



MAY 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><u>May is Older Americans Month!</u></p> <ul style="list-style-type: none"> ◆ CONNECT with friends, family, and services that support participation. ◆ CREATE by engaging in activities that promote learning, health & personal enrichment. ◆ CONTRIBUTE time, talent, and life experience to benefit others. 		1	9:00 Coffee & Word Find Nutrition Ed: "Chemotherapy & Diet, Part 1" 11:30 Lunch 12-1:00 BP Screen with Homecall	2	Site Closed	3	9:00 Coffee 9:15 Movies with Ernest 11:30 Lunch 12:00 Cards or Tic-Tac-Toe		
6	9:00 Coffee 9:15 Ring Toss with Ernest 11:30 Lunch 12:00 Card Games	7	Site Closed	8	9:00 Coffee 10-11:30 Mobile I&A Nutrition Ed: "Chemotherapy & Diet, Part 2" 11:30 Lunch 12-1:00 BP Screen with Homecall	9	Site Closed	10	9:00 Coffee 9:15 Movies with Ernest 11:30 Lunch 12:00 Puzzles or Word Find
13	9:00 Coffee 9:15 BINGO 11:30 Lunch 12:00 Mother's Day Cards	14	Site Closed	15	9:00 Coffee & Word Find Nutrition Ed: "Making Smart Food Choices" 11:30 Lunch 12-1:00 BP Screen with Homecall	16	Site Closed	17	9:00 Coffee 9:15 Movies with Ernest 11:30 Lunch 12:00 Cards or Hang Man Game
20	9:00 Coffee 10:00 Health Talk w/ Nurse Kim T. "Weights" BP & O2 Screen 11:30 Lunch 12:00 Birthdays of the Month	21	Site Closed	22	9:00 Coffee 9:15 Ring Toss with Ernest 11:30 Lunch 12:00 Card Games 12-1:00 BP Screen with Homecall	23	Site Closed	24	9:00 Coffee 9:15 Movies with Ernest 11:30 Lunch 12:00 Cards or Word Find
27	MEMORIAL DAY HOLIDAY - CLOSED -	28	Site Closed	29	9:00 Coffee 9:15 Puzzles 11:30 Lunch 12:00 Card Games 12-1:00 BP Screen with Homecall	30	Site Closed	31	9:00 Coffee 9:15 Movies with Ernest 11:30 Lunch 12:00 Tic Tac Toe or Hang Man Game

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

