



NOVEMBER 2022

Walnut Towers Activity Nutrition Site

Virginia Bishop-Johnson, Site Specialist Site Phone 240-329-7779

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

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

	1 Site Closed	2 10:00 Wii Bowling 11:00 Nutrition Ed #1 Celebrations & Gatherings 11:30 Lunch 12:15 Game Time: Your Choice	3 Site Closed	4 9:30 Bingo 11:30 Lunch 12:15 Word Search
7 9:30 Movie Time 11:30 Lunch 12:15 Hang Man Game	8 Site Closed	9 10:00 Wii Tennis 11:00 Nutrition Ed #2 Diabetes Buffet Tips 11:30 Lunch 12:15 Craft Time	10 Site Closed	11 CLOSED Veterans' Day
14 9:30 Movie Time 11:30 Lunch 12:15 Tic-Tac-Toe	15 Site Closed	16 10:00 Nurse Kim T. "Dementia" & BP & O2 Check 11:15 Nutrition Ed #3 Kitchen Time Savers 11:30 Lunch 12:15 Walk-Along	17 Site Closed	18 9:30 Bingo 11:30 Lunch 12:15 Picture Find or Adult Coloring
21 9:30 Movie Time 11:30 Lunch 12:15 Chair Exercise	22 Site Closed	23 10:00 Chair Exercise 11:30 Lunch 12:15 Tic-Tac-Toe	24 Site Closed & COA Closed Thanksgiving Day	25 CLOSED Native American Heritage Day
28 9:30 Movie Time 11:30 Lunch 12:15 Walk-Along	29 Site Closed	30 10:00 Craft 11:30 Lunch 12:15 Walk-Along	<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



535 East Franklin Street, Hagerstown, MD 21740 www.wccoaging.org
Phone: 301-790-0275 Fax: 301-739-4957 TDD: 1-800-735-2258 Toll Free: 1-866-802-1212

