



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER 2021 SENIOR CENTER HAPPENINGS

The Senior Center is open Monday and Friday every week from 11:15am to 2:00pm. Make friends and have fun!

WEEKLY FITNESS ACTIVITIES:

- **Y-B Fit**
Monday/Wednesday/Friday
7:45am (Senior Center)
- **Building Fit Friends**
Monday/Wednesday/Friday
10:30am (Fitness Room)
- **Silver Sneakers**
Tuesday/Thursday
10:30 am (Fitness Room)
- **Senior Dance**
Monday @ 12:30 pm
(Fitness Room)

For more information, contact
Carla Patino at 219-926-4204
or cpatino@dunelandymca.org



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

OCTOBER SPECIAL EVENTS:

- **Bingo**
Fridays: October 1, 8, 15, & 22 @ 11:45am
- **Arts & Crafts Fun with Michele** - Lunch provided by Strack & Van Til. Materials provided by Southshore Arts
Monday, October 4 @ 11:45 am
- **Lunch Picnic at Sunset Hill Farm County Park** - Illiana Garden Railway Society. Lunch provided by VNA Medical Guardian
Wednesday, October 6 @ 11:45 am. Transportation will not be provided. Drive or carpool ourselves.
- **Birthday Bingo Party at StoryPoint**
Friday, October 8 @ 11:45 am
- **Franciscan Dietician: Lunch and Presentation** - Lunch, goody bags, and blood pressure checks. **REGISTRATION REQUIRED:** Register for the program at the front desk
Monday, October 11 @ 12:00 pm
- **Lunch trip to Gambas Merrillville** - Transportation by United Methodist Church.
Wednesday, October 13 @ 11:45 am
- **Mexican Train Game at the Y** - Lunch provided.
Monday, October 18 @ 11:45 am
- **Potluck Lunch** - Bring a dish to share! Presentation by: Brookdale Senior Living/Homecare Hospice.
Thursday, October 21 @ 12:00 pm
- **Movie Day at the Y** - Lunch provided
Monday, October 25 @ 11:45 am
- **Mexican Train Game at the Y** - hosted by Chesterton Manor. Lunch and prizes!
Wednesday, October 27 @ 11:45 am
- **Halloween Party and Bingo at the Y** - hosted by Addison Pointe. Lunch and prizes provided. Wear your costume!

Thank you to Story Point, Symphony of Chesterton, Addison Pointe, & Chesterton Manor for donating all prizes for October 2021. Also Strack & Van Til for lunch on Art Day!

DUNELAND FAMILY YMCA

215 Roosevelt St. Chesterton, IN 46304

P: (219) 926 4204 W: www.dunelandymca.org