

Newburgh Senior Center

January 2018 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

I can't believe I just typed January 2018. Where did the past year go? I feel like I blinked and it was gone. You may remember me saying last year that a study discovered why our time seems to speed by without our doing anything to stop it. The researchers found that people who keep doing the same things over and over again feel like time is flying.

Those who are stretching their bodies and their brains have a concept of slower time passage. Guess we need to be doing more stretching. How are you going to stretch yourself this year?

I hate resolutions and setting goals. They feel like a recipe for failure as far as I'm concerned. So this year, I'm going to set up a list of ways to stretch myself. I want time to feel like it's not

going so fast. Maybe a "bucket list" of things to do and learn this year.

Looking back at the past year here at the Senior Center, we won some and we lost some. We added some new activities, like the quilting group but we lost several of our friends to death, moving, or nursing homes.

Do you know anyone who needs time with friends on a regular basis? We are here Monday-Friday, 9 a.m.—2 p.m. most weeks. We have lots going on and if they don't like the things we're doing, we are open to other activities (within reason).

I hope you are looking forward to 2018 with joy in your heart and anticipation of staying in touch and remaining active. Sitting around is not good for minds or bodies.

Thanks to our new sponsors, our regulars and our volunteers

Welcome, King Mechanical Specialties as our new hospitality sponsor. They have been a day sponsor for several years and decided this year to move up. Thanks for your support.

We appreciate all those who support our efforts at the Center to bring rich, entertaining and educational programming to independent seniors (55 and older). With community support, we can offer many activities.

Of course, there's a pitch: If you know any business or organization that

might be interested in supporting us, please tell Colleen Martin. We have several levels of support we encourage and she can explain the options.

Thanks to our bingo providers and our lunch sponsors. We welcome Cypress Grove as a new monthly lunch sponsor, along with Humana, Atria and Hamilton Pointe. For 2018, there is no charge for Friday lunches unless we are collecting for a project. We'll let you know ahead of time if we are going to collect.

The Senior Center is a good place to go to be with friends and be about that "stretching" to slow down our perception of time passing. And have some fun while doing it.

January Birthdays

Kay Fenimore	January 2
Ed butch	January 2
Marlene Crenshaw	January 8
Kulsoom Tapal	January 11
Warren Wentzel	January 13
Alice Brakel	January 15
Sharon Anderson	January 16
Jan Doolittle	January 16
Doris Schmidt	January 18
Viola Schriefer	January 19
Sarah Tapal	January 20
Monte Williams	January 23
Warren Moore	January 27
Connie Osborne	January 29
Carol Schaefer	January 29
Josephine Caskey	January 29



Thanks to our January Day Sponsor



We appreciate our January Day Sponsor.

January 23 is sponsored by Tom Bodkin in honor of the birthday of his wife, Penny Bodkin. Happy Birthday, Penny! Many thanks to you and Tom for your support of the Newburgh Senior Center and many other local organizations. If you or someone you know would like to be a sponsor, please contact the Center at 812-853-5627 or by e mail at this address: manageratnsc@gmail.com. If you want to be a day sponsor, you can choose the day and stipulate it on your donation.

New projects anticipated in 2018

The board at NSC has been discussing ways to interest more people in participating in our Center. One of the board suggested we collect items for a baby shower one month and items for household cleaning another month and hygiene products for a third month. Another month, we'll collect children's and youth/family games. These items will be donated to a shelter, food bank or home for teens. So, in January, we are asking folks to

donate baby items for Mother Theresa's. We'll have a box in the comfort room for your donations.

Suggestions for donations are diapers in small sizes, bibs, onesies, blankets, hats, undershirts, caps, sweaters, outfits, sleepers, swaddling blankets and small toys. Cash is an acceptable gift if you don't want to shop. We'll get a gift card for formula and bottles or the like.

Please spread the word about this



project. We'd like to have a large collection to present to Mother Theresa's. We'd like to involve folks who are not currently active at the Center. If you have questions, please contact our manager at 812-853-5627.

Friday lunch sponsors appreciated

As mentioned on page one, we are taken care of for Friday lunches for most of this year. If you see a menu other than the one printed with this newsletter, it will note that SWIRCA meal sites are closed on Fridays. Thanks to our sponsors, we are able to offer lunch on Fridays, while other SWIRCA meal sites are closed. Currently our Friday lunches are brought to us (and they are always

delicious!) by Cypress Grove, first Friday; Atria, second Friday; Humana, third Friday and Hamilton Pointe, fourth Friday.

There are other days when SWIRCA is closed that we are open and we'll serve lunch on those days. Our first such day is Martin Luther King, Jr. Day on Monday, January 15. Suzanne and Arnold Sorensen are sponsoring that lunch. On Presidents' Day, the Islamic Center will bring lunch.

Thanks to our sponsors. If you know a group that would like to help in this area, please contact our manager to discuss a date that's open, like Columbus Day in October and months that have five Fridays.

We also have a few openings each month for bingo sponsors. If you know a group or organization that would like to sponsor any of our events and programs, please have them contact our manager.



As with most businesses in our area, Newburgh Senior Center will be closed New Year's Day. We will re-open January 2.

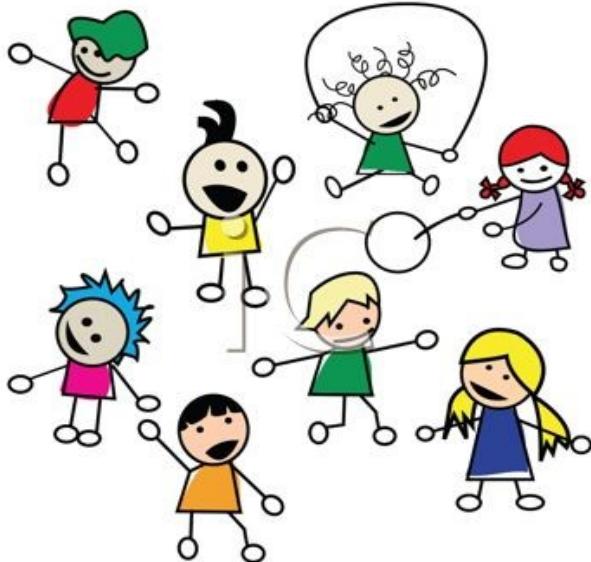
We will be open 9 a.m.-2 p.m. the next holiday, January 15, for Dr. Martin Luther King, Jr. Day.

Our regular hours are 9 a.m.-2 p.m., Monday-Friday.

If Warrick County Schools are closed due to weather, we are closed as well. If they are on a delay, we will open as usual.

Even though the town takes excellent care of us, please use caution in our parking area in the winter.

Thanks to our Activity Sponsors



Exercise equipment available

If one of your new years resolutions is to get into shape, we may be able to help you.

Through SWIRCA, someone is willing to donate a treadmill and there are several exercise bikes at the Center that we are looking to sell.

If you are interested, stop by and look at the bikes or ask about the treadmill.

If you aren't likely to exercise on your own, we have several options. Monday-Friday, we have stretching and balance exercise here at the Center at 11 a.m. On Thursdays, we sponsor Tai-Chi at Zion UCC, 9:30 and 10 a.m. The fee is \$5.00 per person, per class.

There are yoga classes available in Newburgh and another exercise class meets twice a week at Zion UCC.

January Kazoo schedule

"Senior Class" Kazoo Band—Happy New Year!!

January is "Cowboy Music" month and I am hoping our audience will enjoy our program. 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 date*:

Thursday, January 18 at 1:30 p.m. at Bell

Oaks Place. Please be there by 1:15 p.m.

*Let's hope the weather cooperates. If school is cancelled, and the NSC is closed, we will not kazoo.

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.

***Mike and Linda Andreas** — Landscaping, garden and flowers sponsor.

***Ohio Township** — Activity sponsor.

***King Mechanical Specialties** — Hospitality 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.

Thanks to our Christmas volunteers

Every month, we have a group of volunteers who amaze us with decorations and programs and such. Christmas was outstanding. We want to thank Colleen Martin for all the music she provided prior to Christmas, both on the player piano and singing. We enjoyed the tunes so much.

Colleen was also the hunter-gatherer for our annual Christmas lunch that was provided by the Center. The ham and turkey were delicious; the vegetables yummy; but the pies were to die for. Thanks for the bottom of our hearts (and stomachs).

Colleen also provides assorted meals as necessary throughout the year, as well as serving on our board and as the processor for the food distribution each month. We lose track of all the great things she does for the Center, but let us remind her that we are grateful. Allen Gomoll also provides the occasional meal for us and we appreciate it. The Christmas cookies were delicious and the fruit cakes met with happy groans from those who eat those things.

For our Christmas lunch, we thank everyone who loaned us serving bowls, etc. and the gals who helped serve and clean up: Melissa McGuire; Nancy and Danielle Parker; Gail Moran and Agnes Spillman. We appreciate all you did.

And, again, we love all the decorations that surround us each month. Theresa O'Rourke, Sarah Burke and Sue Welte are our decorating volunteers and they do such lovely work.

Please tell our volunteers how much we appreciate them.



Weird, wacky holidays to celebrate this month



Here are some holidays you may wish to note for January. The ones marked with (*) will be celebrated in some fashion at the Center. For instance, on *spell your name in Morse Code* day, we will learn how to dot and dash our first names.

1-1 Ellis Island Day

1-2 Happy Mew Year for Cats Day

1-3 Drinking Straw Day/National Chocolate Covered Cherry Day

1-4 Tom Thumb Day/*1-4 Trivia Day
1-6 Fruitcake Toss Day
1-7 *I'm Not Going To Take It Anymore* Day
1-8 Argyle Day/Bubble Bath Day: 1-8
*1-9 National Static Electricity Day
1-10 National *Oysters Rockefeller* Day:
*1-11 Learn Your Name in Morse Code Day
1-12 Kiss A Ginger Day(Red Heads)
*1-12 National Hot Tea Day
1-13 Make Your Dream Come True Day
1-14 International Kite Day/Dress Up Your Pet Day
*1-15 Blue Monday (First Monday of the Year. But It Can't Fall on New Years Day.) NOTE: Some say it's the 3rd Monday. Since New Yrs. Day is Monday, it's being listed it on the 3rd Monday for 2018. Everybody, wear blue today.
1-16 Appreciate A Dragon Day
1-17 Judgment Day/Popeye Day
*1-18 Thesaurus Day

*1-19 Popcorn Day (Alternate date: Super Bowl Sunday)/Tin Can Day
1-20 National Cheese Lovers Day/Penguin Awareness Day
1-21 World Snow Day
1-22 Answer Your Cat's Questions Day
*1-23 National Pie Day
1-24 Belly Laugh Day/Talk Like A Grizzled Prospector Day
*1-25 Robert Burns Day
1-26 Dental Drill Appreciation Day/National Big Wig Day (If you have a big wig, please wear it.)
1-27 Thomas Crapper Day
*1-28 National Kazoo Day/Rubber Duckie Day (This was moved from the 13th due to Sesame Street saying it's on the 28th. And, the general belief is that this is on Ernie's birthday.)
*1-29 National Puzzle Day/Bubble Wrap Appreciation Day/Curmudgeons Day
1-30 Croissant Day/Inane Answering Message Day
1-31 Inspire Your Heart with Art Day

Advice from our BBB to reduce robocalls

If robocalls are making your life miserable, there are a few ways to put a stop to this whole situation.

Block certain callers, types of calls, including ones that have been flagged by other users as malicious or fraudulent.

Block all anonymous calls where the phone number doesn't show up on your screen.

Detect fake phone calls that appear to be made by someone you know but in fact aren't, also known as spoofing.

You can install one of these apps on your phone and if they get through to you, you can block the caller manually from your phone's settings option.

Also, if your phone number isn't on the National Do Not Call Registry, you may want to look into this. Add your wireless devices and/or landline numbers to the National Do Not Call Registry, which prohibits telemarketers

from calling your registered numbers.

If, after doing so, you still receive unwanted robocalls, you can report them to the FTC.

Also, if you've been victimized by a scam, you can report your experience to bbb.org/scamtracker. There are a variety of features and tools available from wireless companies to help you stop these calls.

Register: Fundraisers often will repeatedly call you. If you have given to their charity before, they are allowed to do that. You may or may not want to speak with them.

If you provided your phone number to a business, read the privacy policy. It may mean you gave them permission to contact you and possibly to share your contact information with others.

Forward SPAM text messages that are sent from a phone number to 7726 (or SPAM). This free text exchange with

the wireless carrier will report the SPAM number and you will receive a response from the carrier thanking you for reporting the SPAM.

Download and Activate Tools & Features. To block calls on Android, BlackBerry, iOS and Windows phones, look at the list on this web site: <https://www.ctia.org/consumer-tips/robocalls/android-robocall-blocking>. Notice that some of the apps are free, while others exact a fee to use them. For more information you can trust, visit bbb.org/Evansville.



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