



STAFF

Carie Dick, *Director*

Dana Reckelhoff, *Community Engagement Coordinator*

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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 12:00 BINGO | 3 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Tripoley | 4 7:30am Sign up for Derby Dinner 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney | 5 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors practice 12:30 Hand & Foot 3:00 RSVP due for Catered meal | 6 |
| 7 CENTER CLOSED | 8 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing | 9 12:30 Mexican Train Dominoes 12:30 Scrabble | 10 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Texas Hold'em | 11 9:45 Leave Schroeder for Derby Dinner 8:45 Golden Go 9:45 Senior Strong | 12 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors at The Timbers, Jasper | 13 |
| 14 CENTER CLOSED | 15 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing | 16 12:00 BINGO | 17 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Tripoley | 18 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney | 19 9:00 Floor Yoga-lower level 10:00 Singing Seniors practice 12:30 Sequence | 20 |
| 21 CENTER CLOSED | 22 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 12:30 Texas Hold'em 6:00 Line Dancing | 23 12:00 Catered meal 12:30 Scrabble | 24 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Pay Me | 25 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot | 26 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors practice 12:30 Horse Racing Game 3:00 Money due for Derby Dinner | 27 |
| 28 CENTER CLOSED | 29 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing | 30 12:00 BINGO | | | | |

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 recent news.



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.



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 September 4th

RUM September 11th

EUCHRE September 18th

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, September 23rd at 12:00pm** as Arnie's will prepare grilled pork steak, hashbrown casserole, slaw, green beans and dinner 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, September 5th. 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

Ham & Swiss Baked Penne

- 2-1/3 cups uncooked penne pasta
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups 2% milk
- 1 cup half-and-half cream
- 1-1/2 cups shredded Swiss cheese
- 1/2 cup shredded Colby cheese
- 2 cups cubed fully cooked ham

TOPPING:

- 1/4 cup seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoons butter, melted

Preheat oven to 375°. Cook pasta according to package directions for al dente; drain.

In a large saucepan, melt butter over medium heat. Stir in flour until smooth; gradually whisk in milk and cream. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Gradually stir in Swiss and Colby cheeses until melted. Add ham and pasta; toss to coat.

Transfer to a greased 11x7-in. baking dish. In a small bowl, mix topping ingredients; sprinkle over pasta. Bake, uncovered, until bubbly, 15-20 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).
- **Bus prices have gone up so that is the difference in cost for the 2025 season.**



Although sign-ups may close on a trip, there may be times that there are still open seats. Please call or stop by to check. These adventures can't happen without your participation!

Thursday, September 11th-

Derby Dinner Playhouse—Come From Away. Sign ups were in August. We will leave the Schroeder Soccer Complex at 9:45am and return to Jasper by 5:30pm. Tip for the bus driver will be on your own.

Thursday, October 23rd-

Derby Dinner Playhouse—Dial "M" for Murder. "A fresh take on the edge-of-your-seat mystery that inspired Hitchcock's masterpiece! *This suspenseful crime thriller unravels a tangled web of blackmail, passion and revenge with surprising twists that will keep you riveted until the very end!*" **Sign up by phone starting at 7:30am on Thursday, September 4th. Payment is due by Friday, September 26th. There are 2 buses available and we'd love to fill both!** We will leave the Schroeder Soccer Complex at 9:45am and return to Jasper by 5:30pm. **Cost is \$75** for meal/show and transportation. Tip for the bus driver will be on your own.



SINGING SENIORS



Practice at the Habig Center 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 **The Timbers of Jasper September 12th at 10:00am.**

**Parks
Make
Life
Better!**

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 is offering line dancing classes in the banquet room on Monday nights. Beginners class is 6:00pm-6:30pm and intermediate 6:30pm—7:30pm. Cost is \$10.00 per class payable that night.