



APRIL 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

1 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Games	2 Site Closed	3 9:15 Coffee & Chat 10:00 Nutrition Ed. #1 Handout & Talk <i>Fuel for the Future</i> 11:30 Lunch 12:15 Cards	4 Site Closed	5 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Tic-Tac-Toe
8 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Puzzle Time	9 Site Closed	10 Coffee & Chat 9:15 BINGO 10:30 Nutrition Ed. #2 Handout & Talk <i>Eat Healthy to Be Healthy</i> 11:30 Lunch 12:15 Ring Toss	11 Site Closed	12 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Word Find
15 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Hangman	16 Site Closed	17 9:15 Coffee & Chat 10:30 Nutrition Ed. #3 Handout & Talk <i>Meal Planning</i> 11:30 Lunch 12:15 Wii Games	18 Site Closed	19 Coffee & Chat 9:15 Cards 10:00 Nurse Amanda & Good Health Info. BP/O2 Screenings 11:30 Lunch 12:15 Puzzles
22 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Games	23 Site Closed	24 Coffee & Chat 9:15 Word Search 11:30 Lunch 12:15 Cards	25 Site Closed	26 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Hangman
29 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Ring Toss	30 Site Closed	<p><u>THE ACTUAL COST OF EACH LUNCH IS</u></p> <p><u>TEN DOLLARS</u></p> <p>If you sign up for lunch but your plans change, let us know. Cancel meal reservations three work days in advance. Please do your part so we don't waste food or resources!</p>		

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



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