



# MARCH 2019

## Potomac Towers Activity Nutrition Site

Ernest Brown, Site Specialist Telephone 301-991-5168

11 West Baltimore Street, Hagerstown, MD 21740

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

<p><b><u>WINTER WEATHER</u></b> If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p><b><u>CHECK OUT OUR MARCH ACTIVITIES!</u></b> Join us for Movies with Ernest on Fridays, Ring Toss, Bingo, Nutrition Tips, Nurse Kim's Health Info, St. Patrick's Day Fun &amp; Birthdays of the Month!</p>			<p>1 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Cards or Tic-Tac-Toe</p>
<p>4 9:00 Coffee 9:15 Ring Toss with Ernest 11:30 Lunch 12:00 Card Games</p>	<p>5 Site Closed</p>	<p>6 9:00 Coffee Nutrition Ed: "Caffeine's Effects on Blood Pressure" 11:30 Lunch 12-1:00 BP Screen with Homecall</p>	<p>7 Site Closed</p>	<p>8 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Puzzles or Word Find</p>
<p>11 9:00 Coffee and BINGO 11:30 Lunch 12:00 Word Find or Chess Game</p>	<p>12 Site Closed</p>	<p>13 9:00 Coffee Nutrition Ed: "Drinking Enough Fluids" 11:30 Lunch 12-1:00 BP Screen with Homecall</p>	<p>14 Site Closed</p>	<p>15 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Wear Green St. Patrick's Day</p>
<p>18 9:00 Coffee 10:00 Health Ed: w/ Kim Torsiello "Balance Testing" BP &amp; O2 Screen 11:30 Lunch 12:00 Puzzles</p>	<p>19 Site Closed</p>	<p>20 9:00 Coffee Nutrition Ed: "Making Better Beverage Choices" 11:30 Lunch 12-1:00 BP Screen with Homecall</p>	<p>21 Site Closed</p>	<p>22 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Cards or Chess Game</p>
<p>25 9:00 Coffee &amp; Cards 11:30 Lunch 12:00 Birthdays of the Month Celebration</p>	<p>26 Site Closed</p>	<p>27 9:00 Coffee &amp; Cards 11:30 Lunch 12:00 Puzzles 12-1:00 BP Screen with Homecall</p>	<p>28 Site Closed</p>	<p>29 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Word Find or Hang Man</p>

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



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