




OCTOBER 2023

Walnut Towers Congregate Nutrition Site

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

12 South Walnut Street 8th Floor, Hagerstown, MD 21740

Site Phone 240-329-7779

2 9:30 Movie 11:30 Lunch 12:15 Cards	3 Site Closed	4 10:00 Wii Bowling 11:00 Nutrition Ed #1 <i>Food Myths</i> 11:30 Lunch 12:15 UNO	5 Site Closed	6 10:00 Corn Hole 11:30 Lunch 12:15 Walk Along or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
9 COLUMBUS DAY COA & Site Closed	10 Site Closed	11 10:00 Wii Tennis 11:00 Nutrition Ed #2 <i>Tips for Eating Right</i> 11:30 Lunch 12:15 UNO	12 Site Closed	13 10:00 BINGO 11:30 Lunch 12:15 Word Search or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
16 9:30 Movie 11:30 Lunch 12:15 Adult Coloring or Word Search	17 Site Closed	18 10:00 Wii Bowling 11:00 Nutrition Ed #3 <i>Healthy Restaurant Meals</i> 11:30 Lunch 12:15 Word Search	19 Site Closed	20 9:30 BINGO 11:30 Lunch 12:15 UNO or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.</i>
23 10:00 Movie 11:30 Lunch 12:15 Chair Exercises	24 Site Closed	25 10:00 Halloween Party 11:30 Lunch 12:15 Word Search	26 Site Closed	27 9:30 Craft Time 11:30 Lunch 12:15 Word Search or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.</i>
30 9:30 Corn Hole 11:30 Lunch 12:15 Cards	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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