



# JUNE 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

<b>Hot Weather Safety Tips</b>			1	2
<ul style="list-style-type: none"> <li>•Stay Informed on Weather &amp; Storms</li> <li>•Stay Cool in Air Conditioning</li> <li>•Don't Rely on Fans Alone</li> <li>•Don't Use Stoves or Ovens to Cook</li> <li>•Drink Plenty of Water - Don't Wait Until You Start to Feel Thirsty</li> <li>•Wear Loose, Lightweight, Light Colored Clothing</li> <li>•Remember Pets</li> <li>•Seek Medical Care Immediately for Heat Related Illness</li> </ul> <p>A Few Symptoms: Muscle Cramps, Headaches, Nausea/Vomiting</p>			Site Closed	Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Puzzles
5 Coffee & Chat 9:15 Tic-Tac-Toe 11:30 Lunch 12:15 Card Games	6 Site Closed	7 Coffee & Chat 9:15 Puzzles Nutrition Ed. #1 Handout & Discussion <i>Save More at the Store</i> 11:30 Lunch 12:15 Word Search	8 Site Closed	9 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Puzzles
12 Coffee & Chat 9:15 Word Find 10:00 Information & Assistance with COA's MAP Staff Health Information 11:30 Lunch 12:15 Card Games	13 Site Closed	14 Coffee & Chat 9:15 Card Games Nutrition Ed. #2 Handout & Discussion <i>Role of Sodium in Food            Part 1</i> 11:30 Lunch 12:15 Word Find	15 Site Closed	16 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Word Find  <u>Talk About            Juneteenth</u>
19  JUNTEENTH Observed CLOSED	20 Site Closed	21 Coffee & Chat 9:15 Word Find Nutrition Ed. #3 Handout & Discussion <i>Role of Sodium in Food            Part 2</i> 11:30 Lunch 12:15 Puzzles	22 Site Closed	23 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Celebrating Birthdays of the Month
26 Coffee & Chat 9:15 Puzzles 11:30 Lunch 12:15 Word Find	27 Site Closed	28 Coffee & Chat 9:15 Ring Toss 11:30 Lunch 12:15 Hang Man	29 Site Closed	30 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Word Find

### 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

