



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# APRIL 2021 SENIOR CENTER HAPPENINGS

DUNELAND FAMILY YMCA



The Senior Center is open Monday 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/Senior Center
- Mondays/Wednesdays/Fridays – Building Fit Friends @ 10:30am/SC or Gym
- Tuesdays/Thursdays – Silver Sneakers @ 10:30am/Gym
- Wednesdays - Line Dancing @ 9:00/Fitness Room

**20 max per class, first come, first serve.**

## Senior Special Events:

- Friday, April 2nd, 9th, 23rd, & 30th @ 11:45am: Bingo! Bingo! Bingo!
- Monday, April 5th @ 11:45am: Arts & Crafts Fun With Michele — Materials will be provided. Lunch provided by Strack & Van til.
- Monday, April 12th & 26th @ 11:45am: Mexican Train Game at the Y. Bring a lunch.
- Wednesday, April 14th @ 11:45am: Lunch trip to Suzie's Café in Valpo. Transportation provided by Chesterton United Methodist Church.
- Friday, April 16th @ 11:45am: **Spring Fling Bingo Party!** Lunch and prizes provided by Story Point.
- Monday, April 19th @ 11:45am: Movie Day — bring a lunch! Movie: Bridesmaids.



Thank you to Comfort Keepers and Addison Pointe for donating all prizes for April 2021. Thank you to Strack & Van Til for providing lunch on Art Day!



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