

Newburgh Senior Center

June 2015 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

Summer is upon us and we are having fun at the Senior Center. We finally planted veggies and flowers in our garden patch, so now we are waiting for them to grow. Thanks so much to our volunteers who help with the garden. I wanted to share with those of you who did not get a chance to be here when our members told stories of their memories of past wars. They are the last generation that will remember World War II from a personal perspective, Many of our group remember the

ship yards in Evansville and in Illinois where the LSTs were built. One of our members lost a brother at Pearl Harbor, so it was especially poignant to hear her talk. She has been to Hawaii to see the plaque with her brother's name inscribed on it.

Another had an uncle who was one of the first U.S. paratroopers and was seriously wounded. Another of her relatives was recognized for pulling his ship's captain to safety as their ship was sinking in Pearl Harbor.

Thanks to our Wednesday lunch providers

SWIRCA lunches are still not being served on Wednesdays, so, again, we are grateful to businesses and individuals who brought food in to the members on those days. Thanks so much. This past month those who donated were the American Legion Auxiliary, Kapperman Post; Hamilton Pointe Health and Rehab; Family First Companion Care; and Kenny Scheessele.



June Birthdays

Kenny Scheessele	6/13
June Huber	6/19
Lorraine Gilly	6/25
Catherine Bausch	6/29

I plan to make a little book of the stories with some photos that were provided. If you were not here the day we told our stories and you have one to share, let me know and we'll get it in the book.

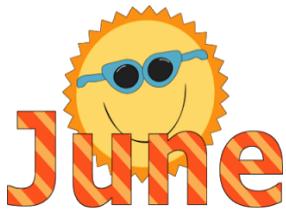
We will have more days where we take time to remember events that were important to our seniors and our country.

Thanks to Randy Wheeler, who talked to us about saving stories. He told our members that only they can tell the stories from their lives and no one will remember those important aspects of our lives if we don't save them for future generations.

Stay in Touch

Remember to check our Facebook page for updates on what's happening at the Newburgh Senior Center. Our web site is www.newburghsenior-center.com; and our phone is 812-853-5627. Our Facebook address is [facebook.com/newburghseniorcenter](https://www.facebook.com/newburghseniorcenter).

We may not answer the phone during business hours but please leave a message and we'll get back to you as soon as we take a break from having fun.



June Day Sponsors, thanks for your support

June 12 is sponsored by Dr. Ed and Nancy Prusz in celebration of their 44th wedding anniversary. Many thanks to the Pruszes for their continued generosity to the Center. Hope you have a wonderful day.

June 21-Father's Day is sponsored by Linda Andreas in honor of her husband, Mike Andreas, who she says is a great husband and father.

Happy Father's Day to all Dads. Many thanks to Mike and Linda who support the NSC and many other local organizations.

June 30 is sponsored by LNB Community Bank of Newburgh. Thank you, LNB Community Bank for "Helping People invest for the Future" and thank you for investing in the Newburgh Senior Center.

Garden party planned by museum

Our group had such a fun time at the Newburgh Museum, we thought we'd let you know some special activities they are putting on this summer.

A summer garden party benefit and garden tour is planned at the home of Lynda Browne, 503 W. Water Street on Friday, June 26, beginning at 5:30 p.m. This is the former Joseph's Fish Market that Lynda has restored.

Tickets are \$25 each (\$20 for museum members) and may be purchased by calling the museum at 812-853-5045. Transportation will be provided from the public parking lot on State Street to the Fish Market and back to Preservation Hall for dinner and an auction. The museum's annual membership meeting (also its third birthday party!) will be held Sunday, July 19, beginning at 1 p.m. Muse-

um officials will discuss what they have planned for 2016. There will be cake and soft beverages.

The meeting will also coincide with the opening of the newest exhibit, Early Newburgh Photographers. Numerous photographs featuring Newburgh's early residents will be featured along with pictures of "then and now" homes. The exhibit will also feature an interesting display of early cameras.

June is busting out all over at NSC

With the onset of hot weather, we'll all be looking for a cool place to hang out. We have lots of fun activities planned at NSC for June and on through the summer. Here are a few that might interest you. Every Monday, Clabber Club meets at noon for a great afternoon of cards. (One of us would like to get a Euchre Club started, too. Email or call Nancy if you are

interested.)

We'll have Trivia Tuesday again on June 9. The first trivia contest winner was our own Barb Isaac. She insisted it was just luck, but you can join us at noon and try to unseat the champ. We'll also play Trivial Pursuit any time you show up to play.

We have Bingo scheduled for June 3, 10, 12, 17, 23, 24 and 30. You

won't want to miss a single chance to Bingo. All the games start at noon.

Friday, June 5, we will celebrate our June birthdays with cake; and on Friday, June 26, we will be making flag favors for our shut-ins.



Newburgh Women's Club awards NSC grant

Thank you Newburgh Women's Club for the grant to cover a portion of the cost of a new ice machine for the Center. Newburgh Women's Club has supported

several previous projects, including the dishwasher for us and we are pleased the grants committee chose NSC as one of this year's recipients.

Wings of Love butterfly release planned by Heritage Hospice

Carol Durban of Heritage Hospice said 400-500 Monarch butterflies will be released at the end of the organization's annual memorial service on June 7, 2 p.m. near the Holiday Professional Building by the lake at 1202 West Buena Vista Road in Evansville. The public is

welcome and butterflies may be purchased for \$10 each at the event or by calling 812-475-9712 by June 3. Parking and shuttle service will be available at Target.

The Monarch is the symbol of hospice care.



Kazoo Notes for June

Hey, Kazoo band members., we hope you will join the band in June for these performances:

Wednesday, June 3, 2:30 p.m.,
Newburgh Healthcare

Thursday, June 11, 2:30 p.m.,
Signature

Wednesday, June 17, 2:30 p.m.,
Woodlands

Wednesday, June 24, 1:30 p.m.
Please be at the location 15 minutes prior to the performances, unless otherwise specified.

If you are not yet a member of the Senior Class Kazoo Band, we invite you to join us in entertaining our friends in the community. We would appreciate especially talented people, but we'll take mediocre-talented and the tone deaf as well. We have music if you need it and we'll gladly train you before you go pro. (Ha,Ha!)

Colleen Martin is the director and we appreciate her efforts to bring joy with our brand of music.

Songshine classes begin June 9

Learn why music is beneficial to the brain and how it improves speech function. A new session of Songshine voice therapy is slated to begin June 9 at Aldersgate United Methodist Church. Registration is from 1-1:30 p.m. and class is 1:30 –2:30 p.m. the first week. There is a \$5 registration fee to reserve a class slot. A resource kit is available for \$45. For information call 812-598-8332. This session will run June 9-August 18.

Thanks to our 2015 Activity Sponsors

***Town of Newburgh** — Provides our building and services

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

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

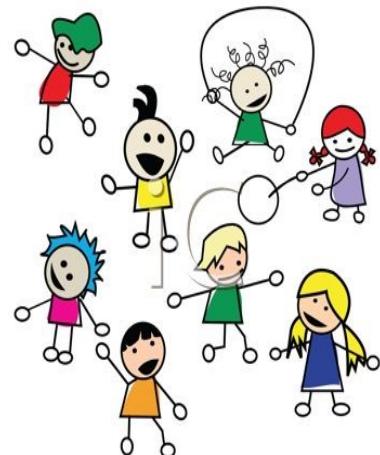
***Titzer Funeral Homes (812) 853-8314** — Our monthly birthday cake sponsor

***Zion UCC Church of Newburgh** — Our Hospitality Sponsor

***Women's Club of Newburgh** — Landscaping and Flowers sponsor

***Ohio Township** — Activity Sponsor

***Boonville Christian Science Irrevocable Trust Fund** — Activity Sponsor



Saving our brains with exercise

Does your doctor have an exercise speech he gives you every time you visit? Although we get tired of hearing that litany, it is a wise person who takes the doctor's advice on that matter.

Scientific studies have shown that many of the problems we have with aging can be alleviated or at least lessened by a regular exercise routine.

Sign up for eScrip and support NSC when you shop or dine out

If you shop at Schnuck's Grocery, you can sign up for an eScrip card and designate Newburgh Senior Center as the organization you want to support. Then, every time you shop, you will earn money for Newburgh Senior Center.

The card is also good at several restaurants, so ask when you are dining out and you can earn cash for the Center. Every little bit helps us with expenses and supplies.

Fire up the grill!

Porkapalooza coming September 25-26

Plans are underway for the annual Porkapalooza fund raiser at Newburgh Senior Center. Mark your calendars and tell your friends. Everybody loves our smoked pork from Porkapalooza.

Bus seats still available for Derby Theater day trip

There are still seats available on the bus for the day trip to the Derby Theater in Clarksville, IN. on September 23. Cost for the trip and theater ticket is \$37.50 (The actual cost is \$75 each, but the Center is picking up half the tab). Barb Isaac is in charge, so contact her at NSC if you would like to participate. Deadline to register is August 1. Dinner is included in the ticket price.

The play is "Church Basement Ladies," a comedy about a group of Midwest Lutheran Church gals.



One man's doctor recently told him that 80 percent of his physical ailments would go away if he took on a regular exercise program. And, the doctor said, it didn't have to be anything formal — just walking to work (He lives about four blocks from his job.) would do him a world of good.

And studies have shown that regular physical exercise helps keep our brains from aging, too. So, exercise to keep your physical problems at bay and keep your brain healthy.

Our resident SWIRCA connection, Barb Isaac, leads NSC members in a regular half-hour routine four days a week.

On Thursdays, another SWIRCA representative leads the group in an hour of lively exercises.

Exercise is good for arthritis — to keep you mobile; for balance — to keep you from falling; for strength — to keep your muscles and bones in line and strong; and for your brain — to keep it active and healthy. The more you move, the better you will feel. The better you feel, the more you can move. So get moving and keep moving.

New knitters take on project

The Tuesday morning knitting class is participating in the knitting project to make 29 flags for display downtown Newburgh for the June 13 Farmers Market. We are knitting flags that are 1.5 inches wide and 28 inches long that will be displayed on the Rivertown Trail railing. Come join us.

Our next project will be dishcloths.



NSC web site updated

Thanks to Maureen Martin for our web site updates. She is the daughter of board member Colleen Martin and, even though she lives on the West Coast, she donates her time and skills to the Center. Check us out on the web site. There are still new photos to load onto the blog site, but we will eventually get the entire site updated and try to keep it current.