

DECEMBER

2024

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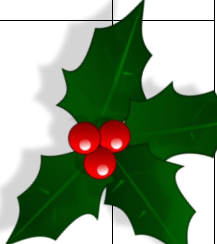
ARNOLD F. HABIG COMMUNITY CENTER

ACTIVITIES FOR 55+

1301 St. Charles Street, Jasper, IN 47546
 812-482-4455 • www.jasperindiana.gov

Facebook: Jasper Park and Recreation Department

Hours: Monday-Friday, 8:00am-4:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CENTER CLOSED	2 8:45 Golden Go 9:45 Senior Strong 6:00pm-Line dancing \$10 payable at the door 3:00 RSVP due for Catered meal	3 12:00 BINGO	4 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 11:30—1:00 Center and offices closed	5 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	6 10:00 Singing Seniors at Brookside 10:00 Chair Yoga 12:30 Hand & Foot	7
8 CENTER CLOSED	9 8:45 Golden Go 9:45 Senior Strong 6:00pm-Line dancing \$10 payable at the door	10 12:00 Christmas Catered meal 	11 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Texas Hold'em	12 8:45 Golden Go 9:45 Bands & Flow 12:30 Rum Tourney	13 9:45 LEAVE FOR DERBY DINNER 10:00 Singing Seniors at MHHCC 10:00 Chair Yoga	14
15 CENTER CLOSED	16 8:45 Golden Go 9:45 Senior Strong 6:00pm-Line dancing \$10 payable at the door	17 12:00 BINGO	18 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Pay Me	19 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	20 10:00 Singing Seniors practice 10:00 Chair Yoga 12:30 Horse Racing game	21
22 CENTER CLOSED	23 8:45 Golden Go 9:45 Senior Strong 10:45 Chair Yoga	24 CENTER CLOSED 	25 CENTER CLOSED	26 No exercise classes 12:30 Hand & Foot	27 No exercise classes 12:30 Sky Jo	28
29 CENTER CLOSED	30 8:45 Golden Go 9:45 Senior Strong 12:30 Phase 10	31 CENTER CLOSED 	1 CENTER CLOSED			

CENTER HOURS

Monday—Friday

8:00am-4:00pm

Health and safety are top priority.

Safety precautions include:

Please utilize the banquet room entry door to sign-in. If you are coming to use the exercise room, please sign in the book to help us track numbers.

We kindly request you do not rearrange tables.

If you are not feeling well—please STAY home.

Please be aware that our calendar is subject to change at a moment's notice. We will share via local news and Facebook under the Jasper Park and Recreation Department page.



INCLEMENT WEATHER

If Jasper schools are on a two-hour delay or cancelled due to inclement weather, all morning activities at the Older Americans Center will be cancelled. Please call as usual for afternoon activities. Listen to WITZ or WBDC for cancellation information.

BOOKS & PUZZLES

We have a great selection of books (Habig Room) and puzzles (Computer Room) to borrow. Please return to the shelf when done.

Your generous donations have filled our shelves! We are unable to take donations at this time.

EXERCISE ROOM

Available Monday—Friday from 8am-4pm. Please be considerate by wiping your machine following use.



WALKING

The mulched, outside walking trail is open (1 lap = 1/3 mile). The banquet room is open for walking outside of exercise class times (25 laps = 1 mile).

ALSO AVAILABLE

- **CARD TABLES:** Available for individual groups
- **Computers/ Wi-Fi:** Available for personal use
- **POOL, PING PONG AND BUMPER POOL TABLES:** Open in the card room downstairs. Not available Monday mornings, Thursday afternoons or Friday mornings.
- **TECHNOLOGY ASSISTANCE:** Ryan will be available on Wednesdays from 9-10:30am.



Bingo is played in the banquet room. Cost is \$1.00 per card plus \$0.50 for two special games. We will begin collecting money at 11:30am.

We ask you to keep bills to \$5 and under. We pay out 100% and do not have change. Please bring a sweater as it may be chilly. Car pool as much as possible.

CARD TOURNEYS

*Please sign-up by **10:00am** the morning of the tourney.

CINCH December 5th

RUM December 12th

EUCHRE December 19th

Tourneys begin at 12:30pm in the basement card room. Entry fee is \$1.00. All money is distributed to 1st, 2nd & 3rd place.

CATERED MEAL

Join us for our Christmas themed meal on **Tuesday, December 10th at Noon as Arnies Catering** will prepare fried chicken, German fries, green beans, 7 layer salad, dinner rolls and unsweet tea or water. Cost is \$11.00 and will be collected at the door. We will have door prizes as well. **Reservations are due by 3pm on Monday, December 2nd. Late reservations cannot be guaranteed, caterers require a head count 2 weeks prior.**



*If you made a reservation and cannot attend, we ask that you find a replacement or pay for your meal if it is after the RSVP deadline. We can make a "to go" if needed. To Go orders are made after everyone goes through line. ***Please carpool as much as possible, as parking is limited.***

GAMES

*Please sign-up by **10:00am** the day you plan to play. We welcome new players!

- **DOMINOES:** The Mexican Train version will be played.
- **HAND AND FOOT:** A two-handed game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck.
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers.
- **HORSE RACING:** A simple card game of luck and fun! \$1.00 to enter and played with chips. Winner receives the entry fees.
- **PHASE-10:** Complete all ten phases of this fun and easy-to-learn card game before your opponents.
- **RUMMIKUB:** An enjoyable game described as a mix of Mah Jongg and Rummy.
- **SKIP-BO:** Play all the cards in your stock pile first to win the game, and earn points for winning.
- **SKYJO:** This is a simple, fun game to learn and play. Flip and exchange your cards to try to collect the least amount of points.
- **TRIOLEY:** This fun game is a mix of Hearts, Poker, and Michigan Rummy.
- **TEXAS HOLD'EM:** Who will have the lucky hand? A \$1.00 charge to play, and the winner receives the entry fees!
- **SEQUENCE:** Use cards to place markers and connect a series of matching straight lines on the board or sequences!
- **SEVENS:** A fun card game that incorporates domino style play!

EXERCISE CLASSES

- **CHAIR YOGA:** All are welcome in this gentle yoga class. We practice poses seated in a chair and standing. It provides an opportunity to build muscular endurance and increase flexibility in a calming, peaceful manner.
- **YOGA & YOGA FLOW:** In this beginner-style yoga class, we practice poses while lying down, standing, and seated on the floor. It provides an opportunity to build strength and endurance, enhance flexibility and balance and promote relaxation. *Please bring your yoga mat. 
- **GOLDEN GO:** This class is designed to offer a mixture of lower level chair exercises to specifically support strength, flexibility, and balance. 
- **SENIOR STRONG:** For more of a challenge, this class consists of low impact aerobics and resistance exercises to boost heart health and improve strength and endurance.
- **BANDS & FLOW:** This class will utilize exercise bands and body weight strength exercises. Yoga poses will flow into the session, as the focus will be placed on muscular endurance, flexibility, and balance. *Exercises will be conducted standing or in a chair (no floor exercises).

MONTHLY RECIPE

Apple Salad

- 2 Honeycrisp apples, cored and chopped
- 2 celery stalks, chopped
- 1 cup red grapes, halved
- 1/2 cup pecans, chopped
- 1/2 cup dried cranberries
- 1/4 cup mayonnaise
- 2 tbs honey
- 1 tbs lemon juice
- Salt and pepper to taste

In large bowl, combine apples, celery, grapes pecans and cranberries.

Dressing:

In small bowl, whisk together the mayonnaise, honey, lemon juice, salt and pepper.

Pour dressing over salad and toss to coat evenly. Serve immediately or refrigerate for later.



TRIPS

ALL TRIPS AND ACTIVITIES ARE FOR DUBOIS COUNTY RESIDENTS AGE 55 AND OLDER.

- When signing up for trips, only four individuals per sign-up.
- There is a \$25.00 charge for all returned checks.
- We cannot guarantee a refund if you must cancel your reservation.
- All trips will leave from the Schroeder Soccer Complex near IGA in Jasper. Please park in the far east side of the lot.

Friday, December 13th- Derby Dinner

A Wonderful Life! “This uplifting story follows the extraordinary lives of ordinary people and celebrates the innate goodness in us all. A holiday must!” **Sign ups were in November.** Tip for driver is not included and will be on your own. We are taking 1 bus. We will leave Schroeder Soccer Complex (end closest to Clay Street) at 9:45am and should return by 5:30 pm.

We will not be doing a trip in Jan/Feb due to the uncertainty of the weather.

2025 Newsletter Mailing

Please get with the front desk if you would like the newsletter mailed to your house. It's \$9.00 for the year.



Carie, Dana, Renee, Kaci, Bibi,
and the
Jasper Park & Recreation
Department Staff

SINGING SENIORS



Will be at Brookside Village on Friday, December 6th at 10:00am. They will also be at MHHCC on Friday December 13th at 10am. They practice Fridays at 10 am at the Habig Center. If you'd like more information about joining them, stop by a practice!



Group Fitness Classes

Looking for additional exercise classes? These are being held in the basement of the Habig Center! For more information including cost, contact Jill Wigand with Fit Together at 812-309-1879 or check out her Facebook page!

MONDAY 5:10AM FIT60	TUESDAY 6:00PM FIT60	WEDNESDAY 5:10AM METKONRX; 8PM STEP, STRENGTH & MOBILITY
THURSDAY 6:00PM PUMPIIT	FRIDAY 5:10AM BOOTCAMP	SATURDAY 8AM FIT60

Line Dancing

Jill Wigand will continue to offer line dancing classes in the banquet room on Monday nights. Beginners class is 6:00p-6:30p and intermediate 6:30pm—7:30pm. Cost is \$10.00 per class payable that night. Last class in December is the 16th and classes will resume Jan 6th, 2025.