



MAY 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><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. 		<p>1 9:00 Picture Find 10:00 Chair Exercises 10:30 Tic-Tac-Toe 11:00 Nutrition Ed. "Chemotherapy & Diet, Part 1" 11:30 Lunch 12:00 Adult Coloring</p>	<p>2 9:00 Tic-Tac-Toe 9:30 Movie Time "Yours, Mine And Ours" 11:30 Lunch 12:00 Game Time: "Trouble"</p>	<p>3 9:00 Adult Coloring 10:00 Toss & Talk Ball 10:30 Game Time "Trouble" 11:30 Lunch 12:00 Tic-Tac-Toe Or "Cootie"</p>
<p>6 9:00 Share Your Favorite Comic Strip 10:00 Board Games (Your Choice) 11:30 Lunch 12:00 Adult Coloring & Picture Find</p>	<p>7 9:00 Board Games (Your Choice) 10:30 Toss & Talk Ball 11:30 Lunch 12:00 Walk Along With Ginger</p>	<p>8 9:00 Hangman Game 10:00 Health Talk with Nurse Kim T. "Weights" 11:00 Nutrition Ed. "Chemotherapy & Diet, Part 2" 11:30 Lunch 12:00 Word Search</p>	<p>9 9:00 Card Games 9:30 Movie Time "Dunston Checks In" 11:30 Lunch 12:00 Game Time: "Operation"</p>	<p>10 9:00 Share a Childhood Picture 9:30 BINGO 11:30 Lunch 12:00 Adult Coloring or Word Search</p>
<p>13 9:00 Adult Coloring 10:00 Chair Exercise 10:30 Tic-Tac-Toe 11:30 Lunch 12:00 Game Time "Cootie"</p>	<p>14 9:00 Card Games 10:00 Crafts: "Something for Mother's Day" 11:30 Lunch 12:00 DVD Exercise</p>	<p>15 9:00 Putt-Putt Golf 10:00 Walk w/Ginger 10:30 Adult Coloring 11:00 Nutrition Ed. "Making Smart Food Choices" 11:30 Lunch 12:00 Picture Find</p>	<p>16 9:00 Word Search 9:30 Movie Time "Stand By Me" 11:30 Lunch 12:00 Game Time: Hangman or "Cootie"</p>	<p>17 9:00 Recipe Swap Favorite Cookies 9:30 BINGO 11:30 Lunch 12:00 Game Time: "Trouble" or "Operation"</p>
<p>20 9:00 Putt-Putt Golf 10:00 Chair Exercise 10:30 Word Search 11:30 Lunch 12:00 Game Time "Don't Spill The Beans"</p>	<p>21 9:00 Puzzles 10:00 BP Screen w/Meritus Home Health 10:30 Picture Find 11:30 Lunch 12:00 Tic-Tac-Toe</p>	<p>22 9:00 Game Time "Operation" 10:00 Toss & Talk Ball 11:00 Word Search 11:30 Lunch 12:00 Cards or Hangman Game</p>	<p>23 9:00 Hidden Pictures 9:30 Movie Time "Wagons East" 11:30 Lunch 12:00 Toss & Talk Ball</p>	<p>24 9:00 Share Your Favorite TV Show 9:30 BINGO 11:30 Lunch 12:00 Word Search</p>
<p>27 MEMORIAL DAY HOLIDAY - CLOSED -</p>	<p>28 9:00 Card Games 10:00 Walk Along With Ginger 11:30 Lunch 12:00 Picture Find Or Word Search</p>	<p>29 9:00 Share Your Favorite Music Group 10:00 Toss & Talk Ball 10:30 Adult Coloring 11:30 Lunch 12:00 Adult Coloring</p>	<p>30 9:00 Tic-Tac-Toe 9:30 Movie Time "Cry of the Penguins" 11:30 Lunch 12:00 Walk Along With Ginger</p>	<p>31 9:00 Picture Find 10:00 Cook with Ginger: 5C Salad (Fruit Salad) 10:30 Adult Coloring 11:30 Lunch 12:00 Word Search</p>

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



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