



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

New YMCA Program Invites Adults to Say “Game On!”

Northbrook, IL: May 2016 – Nothing brings people together like a little friendly competition around a game table. Fans of Gin Rummy, Scrabble, Yahtzee, and other classic games can meet new playing partners at the North Suburban YMCA’s free Fun & Games Day weekly event. Every Tuesday beginning June 7, adults are invited to drop in for a game or two between 10:00 and 11:00am.

“Games are fantastic for adults and seniors on so many levels,” notes Karen Brownlee, Adult Services Coordinator at the Y. “They provide a wonderful opportunity to meet new friends and stay socially connected. Games also challenge us mentally, which contributes to maintaining brain health as we age. So we get to do something that’s good for us, and have fun at the same time.”

Fun & Games Day is free and open to the public at the Y, located at 2705 Techny Road in Northbrook. The Y will have an assortment of board games, dice games, and playing cards available at each session. Participants are also encouraged to bring their own games and to teach others how to play. For information about this and other adult programs offered at the North Suburban YMCA, visit www.nsymca.org or contact Karen Brownlee, kbrownlee@nsymca.org or 847 272 7250.



Photo Caption: Adults can make social connections and enjoy their favorite classic games at the North Suburban YMCA's new "Fun & Games Day" events every Tuesday morning.

About the North Suburban YMCA

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Kim Nyren at 847-272-7250 or knyren@nsymca.org, or visit www.nsymca.org.