




OCTOBER 2023

Potomac Towers Congregate Nutrition Site

Hours M-W-F 9:00 am to 1:00 pm

11 West Baltimore Street, Hagerstown, MD 21740

Site Phone 301-573-6592

2 Coffee & Chat 9:15 Arts & Crafts 11:30 Lunch 12:15 Word Find	3 Site Closed	4 Coffee & Chat 9:15 Cards 10:30 Nutrition Ed. #1 Handout & Talk <i>Food Myths</i> 11:30 Lunch 12:15 Wii Games	5 Site Closed	6 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Puzzles
9 COLUMBUS DAY COA & Site Closed	10 Site Closed	11 Coffee & Chat 9:15 Cards 10:30 Nutrition Ed. #2 Handout & Talk <i>Tips for Eating Right</i> 11:30 Lunch 12:15 Word Find	12 Site Closed	13 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Cards
16 Coffee & Chat 9:15 Arts & Crafts 11:30 Lunch 12:15 Word Find	17 Site Closed	18 Coffee & Chat 9:15 Ring Toss 10:30 Nutrition Ed. #3 Handout & Talk <i>Healthy Restaurant Meals</i> 11:30 Lunch 12:15 Puzzles	19 Site Closed	20 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Ring Toss
23 Coffee & Chat 9:15 Card Games 11:30 Lunch 12:15 Puzzles	24 Site Closed	25 Coffee & Chat 10:30 Wii Games 11:30 Lunch 12:15 Hangman	26 Site Closed	27 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Puzzles
30 Coffee & Chat 9:15 Word Find 11:30 Lunch 12:15 Ring Toss	31 Site Closed	<p>Wash your hands with soap and warm water. Use alcohol based hand sanitizer with 60% or more alcohol. Cover coughs & sneezes with a tissue, your sleeve or elbow. Avoid touching eyes, nose, mouth with unwashed hands. Clean & disinfect frequently touched objects & surfaces. Avoid close contact with people who are sick.</p>  <p>If you are sick, stay home unless seeking medical care.</p>		

Wash. Co. Commission on Aging, Inc./Area Agency on Aging



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