



MARCH 2025

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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
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 Tripoley	6 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	7 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Senior practice 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 Skip-Bo	12 8:45 Chair Yoga 9am-3pm tax appointments 9:45 Yoga 12:30 Texas Hold'em	13 7:30 Sign-up for Derby Dinner 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	14 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors @ Legacy Living 12:30 Horse Racing game	15
16 CENTER CLOSED	17 8:45 Golden Go 9:45 Senior Strong 1:30 Chair Yoga 6:00pm-Line dancing pay at the door	 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 10:00 Singing Senior practice 12:30 Tripoley	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 9:45 Leave for Derby trip 8:45 Chair Yoga 9am-3pm Tax appointments 9:45 Yoga	27 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot	28 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Senior practice 12:30 Pay Me	29
30 CENTER CLOSED	31 8:45 Golden Go 9:45 Senior Strong 1:30 Chair Yoga 6:00pm-Line dancing pay at the door					

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.

 **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 BINGO BINGO

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 March 6th

RUM March 13th

EUCHRE March 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, March 25th at 12:00pm** as Arnie's will prepare fried chicken, German fries, 7 layer salad, green beans and dinner rolls. Unsweet tea or water will be available. Cost is \$10.00 and will be collected at the door. **Reservations are due by 3pm on Friday, March 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

Mint Chocolate Chip Cookies

- 1 cup (2 sticks) butter, softened
- 1 cup granulated sugar, plus more for sprinkling
- 1 large egg
- 1 tsp. peppermint extract
- 2 cups all-purpose flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. kosher salt
- 3/4 cup chopped Andes Mints
- 1/2 cup chocolate chips

Preheat oven to 350° and line two large baking sheets with parchment paper. In a large bowl using a hand mixer, beat butter and sugar until mixture is pale and fluffy. Add egg and peppermint extract and mix until fully combined.

Add flour, baking soda, baking powder, salt and mix until just combined. Fold in chopped Andes and chocolate chips. Using a small cooking scoop, form small balls and place on baking sheets about 2" apart. Sprinkle with sugar.

Bake until cookies are puffed and set, 10 to 12 minutes. Let cool for 10 minutes on baking sheet then transfer to a wire rack to cool completely.

**Parks
Make
Life
Better!**

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).

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 were in February.** Cost is \$70 for meal/show and transportation. Tip for the bus driver will be on your own.

April 2025- Casinos are not returning phone calls, we will make this up in an upcoming month.

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.**

- There are only a few appointments available in April.
- Call the center at 812.482.4455 to **schedule an appointment.**

REMINDER:

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



SINGING SENIORS



Practice on Friday mornings at 10am and visit area nursing homes to sing for the residents. If you'd like to join, stop by a practice and meet with them! They will be at **Legacy Living on Friday, March 14th at 10am.**

Group Fitness Classes

Looking for additional exercise classes? Some 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.