

# OCTOBER 2025

## STAFF

Carie Dick, Director

Dana Reckelhoff, Community Engagement Coordinator

Kaci Wehr, OAC Activities Coordinator

Bibianna 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
			<b>1</b> 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Tripoley	<b>2</b> 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	<b>3</b> 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors practice 12:30 Hand & Foot	<b>4</b>
<b>5</b> <b>CENTER CLOSED</b>	<b>6</b> 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	<b>7</b> 12:00 BINGO	<b>8</b> 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Pay Me	<b>9</b> 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	<b>10</b> 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors at Legacy Living 12:30 3:00 RSVP due for Catered meal	<b>11</b>
<b>12</b> <b>CENTER CLOSED</b>	<b>13</b> 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	<b>14</b> 12:30 Mexican Train Dominoes 12:30 Scrabble	<b>15</b> 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Texas Hold'em	<b>16</b> 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	<b>17</b> 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors practice 12:30 Tripoley	<b>18</b>
<b>19</b> <b>CENTER CLOSED</b>	<b>20</b> 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	<b>21</b> 12:00 BINGO	<b>22</b> 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Hand & Foot	<b>23</b> <b>NO EXERCISE CLASSES</b>  9:45 Leave Schroeder Complex for Derby Dinner	<b>24</b> 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors practice 12:30 Horse Racing Game	<b>25</b>
<b>26</b> <b>CENTER CLOSED</b>	<b>27</b> 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 12:30 Texas Hold'em 6:00 Line Dancing	<b>28</b> 12:00 Catered meal 12:30 Scrabble	<b>29</b> 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Phase 10	<b>30</b> 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	<b>31</b> 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors practice 12:30 Pay Me	

# 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** October 2nd

**RUM** October 9th & 30th

**EUCHRE** October 16th

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 28th at 12:00pm** as Sander Catering will prepare meatloaf, mashed potatoes, glazed carrots, corn, tossed salad 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, October 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).

## MONTHLY RECIPE

### Ella's Fricken Chicken Alfredo

- \* 2 tbsp butter
  - \* 1 tbsp minced garlic
  - \* 2 tbsp flour
  - \* 1 1/2 cups chicken broth
  - \* 1 1/2 cups heavy cream
  - \* 1 1/2 cups shredded cheese (parmesan or blends like parmesan, asiago and romano)
  - \* 3 cooked, cubed chicken breasts
  - \* Ella recommended bow tie noodles, cooked before adding the sauce
1. Once chicken is cooked, deglaze pan with butter, and garlic. Add flour and whisk.
  2. Slowly add 1- 1 1/2 cups chicken broth and whisk. Add cream whisking continuously. Add Salt, pepper and paprika to taste.
  3. Add cheese, whisk til melted and sauce is thickened. Add to pre-cooked noodles and chicken.

Note from Ella's grandma, cook chicken in bacon grease for better flavor.

Recipe from Ella Johnson via Matt Crane, Dubois County Free-Press.

## 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).

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, 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 ups were in September.** 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.

## Wednesday, December 17th-

### **Derby Dinner Playhouse—Elf**

"Based on the hit movie, this modern-day Christmas Classic is full of humor and heart." **Sign up by phone starting at 7:30am Thursday, November 6th.** We have 2 buses available and would love to take both. **Payment is due by Wednesday, November 26th.** 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 **Legacy Living October 10th 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. Beginner to intermediate dances 6:00pm-7:00pm. Cost is \$10.00 per class payable that night.