



APRIL 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

1 9:00 Coffee 9:15 Card Games 11:30 Lunch 12:00 Puzzles & Easter Egg Hunt	2 Site Closed	3 9:00 Coffee & Word Find Nutrition Ed: "Build a Healthy Eating Pattern, Part 1" 11:30 Lunch 12-1:00 BP Screen with Homecall	4 Site Closed	5 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Cards or Tic-Tac-Toe
8 9:00 Coffee 9:15 Ring Toss with Ernest 11:30 Lunch 12:00 Word Find	9 Site Closed	10 9:00 Coffee & Cards Nutrition Ed: "Build a Healthy Eating Pattern, Part 2" 11:30 Lunch 12-1:00 BP Screen with Homecall	11 Site Closed	12 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Puzzles or Word Find
15 9:00 Coffee 10:00 Health Talk w/ Nurse Kim T. "Importance of Exercise" BP & O2 Screen 11:30 Lunch 12:00 Card Games	16 Site Closed	17 9:00 Coffee & Word Find Nutrition Ed: "Build a Healthy Eating Pattern, Part 3" 11:30 Lunch 12-1:00 BP Screen with Homecall	18 Site Closed	19 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Cards or Hang Man Game
22 9:00 Coffee 9:15 Card Games 11:30 Lunch 12:00 Word Find	23 Site Closed	24 9:00 Coffee 9:15 Ring Toss with Ernest 11:30 Lunch 12:00 Card Games	25 Site Closed	26 9:00 Coffee Movies with Ernest 11:30 Lunch 12:00 Birthdays Of the Month!
29 9:00 Coffee 9:15 BINGO With Ernest 11:30 Lunch 12:00 Puzzles	30 Site Closed	<p><u>CABIN FEVER? We have just the thing!</u></p> <p>Why not get out of your cabin for lunch with friends? Join us at the Potomac Towers Activity Nutrition Site! - Donations Greatly Appreciated -</p>		

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



535 East Franklin Street, Hagerstown, MD 21740 www.wccoaging.org
Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

