

OCTOBER 2024

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 12:00 BINGO	2 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Skip Bo	3 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	4 10:00 Singing Seniors practice 10:00 Chair Yoga 12:30 Hand & Foot 3:00 RSVP due for catered meal 3:00 Money due for casino	5
6 CENTER CLOSED	7 8:45 Golden Go 9:45 Senior Strong 6:00pm-Line dancing \$10 payable at the door	8 12:30 Scrabble 12:30 Tripoley	9 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Texas Hold'em	10 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	11 10:00 Singing Seniors at The Timbers of Jasper 10:00 Chair Yoga 12:30 Pay Me	12
13 CENTER CLOSED	14 8:45 Golden Go 9:45 Bands and Flow 6:00pm-Line dancing \$10 payable at the door	15 12:00 BINGO	16 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Sky Jo	17 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	18 10:00 Singing Seniors practice 10:00 Chair Yoga 12:30 Tripoley	19
20 CENTER CLOSED	21 8:45 Golden Go 9:45 Senior Strong 6:00pm-Line dancing \$10 payable at the door	22 12:00 Catered Meal 12:30 Scrabble	23 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga	24 8:00 Leave Schroeder for Terre Haute Casino 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot	25 10:00 Singing Seniors practice 10:00 Chair Yoga 12:30 Horse Racing game	26
27 CENTER CLOSED	28 8:45 Golden Go 9:45 Senior Strong 12:30 Texas Hold'em 6:00pm-Line dancing \$10 payable at the door	29 12:00 Halloween BINGO 	30 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Pay Me	31 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney 		

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

**Parks
Make
Life
Better!**



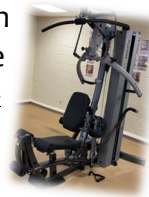
BOOKS & PUZZLES

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 October 3rd

RUM October 10th

EUCHRE October 17th

RUM October 31st 

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, October 22nd at noon** as **Sander Catering** will prepare a baked potato bar with butter, sour cream, bacon, shredded cheese, chives, BBQ pulled pork, ranch, combination salad w/ dressings and unsweet tea or water. Cost is \$10.00 and will be collected at the door. **Reservations are due by 3pm on Friday, October 4th. 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.
- **TRIPOLEY:** 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



PUMPKIN BARS



2 cups pumpkin
2 cups sugar
2 cups flour
1 cup oil
4 eggs
2 tsp. cinnamon
2 tsp. soda
1/2 tsp. salt

Icing:

4 cups powdered sugar
8 oz. cream cheese
1 stick butter

Mix pumpkin, sugar, flour, oil, eggs, cinnamon, soda & salt together with mixer. Grease & flour 2 (9 x13 inch) pans. Bake at 350° for 20 minutes. Mix icing ingredients together. Ice pumpkin bars after they are cool. Recipe from the Old National Cookbook

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).

Covered Bridge

Jasper Indiana Travelers will be going to the Covered Bridge Festival on Saturday October 12th so I won't duplicate that trip.

Thursday, October, 24th- Terre Haute Casino

We will leave the Schroeder Soccer Complex at 8:00am and should return home by 4:30pm. We will plan on leaving the casino at 2:30pm to get ahead of school traffic in Terre Haute. The cost is \$30 per person for transportation. Tip for bus driver is not included and will be on your own. If you are not a players club member, you may go to one of the kiosks and sign up for up to \$10 in free slot play! **Money is due by Friday, October 4th.** We will need your name, address and phone number when you pay to ensure that everyone is allowed on the property.

November- We are skipping November.

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 up by phone starting at 7:30am Friday, November 1st . Cost is \$70 per person for meal/show and transportation.** Tip for driver is not included and will be on your own. Money is due by Friday November 22nd.

We will leave Schroeder Soccer Complex (end closest to Clay Street) at 9:45am and should return by 5:30 pm.



SINGING SENIORS

Will be at The Timbers of Jasper on Friday, October 11th at 10:00am. 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 contact Jill Wigand with Fit Together at 812-309-1879 or check out her Facebook page!



Class Schedule

- Monday - 5:10am FIT60
- Tuesday - 6pm FIT60
- Wednesday - 5:10am MetKonRX
6pm Step & Strength
- Thursday - 6pm FIT60
- Friday - 5:10am Bootcamp
- Saturday - 8am FIT60

New Location! 1301 St Charles St, in the Habig Center
For more information, contact Jill Wigand @ 812-309-

Line Dancing

Jill Wigand will continue to offer line dancing classes in the banquet room on Monday nights from 6:00p-7:30p. Cost is \$10.00 per class payable that night.

