



January 2025

STAFF

Carie Dick, Director
 Dana Reckelhoff, Community Engagement Coordinator
 Kaci Wehr, OAC Activities Coordinator
 Bibiana Green-OAC Activities Assistant
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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 12:30 Cinch Tourney	3 10:00 Chair Yoga 12:30 Hand & Foot	4
5 CENTER CLOSED	6 8:45 Golden Go 9:45 Senior Strong 1:30 Chair Yoga with Bibi 6:00pm-Line dancing	7 12:00 BINGO	8 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Texas Hold'em	9 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	10 9:00 Floor Yoga ← NEW 10 week floor class! 10:00 Chair Yoga 3:00 RSVP due for Catered meal	11
12 CENTER CLOSED	13 8:45 Golden Go 9:45 Senior Strong 1:30 Chair Yoga 6:00pm-Line dancing	14 12:30 Scrabble 12:30 Tripoley	15 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Mexican Train Dominoes	16 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	17 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Horse Racing game	18
19 CENTER CLOSED	20 CENTER CLOSED 	21 12:00 BINGO	22 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Sky Jo	23 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot	24 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Pay Me	25
26 CENTER CLOSED	27 8:45 Golden Go 9:45 Senior Strong 12:30 Texas Hold'em 6:00pm-Line dancing	28 12:00 Catered meal 12:30 Scrabble	29 8:45 Chair Yoga 9am-3pm Tax appointments 9:45 Yoga 12:30 Tripoley	30 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	31 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Sequence	

CENTER HOURS

Monday—Friday
8:00am-4:00pm

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.



If there are parking spots available, please do not park in the grass.

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. They are not available Monday mornings, Thursday afternoons or Friday mornings.
- **TECHNOLOGY ASSISTANCE:** Ryan will be available on Wednesdays from 9-10:30am. **This will be on hold from January 29th-April 9th due to tax appointments.**



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 January 2nd

RUM January 9th

EUCHRE January 16th

RUM January 30th

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 on **Tuesday, January 28th at 12:00pm** as Sander Catering will prepare beef brisket with bbq sauce, German fries, mac and cheese, tossed salad, baked beans, sliced bread and unsweet tea or water. Cost is \$12.00 and will be collected at the door. **Reservations are due by 3pm on Friday, January 10th. 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).
- **FLOOR YOGA WITH MITCH:** Will be a 10 week steady paced floor class starting Jan. 10th and ending March 14th.

MONTHLY RECIPE

Snoop Doggs Rolls Royce Peanut Butter Chocolate Chip Cookies

- 1 1/2 cups all purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 2 sticks room temperature butter
- 1/2 cup creamy peanut butter
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 2 cups semi sweet chocolate chips

Preheat oven to 375. Stir together flour, baking soda and salt. In large bowl combine butters and sugars until smooth. Stir in egg and vanilla. Gradually stir in flour until combined. Add chocolate chips until combined. Drop by spoonful, on parchment lined baking sheet, about 2 inches apart. Bake 8-10 minutes or golden brown. Let sheets cool 5 minutes before transferring to wire rack to cool.

Recipe excerpted from *From Crook to Cook: Platinum Recipe's from Tha Boss Dogg's Kitchen* by Snoop Dog

CALLING ALL COOKS!

If you have a favorite recipe, and would like to share it in our monthly newsletter, give a copy to Renée. Thank you!

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. (closest to Clay Street/ football field).

We do not offer trips in January and February 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.

**Parks
Make
Life
Better!**

TAX FILING ASSISTANCE

Filing assistance will be available at the Habig Center **by appointment only.**

- Every Wednesday, starting **January 29th and ending April 9th**, from 9:00 a.m. to 3:00 p.m.
- Call the center at 812.482.4455 to **schedule an appointment.**

VOLUNTEERS NEEDED!!

If interested in volunteering for tax filing assistance, please contact Bob at 812-482-9149.



SINGING SENIORS

They will be taking a much deserved break in January and February!

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 8:00PM FIT60	WEDNESDAY 5:10AM METKONRX: 6PM STEP, STRENGTH & MOBILITY
THURSDAY 6:00PM PUMPT	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. Classes will resume Jan 6th, 2025.