



# SEPTEMBER 2022

## Potomac Towers Activity Nutrition Site

Ernest Brown, Site Specialist Site Phone 301-573-6592

11 West Baltimore Street, Hagerstown, MD 21740

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

<p><b><u>Masks are Required at Sites</u></b></p> <p>Masks must be worn properly to cover the nose and mouth. Thank you for keeping yourself and others safe &amp; healthy!</p> 			1	2
			Site Closed	Grab & Go Meal
5	6	7	8	9
CLOSED Labor Day	Site Closed	Grab & Go Meal Nutrition Ed. #1 Handout <i>Eat Healthy, Be Healthy, Save</i>	Site Closed	Grab & Go Meal
12	13	14	15	16
Grab & Go Meal	Site Closed	Grab & Go Meal Nutrition Ed. #2 Handout <i>Nutrition Tips For Older Adults</i>	Site Closed	10:00 Nurse Kim T. Falls Jeopardy & BP, O2 Check Grab & Go Meal
19	20	21	22	23
Grab & Go Meal	Site Closed	Grab & Go Meal Nutrition Ed. #3 Handout <i>Bell Pepper Facts</i>	Site Closed	Grab & Go Meal
26	27	28	29	30
Grab & Go Meal	Site Closed	Grab & Go Meal	Site Closed	Grab & Go Meal

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



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