

# June 2024



## Activity Center for Older Adults

901 Lincolnway, La Porte IN 46350

ph 219-326-5354

email seniorcenter@cityoflaportein.gov

### The Six Dimensions of Wellness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 9am Coffee Hour 10am Exercise 11am Uno 12:30pm Pinochle 1:00pm Mahjong	4 9am Coffee Hour 9am Water Color Painting 12:30pm Pinochle 1pm Board Games	5 <b>Balance Class</b> 9am Coffee Hour 10am Exercise 10am Crafts <b>10:30am Library</b> <b>10:30am Special Craft</b> 12:30pm Euchre 6pm Euchre	6 9am Coffee Hour 11am Understanding Dementia 12:30pm Golf Cards 1pm Bunco/LRC 1pm Bridge Club	7 9am Coffee Hour 10am Exercise <b>11am Wii Bowling &amp; Lunch</b>	8
9	10 9am Coffee Hour w/ Cole 10am Exercise 11am Uno 12:30pm Pinochle 1:00pm Mahjong	11 9am Coffee Hour 9am Water Color Painting 12:30pm Pinochle 1pm Board Games	12 <b>Balance Class</b> 9am Coffee Hour 10am Exercise <b>10am-2pm Senior Fair at VFW</b> 12:30pm Euchre	13 9am Coffee Hour 12:30pm Golf Cards 1pm Bunco/LRC 1pm Bridge Club	14 9am Coffee Hour 10am Exercise	
16 	17 9am Coffee Hour 10am Exercise 11am Uno 12:30pm Pinochle 1:00pm Mahjong	18 9am Coffee Hour 9am Water Color Painting 12:30pm Pinochle 1pm Board Games	19 <b>Closed</b> 	20 9am Coffee Hour 11am VNA Games 12:30pm Golf Cards 1pm Bridge Club 1pm Bunco/LRC	21 9am Coffee Hour 10am Exercise <b>2pm Movie Book Club &amp; Popcorn</b>	22
23	24 9am Coffee Hour 10am Exercise 10:30am IT Support 11am Uno 12:30pm Pinochle 1:00pm Mahjong	25 9am Coffee Hour 9am Water Color Painting 12:30pm Pinochle 1pm Board Games	26 9am Coffee Hour 10am Exercise 10am Crafts 12:30pm Euchre 6pm Euchre	27 9am Coffee Hour 12:30pm Golf Cards 1pm Bunco/LRC 1pm Bridge Club	28 9am Coffee Hour 10am Exercise	29
30	1	<b>Hours</b> Mon 9am – 4pm Tue 9am – 4pm Wed 9am – 8:30pm Thu 9am – 4pm Fri 9am – 11am		<b>Groups</b> Board Games 2nd & 4th Monday of the month Bridge — Thu Bunco/LRC — Thu Crafts — Wed Euchre — Wed aft/eve		<b>Exercise</b> — Mon, Wed, Fri <b>Mahjong</b> — Mon <b>Pinochle</b> — Mon & Tue <b>Uno</b> 1st & 3rd Monday of the month <b>Wii Bowling</b> — 1st Friday of the month