

# Newburgh Senior Center

## April 2018 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**

Spring has arrived! — Well, according to the calendar, anyway. The first day of Spring it snowed all day. Mother Nature apparently didn't get the memo, as one of our members noted. It's gradually getting warmer; now if the sun will just shine....

We are looking forward to lots of Spring Things here at the Senior Center. As soon as it dries out, we'll be getting soil for our raised beds in the garden. We are going to plant potatoes in some buckets we were gifted.

One of our bingo ladies wants to host a flower setting day, so we'll be in spring mode around here soon.

Some of our trees and flowers are blooming already, and our hopes are strong that better days are on their

way. With that hope, we can hold on just a bit longer.

Earth Day will be April 22. It doesn't seem like almost 50 years ago that my dorm room reeked of old beer and stale soda cans as we collected them for a mountain of aluminum cans for that first Earth Day at Ball State.

We are doing much better at recycling these days. Some people are even bringing in their recycles. I'm proud of them. We can recycle plastic, paper and metal cans. No glass at this point.

Even though we are doing better, we still have a long way to go to save our planet. I've picked info from the internet about plastic water bottles and that piece is farther inside this newsletter.

I hope you are ready to enjoy spring and I hope you will join us. We always have fun and fellowship around here, one way or another.

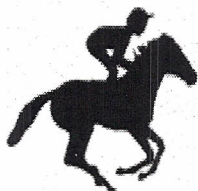
My husband was folding laundry the other day as I worked on a project in the dining room. I mentioned to him that the strangest thing had happened this past week. I kept finding dryer sheets in my pants pockets. I couldn't figure it.

"Well," he said, "I keep finding them all over the place, so I just started stuffing them in your pockets. I wondered if you'd notice."

It took me a while, but I noticed.

Let the games begin.

### **Tickets still available for Derby Theater trip in May; two more plays are on the calendar**



We have less than 10 tickets available for our May 16 trip to Derby Theater for ***Oklahoma!*** Please get

your name on the list right now. Payment is due by the end of the second week in April.

Plus, the Center will subsidize two other plays at the theater this year. We have reserved 15 seats for both

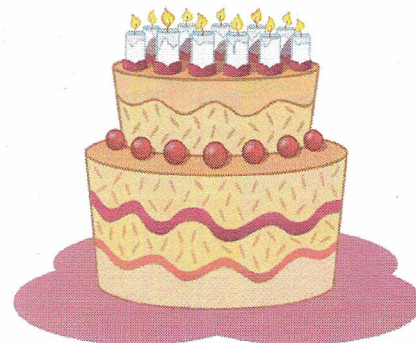
*"Over the River and Through the Woods"* on June 27 and The Church Basement Ladies *"Rise Up, O Men"* on September 19.

The cost for per trip is \$41 for members. It covers a ticket, the bus trip and your buffet lunch at the theater. So if you want to go on all three, the cost will be \$123, if you are a member of Newburgh Senior Center. The discount is only offered to members.

Membership is \$12 a year and may be paid at the time you order your tickets.

### **April Birthdays**

Larry Schaumberger	4/8
Carl Bausch	4/15
Mike Skvara	4/18
Wanda Smith	4/20
Steve Suter	4/21
Charlene Dietsch	4/22





# Thanks to our April Day Sponsors



We appreciate our day sponsors for April.

**April 9** is sponsored by Janice Miller, of ERA First Advantage Realty. Janice says Spring is a great time to spruce up your house or even look for a new one. Thank you, Ms. Miller, for being a Day Sponsor this year!

**April 22** -Earth Day-is sponsored by Jan and Dan Schrader. The theme for 2018 is "Help end plastic pollution."

Plastic is threatening our planet's survival, from poisoning and injuring marine life, to disrupting human hormones; from littering our beaches and landscapes, to clogging our streams and landfills.

Together, we can make a difference. Little changes can make a big difference. Thank you, Jan and Dan, for being Day Sponsors.

**April 25** is sponsored in honor of National Parks Week by Justin Shea, of Manhattan (That is in New York City!). Even though Justin lives in a very urban area, he loves our National Parks and has made many trips to visit those treasures. Thank you, Justin, for your support of the Newburgh Senior Center and National Parks.

**April 28** is sponsored by Claire, Maureen and Colleen in Honor of the birthday of Dennis Martin. Happy Birthday, Dennis, with love from all your family and friends.

Thank you to the Martins for being Day Sponsors and all the other services you provide for the Center.

If you have an event you would like to remember, the Center would appreciate your support as a day sponsor.

## Spring is here: Watch out for kids and our elders

It's spring and all things are new. We need to watch for kids on bikes and playing near the street. They aren't paying attention. We might be looking at trees and flowers blooming, , not paying attention. Our surroundings pass in a blur.

Don't be like a kid. Pay attention to where you drive, walk, stand and sit. Watch for other people, too. Be careful getting in and out of vehicles and watch for traffic.

If you aren't sure it's safe, look for another way to approach it. Don't hesitate to ask for help.

And, if you are the driver, make sure your passengers have room to safely exit the vehicle. Maybe help them inside the building before going on your way. Safe is always better and in the long run, it saves time.

We're going to install no parking signs for out front, just so folks



don't forget and leave their cars in the driveway. Sometimes we get sidetracked and involved in other things — and there sits our car blocking the entry.

We want to be the place where all independent seniors feel welcome and safe. If there's anything you notice we need to be made aware of, as far as safety goes, please contact our manager or one of our board members.

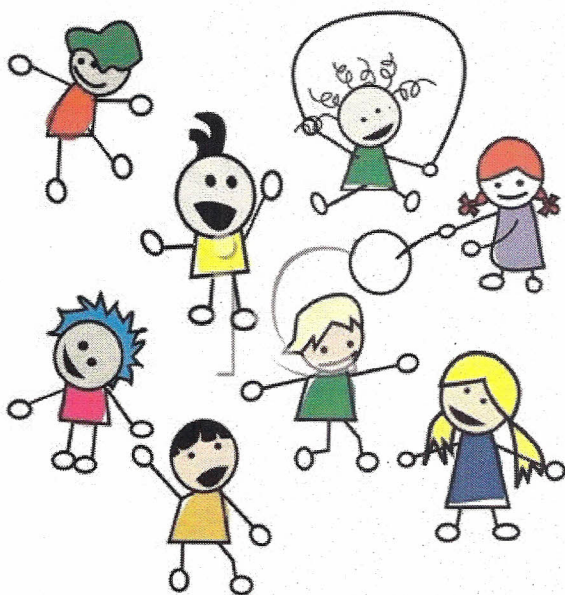
## A Mother's Love

A Mother's love is something  
That no one can explain.  
It is made of deep devotion  
And of sacrifice and pain.  
It is endless and unselfish  
and enduring come what may  
For nothing can destroy it  
Or take that love away....  
It is patient and forgiving  
When all others are forsaking,  
And it never fails or falters  
Even though the heart is breaking.  
It believes beyond believing  
When the world around condemns,  
And it glows with all the beauty  
Of the rarest, brightest gems.  
It is far beyond defining,  
It defies all explanation,  
And it still remains a secret  
Like the mysteries of creation.  
A many splendored miracle  
Man cannot understand  
And another wondrous evidence  
Of God's tender guiding hand.

(Thanks to Josephine Caskey and her family for this lovely poem.)



# 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.

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

**\*Ohio Township** — Activity sponsor.

**\*King Mechanical Specialty and Zion United Church of Christ** — Hospitality sponsors.

If you would like to support the efforts of the Newburgh Senior Center, please contact us at (812) 853-5627 or email our manager, Nan-

## Weird, wacky days in April to celebrate

2 Dyngus Day always the Monday after Easter

2 National Peanut Butter and Jelly Day

3 Tweed Day

4 Walk Around Things Day

5 National Dandelion Day

6 National Tartan Day

6 New Beer's Eve

6 Plan Your Epitaph Day - Always good to be prepared

7 Caramel Popcorn Day

7 National Beer Day

7 No Housework Day

8 All is Ours Day

8 Draw a Picture of a Bird Day

9 Name Yourself Day

11 National Submarine Day

12 Big Wind Day - This day blows

me away!

12 Grilled Cheese Sandwich Day

12 National Licorice Day

12 Walk on Your Wild Side Day

13 Blame Someone Else Day - first Friday the 13th of the year

13 Scrabble Day

14 International Moment of Laughter Day

14 Look up at the Sky Day

14 Reach as High as You Can Day

15 Rubber Eraser Day

16 Mushroom Day

16 National Librarian Day

16 Save the Elephants Day

17 Bat Appreciation Day

17 Blah, Blah, Blah Day

18 International Juggler's Day - also applies to multi tasking office

workers

20 Look Alike Day

22 National Jelly Bean Day

23 Lover's Day

23 National Zucchini Bread Day - (They hold this at a time when you're not sick of zucchini.)

23 Take a Chance Day

24 Pigs in a Blanket Day

25 World Penguin Day

26 National Pretzel Day

26 Richter Scale Day

27 Tell a Story Day

28 Great Poetry Reading Day

30 National Honesty Day

### Kazoo Band schedule for April



## Thanks to all our volunteers

April 20 is Volunteer Recognition Day. Although we try to emphasize our appreciation for everything folks do around here, we can't thank you

Heartfelt  
**THANKS**  
**TO OUR VOLUNTEERS!**

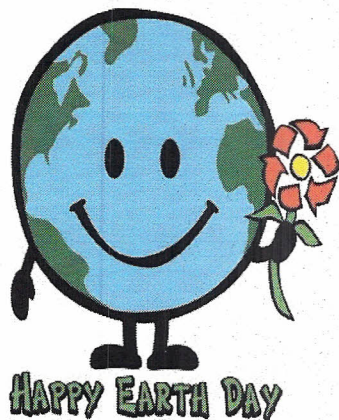
enough or too often. We have volunteers who decorate our spaces, who bring us bingo, who serve lunches and volunteers who take care of us in general. A huge thanks to all the people who spend their valuable time and energy serving us. A big thanks to our board of directors, too. We appreciate all you do.

What a great spring we are having! Thanks to each of you for your "servant's heart" to bring entertainment to those who cannot get out. You are a blessing. **Colleen**

Please mark your calendars for the following: Thursday, April 26-at 1:30 at Bell Oaks Place. Please be there by 1:15 p.m.



# Plastic water bottles: a blessing and a curse for the environment



April 22 is Earth Day this year. We should celebrate our earth every day, but especially on Earth Day, we need to be more conscious of what we do for and to our environment. This year's theme focuses on plastic pollution.


One of the biggest issues with our environment that we can each take a larger role in controlling is the use of plastic water bottles. Here are some facts we gleaned from several sources.


Making bottles to meet America's demand for bottled water uses more than 17 million barrels of oil annually, enough to fuel 1.3 million cars for a year. And that's not even including the oil used for transportation. The energy we consume using bottled water is enough to power 190,000 homes.


There was a time when it was safe to drink the water from our faucets. But for the past 50 years, with good reason, people have become afraid that toxins are seeping into our water systems. The past 20 years has seen a surge in people's desire to be healthy and drink safe water... and bottled water became a regular and popular commodity. But is drinking bottled water a true health solution, or is it adding to our environmental problems, or maybe masking a problem


that most people are not aware of? Is bottled water really safer than tap water? Sometimes we may need to use bottled water, but when?


Here are some bottled water facts so you can make an informed decision when it comes to choosing the water you drink.


 Most of the bottled water you buy is glorified tap water. There are only a few brands whose water comes from springs and mountain streams; most are just tap water that's been purified.


 Only 1 out of 5 plastic bottles is recycled. The rest just become litter or get buried somewhere.

 More than 100 million plastic bottles are used worldwide every day!

 3 liters of water is used to package 1 bottle of water.

 An estimated 1,500 plastic bottles end up as waste in landfills or thrown in the ocean *every second*.

 There's an area in the Pacific Ocean the size of Texas, known as The Great Pacific Garbage Patch, which is composed of plastic.

 Plastic is listed as the number one threat to our marine ecosystem.

Due to these environmental issues, some countries are thinking of banning the manufacture of water bottles. From your end, how can you do your share in stopping the accumulation of plastic wastes?

Bringing your own container that you can refill and purchasing your own filtration system to purify your tap water are just a couple of suggestions which can save the planet, your health and your cash.

## References

[http://thewaterproject.org/bottled\\_water\\_wasteful.asp](http://thewaterproject.org/bottled_water_wasteful.asp)

<http://science.howstuffworks.com/science-vs-myth/everyday-myths/how>

[science-vs-myth/everyday-myths/how](http://science.howstuffworks.com/science-vs-myth/everyday-myths/how)

[-long-does-it-take-for-plastics-to-biodegrade.htm](http://www.safebottles.co.nz/News/Plastics+and+the+Environment.html)

<http://www.safebottles.co.nz/News/Plastics+and+the+Environment.html>

<http://greenupgrader.com/3258/plastic-bottle-facts-make-you-think-before-you-drink/http://>

[www.banthebottle.net/bottled-water-facts/](http://www.banthebottle.net/bottled-water-facts/)

## Thanks for helping our community

Our goal this year is to emphasize to our members that even though as we age, and are not able to do all the things we used to, we are not helpless and we can still help other people. We've heard this several times this year, but it bears frequent repetition: We are not the end of the chain. There are people we can help, maybe in different ways than we used to, but still all valuable assistance.

We make tray favors and little goodies for the people who receive home meal deliveries. Our numbers are up to 30 at this time.

We tied fleece blankets for the local Ronald McDonald House and we've collected personal hygiene products for the United Methodist Youth Home in Evansville. We have collected cleaning supplies and shoes.

For April, we will begin collecting breakfast items for the food pantry at the Warrick Education Center. You can bring in things like instant oatmeal, energy bars, granola bars, juice boxes, fruit cups, cheese and crackers packages, peanut butter and cracker packages, etc. It needs to be individually wrapped and not needing refrigeration. If you can't get to the store, you can donate cash for the cause.

# SWIRCA & More

*April 2018*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Spaghetti w/ Meat Sauce</p> <p>Italian Green Beans</p> <p>Buttered Corn</p> <p>Texas Toast</p> <p>Tropical Fruit</p> <p>Milk</p>	<p>3</p> <p>BBQ Chicken</p> <p>Cheesy Potatoes</p> <p>Spinach</p> <p>Rye</p> <p>Bread/Margarine</p> <p>Pudding</p> <p>Milk</p>	<p>4</p> <p>Meatloaf w/Gravy</p> <p>Mashed Potatoes</p> <p>Peas</p> <p>Bread/Margarine</p> <p>Fresh Fruit</p> <p>Milk</p>	<p>5</p> <p>Quarter Pound</p> <p>Frank on Bun</p> <p>Mixed Vegetables</p> <p>Cauliflower</p> <p>Pears</p> <p>Milk</p>	<p>6</p> <p>Newburgh serving lunch</p>
<p>9</p> <p>Country Fried Steak</p> <p>Garlic Mashed Potatoes</p> <p>Broccoli</p> <p>Bread/Marg</p> <p>Strawberry Delight</p> <p>Cookie</p> <p>Milk</p>	<p>10</p> <p>Sausage Pattie</p> <p>Fried Eggs</p> <p>Potatoes O'Brien</p> <p>Spiced Peaches</p> <p>Danish</p> <p>Milk</p>	<p>11</p> <p>Italian Chicken</p> <p>Pattie</p> <p>Stewed Tomatoes</p> <p>Brussel Sprouts</p> <p>Bread/Margarine</p> <p>Pie</p> <p>Milk</p>	<p>12</p> <p>Fish</p> <p>Homemade</p> <p>Macaroni &amp; Cheese</p> <p>Vegetable Blend</p> <p>Wheat Bread/ Marg</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p>13</p> <p>Newburgh serving lunch</p>
<p>16</p> <p>Smoked Pork Chop</p> <p>Scalloped Potatoes</p> <p>Normandy Blend</p> <p>Veg</p> <p>Wheat Bread/ Marg</p> <p>Pineapple Chunks</p> <p>Milk</p>	<p>17</p> <p>Salisbury Steak w/Gravy</p> <p>Mashed Potatoes</p> <p>Broccoli</p> <p>Cookie</p> <p>Bread/Marg</p> <p>Milk</p>	<p>18</p> <p>Manwich Sloppy Joe on Bun</p> <p>Roasted Red Skin Potatoes</p> <p>Green Beans</p> <p>w/Carrots</p> <p>Mixed Fruit Cup</p> <p>Milk</p>	<p>19</p> <p>Ham and Beans</p> <p>Sweet n Sour Slaw</p> <p>Cornbread</p> <p>Fruit Crisp</p> <p>Milk</p>	<p>20</p> <p>Newburgh serving lunch</p>
<p>23</p> <p>Lasagna Roll Up</p> <p>Italian Vegetables</p> <p>Warm Spiced Apples</p> <p>Texas Toast</p> <p>Milk</p>	<p>24</p> <p>Chopped Steak w/Gravy</p> <p>Mashed Potatoes</p> <p>Peas</p> <p>Bread/Marg</p> <p>Banana</p> <p>Milk</p>	<p>25</p> <p>BBQ Riblet on Bun</p> <p>Cheesy Potatoes</p> <p>Spinach</p> <p>Pudding</p> <p>Milk</p>	<p>26</p> <p>Polish Sausage</p> <p>Mashed Potatoes</p> <p>Sauerkraut</p> <p>Rye Bread/Marg</p> <p>Fresh Fruit</p>	<p>27</p> <p>Newburgh serving lunch</p>
<p>30</p> <p>Cheeseburger on Bun</p> <p>Baked Beans</p> <p>Chuckwagon Corn</p> <p>Apricots</p> <p>Milk</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 of \$3.50 per meal. Cash, checks, or Food Stamps are accepted.</p> <p>Meat/Entres: 2 1/2 ~ 3 oz Veg/Salad/Desert 1/2 cup Margarine: 1 teaspoon Bread: 1 slice Milk: 1/2 outb Cassaroles: 8 oz</p>	<p>Operated by the</p> <p>SWIRCA &amp; more</p> <p>Nutrition Program</p> <p>16 W. Virginia St.</p> <p>Evansville, In</p> <p>812-464-7807</p>



# Newburgh Senior Center Activities

## April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 *11:00 Exercise *Noon Clabber *Noon Scrabble	3 *10:00 Computer help *11:00 Exercise *11:00 Bridge *Noon Bingo provided by Harry Kahn	4 *11:00 Exercise *Noon Bingo by Hamilton Pointe *12:30 Euchre	5 *9:30 & 10:00 Tai Chi *11:00 Exercise *Noon Scrabble	6 *11:00 Exercise *11:30 Lunch by Cypress Grove	7
8	9 *11:00 Exercise *Noon-Clabber *Noon – Scrabble BIRTHDAY MONDAY by Titzer Family Funeral Homes	10 *10:00 Computer help *11:00 Bridge *11:00 Exercise *Noon Bingo by Cypress Grove	11 *11:00 Exercise *Noon Bingo by River Pointe *12:30 Euchre	12 *9:30, 10:00 Tai Chi *10:00 Spring favors for shut-ins * 11:00 Exercise *Noon Scrabble *Noon Bingo by Oasis	13 *11:00 Exercise *Noon Cards with Jane Lunch by Atria	14 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.
15	16 *11:00 Exercise *Noon-Clabber *Noon – Scrabble	17 *10:00 price rummage *10:00 Computer help *11:00 Bridge *Noon Bingo provided by Naomi Faire	18 *8:00 NSC board mtg. *10:00 price rummage *11:00 Exercise *Noon Bingo by Horizons *12:30 Euchre	19 *9:30, 10:00 Tai Chi *10:00 price rummage *11:00 Exercise *Noon Scrabble/Rook *Noon Bingo by Matt	20 *10:00 price rummage *11:00 Exercise *Noon Bingo by Heritage Hospice *Noon Sundae Friday	21 Please note the calendar is subject to change.
22	23 *10:00 price rummage *11:00-Exercise *Noon-Clabber *Noon - Scrabble	24 *10:00 price rummage *10:00 Computer help *11:00 Bridge *Noon Bingo by Omni	25 *10:00 price rummage *11:00 Exercise *Noon Bingo Asera Care *12:30 Euchre	26 *9:30, 10:00 Tai Chi *10:00 price rummage *11:00 Exercise *Noon Scrabble	27 *10:00 price rummage *11:00 Exercise *11:30 Lunch provided by Allen Gomoll	28 *Rummage Sale at the American Legion
29	30 *11:00 Exercise *Noon Clabber *Noon Scrabble					The SWIRCA menu isn't clear about Friday lunches. If we are open, we're having lunch here at 11:30!