




SEPTEMBER 2023

Walnut Towers Congregate 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 •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 10:00 Chair Exercises 11:30 Lunch 12:15 Board Games or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.
4 LABOR DAY COA & Site Closed	5 Site Closed	6 10:00 Wii Bowling 11:00 Nutrition Ed #1 <i>Weight Loss & Diet Myths Part One</i> 11:30 Lunch 12:15 Cards	7 Site Closed	8 10:00 BINGO 11:30 Lunch 12:15 Card Games or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing Embroidery, Etc.
11 9:30 Movie 11:30 Lunch 12:15 Adult Coloring or Word Search	12 Site Closed	13 10:00 Wii Tennis 11:00 Nutrition Ed #2 <i>Weight Loss & Diet Myths Part Two</i> 11:30 Lunch 12:15 Board Game Your Choice	14 Site Closed	15 9:30 BINGO 11:30 Lunch 12:15 Tic-Tac-Toe or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.
18 10:00 Movie 11:30 Lunch 12:15 Cards	19 Site Closed	20 10:00 Walk Along 11:00 Nutrition Ed #3 <i>Weight Loss & Diet Myths Part Three</i> 11:30 Lunch 12:15 Word Search	21 Site Closed	22 9:30 Chair Exercises 11:30 Lunch 12:15 Hang Man Game or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.
25 9:30 Movie 11:30 Lunch 12:15 Hang Man Game	26 Site Closed	27 10:00 Walk Along 11:00 Word Search 11:30 Lunch 12:15 Card Games	28 Site Closed	29 9:30 Walk Along 11:30 Lunch 12:15 Card Games or Busy Bees - Bring your own Project - Knitting, Crochet, Sewing, Embroidery, Etc.

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



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