



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 2018 SENIOR CENTER

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

Senior Special Events:

- Closed on Monday, September 3rd: Happy Labor Day!
- Wednesday, September 5th @11:45am: Mexican Train Game at the Y. Prizes donated by Chesterton Wendy's.
- Friday, September 7th, 14th, 21st, and 28th @11:45am: Bingo–Prizes donated by Chesterton Manor & Story Point of Chesterton.
- Monday, September 10th @11:45am: Book Review. Lunch provided by Strack & Van Til of Chesterton.
- Wednesday, September 12th @11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- Monday, September 17th @11:45am: Drawing fun with Richard Church. Bring a lunch.
- Wednesday, September 19th @11:45am: Lunch trip to Stray Dog Bar & Grill. Transportation provided by Chesterton United Methodist Church and Addison Pointe.
- Thursday, September 20th @12:00pm: Senior Potluck Luncheon. Bring a dish to share. Presentation by Franciscan Health.
- Monday, September 24th @11:45am: Movie Day—Bring a lunch.
- Wednesday, September 26th @11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game.



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