

# MARCH 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:

- Fridays, March. 1st, 8th, 15th, 22nd and 29th @ 11:45am: Bingo—prizes donated by Story Point of Chesterton, Residences at Coffee Creek, and Walgreens of Chesterton.
- Monday, March 4th @ 11:45am: Drawing fun with Richard Church. Bring a lunch. Materials are provided.
- Wednesday, March 13th @ 11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- \*NEW\* Thursdays, March 7th, 14th, 21st, and 28th @ 2:30pm: Duneland Senior Singers. Everyone is welcome to join! We meet in the Senior Center or the Community Room.
- Monday, March 11th @ 11:45am: Book Review. Lunch provided by Strack & Van Til of Chesterton.
- Wednesday, March 6th @ 11:45am: Lunch trip to Martinis in Valparaiso. Transportation will be provided by Chesterton United Methodist Church.
- Mondays, March 18th and 25th @ 11:45am: Movie Day—Bring a lunch!
- Wednesday, March 20th @ 11:45am: Mexican Train Game at the Y. Bring a lunch.
- Thursday, March 21st @ 12:00pm: Senior Potluck Luncheon—bring a dish to share. Presentation by Chesterton Police Department/Chief Dave Cincoski.
- Wednesday, March 27th @ 11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game.