

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

# AUGUST | 2022

**LifeSpan Resources** (all meals served with 1/2 pint milk)




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2 Walk with Ease 12:00 – 1:00 PM	3	4	5
8 Chef Gina Brown Healthy Cooking Class Noon-1:00 PM	9 Walk with Ease 12:00 – 1:00 PM	10	11 Blood Pressure Screening 11:00 AM  Liz Stauth w/ Anthem provides Lunch 12:00 PM	12
15	16 Walk with Ease 12:00 – 1:00 PM	17 Crafts w/ Willa 12:00 PM	18	19
22 Bingo 12:00-1:00 PM	23 Walk with Ease 12:00 – 1:00 PM	24 August Birthday Party Noon	25	26
29	30 Walk with Ease 12:00 – 1:00 PM	31		2



**Eye Health  
 Awareness Month**

*Notes:*

**Lunch Served  
 M-F @ 11:00  
 Reservations  
 Required w/  
 Week Ahead  
 Notice**

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

