



NOVEMBER 2022

Potomac Towers Activity Nutrition Site

Ernest Brown, Site Specialist Site Phone 301-573-6592

11 West Baltimore Street, Hagerstown, MD 21740

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

	1 Site Closed	2 Nutrition Ed. #1 Handout & Discussion <i>Celebrations & Gatherings</i> 11:30 Lunch 12:15 Cards	3 Site Closed	4 9:00 Walk & Talk 11:30 Lunch 12:15 Word Search <i>National Candy Day</i>
7 9:00 Walk & Talk 11:30 Lunch 12:15 Cards <i>Share Your Favorite Thanksgiving Memories</i>	8 Site Closed	9 Nutrition Ed. #2 Handout & Discussion <i>Diabetes Buffet Tips</i> 11:30 Lunch 12:15 Word Find	10 Site Closed	11 CLOSED Veterans' Day
14 9:00 Walk & Talk 10:00 Nurse Kim "Dementia" BP & O2 Health Screen 11:30 Lunch 12:15 Word Search <i>Share Your Favorite Disney Character</i>	15 Site Closed	16 Nutrition Ed. #3 Handout & Discussion <i>Kitchen Time Savers</i> 11:30 Lunch 12:15 Cards	17 Site Closed	18 9:00 Walk & Talk 11:30 Lunch 12:15 Cards <i>Mickey Mouse's Birthday</i>
21 9:00 Walk & Talk 11:30 Lunch 12:15 Cards <i>Share Your Favorite Thanksgiving Recipes</i>	22 Site Closed	23 9:00 Walk & Talk Share Your Thoughts: What Are You Thankful For? 11:30 Lunch 12:15 Picture Find	24 Site Closed & COA Closed Thanksgiving Day	25 CLOSED Native American Heritage Day
28 9:00 Walk & Talk 11:30 Lunch 12:15 Word Search <i>Share Your Favorite Holiday Cookie Recipes</i>	29 Site Closed	30 9:00 Walk & Talk 11:30 Lunch 12:15 Puzzles	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</p> 	

Washington County Commission on Aging, Inc./Area Agency on Aging



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