




SEPTEMBER 2023

Smithsburg Congregate 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

 <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 & Chat 9:30 September Facts 10:00 Word Search 10:30 Why Labor Day 11:30 Lunch 12:00 Checkers
4 LABOR DAY COA & Site Closed	5 Site Closed	6 9:00 Coffee & Chat 9:30 BINGO 11:00 Nutrition Ed #1 <i>Weight Loss & Diet Myths Part One</i> 11:30 Lunch 12:00 Exercise - Ball Toss	7 Site Closed	8 9:00 Coffee & Chat 9:30 A Salute to Grandparents 10:30 Fun Time 11:30 Lunch 12:00 Cards
11 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Music Time	12 Site Closed	13 9:00 Coffee & Chat 9:30 Exercise 10:30 Video "Making It the Old Way" 11:00 Nutrition Ed #2 <i>Weight Loss & Diet Myths Part Two</i> 11:30 Lunch 12:00 Cards	14 Site Closed	15 9:00 Coffee & Chat 9:30 Crossword Puzzles 10:30 Ring Toss 11:30 Lunch 12:00 Music Time
18 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 Puzzles	19 Site Closed	20 9:00 Coffee & Chat 9:30 Exercise 10:30 Craft - Planes 11:00 Nutrition Ed #3 <i>Weight Loss & Diet Myths Part Three</i> 11:30 Lunch 12:00 Games	21 Site Closed	22 9:00 Coffee & Chat 9:30 Good Bye Summer Hello Autumn 11:00 Your Middle Name 11:30 Lunch 12:00 Hang Man Game
25 9:00 Coffee & Chat 9:30 Bingo 11:30 Lunch 12:00 UNO	26 Site Closed	27 9:00 Coffee & Chat 9:30 Exercise 10:00 A Fall Recipe 11:00 Unscramble Words 11:30 Lunch 12:00 Tic-Tac-Toe	28 Site Closed	29 9:00 Coffee & Chat 9:30 Adult Coloring 10:30 Plan a Menu 11:30 Lunch 12:00 Find Words In These Letters

Wash. Co. 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

