



MARCH | 2020

Mark Elrod Congregate Center

Mark Elrod Towers
1 Wolfe Trace
New Albany IN 47150
Site Mgr. Pat Sullivan/
Health & Wellness
812-557-6900

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6 Oreo Cookie Day 10:30 am
9	10	11	12 Purdue Nutrition 10:30 am	13
16	17 Blood Pressure Screening 10:30 am	Nutrition Awareness Day Program by Purdue Nutrition 10:15 am Luncheon 10:45 am	19	20 Peas & Carrots 11:00 am
23	24 Dementia Friends Workshop 9:30-10:30 am Chocolate Covered Raisin Day 10:30 am	25	26	27
30	31	1 Lunch Served Mon-Fri 10:45-11:15 am	2 	3 Coffee & Conversation 8:30 - 10:30 am



Nutrition Awareness Month

- Sun Mar 1st – Peanut Butter Lovers' Day
- Fri Mar 6th – Oreo Cookie & Dress in Blue Day
- Sat Mar 8th – Daylight Savings Ends
- Tues Mar 17th – St Patrick's Day
- Weds Mar 18th – Nutrition Awareness Luncheon
- Thurs Mar 19th – Let's Laugh Day
- Sat Mar 21st -Calif Strawberry Day
- Mon Mar 23 – Chip & Dip Day
- Mon Mar 24 – Chocolate Covered Raisin Day
- Mon Mar 30 – Take a Walk in the Park Day