



# JUNE 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

|  |  |  |  |   |
|--|--|--|--|---|
| 3<br>9:00 Adult Coloring<br>10:00 Wii Bowling<br>11:00 Word Search<br>11:30 Lunch<br>12:00 Toss & Talk Ball                    | 4 9:00 Word Find & Picture Find<br>10:00 Walk w/Ginger<br>10:30 Hangman Game<br>11:30 Lunch<br>12:00 Game Time: "Cootie"   | 5 9:00 Word In A Word<br>10:00 DVD Exercises<br>11:00 Nutrition Ed. "Young At Heart Healthy Habits"<br>11:30 Lunch<br>12:00 Putt-Putt Golf                                 | 6 9:00 Word Search<br>9:30 Movie Time With Ginger<br>11:30 Lunch<br>12:00 Game Time: "Trouble"                           | 7 9:00 Board Games Your Choice<br>10:00 Chair Exercises<br>10:30 Tic-Tac-Toe<br>11:30 Lunch<br>12:00 Walk Along |
| 10<br>9:00 Card Games<br>10:00 Chair Exercises<br>11:00 Hangman Game<br>11:30 Lunch<br>12:00 Game Time: "Operation"            | 11 9:00 Picture Find or Word Search<br>10:00 Wii Bowling<br>11:30 Lunch<br>12:00 Game Time: "Don't Spill the Beans"        | 12 9:00 Adult Coloring<br>10:00 Health Talk with Nurse Kim T. "Senior Nutrition Jeopardy"<br>11:00 Nutrition Ed. "Storing Cold Foods"<br>11:30 Lunch<br>12:00 Picture Find | 13<br>9:00 Adult Coloring<br>9:30 Movie Time With Ginger<br>11:30 Lunch<br>12:00 Picture Find                            | 14<br>9:00 Word Search<br>9:30 BINGO<br>11:00 Flag Day Ceremony<br>11:30 Lunch<br>12:00 Walk Along              |
| 17 9:00 Puzzles<br>10:00 What is Your Favorite Holiday & Why?<br>11:00 Word In A Word<br>11:30 Lunch<br>12:00 Toss & Talk Ball | 18<br>9:00 Board Games Your Choice<br>10:00 BP Screen w/ Meritus Home Health<br>11:30 Lunch<br>12:00 Chair Exercise        | 19 9:00 Game Time "Operation"<br>10:00 Walk w/Ginger<br>11:00 Nutrition Ed. "What Are Chia Seeds?"<br>11:30 Lunch<br>12:00 Picture Find or Word Search                     | 20<br>9:00 Word Search<br>9:30 Movie Time With Ginger<br>11:00 Toss & Talk Ball<br>11:30 Lunch<br>12:00 Root Beer Floats | 21<br>9:00 Adult Coloring<br>9:30 BINGO<br>11:30 Lunch<br>12:00 Walk with Ginger                                |
| 24<br>9:00 Adult Coloring<br>10:00 Board Games Your Choice<br>11:30 Lunch<br>12:00 Tic-Tac-Toe                                 | 25<br>9:00 Word Search<br>9:30 Cook with Ginger No-Bake Cookies<br>11:30 Lunch<br>12:00 Game Time: "Don't Spill the Beans" | 26<br>9:00 Picture Find<br>10:00 Wii Bowling<br>11:00 Tic-Tac-Toe<br>11:30 Lunch<br>12:00 Game Time: "Trouble"   | 27<br>9:00 Hangman Game<br>9:30 Movie Time With Ginger<br>11:30 Lunch<br>12:00 Walk-Along                                | 28<br>9:00 Word in a Word<br>9:30 BINGO<br>11:30 Lunch<br>12:00 Tic-Tac-Toe                                     |

### **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



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