

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

SEPTEMBER | 2022



Mark Elrod Congregate Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29		31	1	2
5 LABOR DAY Holiday CLOSED	6 Walk with Ease 12:00 – 1:00 PM	7	8 Blood Pressure Screening 11:00 AM	9
12 Chef Gina Brown Healthy Cooking Class Noon-1:00 PM	13 Walk with Ease 12:00 – 1:00 PM	14 Kroger Mobile Market 10:00 AM	15	16 Peas & Carrots Nutrition Ed 10:00 AM
19	20 Walk with Ease 12:00 – 1:00 PM	21 September Birthday Party Noon	22 Falls Prevention Awareness Program 10:00 AM	23
26	27 Walk with Ease 12:00 – 1:00 PM	28 Kroger Mobile Market 10:00 AM	29	30



Congregate Meal Site
Falls Prevention Awareness Month

Notes:
Lunch Served M-F @ 11:00
Reservations Required w/Week's Notice

Coffee & Conversation M - F 9:00 AM

