



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APRIL 2018 SENIOR CENTER HAPPENINGS

Senior of the Month:
Suzy Carmichael



DUNELAND FAMILY YMCA

The Senior Center is open Monday, Wednesday, and Friday every week from 10:15am–2:00pm. Make friends and have fun! Bring a friend along for a total body workout including cardio (walking, marching, and dancing) strengthening using bands, balls, weights and wall exercise while standing or sitting.

Weekly Fitness Activities:

- Mondays/Wednesdays/Fridays– Building Fit Friends @ 10:30am
- Tuesdays/Thursdays– Silver Sneakers @ 10:30am & Silver Sneakers Cardio Circuit @ 11:30am
- Fridays–Silver Sneakers @ 12:00pm

Senior Special Events:

- Monday, April 2nd @ 11:45am; Drawing fun with Richard Church. Bring a lunch.
- Wednesday, April 4th @ 11:45am; Story Point gives tours of models, lunch, and games.
- Fridays, April 6th, 13th, 20th, and 27th @ 11:45am; Bingo–Prizes donated by Chesterton Manor and Story Point of Chesterton.
- Monday, April 9th, 16th, & 30th @ 11:45am; Movie Day–bring a lunch.
- Wednesday, April 11th @ 11:45am; Symphony of Chesterton hosts lunch and Mexican Train Game.
- Thursday, April 19th @ 12:00pm; Senior Potluck Luncheon–bring a dish to share. Tent Harris Ascent Hearing Center.
- Wednesday April 18th @ 11:45am; Lunch trip to Cappo's; Transportation by C.U.M.C.
- Monday, April 23rd @ 11:45am; Book Review. Lunch contributions from Strack and Van Til of Chesterton.
- Wednesday, April 25th @ 11:45am; Addison Pointe of Chesterton lunch & Mexican Train..



Duneland Family YMCA is a
United Way of Porter County
Partner Agency