



MARCH 2019

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

<p>WINTER WEATHER</p> <p>If Washington Co. Public Schools are Closed or Delayed due to weather, the Activity Nutrition Site is Closed.</p>	<p><u>CHECK OUT OUR MARCH ACTIVITIES!</u></p> <p>Join us for Movies on Thursdays, Game Time, Nutrition Tips, Nurse Kim's Health Info, St. Patrick's Day Fun & Birthdays of the Month!</p>			<p>¹ 10:00 Walk & Talk with Ginger 10:30 Word Search 11:30 Lunch 12:00 Game Time: Tic-Tac-Toe or "Cootie"</p>
<p>4</p> <p>10:00 Walk w/Ginger 10:30 Picture Find 11:30 Lunch 12:00 Golf Game</p>	<p>5</p> <p>10:00 Toss & Talk Ball 10:30 Adult Coloring 11:30 Lunch 12:00 Card Games or Tic-Tac-Toe</p>	<p>6</p> <p>10:00 DVD Exercise 11:00 Nutrition Ed: "Caffeine's Effects on Blood Pressure" 11:30 Lunch 12:00 Word Search</p>	<p>7</p> <p>9:30 Movie Time "Beethoven's Big Break" 11:30 Lunch 12:00 Golf Game or Toss & Talk Ball</p>	<p>8</p> <p>9:30 BINGO 11:30 Lunch 12:00 Game Time: Hang-Man or "Trouble"</p>
<p>11</p> <p>10:00 Craft for St. Patrick's Day 11:30 Lunch 12:00 Walk w/Ginger</p>	<p>12</p> <p>10:00 Chair Exercise 10:30 Word Search 11:30 Lunch 12:00 Bowling</p>	<p>13</p> <p>10:00 Health Ed: with Nurse Kim T. "Balance Testing" 11:00 Nutrition Ed: "Drinking Enough Fluids" 11:30 Lunch 12:00 Picture Find</p>	<p>14</p> <p>9:30 Movie Time "We're No Angels" 11:30 Lunch 12:00 Game Time: Yahtzee or "Trouble"</p>	<p>15</p> <p>10:00 BINGO 11:30 Lunch 12:00 Wear Green! St. Patrick's Day Festivities</p>
<p>18</p> <p>9:30 Cooking Club with Ginger Let's Make Rice Krispy Treats 11:30 Lunch 12:00 Chair Exercise</p>	<p>19</p> <p>10:00 BP Screen w/Meritus Home Health 10:30 Walk & Talk with Ginger 11:30 Lunch 12:00 Toss & Talk Ball</p>	<p>20</p> <p>10-11:30 Mobile Info. & Assistance 10:00 Word Search 11:00 Nutrition Ed: "Make Better Beverage Choices" 11:30 Lunch 12:00 Tic-Tac-Toe</p>	<p>21</p> <p>9:30 Movie Time "Big Fat Liar" 11:30 Lunch 12:00 Game Time: Cards or "Operation"</p>	<p>22</p> <p>9:30 BINGO 11:30 Lunch 12:00 Picture Find or Word Search</p>
<p>25</p> <p>10:00 Chair Exercise 10:30 Yahtzee 11:30 Lunch 12:00 Adult Coloring or Picture Find</p>	<p>26</p> <p>10:00 Board Games (Your Choice) 11:30 Lunch 12:00 Adult Coloring or Card Games</p>	<p>27</p> <p>10:00 Walk & Talk with Ginger 10:30 Toss & Talk Ball 11:30 Lunch w/Cake March Birthday Party 12:00 Golf Game or Hang-Man</p>	<p>28</p> <p>9:30 Movie Time "Daddy Day Camp" 11:30 Lunch 12:00 Game Time: Cards or "Cootie"</p>	<p>29</p> <p>10:00 Walk w/Ginger 10:30 Adult Coloring 11:30 Lunch 12:00 Word Search or Card Games</p>

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



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