




SEPTEMBER 2023

Potomac Towers Congregate 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

 <h3>Hot Weather Safety Tips</h3> <ul style="list-style-type: none"> •Stay Informed on Weather & Storms •Stay Cool in Air Conditioning •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 •Seek Medical Care Immediately for Heat Related Illness <p>A Few Symptoms: Muscle Cramps, Headaches, Nausea/Vomiting</p>				
				1 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Cards
4 LABOR DAY COA & Site Closed	5 Site Closed	6 Coffee & Chat 9:15 Wii Games Nutrition Ed. #1 Handout & Talk <i>Weight Loss & Diet Myths Part One</i> 11:30 Lunch 12:15 Wii Games	7 Site Closed	8 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Ring Toss
11 Coffee & Chat 9:15 Ring Toss 11:30 Lunch 12:15 Hangman Game	12 Site Closed	13 Coffee & Chat 9:15 Walk & Talk Nutrition Ed. #2 Handout & Talk <i>Weight Loss & Diet Myths Part Two</i> 11:30 Lunch 12:15 Puzzles	14 Site Closed	15 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Puzzles
18 Coffee & Chat 9:15 Wii Games 11:30 Lunch 12:15 Word Find	19 Site Closed	20 Coffee & Chat 9:15 Card Games Nutrition Ed. #3 Handout & Talk <i>Weight Loss & Diet Myths Part Three</i> 11:30 Lunch 12:15 Word Search	21 Site Closed	22 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Wii Games
25 Coffee & Chat 9:15 Cards 11:30 Lunch 12:15 Puzzles	26 Site Closed	27 Coffee & Chat 9:15 Walk & Talk 11:30 Lunch 12:15 Arts & Crafts	28 Site Closed	29 Coffee & Chat 9:15 Movie & Popcorn 11:30 Lunch 12:15 Wii Games

Wash. Co. Commission on Aging, Inc./Area Agency on Aging



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