

March 2010

POTOMAC TOWERS SENIOR SITE

11 W. Baltimore St., Hagerstown, MD 21740

Emma Reger, Manager

301-991-5168 Open 9 a.m. – 1 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Exercise Video w/ Argie 9:15 am Bingo 10:00 Share a Smile With Our Social Club 11:00 am Red Hat Meeting 12:00-1:00 pm</p>	<p>2</p> <p>Exercise w/Lisa Bennett 9:15 am BP Screening w/Home Call 12:00 – 1:00 pm</p>	<p>3</p> <p>Social Club Bake Sale 9:00 am–12:00 pm Celebrate National Anthem Day 11:00 am</p>	<p>4</p> <p>You Are What You Are Eating w/Ita Kavanuagh 10:00 am</p>	<p>5</p> <p>Community Resources & Exercise w/Helen House 9:15 am</p>
<p>8</p> <p>Chair Exercise Video w/ Argie 9:15 am Bingo 10:00</p>	<p>9</p> <p>Floral Arrangements w/ Antietam Garden 9:00 am BP Screening 12:00 – 1:00 pm</p>	<p>10</p> <p>Chair Exercise Video w/ Argie 9:15 am Nurto Bingo 10:00</p>	<p>11</p> <p>Johnnie Appleseed Craft Day w/Snacks & Apple Cider 9:15 am Brown Bag Day</p>	<p>12</p> <p>Chair Exercise w/Argie 9:15 am Cards 10:00 am</p>
<p>15</p> <p>Chair Exercise Video w/ Argie 9:15 am Social Club Meeting 10:00 am</p>	<p>16</p> <p>Exercise w/Lisa Bennett 9:15 am Bake a cake for Birthday Celebration 9:15 am BP Screening 12:00 – 1:00 pm</p>	<p>17</p> <p>St. Patrick's Day & Birthday Celebration 11:00 am</p>	<p>18</p> <p>Stained Glass Crafts w/Mary Jane 9:15 am</p>	<p>19</p> <p>Nutritional Supplements & Exercise w/Helen House 9:15 am</p>
<p>22</p> <p>Chair Exercise Video w/ Argie 9:15 am Bingo 10:00</p>	<p>23</p> <p>Chair Exercise w/Lisa Bennett 9:15 am BP Screening 12:00 – 1:00 pm</p>	<p>24</p> <p>Exercise w/Argie 9:15 am Cards 10:00 am</p>	<p>25</p> <p>Easter Crafts w/Mary Jane 9:15 am Nutrition Education Handout</p>	<p>26</p> <p>Malnutrition w/Jackie Willison 9:15 am</p>
<p>29</p> <p>Chair Exercise Video w/ Argie 9:15 am Bean Bag Toss</p>	<p>30</p> <p>Chair Exercise w/Lisa Bennett 9:15 am BP Screening 12:00 – 1:00 pm</p>	<p>31</p> <p>Karaoke Day w/Mary Jane 9:15 am</p>	<p>Social Club Breakfast Saturday, March 13, 2010 8:30 am–10:30 am (or until food is gone)</p>	