



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JANUARY 2018 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! 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:

- YMCA is CLOSED on Sunday, December 31st and January 1st, 2018—Happy New Years!!!
- Fridays, January 5th, 12th, 19th and 26th @ 11:45am; Bingo-Prizes donated by Chesterton Manor and Story Point of Chesterton.
- Monday, January 8th @ 11:45am; Drawing fun with Richard Church. Lunch contributions from Strack and Van Till of Chesterton.
- Mondays, January 15th, 22nd and 29th @ 11:45am; Movie Day-bring a lunch.
- Wednesday, January 10th @ 11:45am; Symphony of Chesterton hosts lunch and Mexican Train Game.
- Wednesday January 17th @ 11:45am; Trip to Gino's Steak House in Chesterton; drive ourselves.
- Thursday, January 18th @ 12:00pm; Senior Potluck Luncheon-bring a dish to share. Presentation on Healthy Eating for the New Year by Lucy Cole, RD of Franciscan. Also, Celebrating Marguerite Domsic's 101st Birthday with a cake donated by Symphony of Chesterton!
- Wednesday, January 31st @ 11:45am; Addison Pointe of Chesterton lunch & Mexican Train Game.



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