

Newburgh Senior Center

November 2015 Newsletter

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The Place Where Seniors Congregate Monday - Friday, 9 am—2 pm

Manager's Corner

In this month of thankfulness, I am reminded of all the things for which we should be grateful: families and friends; homes and plenty to eat; freedom to think and say what we want (although I remind us that not all thoughts need to be spoken); freedom to gather and freedom to worship as we choose. In our comfortable existence, we tend to forget all the struggles that occurred in order for us to have the freedoms we enjoy today. The Pilgrims were a brave lot and endured all manner of deprivation and disease to settle their adopted country. The Revolutionaries fought to break from tyranny and establish a

government for the people. And we've been through numerous wars and conflicts that threatened our peace and purpose. We are grateful all these people endured and thank our service people who are still defending our freedoms. Not only do we observe Thanksgiving in November, but we also observe Veterans Day and some of us need to go to the polls and exercise our right to vote. Remember to thank a veteran and appreciate the people who are willing to serve as elected officials. Being married to a man who is both a veteran and an elected official, I appreciate the issues both

those groups experience. Let us not take for granted all the blessings we have been given. Here's a lesson from a fundraiser: Say thank you three times before you ask for something else. That works well in life, too. Let us remember to thank those who help us, serve us and save us and never forget those who got us to where we are.

Time is falling back this Sunday

Don't forget to turn back your clocks an hour on Sunday, November 1. Set them back on Saturday night before you go to sleep and you'll get an extra hour's sleep.

Yawn.

Germany was the first country to enact Daylight Saving time in 1916. It

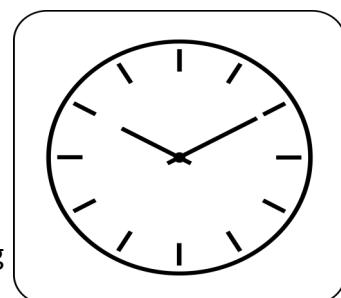
started in the USA in March 1918 as a war time measure, then repealed in 1919 and nationally reinstated in 1966.

November Birthdays

Hal Wolford

Barb Isaac
Adrian Smith
David Schaefer
Peggy Boxell
Ramon Will
Bob Boxell
Ellie VanNatta
Gene Welte

November 1
November 2
November 9
November 9
November 11
November 20
November 20
November 22
November 30



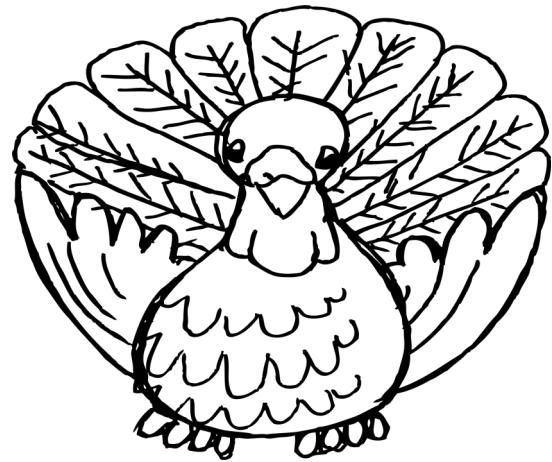
Thanks to our November Day Sponsors

In this month of thankfulness, we appreciate our November Day Sponsors.

November 11- Veteran's Day is sponsored by the American Legion Kapperman Post 44. They encourage us to support veterans this special day and all year long. *Freedom isn't free.* Thank you Post 44 for your support.

Newburgh Presbyterian Church is celebrating 175 years of worship and service to our community. We thank them for their support and generosity to us and to others.

Thanks to **Fran and Vernon Vix, Judy and Don Lee and Jeanne Roggenkamp** for being 2015 Day Sponsors. We appreciate your continued support and generosity.



Session on coping with the holidays coming in November

Maybe your spouse has passed away. Maybe you've moved to a new place and left all that was familiar.

Could be your kids and grands are out of the area and can't get home for Thanksgiving or Christmas.

Most of us have had a blue holiday or two in our lives, but some of us are new at being alone, so Tara Powell from Heritage Hospice is coming to give us some ways to cope with the holidays this year. She's

not going to tell you everything will be like it was before, but she'll give you some pointers on how to cope with the changes that have come your way.

Ms. Powell will be here Friday, November 6 at noon. Feel free to invite folks who don't usually come to the Center, especially if you think they are going to have a rough time this holiday season.

Be an angel and help us share with others

We have 33 people who receive meals through SWIRCA delivered to their homes. During the Advent Season leading up to Christmas, we are going to make a little gift each week for our shut-ins. They will not be complicated or expensive, just a little something to

remind them and us that we care for each other and we offer ourselves for service. We will start on Tuesday, December 1 at noon. We will meet the following three Tuesdays, at 10 a.m. if we have a noon program. If you have ideas for the gifts, please get with Nancy.

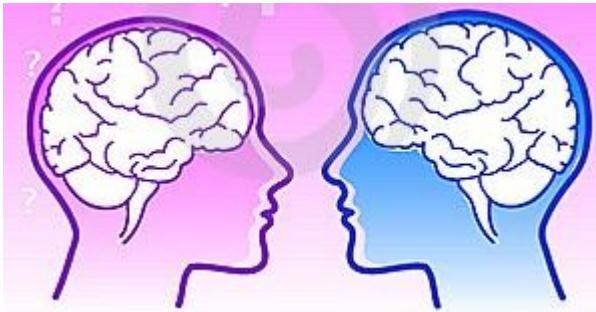


Miscellaneous notes

Remember to use your eScrip card when you shop at Schnucks and several restaurants in the area. We receive a donation each time you use your card.

The knitting ladies are making dishcloths and will be selling them at one of our events. They always welcome new folks, Tuesdays, at 10 a.m.

As well as Facebook and Twitter, you can check our web site for updates. Our web site is newburghseniorcenter.com and our Facebook address is facebook.com/newburghseniorcenter



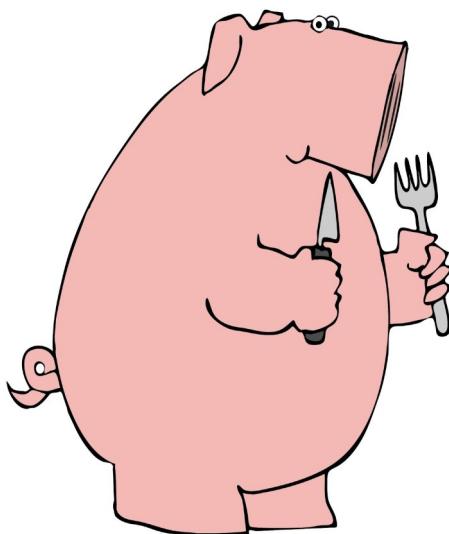
Alzheimers Association presentation in December

Most of our families and friends know someone affected by dementia. It's an even scarier prospect when we think about whether it will happen to us.

Helene French, of the Alzheimers Association in Evansville, will be with us Thursday, December 10 at noon to discuss Healthy Habits that can delay or prevent the dementia spectrum that includes Alzheimers.

Invite your friends and family to this informative presentation.

And speaking of Alzheimers, the folks from Walnut Creek are offering another session of the Memory Café in our conference room on Wednesday, November 18, 11:30 a.m. to 12:30 p.m. They welcome anyone who has a family member with dementia to come, with them or without, to meet with others who are dealing with the same problems.



Best Porkapalooza Ever!

Again, thanks to all those who helped with Porkapalooza 2015. It was our best ever! With the help of our volunteers, the BBQ Coalition, sponsors and those who joined us for lunch, we made \$7,904. That will go a long way helping fund programs for our members.

Scrabble players meeting Thursdays

Grab your Scrabble dictionary and join our new group for a brain-challenging contest every Thursday at noon in the conference room. Have fun learning some new words. Creative spelling is discouraged.



Skinny Trivia

In 1863, Abraham Lincoln, declared the last Thursday of November to be a National Day of Thanksgiving.

The Latin translation of "novem" is nine, for it was originally the ninth month on the Roman calendar.

November begins on the same day of the week as March every year and also February except in leap years.

Come join the fun **Senior Kazoo Band schedule for November**



Grab your kazoo and join the NSC Kazoo Band. It's fun for you and a great service to the community when you go with the band to various managed health and assisted living establishments. The schedule below will only be adjusted in emergencies.

Veterans Day and Thanksgiving are the focus for November. Our music selections will honor our country and our veterans, and give thanks for all our blessings.

Thursday, November 12 at 1:30 pm at Bell Oaks-Please be there by 1:15 p.m.

Wednesday, November 04,

2:30 pm at Woodlands.

Please be there by 2:15 p.m.

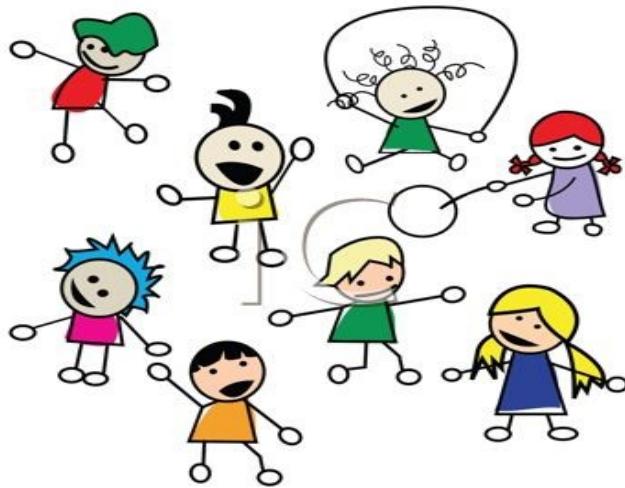
Thursday, November 12 at

1:30 pm at Bell Oaks-Please be there by 1:15 p.m.

The spirits of our audience members have been lifted by your singing and fellowship. Thank you for serving.

....Colleen

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 and flowers sponsor.
- ***Ohio Township** — Activity 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 manager-atnsc@gmail.com.

Special days in November to observe — or not

1 All Saint's Day	13 National Indian Pudding Day/World Kindness Day	you smoke, this is a great day to start quitting.
2 Look for Circles Day/Plan Your Epitaph Day	14 World Diabetes Day	23 Eat a Cranberry Day
4 King Tut Day	15 America Recycles Day	26 Thanksgiving - Eat, drink, and be thankful.
5 Gunpowder Day/Guy Fawkes Day	16 Have a Party With Your Bear Day	27 You're Welcome Day - the day after Thanksgiving
6 Saxophone Day	17 World Peace Day	28 Red Planet Day
7 Book Lovers Day	19 Great American Smokeout/If	
12 Chicken Soup for the Soul Day		

Turkey Days planned at Senior Center

Speaking of special days in November, we are holding two Thanksgiving dinners, by SWIRCA and our very own friends, Alonzo and

Shirley Moore. You need to reserve your place at the table. The SWIRCA meal is November 19 and reservations are due to Barb by No-

vember 3. The Moores are providing lunch for us on Wednesday, November 25 and reservations are due by November 20.

Senior Center will be closed for Election & Thanksgiving

Newburgh Senior Center will be closed November 3 for Municipal Election Day and Thanksgiving Day, November 26. We will, however, be open on Veterans Day, November 11, and the day after Thanksgiving so you can come in and exercise off some of that excess turkey and dressing from the day before.

Feel free to bring in leftover desserts and goodies. We'll hit the diet trail again the next week.

