

# Newburgh Senior Center

## January 2017 Newsletter

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## The Place Where Seniors Congregate

### Monday - Friday, 9 am—2 pm

## Manager's Corner

Can you believe we're looking at 2017? Some of you all have heard me discuss a study that found we feel like

time is going faster because we are not trying anything new. If we do the same thing over and over again without challenging our brains, we get in a loop that repeatedly plays and it seems like the speed just keeps increasing.

That's an easy thing to happen once we get out of school and/or don't find ourselves in jobs where we have to keep learning new information and skills. I want us all to set a goal this year to learn at least one new thing a week. That's 52 new pieces of information we can store in our brains, stretching our memories. Extra points if you learn a new game or another skill. It doesn't have to be complicated but it does need to be something unfamiliar so there's a challenge to it.

Did you make any New Year's resolutions? If you did, it may help your resolve if you share them with your friends. Then they can remind you if you are about to stray or falter.

Personally, I want to practice being more mindful in everything: speaking, thinking, eating, moving and learning. There are some open days on our calendar through the year. I'd like to do a few things on Saturday again like we did last year. If the Old Dam Band and Minnie Black's Gourd Band made your toes tap, I'll ask both to join us again. I'd also like to get the Shrine Brass Band back this year and some days with authors.

If you have ideas for entertainment, let me know so we can schedule folks.

## The Kazoo Band is back. Happy New Year!

*January is "Cowboy Music" month. It will bring back memories of days gone by and hope for the future. We will also have our gospel songs!*

*Thank you so much for all you do. Please bring someone along with you to join us.*

*Colleen*

Please mark your calendars for the following dates:

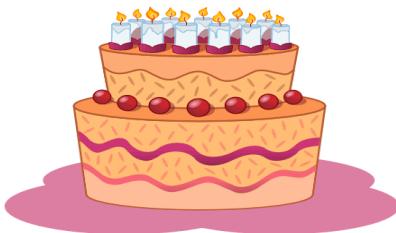
**Thursday, January 5** at 12:45 p.m. - a light Kazoo Practice at the Center (following any slated activity)

**Thursday, January 12** at 2 p.m. at Signature. Please be there by 1:45 p.m. \*\*\*Please note the time is different.

**Thursday, January 19** at 2:30 p.m. at Woodlands. Please be there by 2:15 p.m.

**Thursday, January 26** at 1:30 p.m. at Bell Oakes Place. Please be there by 1:15 p.m. \*\*\* Please note the time is different.

*\*If school is cancelled, and the NSC is closed, we will not kazoo.*



# Celebrate special days in your life with us



We appreciate all our contributors. We had a successful annual appeal drive, thanks to you. But a few of you may have forgotten about being day sponsors. Being a Day Sponsor is a great way to celebrate events in your life and support the Senior Center at the same time.

With a \$100 minimum donation to the Center, you may sponsor a day of your choice in honor or memory of a special person, day, event — or your business. (How about Happy Birthday or anniversary or graduation or whatever? It's great for that person who has everything or who doesn't want you to buy presents for them.) On your specially-sponsored day, we will post a message of your choice on our big sign facing Jefferson Street. We will also recognize you in the Center's monthly newsletter and on our website and our Facebook page, and send an acknowledgement card to the honoree(s) if so desired.

This is a great way to support the Newburgh Senior Center and get your message up on our sign. Please contact our manager if you are interested in being a day sponsor in 2017.

## NSC recycling program underway

We have been aware that we need to reduce, reuse and recycle at Newburgh Senior Center for some time, thanks to Barb Isaac. Now we have our own bin and pick up is every other Tuesday, on the schedule for the west end of town. We can take some extra recycling material if you have a bit to contribute.

Becoming more environmentally conscious, we can recycle more. We have recycle tubs in the pantry and ask that you deposit your recyclables in those unless you have a lot. In that case, we'll help you dump it into the big bin.

Following is a list of items that can and cannot be recycled here.

**Any paper product:** newspapers, magazines, books, cardboard. Nothing can be greasy or have food on it. Thus, the bottom of the donut box will not go in the recycle bins. We do not want vermin in our recycle bins, and the recycle folks don't want to handle our dirt or grease or sticky stuff.

**Plastic** jars, bottles, covers, etc. On the bottom of each container, there is a triangle with a number in it. Sometimes these are difficult to see, so ask someone to look at it. We can recycle only those items with a 1 or 2 in the

triangle. However, Barb will take the ones with a 5 or 6, so you can bring those to her. Again, please be careful that all the containers are clean. If you can't get it clean, we can't recycle it.

**Metal containers:** We can recycle all aluminum cans, steel cans and bimetal cans. They must be clean. Please be mindful of sharp edges and separate lids. These can be sharp. **No aluminum foil or pie pans or containers like that.**

**Glass:** At this time, curb side recycling prohibits glass collection. However, if you have clean glass containers, you can bring them to the center and someone will take them to the recycle center. They have glass recycling at the recycle center on Casey Road. Several organizations are still collecting plastic lids for recycling. Please bring yours in a container that will securely close, so they don't scatter all over the delivery person's car trunk. (That's a lesson we've already learned. There's always that one cap that will roll to the far corner of the trunk. Retrieving it requires acrobatics for which we are no longer capable.)

Also, the United Methodist Women at Newburgh are collecting prescription



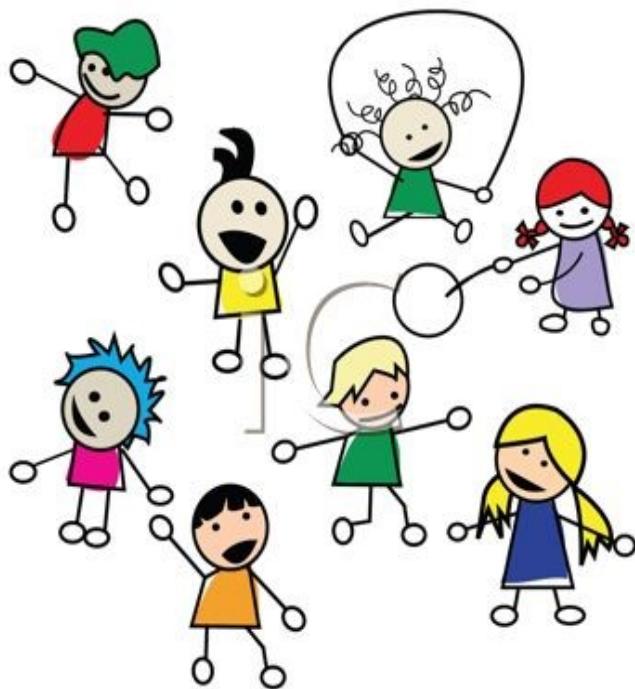
drug bottles. Please remove the labels if you can. They peel better if they are dry.

Here are some startling statistics about our need to recycle.

There are times we need to drink bottled water, but mostly it's not necessary. On average, we use 167 bottles per person in the USA per year. That equals 30 million bottles per year.

The bottles we use each year would circle the globe more than 100 times. And, sadly, most of our plastic bottles end up in our landfills. Reducing our plastic consumption also reduces our oil consumption and our energy costs, since these are involved in plastic bottle production.

# Thanks to our Activity Sponsors



**Town of Newburgh** — Provides our building, maintenance and supplies/services.

\***Bayer's Plumbing** (812) 853-2305 — Sponsors Fruitful Fridays and Sundae Fridays.

\***Heritage Federal Credit Union** — (812) 253-6928 — Our Internet Café/Printer sponsor.

\***Titzer Funeral Homes** (812) 853-8314 — Sponsors our monthly birthday cake.

\***Zion United Church of Christ Newburgh** — Our hospitality sponsor.

\***Women's Club of Newburgh** — Landscaping sponsor.

\***Ohio Township** — Activity sponsor.

\***Mike and Linda Andreas** — Garden and Flower Sponsor.

If you would like to support the efforts of the Newburgh Senior Center, please contact us at (812) 853-5627 or email our manager, Nancy Lybarger at [manageratnsc@gmail.com](mailto:manageratnsc@gmail.com).

## Mind your manners and your plate

Since we just finished a round of holidays and lots of extra parties and dinners, and grazing and snacks, this is a good time to start thinking about eating wisely again.

If we have leftover snacks, it's the easiest thing to munch on those instead of healthy meals.

If snacks are sitting around and we get distracted by the television, a book, or the computer, before we know it, we've eaten everything without even knowing it.

With the new year, let's try to eliminate *mindless eating* and switch to *mindful* eating. Pay attention to food, your surroundings and the quantity you are about to consume. Here are some tips and tricks to help us become aware of the foods we choose to eat and some serving sizes among common foods (Thanks to the Purdue University Extension bulletin for this information. Look for more information at [www.webmd.com/diet/healthtool-portion-size-plate](http://www.webmd.com/diet/healthtool-portion-size-plate).)

### Basic Guidelines

1 cup = the size of a baseball

1/2 cup = the size of a regular lightbulb

1 ounce/2 Tablespoons = the size of a golf ball

1 Tablespoon = the size of a poker chip

3 ounces chicken or other meat = the size of deck of cards

3 ounces fish = the size of a checkbook

You may not be able to eat an entire serving at once. Store leftovers in the fridge if needed and use them for snacks during the day.



### Mindful Eating Tips

Do not eat in front of the TV or computer or while on the phone.

Measure out the correct serving size until you are comfortable with knowing how much it is.

Do not eat too fast. Chew everything that needs it. Swallow before taking another bite.

Pay attention to nutrition labels on packages and cans.

Take notice of the food and flavors you are eating. Enjoy every bite.

Make sure you are getting enough calories each day. If you are active, it will take a few more to keep your metabolism stabilized and your weight constant. If you have trouble consuming enough calories, you can add a scoop of ice cream to your glass of milk or with your bed time snack.

# Derby Theater trips scheduled for 2017



Two Derby Dinner Theater trips are planned for 2017 and we'll be getting the sign up list for reservations. We plan to go to "Sister Act" on May 24

## **Center will be open on MLK Birthday, Presidents' Day**

Even though SWIRCA will not be providing lunches on Martin Luther King's birthday and Presidents' Day, Newburgh Senior Center will be open and serving lunch. Bus service will be available both those holidays.

## **Help raise money for NCS every time you shop at Schnuck's and Amazon**

You can help support the Center each time you shop at Schnuck's Grocery and Amazon with just a bit of effort on your part.

We have the escrip card for Schnuck's. All you have to do is get it registered to Newburgh Senior Center and show it to the check out clerk each time you shop. Schnuck's will donate a percentage of your total bill and we get a check each month.

If you shop Amazon for books, e-books, etc., you can go through Amazon Smile and they, too, will donate a percentage of your purchase to the Center. To sign up for that, go to [smile.amazon.com](http://smile.amazon.com) and choose Newburgh Senior Center.

## **Dues are due for 2017**

You can also support the Center and our programs by paying your annual dues. Just \$12 a year, that's only a dollar a month. What a deal!

and "Southern Fried Nuptials" on September 27. Cost per person is \$39.50 and covers bus fare and a ticket to the theater. Dinner is served before the performance. (The price of tickets has gone up to \$79 this year, but our board has budgeted to pick up half the expense for members.)

Barb is going to reserve 15 seats for our members for each play. Your reservation is not guaranteed until you pay your share of the fee and your

annual dues, which are \$12. There will be a waiting list for those who sign up after the 15 seats are taken. She will inform those on the waiting list by the day before if they can join us.

We gather for pick up at St. John the Baptist Catholic Church on Frame Road. You must find your own way there and home. The bus usually returns by 4:30 p.m. to St. John's.

Both these plays are comedies and should be a lot of fun.

## **Bizarre holidays in January**

- 1 New Year's Day
- 2 Run up the Flagpole and See if Anyone Salutes Day
- 3 Festival of Sleep Day
- 3 Fruitcake Toss Day
- 4 National Spaghetti Day
- 4 Trivia Day
- 6 Cuddle Up Day
- 7 Old Rock Day
- 8 Bubble Bath Day
- 10 Peculiar People Day
- 13 Friday the 13th
- 13 International Skeptics Day
- 13 Make Your Dreams Come True Day
- 15 National Hat Day
- 16 Appreciate a Dragon Day
- 18 Thesaurus Day — Learn a new word today
- 18 Winnie the Pooh Day -The Birthday of Winnie's author A.A. Milne
- 19 National Popcorn Day
- 20 National Cheese Lover Day
- 20 Penguin Awareness Day
- 21 National Hugging Day
- 21 Squirrel Appreciation Day
- 23 National Pie Day
- 23 Measure Your Feet Day— We only ask...."Why!?!"
- 24 Compliment Day
- 25 Opposite Day
- 27 Chocolate Cake Day
- 28 National Kazoo Day
- 29 National Puzzle Day
- 31 Bubble Wrap Appreciation Day - last Monday of month



Also, its Hot Tea Month, National Oatmeal Month and National Soup Month. Let us warm ourselves through the cold of winter from the inside out with these warm concoctions and the preciousness of friendships like we have among members of the Newburgh Senior Center.