

Newburgh Senior Center

August 2018 Newsletter

529 Jefferson St.
Newburgh, IN 47630
812-853-5627
Fax: 812-853-5629



Nancy Lybarger, manager-
mail:manageratnsc@gmail.com

The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

I always figure if I make it to August, then I'm in the last turn on the track of summer. If August goes as fast as the previous months, December will be here in no time. I like December better. No danger of heat stroke.

Thanks to all who shared my spouse's birthday with us the end of July. I hope a good time was had by all. Jon appreciates all the people who visited.

We are having fun here at the Senior Center and I hope you'll invite the seniors you run into at church or the grocery or at the club house. There's always room for more!

We've added another table of Clabber on Mondays and we have room for you if you'd like to play. Aileen Jeffries

is in charge of Clabber, so talk to her when you come to the Center.

We usually have three or four tables of Euchre on Wednesdays and the bridge players are looking to build their numbers on Tuesdays.

We are playing bingo here 11 days in August. Everybody wins and there is no charge.

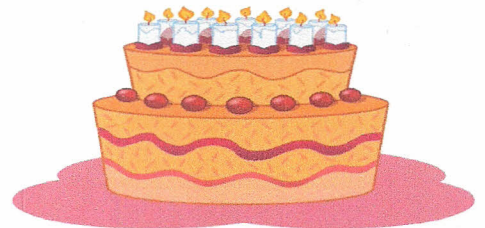
Tai Chi with Ron Wetherford at Zion UCC continues to grow. If you are interested, show up for the beginner class at 9:30 a.m. on Thursdays, or the advanced class that follows at 10 a.m. There is a fee for each class.

If there are other games you'd like to play, let us know and we'll be glad to give them a try with you. Remember,

we have a pool table in the back room where we stash other games. We'll be glad to have billiards players.

Right now, I don't have a firm date for it, but we are planning a Euchre tournament for late this fall. The charge per person will be \$10 and there will be snacks and prizes. We'll let you know as soon as the date is firmed up.

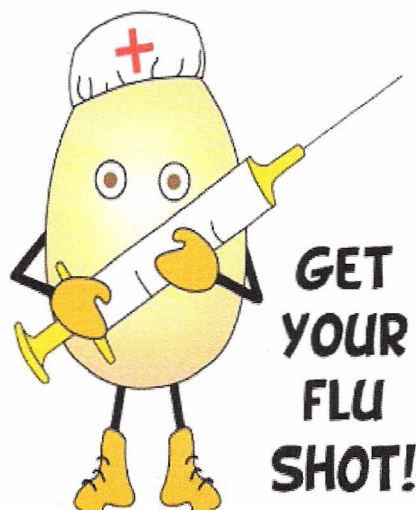
August birthdays



8-1	Beverly Preske
8-5	Janet Anderson
8-6	Lora Lee Brown
8-7	Susie Williams
8-9	Paula Suter
8-10	Pat Miller
8-14	Rev. Dan Kennedy
8-14	Ed Cooper
8-14	Linda Schifano
8-16	Al Johnson
8-18	Joye Alexander
8-20	Mary Lovell
8-20	Cheryl Grimm
8-28	Dick Slade
8-31	Charlotte Koewler

Happy anniversary, Jack and Agnes Spillman on August 4.

Walgreens flu shot clinic here August 31



Walgreens will provide flu shots here at the Senior Center but we need a minimum of 25 people to register beforehand. We are scheduled for Friday, August 31 at noon.

If you would like to get your flu shot here, please either sign the registration form or give us a call at 812-853-5627. Deadline to register is Tuesday, July 28.

If we do not get 25 people to register, we will have to cancel the shot clinic, as per corporate at Walgreens.

Please tell your friends to get their shot here. You don't want the flu nor do you want to spread it to others.

Thanks to our Day Sponsors for August

Thanks to our August Day Sponsors:



White Elephant Bingo scheduled



It's time to clean out your cabinets/closets/attics/basements! We have three White Elephant bingo games scheduled for August. August 7 is the first round, so get your things here by August 6. The other days we have slated are August 23 and 30. It's okay to bring all your items for the first round. That way we'll know if we need to procure more stuff.

If you have already purged your establishment, feel free to bring something else, like shelf-stable food or fresh baked goods. Cookies and brownies are always a good option.

August 06 is sponsored by Dr. Christine Riley, in honor of all teachers. She encourages us to let teachers know how much we appreciate what they do! A dedicated teacher is a prize.

August 10 is sponsored by Sharon Anderson in celebration of "Just Because." She hopes all of us will do a kindness for someone else "Just Be-

Sjogren's Support Group meeting here in August

Our branch of the Sjogren's Support Group is meeting August 22 at 12:30 p.m. in the computer room at the Center. If you know someone who has Sjogren's or supports someone who has the syndrome, please tell them about this opportunity.

They only meet quarterly so you won't want to miss this gathering. They usually have a new CD to listen to and discussion follows.

Sjogren's syndrome, otherwise known as dry eye or dry mouth syndrome, is an autoimmune condition in which the immune system mistakenly attacks the cells responsible for producing tears and saliva. Women over the age of forty are most at risk.

Symptoms may include infections of the mouth, eyes, and breathing passages, as well as inflammation of the glands and other tissues in the body. Here are several indications Sjogren's syndrome might be more than just dry eyes and mouth.

Some patients with Sjogren's syndrome may develop myelitis, which is characterized by inflammation of the spinal cord. Many Sjogren's syndrome patients are misdiagnosed with Multiple Sclerosis as this symptom is common in both diseases. However, the treatments for both diseases are different and may cause a flare-up or worsen the conditions if not treated properly.

cause" we can!

August 15 is sponsored by Father Joe Ziliak who encourages us to explore the world-near and far! Travel and exploration are good for the soul and bring people closer together.

August 25 is sponsored by Friends of Newburgh. They want you to come on down to the Fiddler Fest -August 24 and 25!

Thanks to those who help in so many ways



Thanks to iSeniors for another summer of help with our iPhone and iPads, etc. Hopefully they'll be back next summer break.

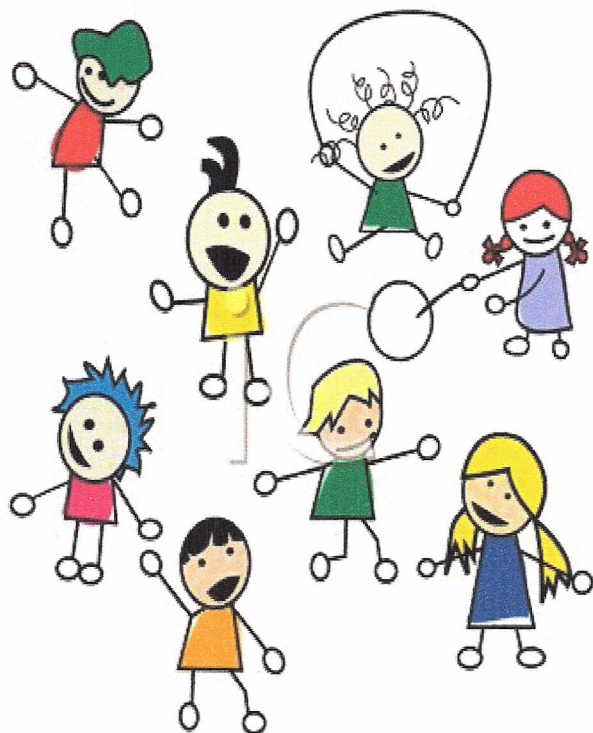
We'll be going back to computer help with Dick Lant on Tuesdays, 10-11 a.m. Good luck to Landon Eisenhower, the founder of iSeniors, as he heads off to college in Georgia.

Thanks also to our new bingo sponsor, AseraCare and our new lunch sponsor, the Islamic Center.

As always, thanks to those who decorate our building and to those who volunteer their time and talents. We appreciate your efforts.

And thanks to our board for all you all do to make the Center a safe, fun place to play.

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.

A Mother's Love is a gift from heaven

All of us will face troubles in our lives. Many thanks to Josephine Caskey who provided this poem to us to remember our mothers and provide encouragement when we're not on top of our game. Most of us whose mothers have passed have favorite memories of our mothers that we drag out when we need encouragement, strength or wisdom.

It's amazing how smart our mothers were, but we didn't realize it until we were adults and dealing with real life problems. Every day we should give thanks for strong mothers and hope that we, too, will be remembered as such.

"A Mother's Love is a Haven in the Storm of Life" by Helen Steiner Rice

A mother's love is like an island
In life's ocean vast and wide,
A peaceful, quiet shelter
From the restless, rising tide.

A mother's love is like a fortress
And we seek protection there
When the waves of tribulation
Seem to drown us in despair.

A mother's love is a sanctuary
Where our souls can find sweet rest
From the struggle and the tensions
Of life's fast and futile quest.

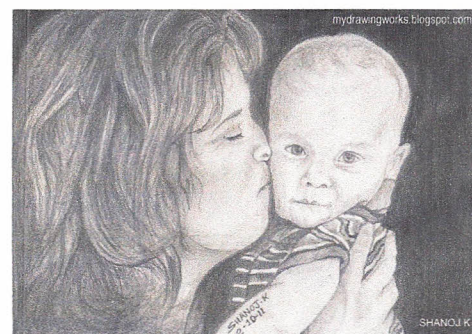
A mother's love is like a tower
Rising far above the crowd,
And her smile is like the sunshine

Breaking through a threatening cloud.

A mother's love is like a beacon
Burning bright with faith and prayer,
And through the changing scenes of life
We find a haven there.

For a mother's love is fashioned
After God's enduring love,
It is endless and unfailing
Like the love of Him above.

For God knew in His great wisdom
That He couldn't be everywhere,
So He put His little children
In a loving mother's care.

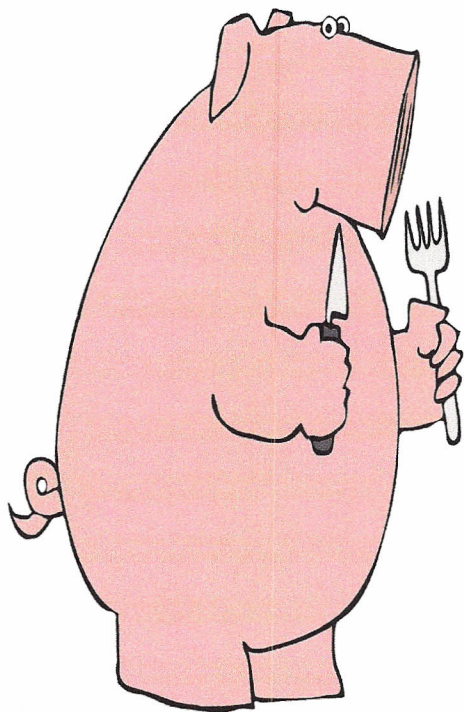


Thanks to Park Place

A huge thanks to Park Place for printing our calendar and menu every month.

The more times we can show someone new what we're up to here, the more likely they are to become members.

Porkapalooza 2018 is just around the corner



Can't you just smell the smoking pork! Before we know it Porkapalooza 2018 will be here and we will be drooling over the aroma of ribs and tenderloins in the smoker.

This is a new date for our fundraiser, so we everyone to help spread the word. We're hoping for cooler weather and sunny skies for October 12-13. In addition, the fantastic folks from Newburgh BBQ Coalition are adding pulled pork to our pre-order list.

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.

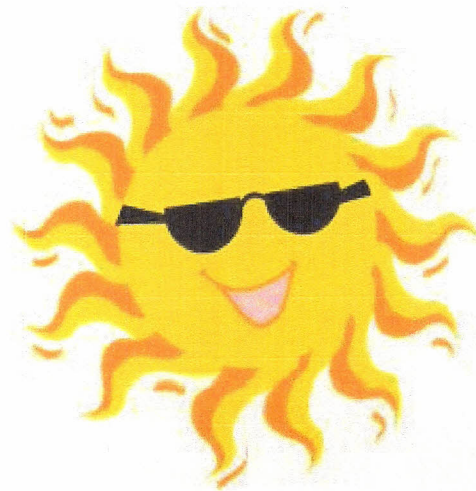
Order pick up will be on Saturday, October 13, starting at 11 a.m. Be sure to get here before 2 p.m. to claim your pork orders. We will work with you if you can't pick up your order on Saturday, but you need to let us know beforehand.

August is full of weird, wacky holidays

1-Girlfriend's Day: 1
1-International Can-It-Forward Day
2-Earth Over Shoot Day
2-International Sister Cities Day
2-National Coloring Book Day
2-Take A Penny/Leave A Penny Day
3- Homemade Pie Day
3-Friendship Day
3-Twins Day
3-Watermelon Day
4-National Chocolate Chip Day
4-National Disc Golf Day
4-National Mustard Day
4-Sandcastle Day
5-Friendship Day
5-National Doll Day
5-National Underwear Day
5-Sister's Day
6-National Fresh Breath (Halitosis) Day
6-National Psychic Day
6-National Root Beer Float Day
7-Lighthouse Day
8-International Cat Day
8-Happiness Happens Day
8-Sneak Some Zucchini Onto Your Neighbor's Porch Night
8-Wear Your Mother's Jewelry Day
10-Kool-Aid Day

10-Paul Bunyan Day
10-S'mores Day
11-Middle Child Day
12-Milkman Day
12-World Elephant Day
13-International Lefthander's Day
14-National Navajo Code Talkers Day:
15-Best Friends Day
15-National Relaxation Day
16-National Rollercoaster Day
16-Wave at Surveillance Day
17-Black Cat Appreciation Day
17-I Love My Feet Day
18-Bad Poetry Day
18-Mail Order Catalog Day
18-Serendipity Day
19-Coco Chanel Day
19-International Orangutan Day
20-Cupcake Day
20-World Mosquito Day
21-Senior Citizen's Day
22-Be An Angel Day
23-Valentino Day
24-Pluto Demoted Day
24-Vesuvius Day
24-Wayzgoose Day
25-Brother's Day
25-International Bat Night

25-International Tongue Twister Day
25-Kiss and Make Up Day
25-Sand Castle Day
26-National Dog Day
26-National Toilet Paper Day
27-Just Because Day
28-National Bow Tie Day
28-Pony Express Day
28-Crackers Over The Keyboard Day
29-More Herbs, Less Salt Day
29-Tug-of-War Day
30-International Whale Shark Day
30-National Toasted Marshmallow Day
31-National Matchmaker Day



SWIRCA & More

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<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 is \$3.50 per meal. Cash, checks, or Food Stamps are accepted.</p> <p><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</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>1 Baked Stuffed Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Cookie Milk</p>	<p>2 Chicken Parmesan Baby Bakers Tomatoes w/Corn Bread/Marg Peaches Milk</p>	<p>3</p> <p>Lunch by Cypress Grove</p>
<p>6 Spaghetti w/Meat Sauce Italian Green Beans Buttered Corn Tropical Fruit Cup Texas Toast Milk</p>	<p>7 BBQ Chicken Cheesy Potatoes Spinach Rye Bread/Marg Pudding Milk</p>	<p>8 Meatloaf w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk</p>	<p>9 Quarter Pound Frank on Bun Mixed Vegetables Cauliflower Pears Milk</p>	<p>10</p> <p>Lunch by Atria</p>
<p>13 Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Strawberry Delight Cookie Milk</p>	<p>14 Sausage Pattie Fried Egg Potatoes O'Brien Spiced Peaches Danish Milk</p>	<p>15 Italian Chicken Fattie Stewed Tomatoes Brussel Sprouts Bread/Marg Pie Milk</p>	<p>16 Hamburger on Bun Baked Beans Corn Applesauce Cup Milk</p>	<p>17</p> <p>Lunch by The Islamic Center</p>
<p>20 Smoked Pork Chop Scalloped Potatoes Normandy Blend Wheat Bread/Marg Pineapple Chunks Milk</p>	<p>21 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Cookie Bread/Marg Milk</p>	<p>22 Manwich Sloppy Joe on Bun Roasted Red Skin Potatoes Green Beans w/Carrots Mixed Fruit Cup Milk</p>	<p>23 Ham & Beans Sweet n Sour Coleslaw Cornbread Fruit Crisp Milk</p>	<p>24</p> <p>Lunch by Hamilton Pointe</p>
<p>27 Chopped Steak w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk</p>	<p>28 Lasagna Roll Up Italian Vegetables Warm Spiced Apples Texas Toast Milk</p>	<p>29 Baked Chicken Garlic Mashed Potatoes Peas & Carrots Pineapple Chunks Bread/Marg Milk</p>	<p>30 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk</p>	<p>31</p> <p>Lunch provided By Allen Gomoll</p>

Newburgh Senior Center Activities

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*11:00 Exercise *Noon-Clabber *Noon – Scrabble	*11:00 Exercise *11:00 Bridge	1 *11:00 Exercise *Noon Bingo by Hamilton Pointe *12:30 Euchre	2 *9-11:30 Quilting(every Thursday) *11:00 Exercise *Noon Scrabble *Noon Craft session with Kelly	3 *11:00 Exercise *11:30 Lunch by Cypress Grove *Noon Bingo by Bell Oaks	4 Every Friday is Free Lunch Friday. Join the fun!
5	6 BIRTHDAY MONDAY by Titzer Family Funeral Homes *11:00 Exercise *Noon-Clabber *Noon – Scrabble	7 *11:00 Bridge *11:00 Exercise *Noon White Elephant Bingo Round I	8 *8:00 NSC board mtg. *10-11:00 iSenior help with phones and iPads *11:00 Exercise *Noon Bingo by River Pointe *12:30 Euchre	9 *9:30, 10:00 Tai Chi at Zion UCC * 11:00 Exercise *Noon Scrabble *Noon Bingo by Oasis	10 *11:00 Exercise *11:30 Lunch by Atria	11 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.
12	13 *11:00 Exercise *Noon-Clabber *Noon – Scrabble	14 *10-11 Computer help *11:00 Bridge *11:00 Exercise	15 *11:00 Exercise *Noon Bingo by Horizons *12:30 Euchre	16 *9:30, 10:00 Tai Chi *11:00 Exercise *Noon Scrabble *Noon Bingo by Cypress Grove	17 *11:00 Exercise *11:30 Lunch by the Islamic Center *Noon Bingo by Heritage Hospice	18 Please note the calendar is subject to change.
19	20 *11:00-Exercise *Noon-Clabber *Noon - Scrabble	21 *10:00 Computer help *11:00 Bridge *Noon Cards with Jane (Please note the change of date.)	22 *11:00 Exercise *12:30 Euchre *Noon Sjrogen's Support Group in Computer Room	23 *9:30, 10:00 Tai Chi *11:00 Exercise *Noon White Elephant Bingo Round II *Noon Scrabble	24 *11:00 Exercise *11:30 Lunch by Hamilton Pointe *Noon Bingo by Ascera Care	25 At this point, we are still able to offer free lunch Fridays while our waiver request is being considered. However,
26	27 *11:00 Exercise *Noon Clabber *Noon Scrabble	28 *10-11 Computer help *11:00 Bridge *Noon Bingo by Omni Health Care	29 *7:45 a.m. Depart for Derby Theater from St. John's parking lot *11:00 Exercise 12:30 Euchre	30 *11:00 Exercise *Noon White Elephant Bingo Round III *Noon Scrabble	31 *11:00 Exercise *11:30 Lunch by Dr. Gomoll *Noon Flu Shot Clinic by Walgreens (25 shot minimum; please register.)	if our waiver is denied, we will begin taking SWIRCA lunches on Friday at the usual \$3.50 donation suggestion.