

Mark Elrod Towers
 1 Wolfe Trace
 New Albany IN 47150
 Site Mgr. Robert
 Ludolph
 812-697-8032

OCTOBER | 2024



Mark Elrod Congregate Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Bunco w/ Willa 12:00 PM	2 Produce for Better Health	3 Nutritional Education w/ Bob 11:20AM	4 BINGOCIZE 12:00 PM
7 Chef Gina Brown Spices 12:00 PM	8 BINGOCIZE 12:00 PM	9 Kroger Truck & B/P w/ Rebecca 10:30 AM	10 Banana Split Day 10:30 AM	11 BINGOCIZE 12:00 PM
14 Produce for Better Health Check In 8:00 AM – 1:00PM	15 BINGOCIZE 12:00 PM	16 Produce for Better Health	17 Healthy Cooking w/ Cindy from Purdue 12:00PM	18 BINGOCIZE 12:00 PM
21 BINGOCIZE 12:00 PM	22 Exercise w/ Willa 12:00-1:30PM	23 Bingo w/ Willa Kroger Truck	24 Nutritional Education w/ Bob 11:20AM	25 BINGOCIZE 12:00 PM
28 BINGOCIZE 12:00 PM	29 Exercise w/ Willa 12:00 PM Floyd County Health Dept. Blood Sugar & B/P 11:00AM	30 Produce for Better Health & Pro Rehab 11:00 AM & Birthday Celebrations	31	1



Congregate Meal Site

Cyber Security Awareness Month

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