



# JUNE 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

|  |                   |   |                   |  |
|--|-------------------|---|-------------------|--|
| 3<br>9:00 Coffee<br>9:15 Wii Games with Ernest<br>11:30 Lunch<br>12:00 Card Games                                | 4<br>Site Closed  | 5<br>9:00 Coffee & Cards<br>10:30 Nutrition Ed: "Young at Heart - Healthy Habits"<br>11:30 Lunch<br>12-1:00 BP Screen with Homecall | 6<br>Site Closed  | 7<br>9:00 Coffee<br>9:15 Movies with Ernest<br>11:30 Lunch<br>12:00 Hangman Game                         |
| 10<br>9:00 Coffee<br>9:15 Ring Toss with Ernest<br>11:30 Lunch<br>12:00 Birthdays of the Month Celebration       | 11<br>Site Closed | 12<br>9:00 Coffee & Wii Games<br>10:30 Nutrition Ed: "Storing Cold Foods"<br>11:30 Lunch<br>12-1:00 BP Screen with Homecall         | 13<br>Site Closed | 14<br>9:00 Coffee<br>9:15 Celebrate Father's Day (June 16th)<br>11:30 Lunch<br>12:00 Flag Day            |
| 17<br>9:00 Coffee<br>10:00 Health Talk w/Nurse Kim "Senior Nutrition Jeopardy"<br>11:30 Lunch<br>12:00 Wii Games | 18<br>Site Closed | 19<br>9:00 Coffee & Cards<br>Nutrition Ed: "What Are Chia Seeds"<br>11:30 Lunch<br>12-1:00 BP Screen with Homecall                  | 20<br>Site Closed | 21<br>9:00 Coffee<br>9:15 Movies or Wii Games with Ernest<br>11:30 Lunch<br>12:00 Cards or Hang Man Game |
| 24<br>9:00 Coffee<br>9:15 Ring Toss with Ernest<br>11:30 Lunch<br>12:00 Hangman Game                             | 25<br>Site Closed | 26<br>9:00 Coffee<br>9:15 Ring Toss with Ernest<br>11:30 Lunch<br>12:00 Card Games<br>12-1:00 BP Screen with Homecall               | 27<br>Site Closed | 28<br>9:00 Coffee<br>9:15 Movies with Ernest<br>11:30 Lunch<br>12:00 Ring Toss                           |

### **Your Community Meal Program Is Waiting To Serve You!**

Save time and money - Get healthy food without the effort - Learn about good nutrition  
Do less shopping and cooking - Avoid missed meals - Support your independence  
Socialize and have fun!

***Lunch is available for a donation which supports the program.***

**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

