



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FEBRUARY 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:

- Fridays, February 2nd, 9th, and 16th @ 11:45am; Bingo–Prizes donated by Chesterton Manor and Story Point of Chesterton.
- Monday, February 5th @ 11:45am; Drawing fun with Richard Church. Bring a lunch.
- Wednesday, February 7th @ 11:45am; Symphony of Chesterton hosts lunch and Mexican Train Game.
- Monday, February 12th @ 11:45am; Book Review. Lunch contributions from Strack and Van Til of Chesterton.
- Wednesday February 14th @ 11:45am; Valentine’s Day lunch at Gastro 49 in Chesterton; drive ourselves.
- Thursday, February 15th @ 12:00pm; Senior Potluck Luncheon–bring a dish to share. Presentation on Heart Health in the New Year by Franciscan Health.
- Monday, February 26th @ 11:45am; Movie Day–bring a lunch.
- Wednesday, February 28th @ 11:45am; Addison Pointe of Chesterton lunch & Mexican Train Game.



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