



JUNE 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

<h3>Hot Weather Safety Tips</h3> <ul style="list-style-type: none"> •Stay Informed on Weather & Storms •Stay Cool in Air Conditioning <ul style="list-style-type: none"> •Don't Rely on Fans Alone •Don't Use Stoves or Ovens to Cook •Drink Plenty of Water - Don't Wait Until You Start to Feel Thirsty •Wear Loose, Lightweight, Light Colored Clothing •Remember Pets <ul style="list-style-type: none"> •Seek Medical Care Immediately for Heat Related Illness <p>A Few Symptoms: Muscle Cramps, Headaches, Nausea/Vomiting</p>		1 Site Closed	2 10:00 Walk Along 11:00 Cards 11:30 Lunch 12:15 Adult Coloring or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.	
5 9:30 Movie Time 9:30 Info & Assistance with COA's MAP Staff Health Information 11:30 Lunch 12:15 Word Search	6 Site Closed	7 10:00 Chair Exercises 11:00 Nutrition Ed #1 <i>Save More at the Store</i> 11:30 Lunch 12:15 Word Search	8 Site Closed	9 9:30 BINGO 11:30 Lunch 12:15 Board Games or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.
12 9:30 Movie 11:30 Lunch 12:15 Tic-Tac-Toe	13 Site Closed	14 10:00 Wii Bowling 11:00 Nutrition Ed #2 <i>Role of Sodium in Food #1</i> 11:30 Lunch 12:15 Word Search	15 Site Closed	16 9:30 BINGO 11:30 Lunch 12:15 Card Games or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.
19 JUNTEENTH Observed CLOSED	20 Site Closed	21 10:00 Word Search 11:00 Nutrition Ed #3 <i>Role of Sodium in Food #2</i> 11:30 Lunch 12:15 Card Games	22 Site Closed	23 9:30 BINGO 11:30 Lunch 12:15 Board Games or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.
26 9:30 Movie 11:30 Lunch 12:15 Card Games	27 Site Closed	28 10:00 Wii Bowling 11:30 Lunch 12:15 Tic-Tac-Toe	29 Site Closed	30 9:30 Wii Tennis 11:30 Lunch 12:15 Picture Find or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.

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



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