

FOODIE TUESDAYS

UNITY PARK TUESDAYS MAY 27-AUGUST 26

10:30 a.m.
to
2:30 p.m.
Unity Park



THE ACTIVITY CENTER FOR OLDER ADULTS PRESENTS:

A Gallery of
Lifestyle & Health:
Expo for Older Adults & Caregivers

October 1 | 9 a.m. - 3 p.m.
at the Civic Auditorium
1001 Ridge St | La Porte, IN



SAVE THE DATE

August Vendors:

8/5: Jalapeno Grill

8/12: Tocayo's

8/16: Fire Truck No. 5

8/26: Moe's Fresh Mediterranean

Nutrition for Seniors Workshop

August 21

Noon

Join us to learn why hydration
becomes more essential with age.
Explore practical tips to stay
hydrated.



Happy Birthday

- 4 Cindy Fischer
- 6 Debbie Craig & James Johnson
- 8 Debbie Conner
- 10 Bonnie Olson
- 11 Sharon Raven
- 14 Mary Keenan & Rebecca York
- 16 Marilyn Shells
- 18 Sandra Karnavas
- 22 Mary Shores
- 23 Doug Deau & Bev Warfield
- 24 Pat Watkins
- 25 Lori Born
- 26 Danita Miller
- 29 Janet Gourley
- 30 Mary Grott & Debbie Palm

Free Blood Pressure Screenings

KNOW YOUR NUMBERS!

No appointment necessary.

August 27 beginning at 10:30 a.m.



Free Massage Therapy

August 29
9 a.m.

A licensed and certified therapist will
perform FREE 10-minute table or
chair massages.

No appointment necessary.

Welcome NEW MEMBERS

Virginia Gillis
Ann Pietruszka