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



Oct

2025

Trivia Challenge Thursday, Oct 9th 5-8pm \$10/per person

Start planning now! Gather up your friends (maximum of 10) and form a team. There are 5 questions in each round (10 rounds total). As a team, you decide on an answer, write it on your questionnaire and turn it in for scoring. The team with the highest score will

win \$10 per person
on that team. 2nd
place wins \$5 per
person, 3rd place
wins \$2 per person.



Theme TBD. <u>Doors open at 5pm</u> Questions begin at 6pm. No food available,; feel free to bring your own. Open to the public & you do NOT need to be a member to participate.

DON'T HAVE A
TEAM? That's okay,
call us and we'll place
you on a list and put a
team together for you!

We will be <u>CLOSED</u> FRI, Oct 3rd

for a special Bridge
Club
event.



Oct IMPORTANT

13th for

_____Columbus Day.

PRESENTED BY THE LONG BEACH VOLUNTEER FIRE DEPARTMENT IN CONJUNCTION WITH THE M.C. SENIOR CENTER THE TIME AND DATE WILL BE DETERMINED BASED ON REGISTRATION AND PARTICIPATION.

CPR & AED Training

WE'RE OFFERING A FREE, SENIOR-FRIENDLY CPR & AED TRAINING CLASS AT THE MICHIGAN CITY SENIOR CENTER. THIS IS A GREAT OPPORTUNITY TO LEARN LIFE-SAVING SKILLS IN A RELAXED AND SUPPORTIVE ENVIRONMENT.



THIS CLASS IS DESIGNED WITH SENIORS IN MIND. NO PRIOR EXPERIENCE NEEDED, AND EVERYTHING IS TAUGHT IN A FRIENDLY, EASY-TO-FOLLOW WAY.

TRAINING INCLUDES:

- Recognize cardiac and breathing emergencies
- Perform CPR on adults, children, and infants
- Use an Automated External Defibrillator (AED)
- Identify the signs of a heart attack and cardiac arrest
- Understand the Cardiac Chain of Survival
- Provide care for choking emergencies
- Follow safety precautions when using an AED

Limited spots are available! Don't let this opportunity pass yo by—secure your place today by signing up on the registration sheet at the front desk. FREE!!

American Red Cross

Life Memories Matter

Discover the Power of Telling Your Story Wednesdays, Oct 15-Nov 19, 1-3 p.m.



Limited to 4-8 participants
Certified Guided Autobiography
Instructor Laurie Wink conducts
this 6-week class in which you are

required to write two pages about life themes outside of class and share stories in class, receiving positive feedback from the group

Sign up at front desk for free Intro Session Wed, Oct. 8, 1:00pm.

To enroll, pay \$50 fee to Laurie Wink after the Intro Session.

SOUP DAY RETURNS: 🗣

Thurs, Oct 23rd at 11:30am

Sponsored by AseraCare



Creamy Chicken Noodle \$3.00/bowl \$4.00/Small To-Go \$6.00/Large To-Go

Happy Hally PARTY

Friday, Oct 31st

1-3pm

Featuring Blue Sky Music



Hear some of your fave hits:

City of New Orleans Route 66

Spooky

On the Boardwalk

Margaritaville & more!

Light refreshments provided. Dress in costume and get a "treat."

This event is FREE to our members.



OCT ~ 2025

MON

9:00am Stretch It Out! 9am: Billiards 9:45am Exercise 10:45am T'ai Chi w/Tom 12:00pm Duplicate Bridge 1:00pm Knitting & Crocheting Bee

1:00pm Hand & Foot

TUES

9am: BYODComputers 9-1 Ceramics 9:30am Mahjong 9:30am Tai Chi (video) 10am 1-on-1 Comp Class | 12:30pm Mexican 11am 1-on-1 Comp Class 12noon Five Crowns 1:00pm Euchre

WED

8:30am SHIP (by appt) 9:00am Stretch It Out 10:00am Casual Bridge 9:45am Exercise 11:00am Pinochle Train/Dominoes 12:30 Rummikub 1:00pm BUNCO

THURS

9:00am Billiards 9:00am-2pm Woodcarv ing

9:30 Tai Chi (video) 9:30am Samba Card Game

1:00pm BINGO

FRI

9:00am Stretch It Out* 9:30 Jokers & Marbles 9:45am Exercise 10am Sing-along 10am Chess Club 10:30Italian **10:45am T'ai Chi w/Tom 12:30pm Pinochle 12:30pm Rummikub

\$1.00 fee for Fri Stretch it Out

Special Events

Wed, Oct 1, 15, 29: Chat & Craft 1:00pm

Thurs, Oct 2nd: Blood Pressure Checks by North Shore Health 12:30pm

Thurs, Oct 2nd: SSS Investment Club 11am

Fri, Oct 3rd: CLOSED/Bridge Club Tournament (see front pg)

Mon, Oct 6th: Hearing Evaluations (by appt—call 873-1506) (see pg 5)

Wed, Oct 8th: Life Memories Matter Intro Session 1:00pm (see front pg)

Thurs, Oct 9th: Trivia Challenge 5pm (see front pg)

Mon, Oct 13th: CLOSED/Columbus Day

Tues, Oct 14th: Advisory Board Meeting 9:30am

Wed, Oct 15th: French Club 1:00pm

Wed, Oct 15, 22, 29: Life Memories Matter (see front pg)

Wed, Oct 15th: 1st Travel Trip/The Rise & Fall of Miss Fannie's Biscuits

Thurs, Oct 23rd: Newsletter Assembly 8:30am

Thurs, Oct 23rd: Soup Day! (see front pg) 11:30am

Mon, Oct 27th: Popcorn & A Movie 1:00pm (see pg 3)

Tues, Oct 28th: Coffee with the Mayor 9:30am

Tues, Oct 28th: Card Making with Jamie (see below)

**Offered on Fridays beginning Oct 10.



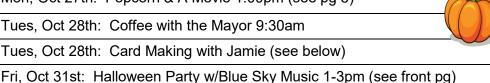
Thank you to our

sponsor for the month of Sept:

LifeCare Center

Previous & New Soup Day Volunteers needed!

Sign up at front desk.



Card Making with Jamie Tues, Oct 28th at 1pm



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 front desk by Wed, Oct 22.



Congratulations **Fric Maiied**

2025 Chess Tourney Champion In addition to full bragging rights, Eric also won a \$20 Gift Certificate to Olive Garden. Congrats to him and to all of those who participated in the tournament with special thanks to Dev Albert Isbell for organizing and conducting the tourney. *The Chess Club invites any*one interested in playing to join them on Fridays at 10am.



Alpha-Byte Tech Support Session October 29 from

10:30am-12:45pm

The MCHS Computer Science Honor Society is partnering

with the MC Senior Center to offer technology support to all members in need again



this year! Bring your laptops, your smart phones, your iPads, Nook's or any similar devices and these Teen Titans known as the Alpha-Byte Team will help you navigate these devices. Let's face it, teenagers are miles ahead of us in technology knowledge and we should be taking advantage of that! No need to sign up, just show up anytime between 10:30am and 12:45pm. Let's take a BYTE out of our technological deficit!

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.



Thursday, Oct 2 Appointments every 15 minutes from 9:30am-12:30pm

Tuesday, Oct 21st: Appointments every

Tuesday, Oct 21st: Appointments every 15 minutes from 12noon-3:00pm

Popcorn & A Movie

Mon, Oct 27th at 1:00pm

Sponsored by Asera Care

We will try to post the movie to be shown on the bulletin board outside of the



Director's office within a week

of the show. Reminder to donate gently used, good movies for our library collection.

Thanks!

Firecracker Fillies Red Hatters

Wed, Nov 5th @12noon: Holly's Restaurant, 3705 Franklin St, MC



Menu choices: 1) Meatloaf served open face w/mashed potatoes/gravy & veggies; 2) Nutty Chicken salad made from chicken breast topped w/bacon bites & served on a bed of greens with tomato, egg and a muffin; 3) Smothered chicken topped w/mushrooms, onions & mozzarella cheese with choice of potato or salad. All entrees include beverage (soda, tea, coffee) taxes & gratuity. Cost \$24. Deadline for sign-up Oct 24 Call Jeannie if you have to cancel, even last minute! Reserv/Pymt CHECK ONLY to: Firecracker

rute! 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.

Walk to End Alzheimer's



Washington Park, MC Sat, Oct 4

9:00am Event Opens 9:45am Ceremony

act.alz.org/laportecounty

Your participation in Walk to End Alzheimer's helps make a difference in the lives of those facing Alzheimer's today and in the future. This walk raises funds and awareness to help end this disease. To register, visit the website above.

FIRST TRAVEL 2025 TRIPS



First Travel is working on our day trip schedule for 2026! We'll get that information out to you as soon as it's available!

Wed, Oct 15: "The Rise and Fall of Miss Fannie's Biscuits" at Blue Gate Theatre, Shipshewana, IN. Departs 8am, Returns 4:30pm. \$128pp (minimum dinner gratuity included). Reserv/pymt MUST be received by 9/1

Thanksgiving Dinner

Thurs, Nov 13th
\$15.00/ticket
Complete TURKEY catered by
Indiana Deli

Tickets will be sold in 3 time slots. <u>FIRST</u>
<u>COME FIRST SERVED</u>. We will not HOLD
<u>tickets for anyone</u>.

50 tickets sold for the 4:00pm time slot 50 tickets sold for the 4:30pm time slot 50 tickets sold for the 5:00pm time slot

Advance tickets ONLY. NO REFUNDS for any reason. We will only sell 150 tickets total. Ticket sales begin Mon, Oct 6th. Last day to buy a ticket is Fri, Nov 7th. Turkey dinner with all the fixin's: mashed potatoes & gravy, sweet potatoes, dressing, green beans, dinner rolls, cranberry sauce, dessert, coffee/tea.

"Turns out that being a senior is mostly just googling how to do stuff."

Anonymous

Holiday Cookie Sale

To be held during our **Christmas Party on Fri, Dec** 12th at the Senior Center. A great way to select from a varietv of cookies-mix & match, so you have a large assortment to offer your friends/family/guests over the holiday season. Cookies can be frozen until needed so there's no waste! Cookies will be \$7 per dozen. We need people to bake cookies. Please bake 4 dozen (or more) standard size cookies (no giants, no mini's). This is a fundraiser for us so please consider donating your yummy homemade cookies or if you aren't in the mood for baking, cash donations are always appreciated. Thanks!!

Chair Zumba Gold 45 minute Classes with Michele \$30 for 6 weeks Starting November 4th ending December 9th (If all goes well will continue classes) \$5 Walkins welcome



Minimum 7 people Max 25
Pay cash to instructor at first class for all 6
weeks.

Tuesdays 1:00pm

If interested, sign up at the front desk so we know how many interested members we have. This is perfect for those who aren't keen on early morning exercise but still want to be active. Class is geared towards seniors.

NEW MEMBERS WELCOME!

Kathy Andruszkiewicz
Kim Day
Burke Foster
Bill Hartwig
Ruthie Hornaday
Gloria Johnson
Ruth King
William Linehan
Eileen Rowan
Laverna Rucker
Michael Rucker



Pamela Schutt Orville

Schutt
Cathy Schutz
Thomas Schutz
Mary Szpur
Lynda Tompach
Cathy Ward
Rosemary Wignall
Patricia Young

Let us Know

WE'RE RELYING

UPON YOU TO LET US KNOW
OF ANY SYMPATHIES,
CHANGES TO ANNIVERSARIES,
OR GET-WELL WISHES THAT
NEED TO GO IN AN UPCOMING
NEWSLETTER. YOU ARE OUR
EYES AND EARS AND WE
THANK YOU IN ADVANCE FOR
LETTING US KNOW.

Director's Corner

I found a few lesser known facts about Halloween that I thought I'd share with you. These were found on a History Channel website.

The tradition of turning up on your neighbor's doorstep and asking for treats is far from a new tradition. In medieval times, the same activity, known as 'guising', took place in Scotland and Ireland. Guising saw youngsters going door-to-door asking for money and food in exchange for songs, rhymes or 'tricks' they could perform.

While Halloween is seemingly all about ghosts and ghouls, there's also an amorous element. Some Halloween rituals saw women looking for clues about their future husbands. In the 18th century, women threw apple peels over their shoulders, hoping to see the initials of their future love.

Jack O'Lantern is someone we closely associate with the traditional carved pumpkins of Halloween. However, his story dates back to ancient Irish myth and the character of Stingy Jack. He was said to be doomed to roam the earth at night due to a deal made with the devil. To light his path, he used to light coal and carry it in a carved-out turnip. When Irish settlers arrived in the USA, they realized the pumpkin offered a much better surface for carving.

The rituals of the ancient Celts were more bloodthirsty than the costumes of modern-day Halloween. In traditional Samhain celebrations, the Celts' masks were made from animal skins and other parts of dead animals. The masks were said to ward off evil spirits as they passed on at this spooky time of year.

While bonfires are linked to Bonfire Night traditionally, they're also common at Halloween, and their past is also a little spookier than you'd imagine. Original Celtic bonfires were more aptly named 'bone fires' as the Celts threw animal bones into the flames to ward off those evil spirits again.

Happy Halloween! Tara

Line Dancing Instructor WANTED

We are still looking for a Line Dance



Instructor. If you are able to teach, please contact the Director at 219-873-1504.



<u>FACEBOOK /Etc./</u> BYOD Classes

Bring Your Own Device
(BYOD) Tuesdays at gam.

Bring your own laptop, Ipad, Smartphone, Tablet etc. *No sign up required.*



One on One classes on

Tuesdays at 10am & 11am
Sign up required! Call 873-1504.

NO CLASSES on Oct 14th.

Did you know we have greeting



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. Thanks!

Hearing Evaluations

Held on the first Monday (unless it's a holiday) of each 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.

1 *Evelyn Brown
*Maryann Busch
Lowell Hardwick
Ardell Wozniak
2 *Sharon Kirkham
Joanne Waller
3 *Cozetta Lewis
*Kathryn Lofton
Twila Pointon

Elizabeth Towne
4 Jane Spang
E Anne Switt
5 *Judy Bartels
*Nannette Copeland
Nancy Sanders

James Sullivan
6 Richard Brooks
Beth McSpaden
*Dawn Trusha
Celeste VanEtten

7 Charles Feldhaus *Julia Sherbun-Cowgill

*Mary Beth Wallers

8 *David Biela *Josip Kovac

*Doug Moon

*Monique Rib

9 Shirley Bushong Peter Dyslin

*Michele Ohms

10 *Harold Baker Marge Gipson *Corlors Patelos

*Carlene Patzka 11 *Jim Eriksson

Jutta (Judy) Heide *Kevin Lewis Linda Ludington Ronald Wigent

*Janette Wilke

12 Theresa Archer *Alice Davis

*Carol Dusza

13 *Michael Quint

14 Garry Church Patricia Kolvek

15 *Victor Althoff

*Millie Jarrett

*Virginia Lucas

*Debbie Rigterink

*Phillip Wolf

16 Kurt Smith

17 David Fennell Cindy Jacobs

18 Karen Durnell MaryAnn Filipiak

19 *Cecil BrownKaren Jarrell20 *Gary Miller

Dessie Tyler
21 *Peggy Cunningham

21 *Peggy Cunningham Richard Frigon *Bonnie Hatfield

*Dale Hungerford, Sr. James Irons

Sheila Matias
*Helen Pliskey

*Michael Schnell 22 *Ken Barkow

Barb Frasure
23 *James Dehne

23 *James Dehner Jeannine Galloy *Linda Garay

*Raymond Jones
*Darlene Kleist

Sharon Klosinski *Jim Meehan

Frances Metts

*Danuta Stewart
*Mary Lou Swead

Katherine Vanlew

24 Thomas Kownover Debra Nabhan

*Susan Torres

25 *Martha Comeno *Sally Dargis

*Richard Denton

*Augustyn Dudek *Judith Mutchler

*Darla Ream

Roger Stark, Sr. Terrell Thomas Shirley West

26 Kathleen Irons

26 Kathleen Irons 27 Marina Dingler

*Margaret Quint

*Barbara Watkins
*Derrick Winston

28 Jerry Biller

*Jamie Davis
Donna Murphy
Peggy Rose
Sandra Sobecki

Jeff Tubbs
29 Norma Antisdel
Barbara DeVries

*Marilyn Hecker *Thomas Hickey

Mary Teague







30 Lisa Johnson *Carl Potter 31 *Lynn Delehanty Steve Miller Barb Wolfe

Stretch It Out!

With Terrell Thomas

Mondays & Wednesdays at 9am FREE

Fridays at
9am \$1.00

Some of the key benefits of stretching are:

* Decreased injury risk.

Regular stretching may
help reduce your risk of
joint and muscle injuries *
Improved athletic performance * Improved circula-



of motion *
Less pain *
Relaxation

tion * In-

The instructor can show you how to get the most out of stretching no matter what level of fitness you are at. No need to sign up—just show up!

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'll also give some tips I encourage you to incorporate them into your daily life and let's keep ourselves as active & healthy as we can!

Important Events in History

Make a list of 10 important events in history. Now select the one that you think is the most important.

Write a short paragraph about why this is the most important event in history.



If you are "on a roll," try your hand at writing a paragraph about the second and third most important events.

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!

Michigan City Yearbooks!

Elston Still needed:: 1914 and before, 1917-1922, 1978, 1987

St. Mary's still needed: 1942, 1956, 1962-1968

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

Rogers High School still needed: 1974-

1983, 1987-1989, 1991-1994

MCHSchool still needed: 1995, 1998-2003, 2005+
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.



2025 Things to Come 2025



November

11th: CLOSED/Veteran's Day

13th: Thanksgiving Dinner

27th & 28th: CLOSED/Thanksgiving

2026 Monthly Calendar of

Events coming soon!

December

12th: Christmas Party

12th: Cookie Sale

17th: Red Hat Christmas Party

24th/25th CLOSED/Christmas Holiday 31st/1st CLOSED/New Year's Holi-

day



CROSSING GUARD OPPORTUNITY

The Michigan City Police Department is looking for people willing to help our future generation cross the street safely on their way to and from school. Times are roughly 8.05am to 8.35am and 2.50pm to 3.20pm Monday thru Friday when school is in session. This is a paid seasonal position.

If interested, contact Captain Jesse at 219-874-3221 ext. 1008 or gjesse@emichigancity.com







"MICHIGAN CITY MATTERS" TOWN HALL MEETINGS

Thursday, Feb. 13, 2025 5:30 p.m. City Hall 100 E Michigan Blvd.

Monday, March 31, 2025 5:30 p.m. HOPE Center 222 McClelland Ave. Thursday, May 22, 2025 5:30 p.m. Skwiat Post 121 Skwiat Legion Ave Wednesday, June 25, 2025 5:30 p.m. Zion Hill MBC 123 Helen St.

Wednesday, August 27, 2025 5:30 p.m. DAV 2301 Ohio St. Thursday, Sep. 25, 2025 5:30 p.m. New Hope MBC 819 W 7th St. Thursday, Oct. 30, 2025 5:30 p.m. Fire Admin Center 2510 E Michigan Blvd. Wednesday, Dec. 10, 2025 5:30 p.m. City Hall 100 E Michigan Blvd.

Department Heads & Common Council Members will be present at each meeting.

Michigan City Senior Center Two on the Lake Michigan City, IN 46360

Or Current Resident

NON-PROFIT ORGANIZATION US POSTAGE PAID MICHIGAN CITY, IN PERMIT NO. 51





Happy Anniversary

Bernard Howard & Jodi Dusek on their Oct anniversary

Tony & Paula Nieman on their 37th on Oct 1
William & Wendy Shaver on their 37th on Oct 1
Jason & Laura Steele on their 20th on Oct 1
Allen & Nannette Wilson on their 15th on Oct 2
Ronald & Shana Keller on their 27th on Oct 3
Josip & Francoise (Sudres) Kovac on their 30th on Oct 3
John & Donna Losiniecki on their 51st on Oct 5
Gary & Kay Kahn on their 46th on Oct 6
Danny & Pam Blake on their 36th on Oct 7

Jerry & Lee Malizia on their 36th on Oct 8

Frank & Milda Roszkiewicz on their 37th on Oct 8

Darrin & Liz Westphal on their 42nd on Oct 8

Bruce & Richelle Wilke on their 32nd on Oct 9

Tony Winski & Katy White on their 31st on Oct 10

Ron & Gloria Wigent on their 33rd on Oct 10

Steve & Debi Jesse on their 45th on Oct 11

Thomas & Deborah Teets on their 45th on Oct 18

Keith & Diane Logan on their Oct 19th anniversary

Douglas & Megan Schroeder on their 35th on Oct 20

Phillip & Patricia Wolf on their 35th on Oct 20

Roger & Barb Moehl on their 48th on Oct 21



Gordon & Linda Baker on their 54th on Oct 23 Dave & Judy Fennell on their 61st on Oct 23 James & Cristina Leonard on their 58th on Oct 24 Vernon & Kathie on their 43rd on Oct 25 Jay & Judy Niec on their 46th on Oct 27

In Sympathy...

We wish to extend sympathy to:
Kathy Stout on the loss of her mother Rosalie
Stout; Peter & Sharon Staback on the loss of
his mother Nancy Staback; to the family of Richard
Stark, and to anyone grieving the loss of a loved
one.



Get Well Soon

to anyone feeling a bit under the weather!



Did you know you can get our Newsletter online at www.emichigancity.com