



# FEBRUARY 2024

## 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

<p><u>WINTER WEATHER</u></p> <p>If Washington County Public Schools are Closed or Delayed due to weather conditions, Congregate Nutrition Sites are CLOSED.</p>			1  Site Closed	2  Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Cards
5  Coffee & Chat 9:15 Arts & Crafts 11:30 Lunch 12:15 Ring Toss	6  Site Closed	7  9:15 Coffee & Chat 10:00 Nutrition Ed. #1 Handout & Talk <i>Be Salt Smart</i> 11:30 Lunch 12:15 Cards	8  Site Closed	9  Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Puzzles
12  Coffee & Chat 9:15 Arts & Crafts 11:30 Lunch 12:15 Cards	13  Site Closed	14  9:15 Coffee & Chat 10:30 Nutrition Ed. #2 Handout & Talk <i>Move to Low Fat or Fat Free Dairy</i> 11:30 Lunch 12:15 Ring Toss	15  Site Closed	16  Coffee & Chat 9:15 Movie & Popcorn 10:00 Nurse Amanda & Good Health Info.  11:30 Lunch 12:15 Ring Toss
19  Presidents' Day COA & Site Closed	20  Site Closed	21  9:15 Coffee & Chat 10:30 Nutrition Ed. #3 Handout & Talk <i>Healthy Eating for for Older Adults</i> 11:30 Lunch 12:15 Puzzles	22  Site Closed	23  Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Hangman
26  Coffee & Chat 9:15 Arts & Crafts 11:30 Lunch 12:15 Puzzles	27  Site Closed	28  Coffee & Chat 10:30 Walk & Talk 11:30 Lunch 12:15 Puzzles	29  Site Closed	<p><u>The Actual Cost of Each Lunch is \$10.00. Thank You for Your Donations!</u></p>

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



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