

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: Laura Garbacik; Laura Steele



APRIL 2026

Meet Your Microbiome: The Tiny Helpers Keeping You Healthy!

Presented by Dr. Margie Williams, RN, PhD

Discover the amazing world inside your gut — and how to keep it thriving!

Did you know your body is home to trillions of helpful microbes? Join us for an engaging and easy-to-understand presentation about how these “good bacteria” support digestion, immunity, and overall wellness — and what simple steps you can take to keep your gut happy and healthy.

Date: Wednesday, April 22
Time: 1:00 PM
Location: Michigan City Senior Center

Free presentation · Easy wellness tips · Great conversation!



Healthy, gut-friendly
snacks provided!

Blue Skies & Butterflies Spring Dance

Fri, Apr 10th from 1-3pm

FREE Event!

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.

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



Reminder that we have greeting cards for sale! 4 for \$1.00.



Trivia Challenge Thurs, Apr 16th 5-8pm \$10/pp



Gather up your friends (maximum of 10) and form a team. 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. The theme TBD. We hope you'll make this a fun, successful event to help raise money for the Senior Center. Food & beverages will NOT be available for purchase—feel free to bring your own. Doors open at 5pm, questions start at 6pm. Preferred registration by Mon, April 13th. You do NOT need to be a member to participate. If you need a team, contact us 873-1504.

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.




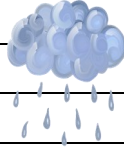



MON	TUES	WED	THURS	FRI
9:00am Stretch It Out! 9:45am Exercise 10:45am T'ai Chi w/Tom 12:00pm Duplicate Bridge 1:00pm Knitting & Crocheting Bee 12pm Hand & Foot	9am: Billiards 9am: BYODComputers 9:30am Mahjong 9:30am Tai Chi (video) 10am 1-on-1 Comp Class 11am 1-on-1 Comp Class 12noon Five Crowns 1:00pm 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 1:30 BUNCO	9:00am Billiards 9:00am-2pm Woodcarving 9:30 Tai Chi (video) 9:30am Samba Card Game 1:00pm BINGO	*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

Special Events

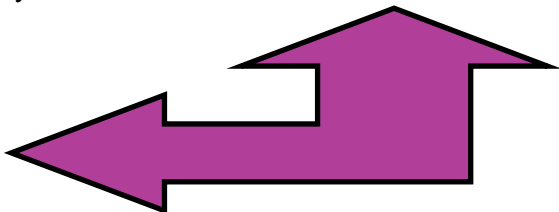
NO BINGO on Thurs, Apr 16th due to Trivia Challenge.

*\$1.00 fee for Fri Stretch it Out

Wed, Apr 1st: Easter Egg Stuffing 10:30am-12noon (see front pg)	 <p>Thank you to Around the Clock Healthcare, our March BINGO sponsor!</p>  <div style="border: 1px solid black; padding: 5px;">  <p>In the spirit of April Fool's Day, I have put in two deliberate errors somewhere in this newsletter. They are not grammar, punctuation, or spelling errors so no need to scrutinize it that carefully. It's fairly obvious and once you see them, you'll know. Enjoy and good luck! (Hint is on pg 5) (Solution is on pg 7.)</p> </div>
Thurs, Apr 2nd: Blood Pressure Checks by NorthShore Health Centers 12:30pm	
Thurs, Apr 2nd: South Shore Seniors Investment Group 11am	
Thursdays: Apr 2, 9, 16: Life Memories Matter 1:00pm (advanced course)	
Fri, Apr 3rd: CLOSED/Good Friday	
Mon, Apr 6th: Hearing Evaluations by Appt (see pg 5)	
Mon/Tues: Apr 6/7, 13/14, 20/21: Chair Zumba 1:00pm	
Thurs, Apr 9: Holistic Approach Massage Therapy 9:30-12:30pm (see pg 3)	
Fri, Apr 10th: Blue Skies & Butterflies Spring Dance 1-3pm (see front pg)	
Mon, Apr 13th: Popcorn & A Movie/"" at 1:00pm (see pg 3)	
Tues, Apr 14th: Advisory Board 9:30am	
Wed, Apr 15th: French Club 2pm (see pg 3)	
Thurs, Apr 16th: Trivia Challenge 5-9pm (see front pg)	
Mon, Apr 20th: 1st Travel/Pre-departure mtg/Washington DC 5:30pm	
Tues, Apr 21st: Holistic Approach Massage Therapy 12noon-3pm (see pg 3)	
Wed, Apr 22nd: Gut Health w/Dr. Margie 1:00pm (see front pg)	
Thurs, Apr 23rd: Newsletter Assembly 8:30am	
Tues, Apr 28th: Coffee with the Mayor 9:30am	
Tues, Apr 28th: Card Making with Jamie 1pm (see pg 3)	

After more than 25 years, our newsletter (known as The Golden Times) is getting a much needed makeover. The previous name has served us well and represents an important part of our history. As we continue to grow, we're adopting a new name that reflects the energy and momentum we feel today. 2 on the Lake is our actual address here at the Senior Center and calling it "2 on the Lake Talk" is a fresh perspective on what our center represents in the community. The name invites you to engage in our activities and be a part of a vibrant senior community on the shores of Lake Michigan, focused on connection, not age. Senior Center member and volunteer Polly Liebig created and designed our new header shown below. We'll begin using it with our May issue. We hope you'll like the new look and the new name!

2 on the Lake Talk
MICHIGAN CITY SENIOR CENTER
Michigan City, IN 46360 • 219-873-1504 • 8am - 4pm, Mon - Fri
Director: Tara Miller • Assistants: Laura Garbacik, Laura Steele
michigancityparks.com/senior
April 2026



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.

Appointments every 15 minutes

Thurs, April 9: 9:30am-12:30pm

Tues, April 21: 12noon-3pm



Chair Zumba Gold

45 minute class

\$5 per class (pay instructor)

Walk-ins welcome

Mondays & Tuesdays 1:00pm

Apr 6/7, 13/14, 20/21 (no classes the last week of April)

Card Making with Jamie

Tues, Apr 28th 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 Jeanine 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, Apr 22nd.**



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French Club

Wed, April 15 at 2:00pm

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

Popcorn & A Movie

Mon, Apr 21st at 1:00pm

"Up in the Air"

FREE!

Sponsored by AseraCare

Ryan Bingham's (George Clooney) career involves traveling the country to deliver difficult news as a corporate layoff specialist. His routine is upended by the arrival of a young and enthusiastic colleague, Natalie (Anna Kendrick), who changes his perspective on his job and the people affected by it. While on assignment, he unexpectedly reconnects with a woman from his past, Vera Farmiga (Alex Goran), prompting him to examine his nomadic lifestyle and the nature of human connection. *Drama/Comedy Rated PG-13*



Firecracker Fillies Red Hatters

Sat, Apr 18th @12noon: Spring Tea Luncheon at Orak

Shrine, 3848 Frontage Rd, MC. Red Hat attire. Limited reserve seating. **Reserv/pymt due by Mar 27th. Cost \$30**



Mon, May 4th @11:30am: Celebrate on the eve of Cinco de Mayo at

Hacienda, 2148 N Karwick Rd, MC. Menu choices: 1) Chimichanga, 2) Burrito, 3) Taco Salad. All include: choice of meat (shredded beef/chicken, ground beef, pulled pork) chips/salsa, soda or tea, tax & gratuity. Red Hat attire or a sombrero/Mexican attire. **Reserv/pymt by Apr 24th. Cost \$20**

UPCOMING EVENTS:

June: Footlight Players Theatre: Miss Magnolia Senior Citizen

Beauty Pageant. Details TBA

*Call Jeannie if you have to cancel, even last minute! Reserv/Pynt **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.*



Hacienda Give Back Night

To benefit the MC Senior Center!

Tues, May 12th

Mark your calendars now to head to Hacienda sometime on Tues, May 12th to have lunch and/or dinner. 20% of all sales (when you use the coupon) goes to us! If you can't dine in on that day, stop in any time between now & May 12th at the Senior Center, let us know what denomination you want to purchase, pay us in cash, and we'll purchase it for you and have it available starting May 13th.

You are NOT allowed to use a gift card in conjunction with the coupon for the Give Back night (save your already purchased gift cards for another time). Also you CANNOT distribute coupons (which will be available in the May issue) on site. But feel free to make copies and pass them out elsewhere to friends & family! Also, you can snap a picture of the coupon and just use your phone! The more we participate, the more we'll earn!

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 Dis-

trict

- ♦ 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

- Lucy Abene**
- Jim Brooks**
- Nadine Dunk**
- Jean Gust**
- Sherry Jones**
- Francine Kalita**
- Diane Dawson-Klinder**
- Fred Klinder**
- Jeff Kraemer**
- Linda Martin**
- Kathleen Neja**
- Patricia Parry**
- Ron Poling**
- Carl Reed**
- Georgiana Smart**



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.

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!

Travel Policies

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



Here's some sound advice if you're planning an April Fool's Day joke:

- **Keep it playful, not painful.** The best pranks make people *laugh*, not *recover*.
- **Know your audience.** If someone hates surprises, maybe skip the fake spider.
- **If you must fake bad news, make the "reveal" quick.** Hearts are fragile before coffee.
- **Laugh *with* people, not *at* them.** That's the difference between a joke and a jerk move.

Happy Easter! "See" you next month.....Tara



HINT for April Fool's errors (explained on pg 2): Think date.



Thanks to a generous donation by Peepers, we have a limited number of readers for sale (\$5). Strengths vary from 1.0-3.0. See the Assistant Director's if you're interested!

We no longer are accepting egg cartons for Betty. She has enough. Thanks for your past donations!



Calling All Poets

The Center for Creative Solutions is celebrating National Poetry Month in April with a 10th Annual Poetry Showcase. Entry details and online submission portal at:

Centerforcreativesolutions.com/poetry-showcase

Walking Club



We're trying to revitalize our walking group and get more members active. Anyone interested in taking a brisk walk through Washington Park, we'd like to meet weekdays at 9am here at the Senior Center and let's do this together! No need to sign up, just show up! Let's get healthier, one step at a time.

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.

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. April 6th this month.

Spring Game Night

Thurs, May 14th from 4-8pm

Mark Your Calendars!

Tickets are \$5



Gather a group together and play any card games/board games that you want! Feel free to bring your own food. We'll provide desserts, utensils, napkins, plates, coffee, lemonade and water. We will have all the great raffle prizes you're accustomed to. We count on this event as a major fundraiser for us. Please help make it a success. Thanks!

April

Happy Birthday!



- 1 Paulette Barkow
- *Wanita Bolka
- John Jaskiewicz
- *Mark Linn
- *Peter Staback
- *Jana Thomas
- 2 Jerraly Stark
- Marie Wester
- *Christine Whorwell
- 3 *Connie Cooper
- 4 David Stinchcomb
- 5 *Glenda Agostino
- Pam Durkin
- Don Giedemann
- *Dennis Hillring
- Galen Potts
- 6 *Linda Duttlinger
- Carol Mayden
- *Leslie Ritter
- *Dan Schaaf
- 7 Loren Adrian
- 8 *Joann Harsha
- *Alyce Knouse
- *Robert Wisthoff
- 9 *Lucy Abene
- Cassie Caddell
- Janice Duffy
- Robert Kehoe
- John Mackin
- Joanne Nelson
- *Regina Ruddell
- 10 *Ralph Bradley
- *William Henderson
- Alan Miller
- Patricia Newenhouse
- Pat Wroblewski
- 11 *Sharon Lane
- Karen Lawrenz
- Virginia Orłowski
- 12 Mary Duers
- Karen Henrich
- Barbie Miller
- *Donna Pope
- 13 *Joseph Blanchard
- Lee Nedreau
- 14 *Jayne Krol
- *Paul Skwiat
- *Michael Wendling
- 15 Sammie Felton, Jr.
- *Nancy Hawkins
- *Pat Matsey
- 16 *Anna Stewart
- *Rosemary Mallon



- 17 *Cheryl Chapman
- Jim Johnson
- Connie Jones
- *Nellie Pena
- *Dave Wiegand
- 18 Carol Dombrowsky
- Judy Kerestury
- *William King
- Trilla Sue Penziol
- *Ed Wahlen
- 19 Mike Cussen
- Susan McConnell
- Dan Simon
- Evelyn Slavey
- Frances Thode
- 20 *Regina Wilkinson
- 21 Timothy Conley
- Suzanne Fitzsimmons
- Steven Rudolph
- *Ann Thorvik
- *Deb Yoder
- 22 Rick Miscik
- Darlene Quigley
- 23 Jean Kleinschmidt
- April Joy Miller
- 24 *Jeanne Bennett
- *Jerry Bolding
- *Kim Day
- *Frank Labaj
- April Joy Miller
- Luke Nover
- 25 Janice Ronda
- *Robert Taylo, Jr.
- 26 Vern Robinson
- Jeffrey Toyra
- 27 *Annette Burnette
- *Trish Gallas
- *Larry Jensen
- Scarlet Mason
- Kathlyn Simpson
- *Phyllis Stark
- Marilyn Steinhiser
- *Nancy Trainor
- 28 *Suzy Vance
- *Bill Wantland
- 29 Susan Hannon
- *Sally Malstaff
- *Dell Meyer
- *Marlene Sommer
- 30 Maggie Eichelberg
- Debora Hogan
- *Rodney Krassow
- *Tony Nieman
- 31 *Fayke Date



*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!



Thanks to a generous donation by member Kathleen Pahs-Rhodes, if you are on the naughty list and get your picture taken, we'll give you a FREE beach-themed hand crafted jar/bottle opener that Kathy made! (Supplies limited. Only those who were on the naughty list are eligible. See Staff for details.)



Welcome to our new Lifetime Member:

Sandra Johnson-Lee

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, "If You Were"

Answer each of these questions, preferably in writing, explaining why for each one.

- ♦ If you were an animal, what animal would you be?
- ♦ If you were a color, what color would you be?
- ♦ If you were a musical instrument, which would you be?
- ♦ If you were a flower, which kind would you be?
- ♦ If you were able to live anywhere in the world, where would you live?
- ♦ If you were a holiday, which one would you be?
- ♦ If you were an article of clothing, what would you be?
- ♦ If you were a kind of candy, which kind would you be?
- ♦ If you wrote a book, what would the title be?

Now review your answers and decide on at least three adjectives that describe the kind of person you are based on your answers.



2026 Things to Come 2026

May

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



June

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

Solution to April Fool's Errors: Look at April 31st birthday/anniversary.



July

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

August

July 30-Aug 2nd: Great Lakes Grand Prix Races
 21st: Chess Tournament

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



Total Value of all prizes: \$500



1 Black & Decker Corded Steam Cleaner

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

Walter & Georgetta Manning-Cox on their April anniversary

Bruce & Linda Neulieb on their April anniversary

Gregory & Kelly Shepherd on their 12th on Apr 2

Thomas & Eileen Morrison on their 55th on Apr 3

William & Jane Passaglia on their 56th on Apr 3

Richard & Sally Will on their 44th on Apr 3

William & Morene Stark on their 59th on Apr 5

Daniel & Jeanne Reynolds on their 54th on Apr 7

Gerald and Dorothy Biller on their 54th on Apr 8

Chris & Amy Berdine on Apr 13

Clarence & Diana Finnie on their 47th on Apr 14

Victor & Linda Martinez on their 43rd on Apr 15

Terrell Thomas & Daryl Penfold on their 3rd on Apr 15

Richard & Lynn Scott on their 48th on Apr 15

Jerry & Donna Schmidt on their 10th on Apr 16

Robert & Charlene Peals on their 58th on Apr 18

Wally & Sherri Kempf on their 46th on Apr 19

Rick & Liz Lutterbach on their 54th on Apr 22

Ted & Donna Lyster on their 54th on Apr 22

Bruce & Kathryn Stransky on their 47th on Apr 22

Merle & Suzanne Miller on their 66th on Apr 23

Randy & Dolores Waaso on their 45th on Apr 24

Thomas & Helga Miller on their 45th on Apr 25

Robert & Cindy Smith on their 34th on Apr 25

Raymond & Anita Kowalski on their 46th on Apr 26



(Anniversaries continued)

Ronald & Peggy Lowry on their 47th on Apr 28

Dennis & Darla Nespo on their 65th on Apr 29

Peter & Linda Ruschak on their 44th on Apr 30

Tim & Sue Vail on their 49th on Apr 30

Jester & Pranklyn Foolheart on their 100th on Apr 31

In Sympathy...

We wish to extend sympathy to:

Derald Borton on the loss of his mother Susan Borton; Ernest & Marina Dinger on the loss of her mother Charmian Melnick; and to the family of Frances Metts.



Get Well Soon:

Lee Birdsong, Tony Levendowski, Virginia Orlowski and anyone else feeling a bit under the weather.