



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 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!



Weekly Fitness Activities:

- Mondays/Wednesdays/Fridays—Y B Fit @ 7:45am
- 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
- (NEW CLASS!) Silver Sneakers BOOM—Thursdays @ 4pm & Fridays @ 1:15pm

Senior Special Events:

- Friday, November 2nd, 9th, 16th and 30th @ 11:45am: Bingo – Prizes donated by Story Point of Chesterton.
- Monday, November 5th @ 11:45am: Book Review. Lunch provided by Strack & Van Til of Chesterton.
- Wednesday, November 7th @ 11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- Monday, November 12 @ 11:45am: Drawing fun with Richard Church. Bring a lunch.
- Wednesday, November 14th @ 11:45am: Lunch trip to Olive Garden. Transportation provided by Chesterton United Methodist Church and Addison Pointe.
- Thursday, November 15th @ 12:00pm: Senior Potluck Luncheon. Bring a dish to share. Presentation by String-Along Stars and Stripes. Treats by Story Point of Chesterton.
- Monday, November 19th and 26th @ 11:45am: Movie Day – Bring a lunch.
- Wednesday, November 21st @ 11:45am: Mexican Train Game at the Y. Prizes provided by Chesterton Wendy's.
- Thursday, November 22nd: Closed – Happy Thanksgiving!
- Wednesday, November 28th @ 11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game.



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