



MARCH 2020

Walnut Towers Activity Nutrition Site

Virginia Bishop, Site Specialist Telephone 301-991-5052

12 South Walnut Street, Hagerstown, MD 21740

Open M-T-W-Th-F 9:00 am to 1:00 pm

2 9:00 UNO Card Game 10:00 Toss & Talk Ball 11:30 Lunch 12:00 Chair Exercises	3 9:00 Adult Coloring 10:00 Walk w/ Ginger 11:00 Game - "Cootie" 11:30 Lunch 12:00 Word Search or Picture Find	4 9:00 Listen to Music 10:00 Wii Tennis 11:00 Nutrition Ed. "Kidney Health - Eating Right Overview" 11:30 Lunch 12:00 Adult Coloring	5 9:00 Word Games 10:00 S.A.L.T. Special Presentation: Environmental Disaster Safety 11:30 Lunch 12:00 Board Games Your Choice	6 9:00 Word in a Word or Picture Find 10:00 Wii Tennis 11:30 Lunch 12:00 Game Time: "Trouble"
9 9:00 Tic-Tac-Toe 10:00 Wii Bowling 11:30 Lunch 12:00 Chair Exercises	10 9:00 Word in a Word or Picture Find 10:00 Toss & Talk Ball 11:00 UNO Cards 11:30 Lunch 12:00 Simon Says	11 9:00 Word Search 10:00 Wii Bowling 11:00 Nutrition Ed. "Kidney Health-Eating Right First Steps" 11:30 Lunch 12:00 Puzzle	12 9:00 Adult Coloring or Picture Find 9:30 Movie Time 11:30 Lunch 12:00 Board Games Your Choice	13 9:00 Word in a Word 9:30 BINGO 11:30 Lunch 12:00 Board Game of Your Choice
16 9:00 UNO Cards or Puzzle 10:00 Toss & Talk Ball 11:00 Simon Says 11:30 Lunch 12:00 Adult Coloring	17 Wear Green! 9:00 Hangman Game 10:00 Walk w/Ginger 10:00 BP Screen with Meritus Home Health 11:00 Tic-Tac-Toe 11:30 Lunch 12:00 Listen to Music	18 9:00 Word in a Word 10:00 Wii Bowling 10:00 Mobile Info/Assist 11:00 Nutrition Ed. "Kidney Health-Eating Right Next Steps" 11:30 Lunch 12:00 Game Time: "Don't Spill the Beans"	19 9:00 Word Find or Adult Coloring 10:00 Health Talk with Nurse Kim T. "Diabetes Catch & Learn" BP & O2 Screenings 11:30 Lunch 12:00 Wii Games	20 9:00 Picture Find or Adult Coloring 9:30 BINGO 11:30 Lunch 12:00 Toss & Talk Ball
23 9:00 Hangman Game 10:00 Wii Bowling 11:30 Lunch 12:00 Chair Exercises	24 9:00 UNO Card Game 10:00 Bake w/Ginger Make Cupcakes & Decorate Your Own 11:30 Lunch 12:00 Game Time: "Operation"	25 9:00 Tic-Tac-Toe 10:00 Walk Along 11:00 Ring Toss 11:30 Lunch 12:00 UNO Card Game	26 9:00 Hangman Game 9:30 Movie Time 11:30 Lunch 12:00 Puzzle or Word Search	27 9:00 Picture Find or Word Search 9:30 BINGO 11:30 Lunch 12:00 Game Time: "Trouble" or "Operation"
30 9:00 Tic-Tac-Toe 10:00 Walk w/Ginger 11:00 Hangman Game 11:30 Lunch 12:00 Board Games - Your Choice	31 9:00 Picture Find or Adult Coloring 10:00 Ring Toss 11:00 Toss & Talk Ball 11:30 Lunch 12:00 Game Time: "Don't Spill the Beans"	<p><u>CHECK OUT OUR MARCH ACTIVITIES!</u></p> <p>Invite your friends and neighbors to join us for: Free Diabetes Information with Nurse Kim T. Free Environmental Disaster Safety Information w/ S.A.L.T. St. Patrick's Day fun, Wii games, movies & more!</p>		

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



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