



# JANUARY 2019

## Walnut Towers Activity Nutrition Site

Virginia Bishop, Manager Telephone 301-991-5052

12 South Walnut Street, Hagerstown, MD 21740

Open M-T-W-Th-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 <b>NEW YEAR'S DAY</b> <b>HOLIDAY</b> <b>CLOSED</b></p>	<p>2 10:00 Toss &amp; Talk Ball 11:00 Nutrition Ed: "Healthy Eating As We Age" 11:30 Lunch 12:00 Walk Along</p>	<p>3 9:30 Movie Time "RV" with Robin Williams 11:30 Lunch 12:00 Ring Toss</p>	<p>4 10:00 Walk Along 10:30 Adult Coloring 11:30 Lunch 12:00 Picture Find</p>
<p>7 10:00 Toss &amp; Talk Ball 10:30 New Year Plans 11:30 Lunch 12:00 Word Search</p>	<p>8 10:00 Chair Exercises 10:30 Adult Coloring 11:30 Lunch 12:00 Ring Toss</p>	<p>9 10:00 Health Ed: with Nurse Kim T. "Living Well Jeopardy" 11:00 Nutrition Ed: "Healthy Weights for Older Adults" 11:30 Lunch 12:00 Golf Game</p>	<p>10 9:30 Movie Time "Mall Cop" With Kevin James 11:30 Lunch 12:00 Hang-Man Game</p>	<p>11 9:30 BINGO 11:30 Lunch 12:00 Toss &amp; Talk Ball</p>
<p>14 10:00 Walk &amp; Talk 10:30 Adult Coloring 11:30 Lunch 12:00 Toss &amp; Talk Ball</p>	<p>15 10:00 BP Screening w/ Meritus Home Health 10:30 Word Search 11:30 Lunch 12:00 Ring Toss</p>	<p>16 10:00 Walk Along 11:00 Nutrition Ed: "Special Nutrient Needs for Older Adults" 11:30 Lunch 12:00 Word Search &amp; Adult Coloring</p>	<p>17 9:30 Movie Time "We Bought A Zoo" 11:30 Lunch 12:00 Putt-Putt Golf Game</p>	<p>18 9:30 BINGO 11:30 Lunch 12:00 Board Games</p>
<p>21 <b>MARTIN LUTHER KING, JR. DAY</b> <b>HOLIDAY</b> <b>CLOSED</b></p>	<p>22 10:00 Craft Time Rock Painting 10:30 Word Search 11:30 Lunch 12:00 "Trouble" Game</p>	<p>23 10:00 Chair Exercises 10:30 Recipe Swap 11:30 Lunch 12:00 Game Time: Trouble &amp; Yahtzee</p>	<p>24 9:30 Movie Time "Health Inspector" Larry the Cable Guy 11:30 Lunch 12:00 Picture Find</p>	<p>25 9:30 BINGO 11:30 Lunch 12:00 Putt-Putt Golf Game</p>
<p>28 10:00 Chair Exercises 10:30 Picture Find 11:30 Lunch 12:00 "Trouble" Game</p>	<p>29 10:00 Adult Coloring &amp; Picture Find 11:30 Lunch &amp; Birthday Cake Birthday Celebration 12:00 DVD Exercises</p>	<p>30 10:00 Chair Exercises 10:30 Cards 11:30 Lunch 12:00 Craft: Paint a Sun-Catcher</p>	<p>31 9:30 Movie Time "Shaggy Dog" With Tim Allen 11:30 Lunch 12:00 Word Search</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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