



# MARCH 2020

## Potomac Towers Activity Nutrition Site

Ernest Brown, Site Specialist Telephone 301-991-5168

11 West Baltimore Street, Hagerstown, MD 21740

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

2 9:00 Coffee & Wii Games 11:30 Lunch 12:00 Cards	3 Site Closed	4 9:00 Coffee & Balloon Toss 10:30 Nutrition Ed: "Kidney Health-Eating Right Overview" 11:30 Lunch 12:00 Playing Cards 12:00 BP Screen w/ Homecall	5 Site Closed	6 9:00 Coffee & Movies with Ernest 11:30 Lunch 12:00 Wii Games
9 9:00 Coffee & Cards 11:30 Lunch 12:00 Puzzles	10 Site Closed	11 9:00 Coffee & Word Find 10:30 Nutrition Ed: "Kidney Health-Eating Right First Steps" 11:30 Lunch 12:00 Wii Games 12:00 BP Screen w/ Homecall	12 Site Closed	13 9:00 Coffee & Movies with Ernest 11:30 Lunch 12:00 Ring Toss
16 9:00 Coffee/Cards 10:00 S.A.L.T. <b>Special Presentation:</b> <b>Environmental Disaster Safety</b> 11:30 Lunch 12:00 St. Patrick's Day Cookies, Movie Part 1	17 Site Closed	18 9:00 Coffee & St. Pat's Movie Part 2 10:30 Nutrition Ed: "Kidney Health-Eating Right Next Steps" 11:30 Lunch 12:00 Wii Games 12:00 BP Screen with Homecall	19 Site Closed	20 9:00 Coffee 10:00 Health Talk w/ Nurse Kim "Diabetes Catch & Learn" BP & O2 Screens 11:30 Lunch 12:00 Wii Games
23 9:00 Coffee & BINGO 11:30 Lunch 12:00 Cards	24 Site Closed	25 9:00 Coffee & Wii Games 11:30 Lunch 12:00 Ring Toss 12:00 BP Screen with Homecall	26 Site Closed	27 9:00 Coffee & Movies with Ernest 11:30 Lunch 12:00 Word Find
30 9:00 Coffee & Wii Games 11:30 Lunch 12:00 Birthdays of the Month Celebration	31 Site Closed	<p><b><u>CHECK OUT OUR MARCH ACTIVITIES!</u></b></p> <p>Invite your friends and neighbors to join us for: Free Diabetes Information with Nurse Kim T. Free Environmental Disaster Safety Information w/ S.A.L.T. St. Patrick's Day fun, Wii games, movies &amp; more!</p>		

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



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