

Mark Elrod Towers  
 1 Wolfe Trace  
 New Albany IN 47150  
 Site Mgr. Pat Sullivan/  
 Health & Wellness  
 812-697-8032

# NOVEMBER | 2021



## Mark Elrod Congregate Center Activities

| MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY                             | FRIDAY                                   |
|--------|--|--|--------------------------------------|--|
| 1      | 2  | 3  | 4                                    | 5  |
| 8      | 9<br>Peas & Carrots<br>Nutrition Education<br>11:00 AM | 10<br>Blood Pressure<br>Screening<br>10:00 AM - Noon | 11<br>Veteran's Day                  | 12                                       |
| 15     | 16   | 17<br>NAHA Annual<br>Thanksgiving Dinner             | 18                                   | 19                                       |
| 22     | 23   | 24<br>Purdue Nutrition<br>Noon -1:00 PM              | 25<br>CLOSED for<br>Thanksgiving Day | 26<br>CLOSED for<br>Thanksgiving Holiday |
| 29     | 30   | 1  | 2                                    | 3  |

Monday thru Friday  
 Open to the Public  
 Age 60+/Disabled

*Diabetes Awareness  
 Month*

**Notes:**  
 Lunch Served  
 M-F @ 11:00  
 Reservations  
 Required

**Coffee &  
 Conversation  
 M-F 9:00 AM**