



STAFF

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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 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	3 12:00 	4 8:30-3:00 Taxes 8:45 Chair Yoga 9:45 Yoga 12:30 Mexican train dominoes	5 7:30am Sign up by phone Moonlight BBQ/Casino 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	6 9:00 Floor Yoga 10:00 Singing Senior practice 10:00 Chair Yoga 12:30 Skip Bo 3:00 RSVP due for Catered meal	7
8 CENTER CLOSED	9 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	10 12:30 Scrabble 12:30 Pay Me	11 8:30-3:00 Taxes 8:45 Chair Yoga 9:45 Yoga 12:30 Texas Hold'em	12 8:45 Golden Go 9:45 Senior Strong 9:45 Leave Schroeder for Derby Dinner 12:30 Rum Tourney	13 9:00 Floor Yoga 10:00 Singing Senior at Brookside 10:00 Chair Yoga 12:30 Hand & Foot	14
15 CENTER CLOSED	16 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	17 Happy St. Patrick's Day! 12:00 	18 8:30-3:00 Taxes 8:45 Chair Yoga 9:45 Yoga 12:30 Phase 10	19 7:30 Phone sign up for Derby Dinner 8:45 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney	20 9:00 Floor Yoga 10:00 Singing Senior practice 10:00 Chair Yoga 12:30 Horse Racing Game	21
22 CENTER CLOSED	23 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing 12:30 Texas Hold'em	24 12:00 Catered Meal 12:30 Scrabble	25 8:30-3:00 Taxes 8:45 Chair Yoga 9:45 Yoga 12:30 Tripoley	26 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot	27 9:00 Floor Yoga 10:00 Singing Senior practice 10:00 Chair Yoga 12:30 Pay Me 3pm Money due for Moonlight/Casino trip	28
29 CENTER CLOSED	30 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00 Line Dancing	31 12:00 				

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 information 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.

**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-3:45pm. 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:** Will not be available until April 22nd, 2026



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 so we can even out tables.

CINCH March 5th

RUM March 12th

EUCHRE March 19th

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 24th at Noon** as Catering by Meyer will prepare roast beef in gravy, mashed potatoes, corn, combination salad and homestyle bread. Unsweetened iced tea or water will be available. Cost is **\$11.00** and will be collected at the door. **Reservations are due by 3pm on Friday, March 6th. 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

Mexican Surprise Cake

- 2 cups flour
 - 2 cups sugar
 - 2 tsp baking soda
 - 1 tsp vanilla
 - 2 eggs
 - 1 cup nuts
 - 1 20 ounce can crushed pineapple
- Do not drain.

Mix all ingredients and pour in 9x13 pan. Bake at 350 for 35-40 minutes.

From Suzanne Neukam



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, March 12th-Derby Dinner- ner- The 25th Annual Putnam County

Spelling Bee—“Six awkward spelling champions learn that winning (and losing) isn't everything. This fast-paced and wildly funny Broadway Musical is a riotous ride, complete with audience participation!”

Sign ups were in February. 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, April 29th-Moonlight BBQ & Owensboro Casino. (All times are Jasper time): We will leave Schroeder Soccer Complex at 10:30am and head to Owensboro for Moonlight BBQ's fabulous buffet! We will leave Moonlight around 1-1:30pm and stop at the Owensboro Casino. We will leave the casino at 4pm to head back home. **Sign up by phone at 7:30am on Thursday March 5th. Cost is \$45** for the full buffet (meal, drink, dessert, tip and tax) and transportation. Tip for the bus driver will be on your own. **Money is due by Friday, March 27th.**

Wednesday, May 13th-Derby Dinner-
Hairspray~ “You Can't Stop the Beat’ of this Broadway Musical Comedy! An award-winning and joyous tribute to the 1960's, piled bouffant-high with laughter, romance and deliriously tuneful songs!” **Sign up by phone at 7:30am on Thursday March 19th.** 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. **Money is due by Thursday, April 2nd.**



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 singing for the residents at Brookside Village Friday, March 13th 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 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.