



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JANUARY 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:

- **Tuesday, Jan 1st: Closed—Happy New Year!**
- Wednesdays, Jan 2nd & 16th @ 11:45am: Mexican Train Game at the Y. Bring a lunch. Prizes donated by Chesterton Wendy's.
- \*NEW\* Thursdays, January 3rd, 10th, 17th, and 24th; @ 2:30pm: **Duneland Y Singers**  
**Everyone is welcome to join— We meet in the Senior Center or the Community Room.**
- Fridays, Jan 4th, 11th, 18th, and 25th @ 11:45am: Bingo—prizes donated by Story Point of Chesterton, Residences at Coffee Creek, and Chesterton Walgreens.
- Monday, Jan 7th @ 11:45am: Drawing fun with Richard Church. Lunch provided by Chesterton Strack & Van Til.
- Wednesday, Jan 9th @ 11:45am: Symphony of Chesterton hosts lunch & Mexican Train Game.
- Mondays, Jan 14th, 21st, & 28th @ 11:45am: Movie Day—Bring a lunch!
- Thursday, Jan 17th @ 12:00pm: Senior Potluck Luncheon—bring a dish to share. **Celebrating Marguerite Domsic's 102<sup>nd</sup> birthday.** Cake provided by Symphony of Chesterton. Duneland Y Singers perform.
- Wednesday, Jan 23rd @ 11:45am: Lunch trip to Wagner's Ribs. Drive ourselves.
- Wednesday, Jan 30th @ 11:45am: Addison Pointe of Chesterton provides lunch & hosts Mexican Train Game.



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