




SEPTEMBER 2023

Boonsboro Congregate Nutrition Site

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

 <h3>Hot Weather Safety Tips</h3> <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>				
				1 9:00 Coffee & Snack 10:15 BINGO 11:30 Lunch 12:00 Word Games Nat'l. Food Bank Day
4 LABOR DAY COA & Site Closed	5 Site Closed	6 9:00 Coffee & Snack Nutrition Ed #1 <i>Weight Loss & Diet Myths Part One</i> 10:15 UNO 11:30 Lunch 12:00 National Read a Book Day	7 Site Closed	8 9:00 Coffee & Snack 10:15 Bean Bag Crate Toss 11:30 Lunch 12:00 Cards
11 9:00 Coffee & Snack 10:15 Fall Crafts 11:30 Lunch 12:00 Finish Craft	12 Site Closed	13 9:00 Coffee & Snack Nutrition Ed #2 <i>Weight Loss & Diet Myths Part Two</i> 10:15 Chair Exercises 11:30 Lunch 12:00 UNO	14 Site Closed	15 9:00 Coffee & Snack 10:15 BINGO 11:30 Lunch 12:00 UNO
18 9:00 Coffee & Snack 10:15 Trivia & Word Games 11:30 Lunch 12:00 Trivia	19 Site Closed	20 9:00 Coffee & Snack Nutrition Ed #3 <i>Weight Loss & Diet Myths Part Three</i> 10:15 UNO 11:30 Lunch 12:00 Card Games	21 Site Closed	22 9:00 Coffee & Snack 10:15 Corn Hole 11:30 Lunch 12:00 Ice Cream Party! Nat'l. Ice Cream Day
25 9:00 Coffee & Snack 10:15 Halloween Craft 11:30 Lunch 12:00 National Daughters Day	26 Site Closed	27 9:00 Coffee & Snack 10:15 Chair Exercises 11:30 Lunch 12:00 National Day of Forgiveness	28 Site Closed	29 9:00 Coffee & Snack 10:15 BINGO 11:30 Lunch 12:00 UNO Nat'l. Coffee Day

Wash. Co. Commission on Aging, Inc./Area Agency on Aging



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