



# JANUARY 2019

## Potomac Towers Activity Nutrition Site

Ernest Brown, Manager Telephone 301-991-5168

11 West Baltimore Street, Hagerstown, MD 21740

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

<p><b>WINTER WEATHER</b> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p>1 NEW YEAR'S DAY HOLIDAY CLOSED</p>	<p>2 9:00 Coffee Nutrition Ed: "Healthy Eating As We Age" 11:30 Lunch 12:00 Puzzles</p>	<p>3 9:00 Coffee &amp; Ring Toss 11:30 Lunch 12:00 Puzzles</p>	<p>4 9:00 Coffee Movies w/Ernest 11:30 Lunch 12:00 Cards</p>
<p>7 9:00 Coffee Walk &amp; Talk with Ernest 11:30 Lunch 12:00 Word Find</p>	<p>8 Site Closed</p>	<p>9 9:00 Coffee Nutrition Ed: "Healthy Weights for Older Adults" 11:30 Lunch 12:00 Cards</p>	<p>10 Site Closed</p>	<p>11 9:00 Coffee Movies w/Ernest 11:30 Lunch 12:00 Word Find</p>
<p>14 9:00 Coffee 10:00 Health Ed: w/ Kim Torsiello "Dealing with Stress the Healthy Way" BP &amp; O2 Screen 11:30 Lunch 12:00 Puzzles</p>	<p>15 Site Closed</p>	<p>16 9:00 Coffee Nutrition Ed: "Special Nutrient Needs of Older Adults" 11:30 Lunch 12:00 Puzzles</p>	<p>17 Site Closed</p>	<p>18 9:00 Coffee Movies w/Ernest 11:30 Lunch 12:00 Cards</p>
<p>21 MARTIN LUTHER KING, JR. DAY HOLIDAY CLOSED</p>	<p>22 Site Closed</p>	<p>23 9:00 Coffee &amp; Cards 11:30 Lunch 12:00 Word Find</p>	<p>24 Site Closed</p>	<p>25 9:00 Coffee Movies w/Ernest 11:30 Lunch 12:00 Puzzles</p>
<p>28 9:00 Coffee &amp; Ring Toss 11:30 Lunch 12:00 Birthdays of the Month Celebration</p>	<p>29 Site Closed</p>	<p>30 9:00 Coffee &amp; Hang-Man Game 11:30 Lunch 12:00 Cards</p>	<p>31 Site Closed</p>	<p><b>WINTER WEATHER</b> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed</p>

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



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