




# MARCH 2023

## Walnut Towers Activity 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><b><u>Masks Are Required At Sites</u></b></p> 	<p><b><u>Winter Weather</u></b></p> <p>❄️ ❄️ ❄️ ❄️ ❄️</p> <p>If Wash. Co. Public Schools are Closed or Delayed due to weather, Activity Nutrition Sites are Closed.</p>	<p>1</p> <p>10:00 Wii Bowling 11:00 Nutrition Ed #1 <i>Food Safety - Common Foods</i> 11:30 Lunch 12:15 Listen to Music</p>	<p>2</p> <p>Site Closed</p>	<p>3</p> <p>10:00 Walk Along 11:30 Lunch 12:15 Adult Coloring or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i></p>
<p>6</p> <p>9:30 Movie Time 11:30 Lunch 12:15 Tic-Tac-Toe</p>	<p>7</p> <p>Site Closed</p>	<p>8</p> <p>10:00 Board Games 11:00 Nutrition Ed #2 <i>Reduce Sodium - Part 1</i> 11:30 Lunch 12:15 Word Search</p>	<p>9</p> <p>Site Closed</p>	<p>10</p> <p>9:30 Bingo 11:30 Lunch 12:15 Walk Along or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i></p>
<p>13</p> <p>9:30 Movie 11:30 Lunch 12:15 Board Games "Don't Spill the Beans" or Your Choice</p>	<p>14</p> <p>Site Closed</p>	<p>15</p> <p>10:00 Chair Exercises 11:00 Nutrition Ed #3 <i>Reduce Sodium - Part 2</i> 11:30 Lunch 12:15 Word Search</p>	<p>16</p> <p>Site Closed</p>	<p>17 <i>Happy St. Patrick's Day Wear Green!</i></p> <p>9:30 Bingo 11:30 Lunch 12:15 Listen to Music or Busy Bees <i>- Bring your own Project - Knit, Crochet, Sewing, Etc.</i></p>
<p>20</p> <p>9:30 Movie 11:30 Lunch 12:15 Word Search or Adult Coloring</p>	<p>21</p> <p>Site Closed</p>	<p>22</p> <p>10:00 Wii Tennis 11:30 Lunch 12:15 Board Games "Operation" or Your Choice</p>	<p>23</p> <p>Site Closed</p>	<p>24 9:30 Bingo 10:00 Info &amp; Assistance with COA's MAP Staff Health Information 11:30 Lunch 12:15 Tic-Tac-Toe or Busy Bees <i>- Bring your own Project - Knit, Crochet, Sewing, Etc.</i></p>
<p>27</p> <p>9:30 Movie Time 11:30 Lunch 12:15 Walk Along</p>	<p>28</p> <p>Site Closed</p>	<p>29</p> <p>10:00 Wii Bowling 11:30 Lunch 12:15 Listen to Music</p>	<p>30</p> <p>Site Closed</p>	<p>31</p> <p>9:30 Let's Make A Craft 11:30 Lunch 12:15 Finish Craft</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

