



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2017 SENIOR CENTER HAPPENINGS

**Margarite Domsic
turns 100!!!**



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
- Tuesdays/Thursdays– Zumba Gold @ 12:45pm-1:45pm
- Fridays– Silver Sneakers @ 12:00pm

Senior Special Events:

- Monday, January 2nd @ 11:45am; Drawing Fun with Richard Church. Lunch contributions from Strack & Van Til of Chesterton.
- Wednesdays, January 4th & 18th @ 11:45am; Mexican Train Domino Game at the Y.
- Fridays, January 6th, 13th, 20th, & 27th @ 11:45am; Bingo—Prizes donated by Chesterton Manor & Walgreens of Chesterton!
- Mondays, January 9th, 16th, 23rd, & 30th @ 11:45 am; Movie Day—Bring a lunch!
- Wednesday, January 11th @ 11:45am; Sunrise Restaurant Lunch.
- Thursday, January 19th @ 12:00pm; Senior Potluck Luncheon—bring a dish to share. Celebrating January Birthdays!!
- Wednesday, January 25th @ 11:45am; Addison Pointe of Chesterton hosts lunch and Mexican Train Game.