



2023 Older Adult Program

You MUST call or email to sign up in advance!

(260) 422-6618

Mandy ext. 104

Mary ext. 105

**Wellspring:
1316 Broadway
Ft. Wayne, IN
46802**



Monday	Tuesday	Wednesdays	Thursdays
			1 10:00 - 12:30 Wellness Initiatives: Medication
5	6 10:00 - 12:30 Picnic at Lakeside Park	7 10:00 - 12:30 Amy with Purdue Nutrition	8 10:00 - 12:30 10:45 am Chair Yoga
12 10:00 - 12:00 Card Day	13 10:00 - 12:30 Peg from ACPL Slides	14 10:30 - 12:30 New Haven Regular Bingo	15 10:00 - 12:30 Wellness Initiatives: Addiction
19	20 10:00 - 12:30 Jared the Comfort Dog Painting Craft	21 10:00 - 12:30 SPENCER!	22 10:00 - 12:30 10:45 am Chair Yoga
26 10:00 - 1:00 Open Sewing	27 10:00 - 12:30 Beach Cruise Day!	28 10:00 - 12:30 Karaoke	29 10:00 - 12:30 Wellness Initiatives: Quality of Life