



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECEMBER 2017 SENIOR CENTER HAPPENINGS



DUNELAND FAMILY YMCA

The Senior Center is open Monday, Wednesday, and Friday every week from 10:15am-2:00pm. Make friends and have fun! This month we are celebrating Building Fit Friends! 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:

- Fridays, December 1st, 8th, 15th, 22nd and 29th @ 11:45am; Bingo-Prizes donated by Chesterton Manor and Story Point of Chesterton.
- Mondays, December 4th and 18th @ 11:45am; Movie Day-bring a lunch.
- Monday, December 11th @ 11:45am; Drawing fun with Richard Church. Lunch contributions from Strack and Van Till of Chesterton.
- Wednesday, December 13th @ 11:45am; Symphony of Chesterton hosts lunch and Mexican Train Game.
- Wednesday December 20th @ 11:45pm; Trip to Round the Clock in Chesterton; drive ourselves.
- Thursday, December 21st @ 12:00pm; Senior Potluck Luncheon-bring a dish to share. Sing-a-long with "Gift of Song."
- CLOSED; Monday, December 25th—Merry Christmas!
- Wednesday, December 27th @ 11:45am; Addison Pointe of Chesterton lunch & Mexican Train Game.



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