seniors 11:30 Lunch 12:00 Share Your Stories: Is Being a Senior Better or Worse than Expected? <i>Nat'l. Senior Citizen Day</i>	23 Site Closed	24 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Maryland Trivia & Word Games 11:30 Lunch 12:00 UNO <i>Nat'l. Maryland Day</i>	25 Site Closed	26 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 BINGO 11:30 Lunch 12:00 Share Your Funny Pet Stories <i>Nat'l. Dog Day</i>
29 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Crate Toss 11:30 Lunch 12:00 UNO	30 Site Closed	31 9:00 Coffee & Snack 9:30 Walking or Cards 10:15 Board Games 11:30 Lunch 12:00 UNO	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</p> 	

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



535 East Franklin Street, Hagerstown, MD 21740 www.wccoaging.org
Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

