



AUGUST 2022

Walnut Towers Activity Nutrition Site

Virginia Bishop-Johnson, Site Specialist Site Phone 240-329-7779

12 South Walnut Street 8th Floor, Hagerstown, MD 21740

Hours M-W-F 9:00 am to 1:00 pm

1 9:30 Movie Time 11:30 Lunch 12:15 Tic-Tac-Toe	2 Site Closed	3 10:00 Wii Bowling 11:00 Nutrition Ed #1 Tomato Facts 11:30 Lunch 12:15 Game Time: Don't Spill the Beans	4 Site Closed	5 9:30 Bingo 11:30 Lunch 12:15 Walk Along or Word Search
8 9:30 Movie Time 11:30 Lunch 12:15 Word Search	9 Site Closed	10 10:00 Wii Tennis 11:00 Nutrition Ed #2 Better Beverage Choices 11:30 Lunch 12:15 Walk-Along	11 Site Closed	12 9:30 Bingo 11:30 Lunch 12:15 Word Search or Cards
15 9:30 Movie Time 11:30 Lunch 12:15 Chair Exercise	16 Site Closed	17 10:00 Nurse Kim T. Talks about Eating Healthy on a Budget & BP & O2 Check 11:15 Nutrition Ed #3 Fruits & Veggies Info 11:30 Lunch 12:15 Hang-Man Game	18 Site Closed	19 9:30 Bingo 11:30 Lunch 12:15 Adult Coloring or Hang-Man Game
22 9:30 Movie Time 11:30 Lunch 12:15 Tic-Tac-Toe	23 Site Closed	24 10:00 Wii Tennis 11:30 Lunch 12:15 Word Search	25 Site Closed	26 9:30 Board Games 11:30 Lunch 12:15 Word Search
29 9:30 Movie Time 11:30 Lunch 12:15 Walk-Along	30 Site Closed	31 10:00 Chair Exercises 11:30 Lunch 12:15 Word Search	<p><u>Masks are Required at Sites</u></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe & healthy!</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

