

**Washington County Commission On Aging  
In Cooperation With MIHI's Senior Enriched Living Program**



Presents

**"Independence In July"**

At Otterbein United Methodist Church

**Tuesdays and Thursdays**

**July 6 thru July 27**

Time of programs 10 – 11 a.m.



- Personal Safety *presented by Deputy Jim Holsinger*
- Cons & Frauds *presented by Deputy Jim Holsinger*
- Four days in October – Lincoln's visit *presented by Rev. John Schlidt*
- Drums Along Antietam *presented by Rev. John Schlidt*
- The Flexible Back *presented by Tammy Spitzer*
- Sounder Sleep *presented by Tammy Spitzer*

**\$2 per program**

**FREE Transportation Available**

*for Alexander House, Elizabeth Court, Potomac Tower & Walnut Tower residents  
Ample parking for the community*

***Join The Fun & Meet New Friends***

**REGISTRATION**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE (\_\_\_\_) \_\_\_\_- \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ TELEPHONE (\_\_\_\_) \_\_\_\_- \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

I NEED A RIDE FROM: Alexander House \_\_\_ Elizabeth Court \_\_\_ Potomac Tower \_\_\_

Walnut Tower \_\_\_

**Select the program or programs and dates you are interested in:**

Personal Safety / Deputy Jim Holsinger \_\_\_\_\_ July 6<sup>th</sup> \_\_\_\_\_

Four days in October – Lincoln's Visit / Rev. John Schlidt \_\_\_\_\_ July 11<sup>th</sup> \_\_\_\_\_

The Flexible Back / Tammy Spitzer \_\_\_\_\_ July 13<sup>th</sup> \_\_\_\_\_

Cons & Frauds / Deputy Jim Holsinger \_\_\_\_\_ July 18<sup>th</sup> \_\_\_\_\_

Drums Along Anietam / Rev. John Schlidt \_\_\_\_\_ July 25<sup>th</sup> \_\_\_\_\_

Sounder Sleep / Tammy Spitzer \_\_\_\_\_ July 27<sup>th</sup> \_\_\_\_\_

*Return Senior Enriched Living registration form and payment to Washington County Commission on Aging,  
140 West Franklin Street, 4<sup>th</sup> Floor, Hagerstown, Md 21740 or call Kathy Fisher at 301.790.0275, Ext 212 for further information.*