



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 7:30 Sign up for Derby Dinner 8:45 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	2 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Senior practice 12:30 Hand & Foot 3:00 RSVP due for Catered meal	3
4 CENTER CLOSED	5 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00pm-Line dancing	6 12:00 BINGO	7 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Texas Hold'em	8 7:30 Sign up for Baseball 8:45 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	9 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Seniors at Northwood Good Sam 12:30 Pay Me 3:00 Money due for Derby	10
11 CENTER CLOSED	12 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 6:00pm-Line dancing	13 12:30 Tripoley 12:30 Scrabble	14 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 9:45 Depart for Derby Dinner	15 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 12:30 Euchre Tourney	16 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Senior practice 12:30 Horse Racing	17
18 CENTER CLOSED	19 8:45 Golden Go 9:45 Senior Strong 11:00 Chair Yoga 12:30 Texas Hold'em 6:00pm-Line dancing	20 12:00 BINGO	21 8:45 Chair Yoga 9:00 Free tech assistance 9:45 Yoga 12:30 Pay Me	22 8:45 Golden Go 9:45 Senior Strong 12:30 Hand & Foot	23 9:00 Floor Yoga 10:00 Chair Yoga 10:00 Singing Senior practice 12:30 Mexican Train Dominoes	24
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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 under 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 except Wednesdays thru tax season.
- **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 May 1st

RUM May 8th

EUCHRE May 15th

RUM May 29th

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, May 27th at 12:00pm** as Catering by Meyer will prepare Beef tips over egg noodles, roasted potatoes, 7 layer salad, green beans, sauteed apple slices and rolls. Unsweet tea or water will be available. Cost is **\$10.00** and will be collected at the door. **Reservations are due by 3pm on Friday, May 2nd. 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

Easy Breakfast Bake



2 12 oz pkg pork sausage
3 cups frozen hashbrowns with green peppers and onions
2 cups cheddar cheese
1 cup Bisquick
2 cups milk
1/4 tsp pepper
4 eggs

Preheat oven to 400 F. Cook the sausage and potatoes. Drain and combine the sausage mixture with 1/2 cup cheese. Place mixture in 9x13 pan. In a separate bowl, stir Bisquick, milk, pepper, eggs. Pour over the sausage mixture. Bake uncovered for 40-45 mins. Sprinkle with remaining cheese and bake 2 more minutes or until cheese is melted.

Recipe submitted by Suzanne Neukam.

**Parks
Make
Life
Better!**

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.**

Wednesday, May 14th-Sign ups were in April

Derby Dinner Playhouse—Singing in the Rain. “Set in Hollywood in the 1920’s, this light hearted and romantic MGM classic is filled with show-stopping dance numbers and memorable music.” We will leave the Schroeder Soccer Complex at 9:45am and return to Jasper by 5:30pm .



Wednesday, June 11th

Derby Dinner Playhouse—Half Baked. “2 Retired brothers move to FL to open a cafe. When business starts to fail they take drastic action. Including murder for hire and baking cannabis into the appetizers to stimulate business! A recipe for hilarity!” **Sign up by phone starting at 7:30am on Thursday, May 1st. Their new season just came out so it will be a quick turn around for payment. We need payment by Friday, May 9th. There are 2 buses available.** 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.

Thursday, June 26th-

St. Louis Cardinals vs Chicago Cubs in St. Louis- We will be sitting on the first base side in section 239 in the 1st Base Loge. Game start time is 2:15pm EASTERN.

We will leave Schroeder Soccer Complex at 9am and arrive at Busch Stadium by 12:30. We will make a rest stop break on the way over. Average game time is 3 hours. When the game is over, we will head back to Jasper with a quick stop for food/leg stretch. All rules and regulations for coolers can be found on MLB.com. Small coolers with drinks and food are allowed on the bus but no glass bottles.

Cost of the trip is \$110 per person and money is due by Friday May 30th at 3pm. Sign up by phone starting at 7:30am on Thursday, May 8th. Money is due by Friday, May 30th.



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 **Northwood Good Sam on Friday, May 9th 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. Beginners class is 6:00pm-6:30pm and intermediate 6:30pm—7:30pm. Cost is \$10.00 per class payable that night.