

June
2023

ACOA NEWS

Activity Center for Older Adults

NEW LOCATION now at 901 Lincolnway, La Porte, IN 46350 Ph (219) 326-5354



Foodie Tuesdays Unity Park 1010 Pine Lake Avenue

10:30am—2:30pm

June 6: Smothered & Covered Fries & More
June 13: The Lunch Box
June 20: Las Mamacitas
June 27: Chubby Buddies BBQ

4:00pm—7pm

June 6: Smothered & Covered Fries & More

7 p.m. Wednesdays La Porte City Band beginning June 6

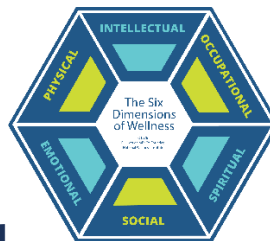


7 p.m. Thursdays Arts in the Park Concerts Series (see parking info on reverse side)

Whistle Pigs (Classic Rock - Jazz - R&B) June 1
Nawty (Classic Rock & 60's - 90's) June 8
Latin Swing Factor (Salsa - Swing - Chicago Soul) June 15
Small Town (Tribute to John Mellencamp) June 22
Mike Dangeroux Orchestra (Classic/contemporary) June 29

National Wellness Institute, The Six Dimensions of Wellness

Source: <https://nationalwellness.org/resources/six-dimensions-of-wellness/>



Emotional, Occupational, Physical

Social, Intellectual, and Spiritual

Wellness refers to complete health, rather than just physical health.

It is not only being free of disease, illness, or stress, but also having a purpose in life, being emotionally healthy, taking an active involvement in leisure time, having joyful relationships and being happy.

Wellness not only considers an individual's quality of life, but also, the ability to contribute to the community with a sense of meaning and purpose.

Applying the Six Dimensions of Wellness model raises the awareness of how interconnected each dimension is and how they together contribute to living a healthy life.

Happy Birthday

Sat 6/10 Judy Bush
Wed 6/14 Marlene Haferkamp
Sun 6/25 Tom Miller
Sun 6/25 Richard Taylor
Fri 6/30 Carolyn Tibbs

Become a Member at ACOA

**55+ can join
for \$18 annually!**

Our Activity Center for Older Adults is a place for 55+ to gather for educational and recreational activities or to socialize.

For complete details, please
call 219-326-5354 or email
seniorcenter@cityoflaportein.gov.

ACOA Center Hours

Mon 9 a.m. – 4 p.m.
Tue 11:30 a.m. – 4 p.m.
Wed 9 a.m. – 4 p.m.
Thu NOON – 4 p.m.
Fri 9 – 11 a.m.