



# FEBRUARY 2024

## 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

<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 9:30 Corn Hole 11:30 Lunch 12:15 Word Search or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
5  9:30 Movie 11:30 Lunch 12:15 Walk with Me	6  Site Closed	7 9:30 Wii Bowling 11:00 Nutrition Ed #1 <i>Be Salt Smart</i> 11:30 Lunch 12:15 UNO Cards	8  Site Closed	9 9:30 Bingo 11:30 Lunch 12:15 Board Games or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
12  9:30 Movie 11:30 Lunch 12:15 Word Search	13  Site Closed	14 9:30 Craft Time 11:00 Nutrition Ed #2 <i>Move to Low Fat or Fat Free Dairy</i> 11:30 Lunch 12:15 Finish Craft	15  Site Closed	16 9:30 Bingo 11:30 Lunch 12:15 Walk Along or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
19  Presidents' Day COA & Site Closed	20  Site Closed	21 10:00 Nurse Amanda & Good Health Info. 11:00 Nutrition Ed #3 <i>Healthy Eating for for Older Adults</i> 11:30 Lunch 12:15 Walk Along	22  Site Closed	23 9:30 Wii Tennis 11:30 Lunch 12:15 Chair Exercise or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
26  9:30 Movie 11:30 Lunch 12:15 Corn Hole	27  Site Closed	28 9:30 Corn Hole 11:30 Lunch 12:15 Word Search	29  Site Closed	<p><u>The Actual Cost of Each Lunch is \$10.00.</u></p> <p><u>Thank You for Your Donations!</u></p>

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



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