

APRIL 2019 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! **When Chesterton Schools are closed due to weather, only the Senior Center activities and Building Fit Friends class will be cancelled.**

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
- Silver Sneakers BOOM—Thursdays @ 4pm & Fridays @ 1:15pm

Senior Special Events:

- Monday, April 1st @ 11:45am: Drawing fun with Richard Church. Bring a lunch. Materials are provided.
- Wednesday, April 3rd @ 11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- Fridays, April 5th, 12th, 19th, and 26th @ 11:45am: Bingo—prizes donated by Story Point of Chesterton, Residences at Coffee Creek, and Walgreens of Chesterton.
- Monday, April 8th @ 11:45am: Book Review. Lunch provided by Strack & Van Til of Chesterton.
- Thursdays in April: No practice for Duneland Y Singers.
- Wednesday, April 10th @ 11:45am: Lunch trip to Namaste India in Chesterton.
- Mondays, April 15th, 22nd, & 29th @ 11:45am: Movie Day—Bring a lunch!
- Wednesday, April 17th @ 11:45am: Mexican train Game at the Y. Bring a lunch.
- Thursday, April 18th @ 12:00pm: Senior Potluck Luncheon—bring a dish to share. Presentation by Susan “The Foot Care Nurse”.
- Friday, April 19th @ 2:00pm: Duneland Senior Y preform at Chesterton Manor
- Wednesday, April 24th @ 11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game. Duneland Y Singers perform at Residences of Coffee Creek @ 2:30pm.
- Thursday, April 25th @ 2:30: Duneland Y Singers perform at Life Care of Valparaiso.