

Newburgh Senior Center

September 2017 Newsletter

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Newburgh, IN 47630
812-853-5627
Fax: 812-853-5629



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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

How'd it get to be September so fast? Two weeks ago, it seems, we celebrated July 4th with fireworks. We recently had the best show in the sky with a near-total solar eclipse. What an absolute wonder!

Save your eclipse glasses. We'll have another one in seven years and I ex-

pect to see all you all at the Center to participate.

We have lots going on in September, so remember to check our calendar.

Our first event will be the Porkapalooza Kick Off on Thursday, September 7.

Our theme this year is Wild Hogs.

We'll have pulled pork sandwiches, and picnic side dishes. Wear your Porkapalooza shirts and get your photo taken with a Hog Rider or two.

It's an opportunity to advertise our fundraiser and have an especially fun

day. The movie *Wild Hogs* will be available should you wish to watch it.

We will be closed Labor Day and Friday, September 8. The first closing is obvious; the second is our United Way Day of Caring project, and we'll have crews from Alcoa in the Center painting the accent walls and other places, as they have volunteers and time. Do not plan to be here on that day. You won't want to smell paint fumes. We'll do our best to have it aired out by the next Monday.

September Birthdays

Rosie Cooper	Sept. 1
Jane Porch	Sept. 4
Patti Rusche	Sept. 7
Ann Neeley	Sept. 8
Della Coe	Sept. 8
Bob Claborn	Sept. 13
Roberta Guthrie	Sept. 16
Shirley Frank	Sept. 17
Johanna Tapal	Sept. 18
Bonnie Seibert	Sept. 18
Mary Lou Benkert	Sept. 23
Cletus Reynolds	Sept. 24
Bettie Ruffner	Sept. 24
Mary Ann Tuck	Sept. 27
Bob Seibert	Sept. 28
Dean Abney	Sept. 30

Derby Theater trip scheduled for September

Our next trip to the Derby Theater is Wednesday, September 27. The play is a riotous comedy, "Southern Fried Nuptials."

We have reserved 16 seats with Joe Seibert of Happy Hoosiers. Right now, he has a few seats open.

If you are a member of Newburgh Senior Center, your cost is half the \$79 ticket (Thanks, NSC.) or **\$39.50**.

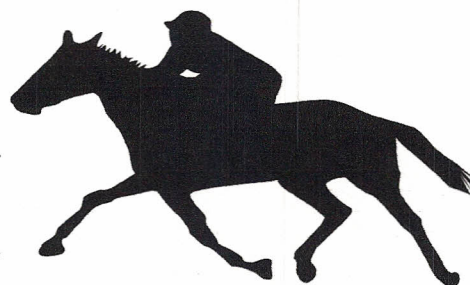
We need your reservations and money by the end of the first week of September.

Price Includes the Show, buffet lunch, tax and gratuity, transportation and driver's Gratuity.

The bus will load at 7:30 a.m. at St. John's Catholic Church at the east end, with departure at 8 a.m. If everybody gets on the bus a bit early, it will leave

early.

We will get back to St. John's between 4:30 and 5 p.m.



Kazoo Band needs more hummers

The Senior Kazoo Band will not meet in September, but new members are being recruited for fall and winter performances.

If you know anyone who can carry a tune, invite them to participate.



Day Sponsors honor birthdays, anniversaries

We appreciate our Day Sponsors.

September 5 is sponsored by Don and Pat Brooks in celebration of their wedding anniversary. Thank you, Don and Pat, for allowing us to celebrate with you. We wish you a happy anniversary.

September 6 is sponsored by Mike and Becky Ziga in celebration of their wedding anniversary. Thank you, Mike and Becky. Hope you have a special anniversary day.

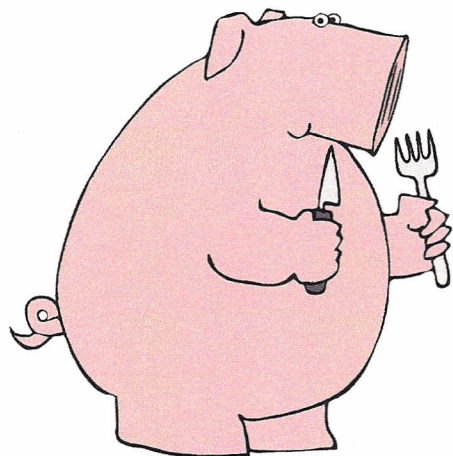
September 17 is sponsored by Alan Gomoll to honor of what would have been his 62nd wedding anniversary with his late wife, Elaine. Thank you for your wonderful memories of Elaine. We appreciate all you do for the Center, Dr. Gomoll.

September 19 is sponsored by Bill Shinn to celebrate the birthday of his wife, Diane. Happy Birthday, Diane. Keep on teaching the children of Newburgh how to play the piano!

September 22 is sponsored by Cleo Holder of Shoemaker Financial to say Happy Birthday to his wife, Carol. We, too, say Happy Birthday, Carol!



We're expecting you and all your friends for our Porkapalooza Kick Off Celebration



We will kick off our annual fundraiser, Porkapalooza on Thursday, September 7 with a pulled pork lunch at 11:30 a.m. and photos with a couple of Harley guys following. Remember to wear your Porkapalooza shirts. Pre-orders for Porkapalooza are being taken now, so grab an order form from the table in front of the dining room to gather orders from your friends and family.

Pick up for ribs and tenderloins will be Saturday, September 30, 11 a.m.-2 p.m.

Please fill out the order form completely with name, phone and order. As much as possible, we would like pre-orders to be paid at the time of ordering. If someone needs to mail a check,

please send to Newburgh Senior Center, 529 Jefferson Street, Newburgh, IN 47630.

To phone orders, either call the Center 812-853-5627 or Colleen Martin at 812-598-8332.

A full rack of ribs is \$25 and tenderloins are \$15 each or two for \$25.

Newburgh BBQ Coalition is once again smokin' our ribs and tenderloins. The smokers and the meat are just the best. Cricketts is again smoking the pork for the sandwiches.

Lunch will be served both September 29 and 30 from 11 a.m. to 2 p.m. For \$5 - what a bargain! - you get a pulled pork sandwich, chips and a cold drink. Dine in or take out. Group orders are welcome, but calling ahead is a good idea, so our faithful volunteers can have your order ready.

Our event chair, Colleen Martin, ordered new Porkapalooza t-shirts this year. You can get a new one for \$5. She'll get them to you before the event.

We will again be holding our popular bake sale again this year. We'll set up in the exercise area, so there will be no exercise that day.

Think about what you'd like to eat from a bake sale and make plans to

bring some homemade goodies.

Info sheets will be available after Labor Day to pass out for publicity. We are all encouraged to wear Porkapalooza pins every day leading up to the event.

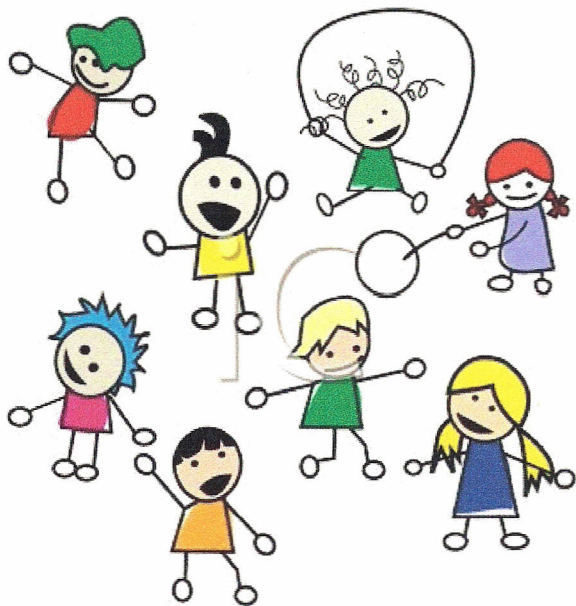
This has been our major fund raiser for the center for the past several years. It continues to grow, thanks to our great volunteers.

Hearing Health topic for program

Everyone is invited to listen to Drew Huffman speak on "Your Hearing Health" at noon on September 28. Drew is with Beltone but he will not be talking about his particular equipment. He will talk about getting your hearing tested and what to do if you find out you have lost some acuity or volume in your listening. There are sometimes other options than hearing aids.

Remember closings for September: Labor Day, 9-4 and United Way Day of Caring painting, 9-8.

Thanks to our Activity Sponsors



Make your life easier with these suggestions

From an article in "Arthritis Today," by Joanne Cleaver, here are some ideas to make routine tasks easier and safer.

Don't iron, steam. Place your wrinkled clothes in the dryer with a few ice cubes and tumble on high for 5-15 minutes. They should come out wrinkle free. (Editor's note: If that doesn't work, wash and dry again and get the clothes on hangers as soon as you take them out of the dryer.)

If you have trouble opening packages of chips, etc., carry a set of nail clippers with you. If you can clip an opening, the package will be easier to open.

You may need some expert assistance with this one, but it's worth the effort. To help with your grip on hand tools like cheese graters, rotary cutters, seam rippers, markers and pencils, run a bead of silicone caulk along the edge. A little silicone makes a no-slip ridge to grip. Debbie Amini, an occupational therapist with the American Occupational Therapy Association says you can add a dab of caulk to mark the spot where you have the best grip with the least pain and maximum force.

Use a paper clip through the zipper tab hole to help with zipping.

Button shirts by slipping a narrow rubber band through a shirt button hole then loop it around a button and pull it through the hole.

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.

Friday lunches for September

SWIRCA does not serve lunches on Fridays but we eat here at the Newburgh Senior Center just the same. Some Friday lunches are sponsored each month by organizations and businesses in our area. We are most grateful for their support. Other times, we fix lunch or carry in our favorite dishes.

Because of copyright issues, we are not allowed to print our Friday lunch sponsors on the SWIRCA menu. So, each month, look for our Friday lunch sponsors in our newsletter. The menus for Friday lunches are usually a surprise because our friends get to choose what they bring.

Everybody who has lunched with us on Fridays will vouch that these are stellar meals and you won't be disappointed. The suggested donation, like all our lunches, is \$3.50, so we can cover the costs for lunches that are not sponsored.

Sponsors for September Friday lunches are Atria (first Friday), Humana (third Friday) and Hamilton Pointe (fourth Friday). Remember, we are closed Friday, September 8, for painting.

Thanks a thousand times to our Friday lunch sponsors. If your group or company would like to sponsor a Friday lunch, call NSC at 812-853-5627.



New Songshine class starts in September

Losing the ability to speak and communicate clearly can be devastating. But for voices affected by Parkinson's, stroke, other neurological disorders or simply aging, singing can bring energy and life back to speech.

Strengthening speaking voices is the mission of the SongShine Foundation. SongShine Evansville presents a music-based voice therapy program using classical singing exercises (Vocalises), relaxation, physical awareness and breath, diction, articulation and creative imagination, as well as emotional engagement, rhythmic movement and

group singing to enhance speech. SongShine's emphasis on singing also helps lift spirits, touch hearts, release memories and creates camaraderie as participants sing their way to stronger speech.

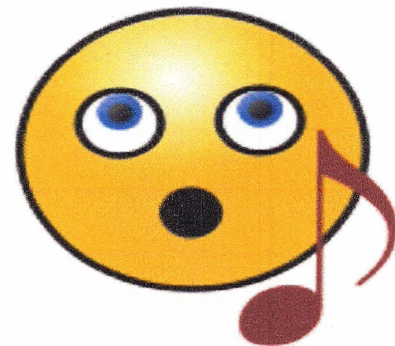
Class will meet weekly on Tuesdays, September 19 through December 12, from 1:30 -2:30 p.m. (First week only, new students come at 1 p.m. for registration).

Classes are held at Aldersgate United Methodist Church, 5130 Lincoln Avenue in Evansville. Classes are FREE, but a \$10 registration fee is required.

A Resource Kit (Textbook, CDs, Bookstand, Carry Bag) is available and costs \$45. Call 812-598-8332 or pre-register online at

WWW.SongShineforParkinsons.org.

Classes are taught by Certified SongShine Instructors. Scholarships are available if needed.



New play slated for this fall by Newburgh Community Theater

Newburgh Community Theater is presenting its fall play, "Dearly Departed" on four days, October 5-8, at Preservation Hall. The Thursday-Saturday performances will be at 7 p.m. A Sunday matinee will be at 2 p.m.

Tickets are \$15 each and will sell out fast. Do not wait to get a seat at one of

these popular shows. Several of our members are involved with the play this time.

You can buy tickets online at newburghcommunitytheater.org. For information, contact Tina Wheeler at 812-217-9824. The theater is not connected to the town or HNI.

Blood pressure checks offered on Tuesdays

Brandi Rice, RN, a clinical liaison with Via Quest, is doing blood pressure checks on Tuesdays, 10-11 a.m. here at the Center. If you already have a card to record your readings, please bring it with you. If not, she will have a few available.

Quilters meeting on Thursdays

Whether or not you know anything about quilting, everyone is welcome to join our quilting group. We are enjoying Thursday mornings at the Center with our new group of quilters.

They meet 9-11:30 a.m. to cut and sew quilt tops.

Please tell anyone you know who might be interested about this opportunity. Peggy Herrell and Terri Mather are leading the group.

Bring your sewing machine if you'd like. They are meeting in the computer room. We can add another day to their schedule if needed to accommodate more quilters.

Watch out for hurricane relief scams

We all want to help the victims of Hurricane Harvey as much as possible, but it's important to be sure we are donating to a bonifide aid agency. You can send money to the Red Cross or the Salvation Army.

Also check with different church denominations. Agencies such as Catholic Relief and UMCOR are administered by churches and all the money you give goes to that particular relief project.

CCC topic for October program

Michigan based author Bill Jamerson will be at the Center with a music and storytelling program about the Civilian Conservation Corps on Saturday, October 22 at 2 p.m.

Dressed in uniform, Jamerson shares stories about the CCC, reads excerpts from his book and sings original songs with his guitar. It's a nostalgic, fun-filled program with songs, laughter and many heartfelt stories. He has performed at CCC reunions around the country and at dozens of CCC-built national and state parks. The program is as entertaining as it is important; as honest as it is fun.

The Civilian Conservation Corps was a federal works program created by President Franklin Roosevelt in the heart of The Great Depression. During its nine-year run beginning in 1933, more than 54,000 men, aged 17-25, served in Indiana.

SWIRCA & More

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
4 CLOSED LABOR DAY HOLIDAY	5 BBQ Pork Chuckwagon Corn Broccoli Rye Bread Pineapple Chunks Milk	6 Oven Fried Chicken Macaroni & Cheese Vegetable Blend Mandarin Oranges Roll Milk	7 Sausage Pattie Country Gravy Southern Style Biscuit O'Brien Potatoes Banana Milk	8 NEWBURGH SERVING OWN MEAL
11 Hamburger on Bun Baked Beans Brussel Sprouts Fruit Milk	12 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Bread/Marg Snack Cake Milk	13 Jambalaya Spiced Peaches Cornbread Toss Salad w/Dsg Milk	14 Parmesan Chicken Baby Bakers Cauliflower Bread/Marg Fruit Cup Milk	15 NEWBURGH SERVING OWN MEAL
18 Spaghetti w/Meat Sauce Italian Vegetables Corn Tropical Fruit Texas Toast Milk	19 Meatloaf w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk	20 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk	21 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Wheat Bread/Marg Warm Spiced Apples Milk	22 NEWBURGH SERVING OWN MEAL
25 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk	26 Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Cookie Milk	27 Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk	28 Sausage Pattie Pancakes (2) Maple Syrup Potatoes O'Brien Fruit Milk	29 NEWBURGH SERVING OWN MEAL
			Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	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 <u>Meat/Entrée:</u> 2 ½ - 3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz

Newburgh Senior Center Activities

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *11:00 Exercise *Noon Bingo by Bell Oaks * Noon Rook/Hand and Foot	2 The SWIRCA menu says meal sites are closed on Fridays. Newburgh Senior Center serves lunch on Fridays at 11:30 a.m. -- as usual.
3	4 CLOSED FOR LABOR DAY	5 *10:00 Knit/ Crochet *10:00 Computer help *11:00 Bridge A *Noon Bingo by MSA Hospice *Noon Rook	6 *11:00 Exercise *Noon Bingo by Hamilton Pointe *12:30 Euchre	7 *9:30, 10:00 Tai Chi * 11:00 Exercise *11:30 PORKAPALOOZA 2017 KICK OFF LUNCH & PARTY. THEME IS "WILD HOGS"	8 CLOSED FOR PAINTING BY ALCOA FOR DAY OF CARING	9 Even if it isn't listed every day, we exercise at 11 a.m., Monday-Friday. Come and join us for stretches, balancing & muscle builders.
10	11 *11:00 Exercise *Noon-Clabber *Noon – Scrabble BIRTHDAY MONDAY by Titzer Family Funeral Homes	12 *10:00 Knit/ Crochet *10:00 Computer help *11:00 Bridge B *Noon Bingo by Cypress Grove *Noon Rook	13 *8:00 NSC board meeting *11:00 Exercise *Noon Wrap forks for Porkapalooza *12:30 Euchre	14 *9:30, 10:00 Tai Chi *11:00 Exercise *Noon Scrabble/Rook *Noon Bingo by Marlene Crenshaw	15 *11:00 Exercise *Noon Rook/Hand and Foot *Noon Cards with Jane SUNDAE FRIDAY	16 Please note the calendar is subject to change.
17	18 *11:00-Exercise *Noon-Clabber *Noon - Scrabble	19 *10:00 Knit & Crochet *10:00 Computer help *11:00 Bridge A *Noon Bingo by Woodmont	20 *11:00 Exercise *12:30 Sjogren's Support Group – Computer room *12:30 Euchre	21 *11:00 Exercise *Noon Scrabble/Rook *Noon Bingo by Oasis	22 *11:00 Exercise FRUITFUL FRIDAY *Noon Bingo by Heritage Hospice	23 SWIRCA Lunch is \$3.50 and served Mon, Tues, Wed. & Thurs. at 11:30. Reservations must be turned in 24 hours prior.
24	25 *11:00 Exercise *Noon Clabber *Noon Scrabble	26 *10:00 Knit & Crochet *10:00 Computer help *11:00 Bridge B *Rook/Scrabble	27 *7:30 Meet at St. John's for Derby Theater day trip/pre-paid tickets only *11:00 Exercise *12:30 Euchre	28 *11:00 Exercise *Noon Scrabble/Rook *Drew Huffman – Hearing Health presentation	29 PORKAPALOOZA! LUNCH 11 A.M.-2 P.M. TELL YOUR FRIENDS! BAKE SALE INSIDE	30 PORKAPALOOZA! LUNCH 11 A.M.-2 P.M. PICK UP RIBS AND TENDERLOINS.

PORKAPALOOZA 2017 IS COMING!



The **Fall 2017 Porkapalooza BBQ Fundraiser** for the Newburgh Senior Center will take place on **Friday, September 29** and **Saturday, September 30** from **11 AM - 2 PM** at the Senior Center on 529 Jefferson Street in Newburgh.

The famous Newburgh BBQ Coalition will be smoking the pork! This is the last smoke open to the public by the Coalition in 2017.

You can support the Senior Center by:

- ❖ Enjoying our pulled pork lunches on Friday, September 29 and Saturday, September 30. Lunches include a sandwich, chips, and a drink for just \$5! You can eat in, take out, or even call the Center for take-out orders of 4+ at 812-853-5627 for easy pickup.
- ❖ Pre-ordering baby back ribs and tenderloins by Tuesday, September 26. Call Colleen at 812-598-8332 to place your order. Full slabs of ribs are \$25 and smoked tenderloins are \$15 each or 2 for \$25. Ribs and tenderloins will be available for pick-up at the Senior Center on Saturday, September 30 starting at 11 AM.
- ❖ Become a Cash Donor.

Call today to pre-order your ribs and tenderloins !

We look forward to seeing you on September 29 and 30!

