





# MARCH 2023

## Potomac Towers Activity 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><b><u>Masks Are Required At Sites</u></b></p> 	<p><b><u>Winter Weather</u></b></p>  <p>If Wash. Co. Public Schools are Closed or Delayed due to weather, Activity Nutrition Sites are Closed.</p>	<p>1 Coffee &amp; Chat 9:15 Puzzles Nutrition Ed. #1 Handout &amp; Discussion <i>Food Safety, Common Foods</i> 11:30 Lunch 12:15 Word Search</p>	<p>2  Site Closed</p>	<p>3  Coffee &amp; Chat 9:15 Movies 11:30 Lunch 12:15 Card Games</p>
<p>6  Coffee &amp; Chat 9:15 Card Games 11:30 Lunch 12:15 Word Find</p>	<p>7  Site Closed</p>	<p>8  Coffee &amp; Chat 9:15 Wii Games Nutrition Ed. #2 Handout &amp; Discussion <i>Reduce Sodium Part 1</i> 11:30 Lunch 12:15 Puzzles</p>	<p>9  Site Closed</p>	<p>10  Coffee &amp; Chat 9:15 Movies 11:30 Lunch 12:15 Card Games</p>
<p>13  Coffee &amp; Chat 9:15 Wii Games 11:30 Lunch 12:00 Hangman</p>	<p>14  Site Closed</p>	<p>15  Coffee &amp; Chat 9:15 Word Find Nutrition Ed. #3 Handout &amp; Discussion <i>Reduce Sodium Part 2</i> 11:30 Lunch 12:15 Word Find</p>	<p>16  Site Closed</p>	<p>17 <i>Wear Your Green for St. Patrick's Day!</i> Coffee &amp; Chat 9:15 Movies 10:00 Info &amp; Assistance with COA's MAP Staff Health Information 11:30 Lunch 12:15 Ring Toss</p>
<p>20  Coffee &amp; Chat 9:15 Ring Toss 11:30 Lunch 12:00 Puzzles</p>	<p>21  Site Closed</p>	<p>22  Coffee &amp; Chat 9:15 Wii Games 11:30 Lunch 12:15 Puzzles</p>	<p>23  Site Closed</p>	<p>24  Coffee &amp; Chat 9:15 Movie &amp; Popcorn 11:30 Lunch 12:15 Puzzles</p>
<p>27  Coffee &amp; Chat 9:15 Wii Games 11:30 Lunch 12:00 Birthdays of the Month</p>	<p>28  Site Closed</p>	<p>29  Coffee &amp; Chat 9:15 Wii Games 11:30 Lunch 12:15 Card Games</p>	<p>30  Site Closed</p>	<p>31  Coffee &amp; Chat 9:15 Movie &amp; Popcorn 11:30 Lunch 12:15 Cards</p>

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



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

www.wccoaging.org

