



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY 2018 SENIOR CENTER HAPPENINGS

DUNELAND FAMILY YMCA

The Senior Center is open Monday, Wednesday and Friday every week from 10:15am to 2:00pm. Make friends and have fun!

SENIOR
OF
THE
MONTH



MARGIE SCHULTZ

Weekly Fitness Activities:

- Mondays/Wednesdays/Fridays– Building Fit Friends @ 10:30am
- Tuesdays/Thursdays– Silver Sneakers @ 10:30am & Silver Sneakers Cardio Circuit @ 11:30am

Senior Special Events:

- Monday, July 2 @ 11:45am: Drawing fun with Richard Church. Bring a lunch.
- **CLOSED on Wednesday, July 4—Happy 4th of July!!!**
- Friday, July 6, 13, 20 & 27 @ 11:45am: Bingo–Prizes donated by Chesterton Manor & StoryPoint of Chesterton.
- Monday, July 9, 23 & 30 @ 11:45am: Movie Day—Bring a lunch!
- Wednesday, July 11 @ 11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- Thursday, July 12 @ 1:30pm: Music by Flashbacks at the Brown Mansion.
- Monday, July 16 @ 11:45am: Book Review. Lunch provided by Strack & Van Til of Chesterton.
- Wednesday, July 18 @ 11:45am: Lunch trip to Redamak's Restaurant in New Buffalo. Transportation provided by Chesterton United Methodist Church.
- Thursday, July 19 @ 12:00pm: Senior Potluck Luncheon - bring a dish to share. Presentation: Eye Care by Dr. Dabkowski, Franciscan.
- Wednesday, July 25 @ 11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game.



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