

THE GOLDEN TIMES

The Michigan City Senior Center
2 on the Lake * Michigan City, IN 46360
(219) 873-1504 * Hours: 8am-4pm * Mon-Fri
Director: Tara Miller Assistants: Lauri Garbacik; Laura Steele

JANUARY 2026

Card Making with Jamie

Tues, Jan 27th at
1pm



We will make 3 cards at this session (which should take about a 1-2 hours or so.) Theme TBD **Cost is \$15** and includes ALL materials to create three cards. **If you have attended this class previously, please notify Jamie you are signing up for this session and pay her directly at the session. If you're new, sign up & pay at the front desk by Wed, Jan 21.**

A Holistic Approach Massage Therapy

By Abigail Harmon, LMT

Abby will be offering 10 minute chair massages for \$10 for Senior Center members here at the Center. Cash payments only directly to Abby.

Call 219-873-1504 to schedule your appointment. (Available every 15 minutes)/

Tues, Jan 13th: from 12noon-3:00pm

Thurs, Jan 22nd: From 9:30am-12:30pm



Massage offers extensive benefits, including reducing stress and anxiety by lowering cortisol and boosting feel-good hormones, relieving muscle pain and tension, improving circulation, enhancing flexibility, boosting immunity, and promoting better sleep by activating the body's relaxation response.



Coffee with the Mayor

Tues, January 27th at 9:30am



With our Mayor:

Angie Nelson-Deutch!



Soup Day!

Mon, Jan 26th at 11:30am
Ham & Potato w/Cheese

Eat-in: \$3.00 bowl

To-go's: \$4 Small, \$6 Large

Served with bread. We hope you'll join us!

Sponsored by Aseracare. Volunteers needed. Sign-up at front desk.

Feeling Sluggish after the Holidays? Take advantage of one of our exercise classes (Stretch it Out, Basic Exercise Class, T'ai Chi) to get you energized for the New Year!



REMINDER!

We DO NOT follow the M.C. Area Schools CLOSINGS for inclement weather. **We only close if there is a State of Emergency declared. Otherwise, we're open. However, always use YOUR best judgment in deciding whether to venture out in the weather even if we are open.**



CLOSED: Thurs, Jan 1st/New Year's Day

Mon, Jan 19th/ Martin Luther King Jr. Day



January ~ 2026



<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>
9:00am Stretch It Out! 9:45am Exercise 10:45am T'ai Chi w/Tom 12:00pm Duplicate Bridge 1:00pm Knitting & Crocheting Bee 12:00pm Hand & Foot	9am: Billiards 9am: BYOD Computers 9:30am Mahjong 9:30am Tai Chi (video) 10am 1-on-1 Comp Class 11am 1-on-1 Comp Class 12noon Five Crowns 1:00pm Euchre	8:30am SHIP (by appt) 9:00am Stretch It Out! 9:45am Exercise 10:00am Casual Bridge 11:00am Pinochle 12:30pm Mexican Train/Dominoes 12:30 Rummikub 1:00pm BUNCO	9:00am Billiards 9:00am-2pm Woodcarving 9:30 Tai Chi (video) 9:30am Samba Card Game 1:00pm BINGO 	9:00 Stretch It Out! (\$1 Fee) 9:30 Jokers & Marbles 9:45am Exercise 10am Sing-along 10am Chess Club 10:30-12:30 Italian 10:45am T'ai Chi w/Tom 12:30pm Pinochle 12:30pm Rummikub

SPECIAL EVENTS

NO Bunco in Jan.
Resumes Feb.

Thurs, Jan 1st: CLOSED/New Year's Holiday

Mon, Jan 5th: Hearing Evaluations (call for appt) (see pg 5)

Thurs, Jan 8th: SSS Investment Club 11am

Thurs, Jan 8th: Blood Pressure Checks by North Shore Health 12:30pm

Tues, Jan 13th: Advisory Board Meeting 9:30am

Tues, Jan 13th: Massage Therapy (12pm-3pm) (see front page)

Mon, Jan 19th: CLOSED—Martin Luther King Jr. Day

Wed, Jan 21st: French Club 1:00pm

Thurs, Jan 22nd: Newsletter Assembly 8:30am

Thurs, Jan 22nd: Massage Therapy (9:30am-12:30pm) (see front page)

Mon, Jan 26th: Soup Day (Ham & Potato w/cheese) 11:30am (see front pg)

Mon, Jan 26th: Popcorn & A Movie at 1:00pm (see pg 3)

Tues, Jan 27th Coffee with the Mayor 9:30am (see front pg)

Tues, Jan 27th: Card Making with Jamie at 1pm (see front pg)



If you would like to view our newsletter on line, please use this link:
<https://parks.michigancityin.gov/parks-and-facilities/senior-center/>
Using the City website (www.michigancityin.gov) does not have the latest updates on the Senior Center.

Thank you Dan Mallon for your kind donation of an Amazon gift card.



Thank you to all who donated to our Cookie Sale in December. The cookies were delicious! We made over \$600 on the sale to go towards programming here at the Senior Center. A special thank you to Kei Constantinov for the beautiful handmade sign and to all of the volunteers who worked the sale. We are so lucky to have such awesome volunteers!





Michigan City Yearbooks!

Elston Still needed: 1914 and before, 1917-1922, 1978, 1987. Please be sure to check with the Director to be sure we still need any of these years. Sometimes they're already donated by the time you read this.

St. Mary's still needed: 1942, 1956, 1962-1968 (*There was no 1961 yearbook because the Monsignor at the time felt that they were a waste of money.)

Marquette: 1969-1974, 1976-1979, 1981+

Rogers High School: 1973-1975, 1977, 1979-1983

MC High School: 1995, 1998-2003, 2005+

GREETING CARDS for sale!

Did you know we have greeting cards for sale 4 for \$1.00 and postcards 8 for \$1.00. It's a small way we can raise money for our programming here at the Senior Center. We have a good variety to choose from so the next time you're in need of a card, consider choosing some from our selection.



And if you have unused greeting cards you'd like to donate, please bring them to the Asst Director or Director and we'll add them to our inventory.

Congratulations to our 2025

Raffle Winners:

1st Prizes: Dave Fennell
Sue Childress

2nd Prizes: Judy Hale
Don Harrison

3rd Prizes: Bev Jirtle
Don Harrison



Be sure to watch for the 2026 raffle tickets on sale starting in March!

Popcorn & A Movie **Mon, Jan 26th at 1pm** **"Guarding Tess"**



Sponsored by Asercare

Guarding Tess follows Doug Chesnic (Nicolas Cage), a Secret Service agent assigned to protect Tess Carlisle (Shirley MacLaine), the widow of a



former U.S. President. The film explores their tumultuous relationship, characterized by Tess's demanding nature and Doug's frustration with his assignment. As Doug's tour of duty comes to an end, Tess requests that he remain her protector, leading to a series of comedic and heartfelt moments as they navigate their differences and develop an unexpected bond.

Rated PG13

Firecracker Fillies Red Hatters



NO EVENT SCHEDULED IN JAN

Thurs, Feb 12: Lunch at Olive Garden, Michigan City at 12:00noon. Choices: Chicken Parmigiana, Shrimp Scampi, Lasagna Classico, Spaghetti. All entrees come with soup or salad, breadsticks, coffee/tee/soft drink. **Reserv/pymt due Feb 2. Cost \$21**

Call Jeannie if you have to cancel, even last minute!
Reserv/Pymt CHECK ONLY to: Firecracker Fillies and left at Sr Ctr in sealed envelope marked w/your name, phone #, & event. Add'l info: Jeannie at 874-7794.

Woodcarving Group

9am-2:30pm each Thurs

Do you enjoy working with your hands? Have you ever wanted to try woodcarving, but didn't know where to begin? We have an award winning group of wood carvers here at the MC Senior Center who love what they do and enjoy sharing their skills with those who want to learn. If you're interested, no need to sign up, just show up on any given Thursday and meet with the group leader Darlene. She can give you more info and advise you on the tools you will need to get started!



FIRST TRAVEL 2026 TRIPS

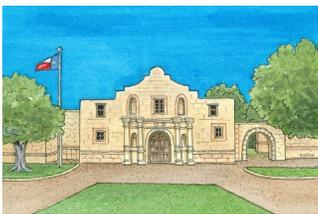
Day Trips COMING SOON!



San Antonio, TX Sat, Sept 19-Sun, Sept 27, 2026

\$1,145/pp dbl occupancy

- ◆ Motorcoach transp.
- ◆ 8 nights lodging including 4 consecutive nights in San Antonio area
- ◆ 14 meals: 8 breakfasts, 6 dinners
- ◆ Guided Tour of San Antonio
- ◆ Cruise at San Antonio's famous River Walk District
- ◆ Visit to the famous



ALAMO and IMAX Theatre presentation: "ALAMO...The Price of Freedom"

- ◆ Visit to the San Antonio Missions
- ◆ Tour of the LBJ Ranch

Washington, DC

Thurs, Apr 30-Tues,
May 5, 2026

\$819/pp dbl occupancy

- ◆ Motorcoach transp.
- ◆ 5 nights lodging including 3 consecutive nights in the Washington, DC area



- ◆ 8 meals: 5 breakfasts, 3 dinners
- ◆ Guided Tour of Washington, DC including the WWII Memorial, Capitol Hill, Embassy Row, the Korean War, Veterans Memorial, the Vietnam Veterans Memorial, the Martin Luther King Jr. National Memorial, the Lincoln Memorial and more!
- ◆ Evening Guided Memorial and Monuments Tour
- ◆ Tram Ride through Arlington National Cemetery
- ◆ Visit to the Smithsonian Institution

NEW MEMBERS

WELCOME!

Susan Adams
Joe Bolka
Wanita Bolka
Carolyn Covert
Jane Hayman
Mark Hutcheson
Beverly Jirtle
Shirley Johnson
Steven Kowalkowski
Scott Mellan
Karen Moujjen
Beth Santana



Travel Policies:

Reservation & Payment Policy: Reservations are accepted and held via phone. Booking forms (available at our front desk) are required for OVERNIGHT trips

ONLY. Full payment is due in house by the due date noted. Any reservation made after the noted due date may be subject to an increased late booking fee. Payment must be mailed to:

First Travel Center, PO Box 472, LaPorte, IN 46352

(219)879-4633 OR (219)326-1889

Check ONLY. No credit cards or cash. DO NOT send to the Senior Center.

Physical Limitations: If you have physical limitations that may make traveling more difficult please consult with First Travel beforehand. We can advise you of the level of activity as well as accommodations (or lack thereof). Some trips are more strenuous than others. Know your limits!

Pricing Policy: All trips are priced at current expected fuel rates & are subject to increases. Gratuity for motorcoach driver not included.

Cancellation Policy: All trips are non-refundable unless a replacement is secured.



Director's Corner



Myself, as well as my Assistant Directors Lauri Garbacik, and Laura Steele, would like to thank all of the volunteers here at the Michigan City Senior Center. We truly could not put on the programming that we do without you. And you make it not only easier, but fun as well. We are very fortunate to have you all and we wanted to let you know just how much your efforts are appreciated each and every day. For anyone who would like to become a volunteer, there are a few simple steps. First of all you must be a member in good standing (55+ of age, U.S. Citizen, dues paid for the current year). Next we ask that you look for volunteer opportunities in the newsletter. We generally put out a call for volunteers for our big events either the month previous, or the month of an upcoming event. If you don't see a volunteer request, but you know there's a big event coming up (we do make mistakes on occasion) feel free to call the front desk and ask if volunteers are needed for the upcoming event. Accumulation of 24 (or more) hours per year will get you an invitation to our annual Volunteer Luncheon as an honored guest. If you happen to fall short of the 24 hours, you are still invited to the luncheon, however a reduced charge of \$15 will apply. Volunteerism is known to increase happiness, reduce stress, and provide a sense of accomplishment to the volunteer. We sincerely hope you'll consider becoming one of our treasured volunteers in 2026. From the Staff here at the Senior Center, we wish you all a Happy New Year! Tara, Laura, & Lauri

Computer/Internet/ FACEBOOK /BYOD Classes



NO CLASSES
UNTIL MARCH.

Have a safe and
healthy winter break!

Hearing Evaluations

Continue on the 1st Monday of each month (unless it's a holiday— in which case it will be held on the 2nd Monday of the month). Rob Burke from Acoustic Services in South Bend will be conducting the FREE evaluations by appointment from 9am-2pm. Please call 219-873-1504 to schedule your appointment with our front desk. Appointments can fill up quickly so schedule now! (Jan 5th is the next available appointment)



**Welcome to our newest
Lifetime Members:
Les Bell
Donald Harrison**



Thank you to



Bella Largo for
their Decem-
ber BINGO
sponsorship!

1 *Alisha Bishop
 *Charles Covert
 Warren Holmes
 *Imo Jeanne Johnson
 Patty Mershon
 *Jeanne Rowan-Hickey
 2 *Paul Heitmann
 Ray Kominiarek
 *Norman Linsemeyer
 Barbara Lutton
 Vince Morton
 3 *Lorraine Barr
 Cheri Hall
 *Vachel Liggins
 Susie Lutz
 *Laurie McGowan
 *Eugene Smiertelny
 *Phil Smith
 *Bruce Stransky
 *Jerry Stump
 4 *Benny Graves
 Daryl Penfold
 Arthur Ruhe
 5 *Melody Haynes
 *Norma Sipress
 6 Joyce Beckner
 *Ron Sturgeon
 7 Erna Cash
 *Andrea Golliff
 Kim Haynes
 *Pamela Pizarek
 8 *Leonard Carlson
 Judy Davis
 *Steve Jesse
 Susan Kahn
 *Cathy Shaffer
 9 Susan Bagby
 Walter Creutzburg
 John P. White
 10 Jerre Applegate
 *Katherine Brennan
 Kay Gauthier
 John Janssen
 *Richard Kennedy
 *Carole Lapointe
 Jillmarie McGrew
 *John Starr
 11 Laura Garbacik
 Linda Morton
 Diane Novitzke
 12 Patricia Hoodwin
 Kim Schwartz
 13 *Sandy Beck
 *Nolah Gertner
 *Kelly Kermit
 Karen Marfise
 *Virginia Seay
 *Kay Wilson

January

15 Kei Constantinov
 *Vicki Kopitke
 *Betty Taylo
 16 *Laura Chomiak
 17 *Douglas Wickstrom
 18 *Keith Casey
 *Linda Eisenberg
 *Terri England
 *Ronald Keller
 *Pauline Missal
 *Diane Noble
 19 *Chris Arndt
 George Bauer
 *Gloria Girard
 Frank McCarty
 Linda Milzarek
 Patricia Wolf
 20 *Janet Beck
 *Chris Fredenburg
 *Marilyn Hattisburg
 *Vera Malwin
 *Cathy Ward
 21 Dorothy Biller
 *Sandra Boeckling
 *Edward Emmons
 Burke Foster
 Jan Orman
 22 Dennis Guzman
 *June Klaus
 23 Pamela Bird
 *Kimberly Patton
 24 *Kathy Angelo
 25 Valarie Carroll
 *Rebecca Steinborn
 Trish Tompkins
 26 Sandy Cook
 27 Lee Birdsong, Jr.
 Mark Kline
 *Robert McFadden
 *Deni Newton
 28 Carol Block
 Elaine Bogart
 *Theresa Carlson
 *Frank Corcoran
 Maria Enriquez
 Debbie Irk
 *Ralph Peterson
 Eloise Ponder
 Dwayne Shaffer
 *Gail Wolford
 30 June Bowman
 31 *Curtis Hatfield
 Rudy Nichols
 *Sherri Silcox



Happy Birthday!

The Naughty List!

Continuing each month: you're on the naughty list if you haven't had your picture taken. How do you know? You have an asterisk next to your name in your birthday month. It's so easy, just stop at the front desk and let them know you need to get your picture taken for the database. They'll walk you through it! Thanks!

Please save cancelled stamps

& turn in to our front desk. The Retired Nuns of St. Mary's Convent in South Bend sort & sell them to collectors with proceeds benefitting missions for the poor. Thanks!



Use it or Lose It

New research on the human brain shows that the brain responds well to the right kind of stimuli (both mental and physical activity). In each issue of the Golden Times (space permitting), I'm going to be sharing some exercises for your brain. I encourage you to incorporate them into your daily life and let's keep ourselves as active & healthy as we can! This month, "Fluent Thinking"

Challenging your memory to make long lists can be stimulating and fun. Use paper and pencil to write the lists. Work on your lists all day or perhaps for a couple of days.

List as many:

- Birds
 - Trees
 - Animals that walk on 4 legs
 - Wildflowers
 - Dog breeds
 - Automobile Makes & Models
 - Friends you've had in your lifetime
 - Places you have lived
- When you have done the best that you can, you may want to check online to see what you may have forgotten.

Congratulations to our 2026

Advisory Board officers:

President:

Susie Lutz

Vice-President:

Sue Childress

Treasurer:

Kathy Stout

Secretary:

Mary Lou McFadden



2026 Things to Come 2026

February

- 14th: Happy Valentine's Day
- 19th: Soup Day



March

- 10th: Salute to Adv Bd & Park Dept
- 24th: Soup Day
- 27th: CLOSED/Set-up for Trash & Treasure
- 28th: Trash & Treasure Sale



April

- 1st: Easter Egg Stuffing for City
- 3rd: CLOSED/Good Friday
- 5th: Easter Sunday
- 10th: Blue Skies & Butterflies
Spring Dance featuring Blue Sky Music
- 16th: Trivia Challenge
- 22nd: Gut Health w/Dr. Margie



May

- 10th: Happy Mother's Day!
- 14th: Spring Game Night
- 18th: Volunteer Luncheon
- 25th: CLOSED/Memorial Day

MEMBERSHIP

- Members must be age 55 or older and be a citizen of the United States of America.
- All membership records shall remain confidential. Access to membership records are not permitted to outside agencies nor individuals for any reason.
- Members are welcome at the center and all its functions regardless of sex, race or creed.

CONDUCT of members and those using the facility shall:

- Conduct themselves in an acceptable manner that is not offensive to fellow members or staff.
- Dress in clean and appropriate attire.
- Not be under the influence of alcohol and/or drugs.
- Not use abusive, loud or profane language.
- Not use physical violence of any kind.

Recently our Advisory Board had been asked about membership requirements/rules so we thought we'd post them each January for all members to read.

DISCIPLINE POLICY for conduct violations

outlined in ARTICLE IV-2 above shall be subject to the following discipline at the discretion of the Senior Center Director.

- 1st Violation: Verbal warning, may be asked to leave and noted on membership card, depending on severity of violation.
 - 2nd Violation: Written warning and asked to leave.
 - 3rd Violation: 30 day suspension from center and activities.
 - 4th Violation: 6 months suspension from center and subject to dismissal and membership revocation.
- APPEALS must be put in writing and directed through the Advisory Council Executive Board. They will conduct an appeals hearing and issue a final and binding resolution.
 - The Advisory Board reserves the right to refuse membership to anyone.

Or Current Resident



Happy Anniversary

- Awad & Miriam Taha on their 55th on Jan 2
- Jason & Cristin Dombkowski on their 10th on Jan 3
- Norman Linsemeyer & Pat Turner on their 7th on Jan 3
- Mike & Jane Quint on their 67th on Jan 3
- Gene & Linda Davis on their 53rd on Jan 4
- Stephen & Nancy Gonzalez on their 53rd on Jan 6
- Robert & MaryLou McFadden on their 42nd on Jan 9
- Ed & Fran Merrion on their 50th on Jan 10
- Wayne & Janet Carpenter on their 35th on Jan 12
- James & Janet Dolph on their 52nd on Jan 12
- Robert & Mary Stark on their 50th on Jan 17
- Phillip & Patricia Wolf on their 36th on Jan 20
- Orville (Bill) & Pamela Schutt on their Jan 28 anniv
- Jim & Louise Hoffmaster on their 54th on Jan 29



Please continue to notify us of any sympathies, get-wells, or if we've missed or incorrectly listed any anniversaries or birthdays Thank you! :)



In Sympathy...

We wish to extend sympathy to:
Jane Ryszka on the loss of her brother Jesse Pickens, and to anyone grieving the loss of a loved one.



Get Well Soon

Ceil Brinckman, and to anyone else feeling a bit under the weather.

