



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 2019 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 @ 10:45am
- Mondays/Wednesdays - Yoga Gentle Stretch @ 10:00am in the Senior Center
- Tuesdays/Thursdays— Silver Sneakers @ 10:30am & Silver Sneakers Cardio Circuit @ 11:30am
- Wednesdays - Line Dancing @ 10:00am
- Fridays – Silver Sneakers @ 12:00pm *(No Class on the 3rd Friday of each month)*

Senior Special Events:

- Monday, September 2nd: CLOSED. HAPPY LABOR DAY!
- Wednesday, September 4th @ 11:50am: Lunch trip to Tate's Place and tour of B. Nutty. Transportation provided by United Methodist and Addison Pointe of Chesterton.
- Thursday, September 5th, 12th, 19th & 26th @ 2pm: Duneland Y Singers Practice.
- Fridays, September 6th, 13th, 20th, & 27th @ 12:00pm: Bingo—prizes donated by Journey Senior Living of Valpo, and Walgreens of Chesterton.
- Monday, September 9th @ 12:00pm: Drawing fun with Richard. Bring a lunch. Materials provided.
- Wednesday, September 11th @ 11:55am: Mexican Train Game. Bring a lunch.
- Monday, September 16th @ 11:55am: Book review. Lunch provided by Strack & Van Til of Chesterton.
- Wednesday, September 18th @ 12pm: Lunch and Games at the Y. Hosted by Chesterton physical Therapy.
- Thursday, September 19th @ 12pm: Senior Potluck Luncheon — bring a dish to share. Presentation: Honor Flight
- Monday, September 23rd @ 12pm: Lunch and games at the Y. Hosted by Rittenhouse Senior Living of Portage and Valparaiso.
- Wednesday, September 25th @ 12pm: Addison Pointe of Chesterton provides lunch and Hosts Mexican Train Game.
- Monday, September 30th @ 12pm: Movie Day. Bring a lunch.



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