



MARCH | 2024

Mark Elrod Congregate Center Activities

Mark Elrod Towers
1 Wolfe Trace
New Albany IN
47150
Site Mgr. Robert
Ludolph

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

26	27 	28	29	1
4	5 Walk with Ease w/ Willa	6 Produce for Better Health & W.I.S.E Program 1 – 3 PM	7	8 Peas & Carrots Nutrition Ed
11 Cooking with Vegetables w/ Gina	12 Bunco	13 Planting Herbs and Spices Program 12 PM Kroger Truck Blood Pressures w/ Rebecca	14 Produce for Better Health Check In	15 Game Time w/ BOB
18	19 Walk with Ease w/ Willa	20 Nutrition Awareness Day Program 11:00 AM Produce for Better Health & Bingo w/ Willa	21 Healthy Cooking w/ Purdue	22 5-a-Day Nutrition Ed
25	26 Walk with Ease w/ Willa	27 March Birthdays & Kroger Truck	28	29 Closed



**Congregate Meal
Site**

*Nutrition
Awareness*

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

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

