

# Newburgh Senior Center

## July 2018 Newsletter

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## ***The Place Where Seniors Congregate***

### **Manager's Corner**

Where is the summer going? I blinked and it is July. The year is more than half over. Time is speeding up, for sure.

July 3-August 11 are the official Dog Days of Summer. It is stinking hot and humid. But there are other types of Dog Days.

Summer and winter, spring and fall, we have dog days at our house. Bonnie and Blue are in the senior years of their lives, so we know that they, like us, are not going to change any habits unless forced.

Our dogs are the perfect example of creatures of habit. We get up at the same time every day. They don't un-

derstand Saturday. We go to bed at the same time every night and we do the same routine or they get nervous. If I'm staying up later, Blue will pace back and forth from the living room to the bedroom. After a while, he will give up and go on to bed but he's not happy. He sleeps better if his people are in bed above him.

The older I get, the more I become a creature of habit, too. And that's not necessarily a good thing. That's pretty close to getting in a rut. I don't want to be there. Ruts are comfortable and not challenging. They don't offer any opportunities for learning or stretching our horizons. Let us not go there.

That's one of the things I appreciate about being at the Senior Center. We always have options to do different things or hear about new opportunities. Here we can play new games, meet new friends, try new foods and enjoy each other's company.

Let's not let the Dog Days of Summer bog us down in the "air we can wear." It's cool inside the Center, but it's the hot place to be.

### **Pelvic Floor and More program offered**

Pelvic health issues including pain, discomfort and incontinence are common but should not be considered normal for anyone. Kim Snyder, PT from the Pelvic Health and Wellness Center at The Women's Hospital, is excited to share her knowledge about these sensitive issues and help us achieve a better quality of life.

Physical therapy or other treatment methods may be what's right for you. Learn how their specialized services can help you live a more confident life.

Kim will be here on Wednesday, July 25, at noon with her program. Please let your friends and neighbors know about this important program.

We are all hesitant to talk about these issues, but for many older folks, they are a daily fact of life.

Even though there may be some out of pocket costs for these programs, it might be something to consider. We encourage you to ask all the questions you want. Kim will do her best to provide information you need.



### **July Birthdays**

Darris Brown	7-1
Martha Lease	7-3
Carman Edmonson	7-5
Allen Gomoll	7-10
Sylvia Sorensen	7-17
Brenda Harper	7-17
Ron Weatherford	7-18
Sally McGregor	7-23
Donna Yuschak	7-23
Rudolph Fischer	7-25
Carol Parsons	7-28
Michael Groves	7-29



# Thanks to our Day Sponsors for July



We appreciate our July day sponsors. **July 02** is sponsored by Dr. John P. Morgan, of the Hand Center of Evansville.

Happy Birthday, Dr. Morgan. We appreciate your skill and expertise. Thanks for your support. Just 8 months to March Madness 2019!

**July 04** is sponsored by Charles and Charlotte Koewler. The Koewlers encourage everyone to celebrate Independence Day by showing the flag. God bless America!

Thank you, Charles and Charlotte, for being Day Sponsors in 2018.

**July 30** is sponsored by Mike Andreas in honor of his wife, Linda's 39th Birthday. Linda and Mike are our 2018 garden sponsors. Our raised bed gardens are coming along. If we had the first sweet pepper, can the tomatoes be far behind? We've enjoyed salads from our lettuce and green onions. Thanks for your support.

## Open House a

Our Open House was a fun day for members and new folks. We toured and talked with about 25 people during our event. Several were interested in becoming members and one signed up that day. Thanks to all our members who served as tour guides.

Even if you didn't make the open house, we'll still be glad to show you around. If you are slightly familiar with the Senior Center, but need more info, stop by and see us. All independent seniors, aged 55 and older are welcome. If you need help with a few things, we'd still love to have you; just bring your assistant to help you. Some things we do every day: exercise at 11 and lunch at 11:30 a.m. If you talk to people in line at the grocery or pharmacy or at church or the laundromat, tell them about the fun we have here at the Center.

## Garden update from Mary



Here's an update from the famous expert on gardens, Mary, Mary, quite contrary. "How our garden does grow!"

We've pretty much finished our lettuce crop. It was yummy and won-

derfully fresh. We still have a few green onions we are enjoying.

We have blooming squash and tomatoes and have had our first sweet pepper.

We are so grateful for the help we had this year in establishing the new raised bed gardens. Next year, we're going full tilt with all six beds.

Turns out we guessed correctly on the height of the beds. The deer aren't nibbling our plants and the rabbits have been completely stymied.

We'd like to rig up an irrigation system if anyone has plans for one. Call the Center or email our manager if you have thoughts.

## Derby Theater trip planned



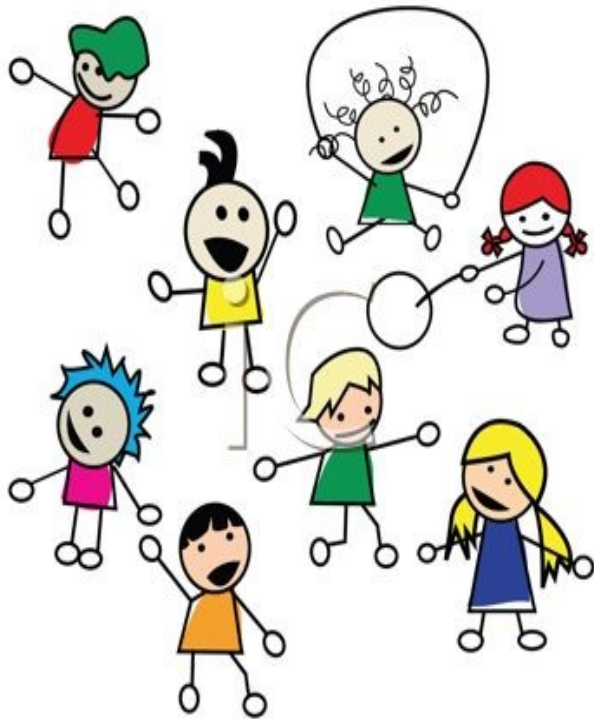
Our next trip to Derby Theater will be Wednesday, September 19. The play is a comedy by the Church Basement Ladies: *Rise Up, O Men*. Cost for members is \$42; non-members, \$82. Please contact Barb

at the Center if you want to go. She'll need your money by August 15. If you'd like the member discount, you'll need to make sure your 2018 dues are paid. Our dues run from January 1 to December 31.

We've enjoyed our trips with Happy Hoosiers to the Derby Theater this year. We have 15 seats reserved for the Center but we can probably get more if we are quick. Invite your friends. It's a fun day.



# 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](mailto:manageratnsc@gmail.com).

## Porkapalooza smoking up this October

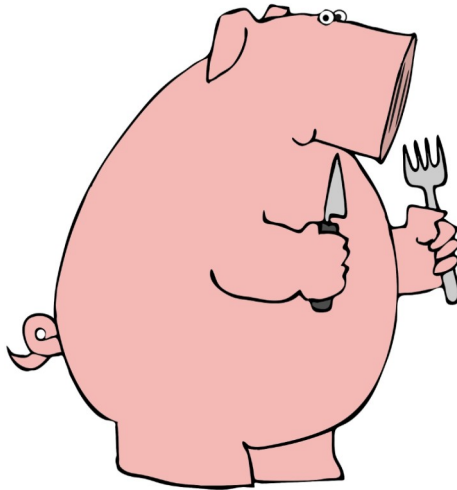
Porkapalooza 2018 will be here before we know it. We've changed the dates this year to October 12 and 13.

Also, we will be taking pre-orders for pulled pork, along with our usual ribs and tenderloins.

The famous, prize-winning, and all round great folks, Newburgh BBQ Coalition will again be doing the smoking in our side yard. It will be their last public outing for the year.

Once again, we'll be offering lunch on both Friday and Saturday from 11 a.m. to 2 p.m. at the Center. You can eat inside or take it with you. Group orders of four or more need to call ahead (812-853-5627) by an hour, at least. For the reasonable sum of \$5, you get a pulled pork sandwich, chips and a soft drink or water. We'll throw in a box if you have a large order.

Pre-ordering ribs, tenderloins and containers of pulled pork will start in September. Full slabs of ribs will be \$25; tenderloins are \$15 each or two for \$25; quart containers of pulled



pork will be \$20.

Deadline to pre-order is Tuesday, October 9. If at all possible, please pre-order, so we have a close idea of how much meat to purchase. Extras can be purchased after all the pre-ordered meat is claimed.

Order pick up will be on Saturday, October 13, starting at 11 a.m. Be sure to get here before 2 p.m. to claim your pork orders. If for some reason you cannot pick up your order on Satur-

day, we can make arrangements for a few but we need to know ahead of time.

Help us spread the word about our great smoke. Best food in the world! Porkapalooza is one of two annual fundraising events that support the programs and events at the Center. Last year, we raised a whopping \$11,332 for the Center. Of that, \$8,021 was from the sale of ribs, tenderloins and lunches.

The community has been hugely supportive of this effort. Last year, we sold 582 lunches!

Members and friends also hosted a bake sale inside the Center during Porkapalooza. It was a huge success, so we'll be doing that again this year. Thanks to the Newburgh BBQ Coalition, we are looking forward to another great Porkapalooza. If you have not participated in the past, you're going to want to make it a point to pick up lunch both days, visit the bake sale and pre-order delicious pork.

# Donations presented to the United Methodist Youth



We presented our donations of personal hygiene products, etc. to the United Methodist Youth Home in Evansville. They were so pleased we had remembered their residents and day students. The young people who are served by the home are court ordered, so sometimes they arrive with only the clothes on their backs. They always need good t-shirts and will need school supplies through the year. We will collect those in August.

For the next two weeks, we will be collecting items to help with the summer back pack program at Newburgh United Methodist Church. Here is a list from Marta Boxell of items they are

giving to needy students each week during summer break.

\*Graham crackers (in boxes)

\*Lightly salted peanuts (jars)

\*Ranch dressing (bottles)

\*Instant oatmeal (envelopes in 12 ounce box)

\*Plain peanut butter (16 ounce jar)

\*Spaghettios (15 ounce cans)

Please bring your donations to the Center in the next two weeks so we can get them delivered while the program is still underway.

## iSeniors helping with

We are fortunate again to have our iSenior volunteers to help with tech issues on our phones and ipads. They are here during summer break on Wednesdays, 10-11 a.m. Come in and bring your phone or iPad for answers. They'll show you how to work with your devices.

Our computer guy, Dick Lant, is taking off for the summer break. He'll be back the end of August to help us with computer questions and teach us a thing or two.

## United Way Day of Caring projects submitted

We have submitted our application for four projects for the annual United Way Day of Caring, Friday, September 9. At this point we'll plan to be open on that day so our members can see the volunteers and vice versa. We have asked for outside painting and clean up and for inside cleaning and light bulb changes. We won't know until September if our projects are

picked by organizations with volunteers.

Last year, Alcoa and Vectren were here all day working at the Center. Alcoa volunteers built our raised bed gardening system and painted the front pillars. Vectren volunteers cleaned windows, blinds and wood-work and our rose beds and shrubs. Thanks, volunteers and United Way.

# Weird & wacky holidays celebrated in July

1—Build A Scarecrow Day

1—Creative Ice Cream Flavors Day

2—I Forgot Day

2—World UFO Day

3—Stay out of the Sun Day

3—Compliment Your Mirror Day

4—Sidewalk Egg Frying Day

5—National Apple Turnover Day

6—International Kissing Day

6—National Fried Chicken Day

7—Chocolate Day

7—International Cherry Pit Spitting Day

9—National Sugar Cookie Day

10—Teddy Bear Picnic Day

11—Cheer up the Lonely Day

11—National Blueberry Muffin Day

12—Pecan Pie Day

13—Barbershop Music Appreciation Day

13—National French Fries Day

14—Pandemonium Day

15—National Ice Cream Day

15—Cow Appreciation Day- Go out and give a cow a hug (for making the cream/milk for the ice cream?)

17—Yellow Pig Day

18—National Hot Dog Day

20—National Ice Cream Soda Day

20—National Lollipop Day

21—National Junk Food Day

22—Hammock Day

22—Ratcatcher's Day

23—Vanilla Ice Cream Day

24—Cousins Day

24—Tell an Old Joke Day

25—Threading the Needle Day

26—All or Nothing Day

27—Take Your Houseplants for a Walk

27—Take Your Pants for a Walk Day

29—National Lasagna Day

30—National Cheesecake Day

30—International Day of Friendship

31—Mutt's Day

*On a more serious note, remember to celebrate our freedom on July 4 and remember those who sacrificed for it.*