




SEPTEMBER 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

<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> 			1	2
5	6	7	8	9
<p>CLOSED Labor Day</p>	<p>Site Closed</p>	<p>10:00 Wii Bowling 11:00 Nutrition Ed #1 Eat Healthy Be Healthy, Save 11:30 Lunch 12:15 Game Time: "Don't Spill the Beans"</p>	<p>Site Closed</p>	<p>9:30 Walk-Along 11:30 Lunch 12:15 Word Search</p>
12	13	14	15	16
<p>9:30 Movie Time 11:30 Lunch 12:15 Board Game "Trouble"</p>	<p>Site Closed</p>	<p>10:00 Wii Tennis 11:00 Nutrition Ed #2 Nutrition Tips for Older Adults 11:30 Lunch 12:15 Word Search</p>	<p>Site Closed</p>	<p>9:30 Bingo 11:30 Lunch 12:15 Cards</p>
19	20	21	22	23
<p>9:30 Movie Time 11:30 Lunch 12:15 Chair Exercise</p>	<p>Site Closed</p>	<p>10:00 Nurse Kim T. "Falls Jeopardy" & BP & O2 Check 11:15 Nutrition Ed #3 Bell Pepper Facts 11:30 Lunch 12:15 Walk-Along</p>	<p>Site Closed</p>	<p>9:30 Board Games 11:30 Lunch 12:15 Tic-Tac-Toe</p>
26	27	28	29	30
<p>9:30 Movie Time 11:30 Lunch 12:15 Adult Coloring</p>	<p>Site Closed</p>	<p>10:00 Wii Tennis 11:30 Lunch 12:15 Picture Find Or Word Search</p>	<p>Site Closed</p>	<p>9:30 Board Games 11:30 Lunch 12:15 Hangman Game</p>

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



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