

Newburgh Senior Center

November 2017 Newsletter

529 Jefferson St.
Newburgh, IN 47630
812-853-5627
Fax: 812-853-5629



Nancy Lybarger, manager
email: manageratnsc@gmail.com

The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

We have so many reasons to be grateful this Thanksgiving season. We have freedom. We have democracy. We have homes and heat and lights and safe drinking water and plentiful food to eat. We have modern medicine and people dedicated to our health and welfare. We have families and friends, churches and other places at which we can gather with our friends – especially the Senior Center! (A big thanks to the town for our building and keeping it together and functioning for us.)

As we look at the beginning of winter, it is easy to get down because we don't like cold weather; we don't like short days; we can't get out as much, etc. We shouldn't ignore these feel-

ings, but I would encourage us all to look at the bright side.

We have friends, we have activities that challenge us and we are living in the safest country in the world. When I had cancer and felt like a train had run over me, I made an effort every day to find something to be happy about.

Some days that was easier than others. That was a lesson for me that I practice now. I choose to be happy. Some days, it has to be a conscious choice but the more I practice, the more natural the habit becomes. I hope you make that choice every day. Before we celebrate Thanksgiving, we have another day for which we need to show our gratitude. Veterans Day is

November 11 and we take time to remember all those who fought (and many died or were injured) for our freedoms and to make the world a better place for everybody. If you see veterans, thank them for their service. We don't always agree with the reasons we send troops to places around the world, but we need to support those men and women who are willing to serve.

November Birthdays

Hal Wolford	11-1
Barb Isaac	11-2
Susan Crowley	11-3
Phyllis Perkins	11-6
Adrian Smith	11-9
David Schaefer	11-9
Peggy Boxell	11-11
Ruby Abney	11-15
Jayne Christian	11-15
Steve Renfrow	11-19
Ramon Will	11-20
Ellie Van Natta	11-22
Gene Welte	11-30

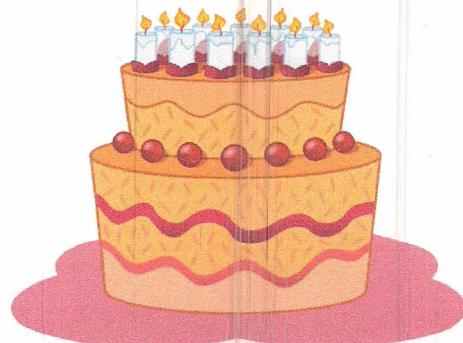


Since we've been looking at pumpkins for the last six weeks, and they'll be around for another month, here's a little quiz, courtesy of Zion UCC Church. See how many you get correct. Answer true or false.

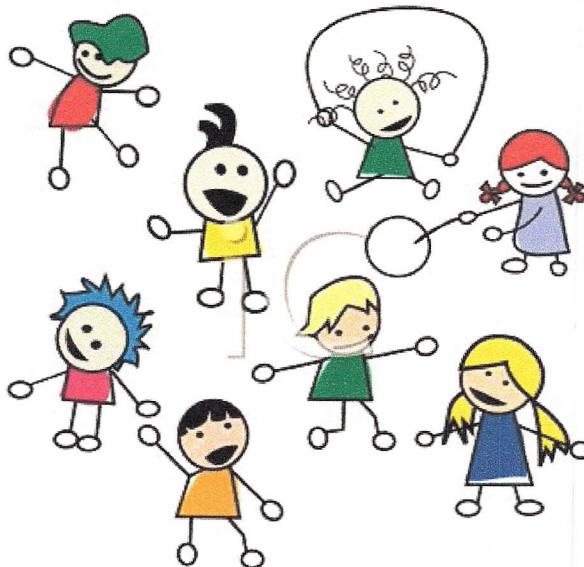
- Pumpkin flowers are edible
- The word pumpkin comes from the Greek word, "pepon" aka large melon.
- Pumpkins are 90 percent water.

- Eighty percent of the U.S. pumpkin crop are available in October.
- Pumpkins were once thought to remove freckles and cure snake bites.
- Pumpkins contain potassium and vitamin A.
- In colonial times, pumpkins were used for the pie crust, not as filling.
- Pumpkin seeds can be roasted for a snack.
- Pumpkins can be used for livestock feed.
- Pumpkins are a fruit.

(Answers on page 2.)



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.

***Mike and Linda Andreas** — Landscaping, garden 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 manageratnsc@gmail.com.

'Tis the season for celebrating in Newburgh

Several special events are scheduled for Newburgh to help us get in the holiday spirit.

The American Legion Auxiliary is holding its Vendor Fair on Saturday, November 4, 8 a.m. — 2 p.m. at the Legion headquarters. You can get some great gifts there.

That same weekend, several downtown Newburgh merchants are unveiling the holidays (Friday and Saturday, Nov. 3 & 4) with open houses. You can shop till you drop and share in the entertainment, refreshments and prizes. This is another opportunity to find all the presents you need for the holidays.

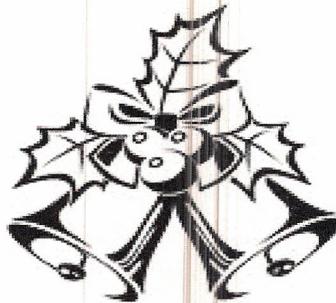
The following weekend, downtown merchants will host "Hanging of the Wreaths" on Saturday, November 11. Wreaths created by the merchants will be blessed and hung in their shops. You can register to win one of the wreaths.

On Saturday, November 18, downtown merchants are celebrating Silver Bell Saturday with music, refreshments, presents and bells of joy. The Jubilation Tree will be lit and there will be opportunities to help those less fortunate.

Small Business Saturday follows on November 25 and we can show our support of our local small businesses.

Newburgh Community Theater is offering an evening with stories from Tamara Deicken, 7 p.m., Wednesday, November 29, at the Library on Bell Road. Tammy has been at the Senior Center and we loved her stories.

Newburgh Celebrates Christmas will be Saturday and Sunday, December 2 and 3. The streets will come alive with costumed actors and musicians in a "Dickens-inspired" weekend.



Friday lunches for November

Veteran's Day and Thanksgiving are the focus for November. Our music selections will honor our country and our veterans, plus give thanks for our blessings. The spirits of our audience members have been lifted by your singing and fellowship. Thank you for serving.

Colleen

Please mark your November calendars.

Thursday, November 16 at 1:30 pm- at Bell Oaks Place Please be there by 1:15 p.m.

Wednesday, November 22 at 2:30 pm —at Bell Oaks—Please be there by 2:15 p.m.

Give Thanks for our blessings!!

We say thanks to our November Day sponsors

We appreciate our November Day Sponsors:

November 04 is sponsored by the American Legion Auxiliary of Post 44. Thank you, ladies, for supporting all veterans in so many places and situations. Best of luck with your Vendor Fair on November 04.

We remember Diane Schenk who had a great dedication to the Auxiliary and veterans. (Diane was also active at the Center and we miss her.)

November 11 -Veterans' Day is spon-

sored by C. Larry Rhodes, State Farm Insurance of Newburgh. Larry encourages us to honor and thank all veterans all year.

We thank Larry for his support of the Newburgh Senior Center and for his dedication to veterans.

November 23 is sponsored by Carol and Bill Woerz in honor of their wedding anniversary. Congratulations.

Many thanks to them for their energy on behalf of many Newburgh causes and organizations.



Tai Chi classes at Zion UCC

We often say the Newburgh Senior Center is a well-kept secret in Warrick County. However, one of our programs is so popular it outgrew our space.

Tai Chi classes are sponsored by the Senior Center but they are held every Thursday at the Zion UCC Church just north of the elementary school.

When the classes outgrew our space, the church graciously offered to let us use their room for our classes.

Ron Weatherford is a great teacher and will lead you through the moves.

Tai Chi is a good way to stretch our muscles and help with balance issues and motion.

The fee for each class is \$5 per person. You don't need a reservation to join the group. Wear comfortable clothes and shoes and be ready to get fit.

Thanks to our volunteers

We can never say thanks too many times to our great volunteers here at the Center.

Thanks again to all who helped with our recent Porkapalooza. It was our best ever. Colleen Martin and her committee are indescribable. You might want to help next year.

Thanks, also to our lunch and bingo sponsors and activity sponsors. Cypress Grove will be sponsoring lunch the first Friday each month in 2018.

If you know of an organization or business that might be interested in sponsoring Friday lunches, bingo games or other activities, see the Center manager.

Join us for games, quilting, knitting, crochet, computer skills and more

If you are reading this newsletter, you are a Senior Citizen or you know someone who is. You know someone, too, who could benefit from the social times we share at Newburgh Senior Center. We usually have a table or two of Rummikub going and we are open to pop up games of Clabber, Euchre, or Rook.

And if you think we are all fun and games, you are just about correct. We try to have fun every day, no matter what we are doing. But games are not all we do.

Every Tuesday, 10-11 a.m., we offer instruction for basic computer. Dick Lant is our able teacher and he will try to answer you PC questions.

Also on Tuesdays, Betty Hendrickson will help you with knitting and crochet projects, from start to finish.

We also have exercise equipment available and a pool table. Bring your friends for fun and games.

Most every day at noon, we either have a special program or we play sponsored bingo. There is no charge for most of our activities.

Monday at noon, the Clabber Club is active in the common area. If you would like to play with them, call ahead to reserve a seat. If you need to learn how to play, we'll do that on another day.

Tuesdays, our bridge players meet in the computer room at 11 a.m. If you'd like to join them, please call ahead to reserve a seat. They do not offer lessons at this point, but occasionally, we have a few sessions.

Wednesdays, we play Euchre in the computer room beginning noon-ish and Thursdays, we play Scrabble in there, beginning at noon. If you need a refresher on these games, we usually have someone on hand to show you.

Our quilters meet on Thursdays, 9-11:30 a.m. in the computer room and would welcome quilters of any level, even beginners. Peggy Herrell and Terri Mather are the instructors.

We exercise Monday-Friday at 11 a.m. Lunch is served at 11:30.

All of us here wish you would join us and help spread the word about our activities and programs. We are the fun place for all Seniors.

Quiz answers

If you answered true to all the questions, you are a pumpkin scholar.

The largest pumpkin pie was over 5 feet in diameter and weighed 350+ pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

Black Friday tips from our BBB

The Thanksgiving and Black Friday season is quickly approaching. Black Friday brings a plethora of holiday sales and the craziness of wading through hundreds of ads and sales to grab the right product at the right price.

Many stores now open for Black Friday specials on Thanksgiving Thursday and continue the specials throughout the following day. Often these specials are considered to be the main discounts of the season.

Other discount days following Black Friday include Small Business Saturday and Cyber Monday. Small Business Saturday and Cyber Monday bring even more opportunities to score deep discounts on popular items and do your part to support local businesses in the process.

To ensure everyone has a good holiday shopping season, your BBB recommends the following tips:

Get the good deals – When you see

an ad that offers items at a huge discount, ask yourself a couple of questions before you go shopping. “What was the original price? Is there any reaction from people who already own this item? Why is it marked down so much? Are there more than two in the store?”

Look early for ads – Newspapers often feature Black Friday deals, but the internet can also come in handy when looking for deals. Checking a business’ website can give you a head start on what is being offered to narrow down shopping locations, as well as prices. Early decisions can lower the hassle of Black Friday shopping.

Ask about return policies – Be preventative by asking about return policies prior to making a purchase. Companies are not required to offer money back for returns and may have restocking fees when making the return. Receipts are almost always required when making a return.

Understand gift cards – Gift cards are the classic holiday gift. However, certain federal rules govern gift cards:

- Gift cards will not expire for at least five years. Don’t sweat forgetting that gift card.
- Inactivity fees can be charged after 12 months of no use. Don’t let the fees pile up.
- No more than one fee (of any kind) can be charged in a single month.

The card must disclose fees, expiration dates and provide a toll-free phone number to gain access to more information. These items should be printed clearly on the card for consumer accessibility.

Remember, careful planning can help to prevent costly mistakes this holiday season.

For more information you can trust, visit bbb.org/Evansville.



*Happy Thanksgiving!
To You And Your Family*

**Remember,
we will be
closed
Thanksgiving
Day,
November 23,
and the day
after.**

Weird and wacky November holidays

November 2—Deviled Egg Day

November 2—Plan Your Epitaph Day (What do you want your tombstone to say? Make it better than this: *I told you I was sick.*)

November 4—King Tut Day (Hug your mummy today.)

November 5—Gunpowder Day

November 5 - Guy Fawkes Day (Storm the Bastille, anyone?)

November 6—Marooned without a Compass Day

November 6—Saxophone Day

November 9—Chaos Never Dies Day (A little chaos is good for the soul.)

November 10—Forget-Me-Not Day

November 13—Sadie Hawkins Day

November 15—Clean Your Refrigerator Day

November 16—Button Day

November 16—Have a Party With Your Bear Day (Bring your bear to the Senior Center today.)

November 17—Take A Hike Day

November 22—Go For a Ride Day

November 23—Eat a Cranberry Day

November 24—All Our Uncles are Monkeys Day (Thanks, Charles Darwin.)

November 24—You're Welcome Day (the day after Thanksgiving)

November 25—National Parfait Day

November 27—Pins and Needles Day

November 28—French Toast Day

November 28—Red Planet Day (Do you know your planets?)

SWIRCA & More

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted</p> <p><u>Meat/Entree:</u> 2 1/2 - 3 oz 1/2 cup Margarine: 1 teaspoon Bread: 1 slice Milk: 1/2 pint Casseroles: 8 oz</p>	<p>1 BBQ Pork Chuckwagon Corn Broccoli Rye Bread/Marg Pineapple Chunks Milk</p>	<p>2 Mini Smokie Links (6) French Toast Sticks (2) w/Maple Syrup O'Brien Potatoes Fruit Milk</p>	<p>3 Newburgh open Serving Lunch</p>
<p>6 Chicken Strips Homemade Macaroni & Cheese Vegetable Blend Pudding Cup Milk</p>	<p>7 Salisbury Steak w/Gravy Mashed Potatoes French Style Green Beans Roll Pears Milk</p>	<p>8 Chicken & Dumplings Carrots Bread/Marg Warm Spiced Peaches Milk</p>	<p>9 Chili w/Beans Peanut Butter & Jelly Sandwiches Cinnamon Apples Crackers Milk</p>	<p>10 Newburgh open Serving Lunch</p>
<p>13 Spaghetti w/Meat Sauce Italian Blend Veg Texas Toast Warm Spiced Peaches Milk</p>	<p>14 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Milk</p>	<p>15 Homemade Beef Stew Seasoned Cabbage Southern Style Biscuit Cookie Milk</p>	<p>16 <u>Thanksgiving Lunch</u> Roast Turkey Homemade Dressing Mashed Sweet Potatoes Cranberry Salad Roll/Margarine Pumpkin Pie Milk Must have reservations</p>	<p>17 Newburgh open Serving Lunch</p>
<p>20 Manwich Sloppy Joe on Bun Tri-Taters (2) Broccoli Apricots Milk</p>	<p>21 Sausage Pattie Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit Milk</p>	<p>22 Fish Hash Brown Pattie Seasoned Green Beans Wheat Bread/Marg Mandarin Oranges Milk</p>	<p>23 CLOSED THANKSGIVING HOLIDAY</p>	<p>24 OFFICE & MEAL SITES CLOSED</p>
<p>27 Smoked Pork Chop Homemade Macaroni & Cheese California Blend Wheat Bread/Marg Brownie Milk</p>	<p>28 Italian Chicken Pattie Baby Bakers Cauliflower Bread/Marg Pineapple Chunks Milk</p>	<p>29 Chopped Steak w/Gravy Mashed Potatoes Peas & Carrots Bread/Marg Cookie Milk</p>	<p>30 Ham & Beans Tomato Salad Apple Cobbler Cornbread Milk</p>	