



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUNE 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:

- Monday, June 19th & 26th @ 11:45am; Movie Day-bring a lunch.
- Wednesday, June 14th @ 11:45am; Mexican Train Game at the Duneland Y. Prizes donated by the Chesterton Wendy's!
- Fridays, June 2nd, 9th, 16th, 23rd & 30th @ 11:45am; Bingo-Prizes donated by Chesterton Manor and Walgreens of Chesterton.
- Monday, June 5th @ 11:45am; Book review. Lunch contributions from Strack and Van Til of Chesterton.
- Wednesday, June 7th @ 11:45am; The Port Drive-In lunch trip.
- Monday, June 12th @ 11:45am; Drawing fun with Richard Church.
- Thursday, June 15th @ 12:00pm; Senior Potluck Luncheon-bring a dish to share. Presentation by Kurt Stump of Humana on current scams.
- Wednesday, June 21st @ 11:45am; Symphony of Chesterton hosts lunch and Mexican Train Game.
- Wednesday, June 28th @ 11:45am; Addison Pointe of Chesterton hosts lunch & Mexican Train Game.