

# JANUARY 2021

## STAFF

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ARNOLD F. HABIG COMMUNITY CENTER  
OLDER AMERICANS

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Facebook: Jasper Park and Recreation Department

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>VAN DRIVERS</b> Tanya Jackson Bernie Schaeffer			31 	1 	2
3 CENTER CLOSED	4 CENTER CLOSED	5 CENTER CLOSED 9:00 Virtual Resistance Band Exercise	6 CENTER CLOSED 9:00 Virtual Golden Go	7 CENTER CLOSED 9:00 ZOOM Senior Strong (Join our email list to participate.)	8 CENTER CLOSED 9:00 Virtual Chair Yoga	9
10 CENTER CLOSED	11 CENTER CLOSED	12 CENTER CLOSED 9:00 Virtual Resistance Band Exercise	13 CENTER CLOSED 9:00 Virtual Golden Go	14 CENTER CLOSED 9:00 ZOOM Senior Strong (Join our email list to participate.)	15 CENTER CLOSED 9:00 Virtual Beginner's Yoga	16
17 CENTER CLOSED	18 CENTER CLOSED <b>MARTIN LUTHER KING JR. DAY</b>	19 CENTER CLOSED 9:00 Virtual Resistance Band Exercise	20 CENTER CLOSED 9:00 Virtual Golden Go	21 CENTER CLOSED 9:00 ZOOM Senior Strong (Join our email list to participate.)	22 CENTER CLOSED 9:00 Virtual Chair Yoga	23
24 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED 9:00 Virtual Resistance Band Exercise	27 CENTER CLOSED 9:00 Virtual Golden Go	28 CENTER CLOSED 9:00 ZOOM Senior Strong (Join our email list to participate.)	29 CENTER CLOSED 9:00 Virtual Beginner's Yoga	30
31 CENTER CLOSED						

## CENTER HOURS

The Older Americans Center is CLOSED. Please visit our Jasper Park & Recreation Facebook page to view online classes.

Jasper Park & Recreation Department is **CLOSED** for the holidays on:

Friday, January 1st  
Monday, January 18th

## ALWAYS AVAILABLE!

Although we are closed, our outdoor mulched walking trail is open. Each lap equals 1/3 mile. Enjoy nature while you walk!



## TAX FILING ASSISTANCE

At this time, we are unsure if tax assistance will be made available for 2021. If this service is able to resume, we will share via our monthly newsletter and local media. Since the current status of tax assistance is unknown, please be sure to plan an alternative option to complete your taxes if possible.

## VIRTUAL EXERCISE CLASSES

- **BEGINNER'S YOGA:** In this beginner-style yoga class, we practice poses in standing, seated and prone positions. It provides an opportunity to build strength and endurance, enhance flexibility and balance and promote relaxation. Please bring your own mat.



- **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.

- **GOLDEN GO:** This class is designed to offer a mixture of lower level chair exercises to specifically support strength, flexibility, and balance.



- **RESISTANCE BAND EXERCISE:** Resistance exercises will be performed to support muscular strength and endurance. *You will need a resistance band.*
- **ZOOM SENIOR STRONG:** For more of a challenge, this 30-minute class consists of low impact aerobics and resistance exercises to boost heart health and improve strength and endurance.

*\*To join, we will need your email to be invited to this event.*

**Visit our Jasper Park & Recreation Department Facebook page to view our virtual classes!** If you do not have a Facebook account, simply search Google for our Facebook page. Click "Not Now" when prompted to log in.

## MONTHLY RECIPE

### **Cauliflower Rice**

*(Recipe from [www.spendwithpennies.com](http://www.spendwithpennies.com))*

- 1 large head cauliflower
- 1 tablespoon olive oil
- Salt & pepper to taste



Rinse and shake cauliflower dry. Cut into quarters removing any outer leaves or tough stems. Coarsely grate cauliflower in a large bowl or pulse in a food processor in small batches until cauliflower is the size of grains of rice. Heat olive oil in a large non-stick pan and cook riced cauliflower about 5 minutes or just softened.

Note: Cauliflower rice can be oven-roasted on a foil-covered pan at 425 degrees for 20-25 minutes or until slightly dried and fluffy. Stir once halfway through cooking.

## 2021 NEWSLETTER

If you purchased a monthly subscription of the 2020 Older Americans newsletter, your subscription will rollover to 2021.

*\*Newsletters will be mailed when we resume our usual programming.*

