



APRIL 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

1 10:00 Walk w/Ginger 10:30 Picture Find 11:30 Lunch 12:00 Hangman or Tic-Tac-Toe	2 10:00 Toss & Talk Ball 10:30 Game Time Yahtzee or "Trouble" 11:30 Lunch 12:00 DVD Exercise	3 10:00 Walk w/Ginger 10:30 Board Games 11:00 Nutrition Ed. "Building A Healthy Eating Pattern, Part 1" 11:30 Lunch 12:00 Picture Fine	4 9:30 Movie Time "Broken Bridges" 11:30 Lunch 12:00 Word Search	5 10:00 Chair Exercises 10:30 Adult Coloring 11:30 Lunch 12:00 Game Time: "Trouble"
8 10:00 Toss & Talk Ball 10:30 Board Games (Your Choice) 11:30 Lunch 12:00 Picture Find or Word Search	9 10:00 Walk w/Ginger 10:30 Game Time "Operation" 11:30 Lunch 12:00 Chair Exercises	10 10:00 Health Talk with Nurse Kim T. "Importance of Exercise" 11:00 Nutrition Ed. "Building A Healthy Eating Pattern, Part 2" 11:30 Lunch 12:00 Word Search	11 9:30 Movie Time "In the Army Now" 11:30 Lunch 12:00 Adult Coloring	12 9:30 BINGO 11:30 Lunch 12:00 Adult Coloring or Picture Find
15 10:00 Chair Exercise 11:00 Picture Find 11:30 Lunch 12:00 Adult Coloring	16 10:00 BP Screen w/Meritus Home Health 10:30 Word Search 11:30 Lunch 12:00 Picture Find	17 10:00 Craft for Easter 11:00 Nutrition Ed. "Building A Healthy Eating Pattern, Part 3" 11:30 Lunch 12:00 Picture Find	18 9:30 Movie Time "Country Strong" 11:30 Lunch 12:00 Game Time: Tic-Tac-Toe or "Cootie"	19 10:00 Coloring Easter Eggs 11:30 Lunch 12:00 Walk Along With Ginger
22 9:30 Cooking Club with Ginger Let's Bake Cupcakes! 11:30 Lunch 12:00 Walk Along	23 10:00 Toss & Talk Ball 11:00 Adult Coloring & Word Find 11:30 Lunch 12:00 Game Time "Cootie"	24 10:00 Game Time: Play Cards or "Operation" 11:30 Lunch 12:00 DVD Exercises	25 9:30 Movie Time "Fly Away Home" 11:30 Lunch 12:00 Game Time: "Don't Spill The Beans"	26 9:30 BINGO 11:30 Lunch 12:00 Walk Along With Ginger
29 10:00 Chair Exercise 10:30 Tic-Tac-Toe 11:30 Lunch 12:00 Adult Coloring or Card Games	30 10:00 BINGO 11:30 Lunch 12:00 Tic-Tac-Toe Or Word Search	<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 Walnut Towers Activity Nutrition Site! - Donations Greatly Appreciated -</p>		

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



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