



# AUGUST 2022

## Smithsburg Activity Nutrition Site

Eleanor Vanhoozer, Site Specialist Site Phone 240-452-7296

29 Blue Mountain Estates, Smithsburg, MD 21783

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

1 9:00 Coffee & Chat 9:30 Bingo 11:00 Walking 11:30 Lunch 12:00 August Trivia	2  Site Closed	3 9:00 Coffee & Chat 9:30 "Name the Song" 11:00 Nutrition Ed #1 Tomato Facts 11:30 Lunch 12:00 Story Time	4  Site Closed	5 9:00 Coffee & Chat 9:30 Nurse Kim T. visits Topic: Eating Healthy On A Budget & BP & O2 Check 11:30 Lunch 12:00 Adult Coloring
8 9:00 Coffee & Chat 9:30 Bingo 11:00 Music to Relax 11:30 Lunch 12:00 Cards	9  Site Closed	10 9:00 Coffee & Chat 9:30 "So They Say" 11:00 Nutrition Ed #2 Better Beverage Choices 11:30 Lunch 12:00 UNO	11  Site Closed	12 9:00 Coffee & Chat 9:30 Bean Bag Toss 10:30 Word Search 11:30 Lunch 12:00 Cards
15 9:00 Coffee & Chat 9:30 Bingo 11:00 Walking 11:30 Lunch 12:00 Tic-Tac-Toe	16  Site Closed	17 9:00 Coffee & Chat 9:30 Craft Time 11:00 Nutrition Ed #3 Fruits & Veggies Info. 11:30 Lunch 12:00 Cards	18  Site Closed	19 9:00 Coffee & Chat 9:30 Things to Do In Smithsburg 10:30 Smithsburg Trivia 11:30 Lunch 12:00 UNO
22 9:00 Coffee & Chat 9:30 Bingo 11:00 Walking 11:30 Lunch 12:00 Adult Coloring	23  Site Closed	24 9:00 Coffee & Chat 9:30 Movie Part One 11:00 Walking 11:30 Lunch 12:00 Checkers	25  Site Closed	26 9:00 Coffee & Chat 9:30 Movie Part Two 11:00 Exercise 11:30 Lunch 12:00 Ice Cream Social
29 9:00 Coffee & Chat 9:30 Bingo 11:00 Time to Laugh! 11:30 Lunch 12:00 Hang Man Game	30  Site Closed	31 9:00 Coffee & Chat 9:30 Predicting the Weather 11:00 Today's Weather 11:30 Lunch 12:00 Cards	<p><b><u>Masks are Required at Sites</u></b></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe &amp; healthy!</p> 	

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



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