

FEBRUARY 2025



STAFF

Carie Dick, Director
 Dana Reckelhoff, Community Engagement Coordinator
 Kaci Wehr, OAC Activities Coordinator
 Bibiana Green-OAC Activities Assistant
 Renée Clesi, Receptionist



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
2 CENTER CLOSED	3 8:45 Golden Go 9:45 Senior Strong 1:30 Chair Yoga 6:00pm-Line dancing pay at the door	4 12:00 BINGO	5 8:45 Chair Yoga 9am-3pm tax appointments 9:45 Yoga 12:30 Texas Hold'em	6 7:30am-Sign up for Derby Dinner 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	7 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Hand & Foot 3:00 RSVP due for Catered meal	8
9 CENTER CLOSED	10 8:45 Golden Go 9:45 Senior Strong 1:30 Chair Yoga 6:00pm-Line dancing pay at the door	11 12:30 Scrabble 12:30 Tripoley	12 8:45 Chair Yoga 9am-3pm tax appointments 9:45 Yoga 12:30 Pay Me	13 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	14 Happy Valentines Day! 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Horse Racing game 	15
16 CENTER CLOSED	17 CENTER CLOSED 	18 12:00 BINGO	19 8:45 Chair Yoga 9am-3pm tax appointments 9:45 Yoga 12:30 Mexican Train Dominoes	20 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	21 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Sequence	22
23 CENTER CLOSED	24 8:45 Golden Go 9:45 Senior Strong 12:30 Texas Hold'em 6:00pm-Line dancing pay at the door	25 12:00 Catered meal 12:30 Scrabble	26 8:45 Chair Yoga 9am-3pm Tax appointments 9:45 Yoga 12:30 Tripoley	27 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot	28 9:00 Floor Yoga 10:00 Chair Yoga 12:30 Pay Me 3:00 Money due for Derby	

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 except Wednesdays thru tax season.
- **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 February 6th

RUM February 13th

EUCHRE February 20th

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, February 25th at 12:00pm** as Catering by Meyer will prepare pecan chicken breast, roasted potatoes, combination salad, green beans, carrots, and yeast rolls. Unsweet tea or water will be available. Cost is \$11.00 and will be collected at the door. **Reservations are due by 3pm on Friday, February 7th. 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

Cappuccino Cheesecake Brownies

(Recipe from Suzanne Neukam)

1 package family size brownie mix
3 tablespoons instant coffee, dry
2/3 cup oil
1/4 cup coffee
2 eggs

Mix and pour into a 9x13 pan. Preheat oven to 325 degrees.

8 ounces cream cheese
2 tablespoons softened butter
1 tablespoon corn starch
1 can sweetened condensed milk
1 egg
1 teaspoon vanilla

Beat together cream cheese, butter and corn starch. Add sweetened condensed milk, egg and vanilla and mix. Pour evenly over brownie mixture.

Bake at 325 degrees for 45-50 minutes.

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.

Wednesday, March 26th

Derby Dinner Playhouse—Urintown-the Musical. “A side-splitting musical comedy about greed, love and revolution, during a time when a 20-year drought led to a government – enforced ban on private toilets. A wickedly funny comedic romp!” We will leave the Schroeder Soccer Complex at 9:45am and return to Jasper by 5:30pm . **Sign-ups will be by phone beginning at 7:30am on Thursday, February 6th.** Cost is \$70 for meal/show and transportation. Money is due by Friday, February 28th. Tip for the bus driver will be on your own.

Wednesday, May 14th

Derby Dinner Playhouse—Singing in the Rain. “Set in Hollywood in the 1920’s, this light hearted and romantic MGM classic is filled with show-stopping dance numbers and memorable music.” We will leave the Schroeder Soccer Complex at 9:45am and return to Jasper by 5:30pm . **Sign-ups will be by phone beginning at 7:30am on Thursday, March 13th.** Cost is \$70 for meal/show and transportation. Money is due by Friday, April 4th. Tip for the bus driver will be on your own.

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.



REMINDER:

The 2 upstairs card rooms will not be available on Wednesdays until April 16th.

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!



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.

**Parks
Make
Life
Better!**