

APRIL 2020 SENIOR CENTER HAPPENINGS

DUNELAND FAMILY YMCA

The Senior Center is open Monday, Wednesday, and Friday every week from 11:15am 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
- Wednesdays - Line Dancing @ 10:30am in the Gym
- Fridays - Silver Sneakers @ 12:00pm *(No class on the 3rd Friday of each month)*

Senior Special Events:

- Wednesday, April 1st @ 11:45am: Lunch and Games at Chesterton Round The Clock.
- Fridays, April 3rd, 10th, 17th, and 24th @ 11:45am: Bingo — prizes donated by Story Point of Chesterton, Residences at Coffee Creek, and Symphony of Chesterton.
- Mondays, April 6th @ 11:45am: Art fun with Ashley. Materials are provided. Lunch provided by Strack & Van Til.
- Wednesday, April 8th @ 11:45am: Symphony of Chesterton hosts lunch and Mexican Train Game.
- Mondays, April 13th and 27th @ 11:45am: Mexican Train Game — bring a lunch.
- Wednesday, April 15th @ 11:45am: Mexican Train Game at the Y. Bring a lunch.
- Thursday, April 16th @ 12:00pm: Senior Potluck Luncheon — bring a dish to share. Presentation by Daniel Hatch: Password information!
- Monday, April 20th @ 11:45am: Movie day — bring a lunch.
- Wednesday, April 22nd @ 11:45am Lunch trip to Red Robin. Tour Opportunity Enterprises. Transportation provided by Chesterton United Methodist Church.