



APRIL 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

1 9:30 Movie 11:30 Lunch 12:15 Corn Hole	2 Site Closed	3 9:30 Wii Bowling 11:00 Nutrition Ed #1 <i>Fuel for the Future</i> 11:30 Lunch 12:15 Word Search	4 Site Closed	5 9:30 Walk With Us 10:30 Word Search 11:30 Lunch 12:15 Cards or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
8 9:30 Movie 11:30 Lunch 12:15 Adult Coloring	9 Site Closed	10 9:30 Wii Tennis 11:00 Nutrition Ed #2 <i>Eat Healthy to Be Healthy</i> 11:30 Lunch 12:15 Word Search	11 Site Closed	12 9:30 BINGO 11:30 Lunch 12:15 Board Games or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
15 9:30 Movie 11:30 Lunch 12:15 Cards	16 Site Closed	17 10:00 Nurse Amanda & Good Health Info. Blood Pressure & O2 Check 11:00 Nutrition Ed #3 <i>Menu Planning</i> 11:30 Lunch 12:15 Cards	18 Site Closed	19 9:30 Bingo 11:30 Lunch 12:15 Word Search or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
22 9:30 Board Games 11:30 Lunch 12:15 Play Cards	23 Site Closed	24 10:00 Walk With Us 10:30 Corn Hole 11:30 Lunch 12:15 Board Games	25 Site Closed	26 9:30 Craft Time 11:30 Lunch 12:15 UNO or Busy Bees <i>- Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.</i>
29 9:30 Corn Hole 11:30 Lunch 12:15 Adult Coloring	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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