

Newburgh Senior Center

June 2018 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

Before we know it, the year will be half over. As of May 25, there are seven months until Christmas. Well now, there's a thought. I hope the second part of the year slows down a bit. The first half has whizzed by so fast, I'm out of breath.

Now that we are looking at officially opening summer, remember it's cool and comfortable at the Senior Center and we are always in the mood for fun and games. Remember to invite your friends and family to join us. When you are stepping out during the summer, please remember to wear sunscreen, a hat and appropriate shoes. Stay hydrated and don't get too hot. Thanks to our board, we are adding some menu items to the regular SWIRCA lunches. We will have salads, desserts, in-season fruit and veggies, etc. If you have a particular favorite you'd like to taste, let me know. Michael, our talented AARP kitchen guy, will prepare and serve it for us.

Right now, we are enjoying lettuce

and green onions out of our own garden. Later this summer, we're hoping for zucchini, squash, sweet peppers and tomatoes from our raised beds (Thanks again, Alcoa volunteers. These are the greatest thing since time began). Getting to the raised beds is not too challenging, either, so get out there and take a look at our plants. Feel free to pull a weed if one has the audacity to show itself.

I want to invite everyone to our Open House on June 16, 10 a.m.-2 p.m. We need volunteers to help give visitors the tour and to help with refreshments. Ask your friends and neighbors to participate. There will be food.

And, speaking of food, our Free Lunch Fridays are a popular event this year. If you aren't here eating on Fridays, you are missing out on delicious dishes.

We currently have lunch sponsors for three of the four usual Fridays every month. Starting this fall, the Islamic Society will sponsor the third Friday's

lunch. We are grateful to Atria, Cypress Grove and Hamilton Pointe for bringing wonderful food to us on Fridays. If you know a group that would like to pick up sponsorship for the occasional fifth Friday, have them contact me at 812-853-5627.

Our Senior Center is a well-kept secret in the Tri-State. Thanks to the vision of some of our Town officials past and present, we are blessed with a great building and modern facilities, in an accessible location.

Whenever you have the opportunity, please spread the word about our fun and happening place for independent, energetic seniors. Give them one of our newsletters with a calendar and menu so they can check out our activities. Everyone 55 and older is welcome to participate. If you need help with stuff, you are welcome to bring an assistant, regardless of age. Even if you don't play games with us, just hanging out with other people is good for the body and the soul.

Open House coming up at our 'Happening Place'

To help spread the word about our programs and events at Newburgh

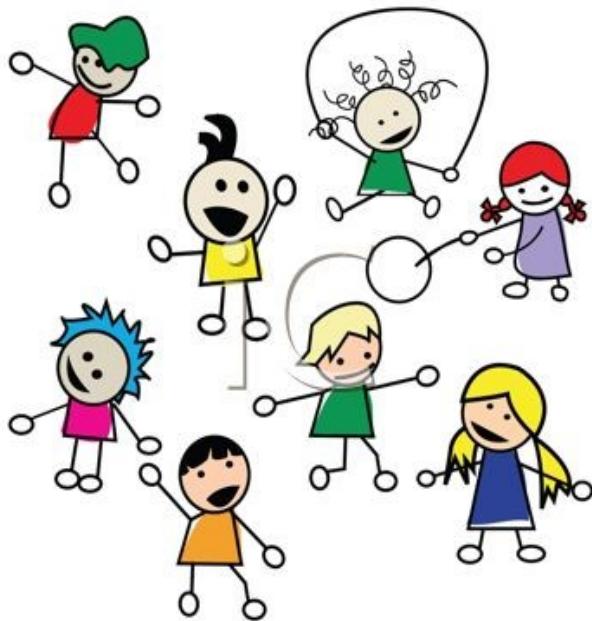
Senior Center, we are inviting all seniors 55 and older to our Open House on Saturday, June 16, 10 a.m.-2 p.m. We'll be offering guided tours of our facility and grounds, an opportunity to sit and talk with others, and maybe a pop up game or two. Refreshments will be served. It should be a fun day

for all. They can come when they can and stay as long as they want (within reason).

If you would like to help with tours and/or bring cookies, or be a punch server, we'd love it. We'd like to set up some activity stations, so we'd like suggestions for what you like best.



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, Nancy Lybarger at manageratnsc@gmail.com.

Everyone's invited to join the Summer finale for Kazoo Band

Summer is coming, and our June song package will be like a cross country trip! We will take a break in July, August and September. We will begin again in October.

Think of some Senior Center members or outside friends of yours and invite them to sing with us. Singing is good for you!!! (and that is scientific!!). So share some of the benefits of singing with your friends.

Thanks so much for your service.

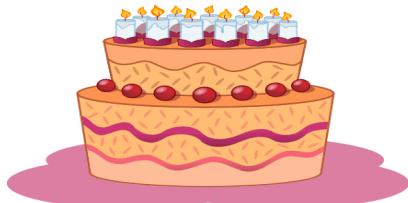


Please mark your calendars for the following date:
Thursday, June 21 at 1:30 p.m. at Bell Oaks Assisted Living, near Showplace Cinema. Please be there by 1:15 p.m.

Coleen

June Birthdays

Jackie Snodgrass	6/2
Terri Chevalier	6/9
Connie Levengood	6/14
Becky Brackett	6/15
Kathryn Simpson	6/15
June Huber	6/19
Christine Shipley	6/20
Gaile Jones	6/24
Lorraine Gilly	6/25
Catherine Bausch	6/29
Judi chase	6/29



Falling prevention program offered by Cypress Grove

As we get older, we get more prone to falls for several reasons: medicines make us a little off kilter; we don't have the muscle strength we used to (Exercise with us and we can help with that!) or our bones are less dense.

Preventing falls is much easier than getting over them. We have an opportunity to learn how to stay safe at home and away.

A representative from Cypress Grove will be at the Center on June 5 at noon to present a program on Fall Prevention. We hope you'll come and hear helpful information about staying upright and mobile. There will be time for questions during the program.



Thanks to our Day Sponsors for June



June 12 is sponsored by Dr. Ed and Nancy Prusz in honor of their wedding anniversary. Thank you so much for including us in your happy day.

June 14-Flag Day- is sponsored by Women's Club of Newburgh. Thank you Women's Club and members, for being so supportive of the Newburgh Senior Center.

June 17 - Father's Day is sponsored by Alonzo and Shirley Moore. They encourage us to be thankful for all fathers and men who serve as role models/mentors for young people.

Thank you, Alonzo and Shirley, for being such active and giving members our Newburgh community. (Alonzo is a board member for the NSC)

June 21-The first day of summer- is sponsored by Lynn Renne. Lynn says, "Enjoy your summer and come out to the River Town Trail for a walk. You will enjoy the breezes, the sunrises and the sunsets. The Newburgh river-front is a treasure!"

Thank you, Lynn. Hope you are enjoying your retirement.

Sign up now for next Derby Theater road trip

It's time to register for our next Derby Theater trip, Wednesday, June 27. "Over the River and Through the Woods" is a warmhearted comedy about four loving, but overbearing, Italian-American grandparents who try desperately to keep their unmarried grandson close to home.

It's loaded with laughter, guilt and lasagna! Our members' rate of \$42 covers the bus fare, lunch and the

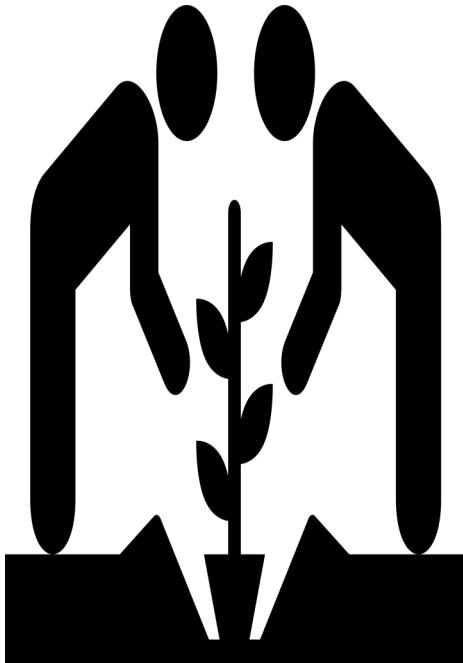
play. If you want to go with the Happy Hoosiers, we need your registration and payment by June 15. Call us at 812-853-5627 or come by the Center to register.

Non-member's rate is \$84. Our annual membership fee is \$12 and runs from January 1 to December 31, regardless of when you pay dues.

Our third 2018 road trip to the theater will be in September.



See how our garden grows



Donna Yuschak is our garden queen for now. She helped plant tomatoes, squash, zucchini, sweet peppers and potatoes in our raised beds. Thanks, Donna. Now we just have to take care of our plants and wait for the "fruits of our labors."

We need folks to help with watering and weeding. Watering needs to be done almost daily. With the straw we laid down on top of the soil, there shouldn't be too many weeds to worry about.

Hopefully our friendly deer will be deterred from sampling our plants.

The resident rabbit must have smelled our fresh plantings the other day. He was wandering the grounds looking dismayed that there were no new

green shoots for him to munch. Never fear, he looks like he's been eating well without our garden stock.

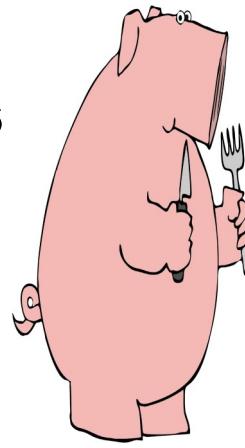
Thanks, also, to Jack and Agnes Spillman for delivering our aged manure to add to the soil in our beds and to the fellows from Wittscaping who came to our rescue again and shoveled it all out of the back of Jack's truck. And, thanks to Omni Health Care and Ed Butch for getting our tomatoes, squash, zucchini and peppers. Ed also planted our green onions this spring. Thanks to all you all for helping us with our new raised beds.

We are enjoying our lettuce and green onions in the back beds. If you want to help with those, there's a hose out there, too.

Happy Father's Day to all dads, mentors

We hope all fathers have a great holiday. If your father is still with you, give him a hug. If he's not, remember something good he did for you and pass it on to someone else.

These days, lots of parents are busy with work and play and don't have much time for kids. We can help with that as mentors, drivers, sitters, etc. Kids will love you for spending your time with them.



Save the date!

Porkapalooza 2018

October 12 - 13
Newburgh Senior Center

Weird, wacky holidays abound in June

- 1 National Doughnut Day
- 2 National Bubba Day
- 3 Repeat Day (I said "Repeat Day")
- 4 Hug Your Cat Day
- 5 Hot Air Balloon Day
- 6 National Gardening Exercise Day
Get out and exercise with your plants.
- 6 National Yo-Yo Day
- 7 National Chocolate Ice Cream Day
- 8 Best Friends Day
- 9 Donald Duck Day
- 10 Ball Point Pen Day
- 10 Iced Tea Day
- 11 National Corn on the Cob Day
- 12 National Peanut Butter Cookie Day
- 12 Red Rose Day

- 14 Monkey Around Day
- 15 Smile Power Day
- 16 National Hollerin' Contest Day



- 16 World Juggler's Day
- 17 Eat Your Vegetables Day

- 18 International Picnic Day
- 19 National Kissing Day
- 19 World Sauntering Day
- 20 Ice Cream Soda Day
- 21 Finally Summer Day / Summer Solstice
- 22 National Chocolate Eclair Day
- 22 Take Your Dog to Work Day
- 23 National Pink Day
- 26 Beautician's Day
- 26 Forgiveness Day
- 27 Sun Glasses Day
- 28 Paul Bunyan Day
- 29 Hug Holiday
- 29 International Mud Day
- 30 Meteor Day

Woodlands Golden Living Center visits Center for lunch and bingo

It was grand visiting with our old friends when they came for lunch and bingo from Woodlands Golden Living Center. They will be joining us on the third Wednesday every month. We'd love to have more folks visit.

If you have friends and family in other managed care facilities in our area, please invite them to visit us for lunch and games and/or a program. We welcome all seniors 55 and older. If they need assistance in any area, they are encouraged to bring their assistant.

If you are an independent adult, 55 or older, or you're younger and disabled, we invite you to join us at the Center. We have plenty of parking close to the

entrance if you drive. We have WATS bus service to our door that comes and goes both the east and west routes. The buses meet out front on the half hour. Fare for seniors is 50 cents a ride. You have to go to one of the bus stops to catch this ride. There are several, including ones at Walmart, Deaconess Gateway and Park Place.

If you need a ride at a specific time, At-Your-Door service is available from Ride Solutions. You need to make reservations 24 hours ahead for this service and the cost, beginning at \$3 per ride, varies according to the distance. The number to call for Ride Solutions

is 877-369-8899.

We exercise each day at 11 a.m. We focus on stretching and balance. If you need cardio, we have bikes and a treadmill.

We eat lunch at the Center at 11:30 a.m., Monday through Friday. Monday through Thursday lunches are provided through SWIRCA (Southwest Indiana Regional Council on Aging) and the suggested donation is \$3.50. You need to make a reservation for the SWIRCA lunches at least 24 hours ahead so we can order the correct number of lunches.

Fridays, as mentioned before, lunches are free.