

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



MARCH 2026

michigancityparks.com/senior

CLOSED: Fri, March 27
for Set-Up.

VENDORS: Set up is
12noon-3pm on Fri.
Doors open 7am Sat.



Trash 'n Treasure Sale

At the Sr Ctr/Washington Park

Sat. Mar 28th 8:00am-12noon



Sponsored by Aperion Care/The Arbors Of MC

Come shop over 40 tables of gently used items, crafts & more. Pick up hot coffee and a doughnut for a bargain. And we'll serve barbeque sandwiches & hot dogs around lunch time for a reasonable price. We are having a bake sale to help raise additional funds. Be sure to stop by and pick up a delectable baked good for a good cause! This sale is **OPEN TO THE PUBLIC!** Bring the whole family & get great deals at one of the first "yard sales" of the season! No admission charge, no parking fees, NO Early birds. Doors open at 8am. **WEFM, sponsored by Aperion Care/The Arbors of MC**, broadcasts live! (*Vendors: Set up is Fri from 12noon-3pm. Doors open for you at 7am on Sat*)

Spring Spaghetti Soiree

Sponsored by Aperion Care
Wed, March 4 at
12noon-1:30pm

Tickets
are
\$12.

Includes: Salad,
Spaghetti w/meat
sauce, bread-
sticks, dessert,
beverage

Tickets in advance ONLY
OPEN TO THE PUBLIC

Tickets available for purchase
from: Mon Feb 2nd through Wed,
Feb 25th. We need volunteers to
help-please sign up at front desk.



IMPORTANT!! The
Franklin Street Bridge
will be CLOSED thru Mar 15 for
repairs. Please use Center
Street to access the Sr Center.

March Madness Basketball Class!

With William Walker, Asst Superintendent of
Parks & Recreation

Fri, March 13th at 1:00pm

Looking for something enjoyable, social, and a little bit new? Our **March Madness class for seniors** is the perfect way to learn, laugh, and join in one of America's most exciting traditions—no playing required!

Basketball Basics

We'll make the rules simple and easy to understand—what the players do, why the whistles blow, and how the game flows.

March Madness Made Easy

Learn what brackets are, how teams advance, and why the tournament captures the nation every spring.

Predictions & Friendly Fun

We'll look at top teams, talk about possible up-sets, and you can even fill out your own bracket just for fun. Whether you're new to basketball or just want to enjoy March Madness more this year, this class is a fun, social way to get involved.

Class is FREE. Please sign up at the front desk.

Trash & Treasure Bake Sale

PLEASE help us out and donate your favorite baked goods. Turn in baked goods on Fri, March 27th NO LATER than 3pm. We'll price your goods. We'd really appreciate your help. Sign up at front desk. We need volunteers to price on Fri from 12noon-3pm.



Last Soup Day of the Season!

Tues,
Mar 24th
at 11:30am

Irish Potatoes w/
Gouda!

Cost is \$3
dine-in
bowl

\$4 small
or \$6

large to-
go





MARCH ~ 2026



MON	TUES	WED	THURS	FRI
9:00am Stretch It Out! 9:45am Exercise 10:45am T'ai Chi w/Tom 12:00pm Duplicate Bridge 1:00pm Knitting & Crocheting Bee 1:00pm Hand & Foot	9am: Billiards 9am: BYODComputers 9-1 Ceramics 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 10:00am Casual Bridge 9:45am Exercise 11:00am Pinochle 12:30pm Mexican Train/Dominoes 12:30 Rummikub	9:00am Billiards 9:00am-2pm Woodcarving 9:30 Tai Chi (video) 9:30am Samba Card Game 1:00pm BINGO *\$1.00 fee for Fri Stretch it Out	*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

- Mon, Mar 2nd: Hearing Evaluations 9am-2pm by apt (see pg 4)
- Wed, Mar 4th: Spring Spaghetti Soiree 12noon-1:30pm (see front pg)
- Thurs, Mar 5th: Blood Pressure Checks by North Shore Health 12:30pm
- Thurs, Mar 5th: SSS Investment Club 11am
- Tues, Mar 10th: Advisory Board Meeting 9:30am
- Tues, Mar 10th: Salute to Park Dept & Advisory Board members 11:30am
- Thurs, Mar 12th: Holistic Approach Massage Therapy 12noon-3pm
- Fri, Mar 13th: March Madness w/Will Walker 1:00pm (see front pg)
- Tues, Mar 17th: Happy St. Patrick's Day!
- Wed, Mar 18th: French Club 1:00pm (see pg 3)
- Mon, Mar 23rd: Popcorn & A Movie 1:00pm (see pg 3)
- Tues, Mar 24th: Soup Day/Irish Potato Soup 11:30am (see front pg)
- Tues, Mar 24th: Holistic Approach Massage Therapy 9:30am-12:30pm (see pg 6)
- Thurs, Mar 26th: Newsletter Assembly 8:30am
- Fri, Mar 27th: CLOSED/Trash & Treasure Set-Up day!
- Sat, Mar 28th: Trash & Treasure Sale (OPEN to the public)
- Tues, Mar 31st: Coffee with the Mayor 9:30am
- Tues, Mar 31st: Card Making with Jeneane at 1pm (see pg 3)
- Tues, Mar 31st: Krueger Children's Choir Performance at 10:45am (see pg 3)
- Wed, Apr 1st: Easter Egg Stuffing 10:30am-12noon (see pg 7)



Reminder to set your clocks ahead on Sun, March 8th.

Want to look us up online? Now there's an easy link: michigancityparks.com/senior



Thank you to our BINGO sponsor for Feb: First Light



MARK YOUR CALENDAR!



Hear some of your fave hits:
City of New Orleans
Route 66
Spooky
On the Boardwalk
Margaritaville & more!

Blue Skies & Butterflies Spring Dance Fri, Apr 10th from 1-3pm

Join us as Blue Sky once again provides live entertainment performing all of your favorite hits. If you were at the Halloween Party, you remember how fun this is. If you weren't, you missed out! But here's your chance to enjoy it now. We'll provide hot dogs & chips, cupcakes, beverages, and Blue Sky Music will provide the tunes to get you tapping your feet and shaking off the cold of winter! It's spring so come out to dance or just to simply enjoy great company and great music.

Life Memories Matter

Discover the Power of Telling Your Story

Beginners: Tuesdays @ 1:00pm from March 10-April 14

Advanced: Thursdays @ 1:00pm from March 12-April 16

Limited to 8 participants



Certified Guided Autobiography Instructor Laurie Wink conducts

this 6-week class in which you will 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 (held on Tues, Mar 3 at 1:00pm for the Beginning group).

To enroll, pay \$75 fee to Laurie Wink after the Intro Session for beginners, and at 1st session for advanced.

Krueger Children's Choir

Tues, March 31 at 10:45am

Performing Standards, Classics & Other fun songs! FREE to

attend, no need to sign up.



Card Making with Jamie Tues, Mar 31st 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 front desk by Wed, Mar 25th.**



Popcorn & A Movie Mon, Mar 23rd at 1:00pm "Guarding Tess"

Sponsored by Aseracare

Since the Jan movie was canceled due to weather, we're playing it this month.

FREE!



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.



Firecracker Fillies Red Hatters

Tues, Mar 17th: "Michigan City Culinary

School" 317 Detroit St, MC @ 12noon: Buffet meal prepared completely by the Career Center students. It's St. Patrick's Day so consider wear-ing Irish green if you'd like. **Reserv/pymt due by Mar 6th Cost \$20**
UPCOMING EVENTS:

Sat, Apr 18th @12noon: Spring Tea Lunch-eon at Orak Shrine, 3848 Frontage Rd, MC. Red Hat attire. **Reserve/pyment due by Mar 27th Cost \$30**

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.

Center for Creative Solutions is **CALLING ALL POETS!**



Write an original poem for the **10th Annual Poetry Showcase**, judged by Dr. William Allegrezza of Indiana University.

Entry details and online submission portal at:

centerforcreativesolutions.com/poetry-showcase.

Poems must be submitted by midnight Mon, Mar 31, 2026.

See our bulletin board at the Senior Center for more detailed info or go online (above address)

FIRST TRAVEL 2026 TRIPS



NEW MEMBERS

WELCOME!

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!

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



- Cheryl Bates
- Edward Denham
- Steven Foldenauer
- Michael Goodale
- Jeff Hanke
- Mary Kay Hanke
- Rosemary Hanner
- Thomas Hill
- Glenn Moldenhauer
- Nancy Moldenhauer
- MaryBeth Mullenholz
- Rona Ortega
- Norman (Mike) Paniccia
- Stanley Penziol
- Trilla Sue Penziol
- Matt Rademaker

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. Appointments fill up quickly so we suggest you call and make your appointment ASAP. The next dates to schedule are Mon, March 2nd and Mon, April 6th.

Contact First Travel at 219-879-4633 or 219-326-1889

For all booking and add'l info.

Reservation & Payment Policy: Reservations are accepted and held via phone.

Call Lisa at 219-879-4633 to reserve your spot, then send in your payment along with your form (available here at the front desk) within 7 days of reservation. Payment must be mailed to First Travel Center, PO Box 472, LaPorte, IN 46352 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 and 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

I was thinking about simple phrases we learned as children. They're still relevant today as adults—and it's good to be reminded of them now and again. Do you have any not listed here that you try to live by?



- Treat others the way you want to be treated.
- If you can't say something nice, don't say anything at all.
- Always tell the truth.
- Don't judge a book by its cover.
- Practice makes perfect.
- Think before you speak.
- Actions speak louder than words.
- Don't put off until tomorrow what you can do today.

Happy St. Patrick's Day to you all!

French Club

Wed, March 18 at 1:00pm



Join Scott Archambault as he heads up this club for those who love everything about French culture. Discuss culture, language, art, travel and more. If you speak French, BONUS! If not, we'll work on common phrases and basic language skills to help you improve on speaking and reading. NO PRIOR language experience necessary. Come share your love of everything French with those who love it too!

We could use a handyman/woman to repair some of our chairs and tray tables. If you've got the skills, we could use you. Please contact the Director for more info.



Please be sure to update your information at the front desk each year: (phone numbers, emails, address, emergency contact, etc. It's important we have current information on file. Thanks!

Thank you Dan Mallon and Vera Malwin for their generous cash donations!



Thank you Ron Crosslin for your thoughtful and generous donation of a vacuum for our billiards tables.

Computer/Internet/

FACEBOOK /BYOD Classes

Bring Your Own Device

(BYOD) Tuesdays at 9am.



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

One on One classes on Tues-

days at 10am & 11am and sign up IS required! Call 873-1504.

Trivia Challenge

Thursday, April 16th,

5-9pm \$10/per person

Theme to be announced at the event

Start planning now! Gather up your friends (maximum of 10) and form a team. Questions are read aloud and as a team, you decide on an answer, write it on your questionnaire and turn it in for scoring. There are 10 rounds of 5 questions each. 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. This is a fundraiser for the Senior Center. We hope you'll make this a fun, successful event to help raise money for the Senior Center. **Food & beverages will NOT be available. Please feel free to bring your own. Coffee & Water provided only.**

Please register by Wed, Apr 15 so we can plan accordingly. Even if you just call us to let us know how many people you think will be attending, it helps us plan. You do NOT need to be a member to participate. Don't have a team but want to play? Call 873-1504 and we'll put you on a team.



- 1 Shana Anders-Hastings
- Eugenia Schwanke
- 2 Dennice Adrian
- *Dina Brooks
- *Carolyn Covert
- Janice Gonzales
- Charles Halberstadt
- *Rick Johnson
- *Susan Malcer
- *Don Montgomery
- *Wayne Washluske
- 3 Fran Merriom
- 4 Peggy Biggerstaff
- Donna Eichelberg
- *Beverly Jirtle
- *Delsue Minfield
- *Patrick Pizarek
- 5 Sherry Brandt
- *Lee Ethel Ellis
- *Kelly Shepherd
- *Charles VanHorn
- 6 Betty Bowden
- George Cox
- Denise Hale
- Gail Leffew
- *Jane Moon
- *Lori Wilson-Patterson
- 7 *Roy Alford
- Lila Chouinard
- Marsha Moss
- *William Studtman
- *Patricia Ann Vandish
- 8 Richard Brew
- John Finder
- *Milda Roszkiewicz
- 9 Larry Kaminski
- 10 *Carol Bernier
- *Anna Foldenauer
- Dolores Grace
- 11 *Elizabeth Rice
- 12 Joan Johnson
- *Mary Kowalski
- *Christine Perry
- Pamela Waltz
- *Joyce Weik
- 13 Joan Dipert
- M. Christine Hoge
- *Barbara Malewicki
- Lindy Nunes
- 14 *Grace Budrys
- *Tamala Glover
- Suzanne Kean
- David Littell
- Phyllis Nowatzke
- 15 Susan Brooks
- *Gordon Caufield
- Mark Cichoracki
- Pamela Gomberg
- Margaret Heuer
- *Jim Hoffmaster
- *Patricia Peck
- 16 *Donald Reinke

March

Happy Birthday!

- 17 Nancy Novak
- Linda Parrish
- *Alvin Ring
- Terry Troyer
- Sally Will
- 18 *Jackie Curtis
- *Candace Finney
- Carla Komarek
- *Lynda Tompach
- 19 *Alice Wozniak
- 20 Walter Barbknecht
- Dorothy Johns
- *Steve Lewis
- *Paula Nieman
- Dorothy Sparks
- *Jerry Timbrook
- 21 *Marianna Bruce
- *Nancy James
- *Carol Jones
- *Randy Lindbort
- *Thomas Schutz
- 22 William Wild
- 23 Marita Mattson
- 24 *Danny Blake
- *Tammy Samuels
- Robert Stark
- 25 *Kathleen Butler
- Jim Holm
- Elsie Keel
- *Jeneane Webster
- 26 Sandra Johnson-Lee
- *Pat Kubik
- *Rita Swistek
- Jan Weinig
- Laurie Wink
- 27 *Marilynn Ames
- *Walter Wajda
- 28 Cecilia Brinckman
- Christina (Tina) Leonard
- *Carl Meltzer
- Richard Will
- 29 *Cindy Bechinski
- *Raymond Kowalski
- Kathleen May
- Georgia Pickford
- 30 *Nona Noel
- 31 *Louise Hoffmaster
- Barbara Macudzinski



Welcome to
 **our new-
 est Life-
 time Member:**
Shana Anders
-Hastings

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!



Earth Hour

On the last Saturday of March, millions of people turn off their lights for one hour to celebrate our planet. From 8:30-9:30pm focus on your commitment to our planet by switching off all non-essential lights. Earth Hour was started as a lights-off event in Australia in 2007 and has grown to engage more than 162 countries worldwide. This year the last Saturday is March 28th.



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, March 12: Appointments every 15 minutes from 12noon-3:00pm

Tuesday, March 24: Appointments every 15 minutes from 9:30am-12:30pm

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:

"Imagination and a Dot"

On a clean sheet of paper, make a black dot. Ask yourself, "What is it?" A group of kindergartners thought of fifty things it could be: a squashed bug, an owl's eye, a cow's head, a magnified grain of pepper, a far away star. They let their imaginations go on the loose. Try to think like a kid and list all the things the dot could be. Using your imagination is good for those neurons in the brain.

*"'Twas a bird flying round in the sky
 When he dropped some
 whitewash in me eye.
 I didn't laugh and I didn't cry
 But I thanked the Lord that cows
 don't fly."
 ~Anonymous*





2026 Things to Come 2026



April

- 1st: Easter Egg Stuffing
- 3rd: CLOSED/Good Friday
- 5th: Happy Easter!
- 10th: Blue Skies & Butterflies Spring Dance
- 16th: **Trivia Challenge**
- 22nd: Gut Health w/Dr. Margie

May

- 10th: Happy Mother's Day!
- 14th: Spring Game Night
- 19th: Volunteer Luncheon
- 25th: CLOSED/Memorial Day

July

- 3rd: CLOSED/Independence Day (observed)
- 15th: Red Hat Anniversary Party
- 16th: Ice Cream Social

June

- 19th: CLOSED/Juneteenth
- 21st: Happy Father's Day!



Raffle 2026

Tickets on sale now!

♦Qty of (2) 1st prizes: Each wins One Adult Tricycle!



Adult Tricycle, 20-Inch Fat Tire All-Terrain 3-Wheel Bike, 7-Speed Heavy-Duty & 450lb Capacity, Large Cargo Basket, Dual Disc Brakes, Comfort Seat for Seniors, Shopping Basket



♦Qty of (4) 2nd prizes: Each wins a Fitness Tracker!

Unisex Smart Watch Fitness Tracker with 24/7 Heart Rate, Blood Oxygen Blood Pressure Sleep Monitor, Activity Trackers 5 ATM Waterproof, Step & Calorie Counter



♦ Qty of (2) 3rd prizes:



- 1 Black & Decker Corded Leaf Blower
- 1 Black & Decker Corded Steam Cleaner



Total Value of all prizes: \$500

Easter Egg Stuffing

Wed, April 1st

10:30am-12noon

We need volunteers to help "stuff" plastic easter eggs with candy. The Events Dept will provide all supplies AND lunch!

No need to sign up. **Please do not arrive earlier than 10:15 am.**



Or Current Resident



Happy Anniversary

Don & Mary Anne Gustafson on their 46th on Mar 1
Terry & Jane Spang on their 36th on Mar 4
Robert & R. Lynn Schult on their 44th on Mar 6
Bob & Diane Johnson on their 55th on Mar 8
Paul & Debi Lyles on their 36th on Mar 12
Steve & Cozetta Lewis on their 7th on Mar 17
Arthur, Jr. & Beverly Craig on their 59th on Mar 20
Robert & Monique Rib on their 46th on Mar 22
Marvin & Diane Dirks on their 53rd on Mar 24
John & Raelene Jurkowski on their 19th on Mar 24
John & Pat Kubik on their 52nd on Mar 26
Steven & Peggy Biggerstaff on their 40th on Mar 30
Dale & Joyce Weik on their 30th on Mar 30



CORRECTION *As always, if you are aware of any additions, corrections, or deletions that should be made to anniversaries, sympathies, get wells, or birthdays, please let us know.*

In Sympathy... We wish to extend sympathy to: the families of Catherine Garrabrant; Judith Robbins;; and to anyone else grieving the loss of a loved one.



Get Well Soon

Wayne Carpenter,
Fran Metts, Debbie
Palm and anyone feeling a bit under the weather.