

Newburgh Senior Center

April 2019 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

Spring is finally here. Take a deep breath and let it out slowly. Then do your best happy dance. We made it through winter. Can I get a hallelujah? With spring, we are thinking about a lot of things here at the Center. We're dreaming of our garden and hoping to soon get the lettuce planted in the boxes out back. The other plants and seeds have to wait until the soil warms enough. But it won't be long until we have a cornucopia of fresh vegetables that are grown by our own hands. (Speaking of hands, we need a few to

help with the planting, watering and weeding of said vegetables.) We'll be decorating our Easter treat bags at 10 a.m., April 10 and filling the bags for our shut-ins on April 17 at 10 a.m. We'd love to have your help both days. And, we can always use more candy for the bags.

Get out your Easter bonnet for a photo op on Friday, April 19. (We are open Good Friday but the WATS bus is not operating.)

Thanks to the folks who organized our Euchre tournament on March 30.

Good job. A good time was had by all, I hope. A better time was had by the winners.

As soon as all the ball games are over and we've found the last lost Easter egg, it will be time for the Kentucky Derby and we'll be having a hat day. We have a few people interested in playing Hand & Foot, Pinochle and Rook. As soon as we get enough, we'll get play dates scheduled.

April Birthdays

4-8	Larry Schauberger
4-11	Sara Sweetwood
4-15	Carl Bausch
4-18	Mike Skvara
4-20	Wanda Smith
4-22	Charlene Dietsch

Senior safety lessons scheduled

Mallory Ladd, the newest officer on our Newburgh Police Department, will be here Thursday, April 11 at noon to bring us ideas on how to stay safe in our homes. A couple things she will go over are how to safely answer your door, how to walk by yourself and other important issues that should be of concern to Senior Citizens.

This program is open to the public, so invite your friends and neighbors. We all need to be reminded on occasion how to safely navigate society and our physical space.

Another program scheduled for future presentation includes avoiding scams. If you have suggestions for other programs, you can share those with Mallory in April.

Monthly food box program open to applicants

The monthly food box program has a few openings, according to Colleen Martin, the administrator for Warrick County. Food is distributed at the Center on the fourth Friday of each month. If you are 60 years old and meet the income guidelines, you may

qualify. Call Colleen at 812-598-8332 if you'd like to get registered.

Typically, each box contains canned fruit and vegetables, juice, pasta or rice, cereal and two cans of meat, along with a 2-pound block of cheese and dry beans or peanut butter.



Our Day Sponsors put a *spring* in our step



We appreciate Our Day Sponsors.

April 22 is Earth Day and is sponsored by Jan and Dan Schrader. **Earth Day** is an event observed annually on April 22 to demonstrate and promote environmental awareness and calls for the protection of our planet.

Earth Day is celebrated in more than 193 countries each year. Thank you, Jan and Dan, for helping us remember this important day and for your gener-

osity.

April 24 is sponsored by Ruth Lutz Jenkins to Celebrate the 97th Birthday of her dear Mother, Mary Kay Lutz, of Pekin, Illinois. Mrs. Lutz is known for her baking skills that have provided and still provide COOKIES to all who know her. Happy 97th Birthday, Mary Kay, from us and your daughter. Thank you, Ruth, for including the NSC in such a special day. We wish you lived closer, Mary Kay. Feel free to send us cookies any time!

April 25 is sponsored by Justin Shea in honor of National Parks Week. National Parks Week is a time to explore amazing places, discover stories of history and culture, help out, and find your park!

Get ready to celebrate National Park Week 2019 from April 20 to 28. Parks across the country will host a variety of special programs and events.

To kick off National Park Week, all entrance fees are waived on Saturday, April 20!

Many thanks to Justin who lives in Manhattan (New York City!). Thank you, Justin, from the Hoosiers at the NSC.

April 28 is sponsored by Colleen Martin to celebrate the 70th birthday of her husband, Dennis Martin. Also known by his amateur radio call sign, WA2USA, Dennis is staying young by pursuing POTA (*Parks on the Air*) points all around the county. He loves ham radio. Happy Birthday, Dennis!

Kazoo Band schedule for April: Join the fun!



What a great spring we are having! We're back with the warm weather!! 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 calendar for Thursday, April 25, 1:30 p.m. at Bell Oaks Place. We need to arrive by 1:15 p.m.

We'll be open Good Friday

The Center will be open as usual on Good Friday, April 19. We will be playing bingo with Heritage Hospice and lunch will be provided by the Islamic Center.

WATS bus service will not be operating, so if you are a rider, you'll need to find yourself a ride on that day. Plan now so you don't miss a day of fun at the Center.

We also will be open the Monday following Easter and back on the SWIRCA lunch schedule for that day.

There's room for more if you know seniors who play Clabber and/or Scrabble. For Scrabble, just show up. For Clabber, please call ahead.

We've planned more play dates at Derby Theater



see the comedy, "Savannah Sipping Society." Then on Thursday, September 5, we'll be going to the "Million Dollar Quartet."

Tickets are \$85 each but if you are a member of NCS, you'll only have to pay \$43. We only have 15 tickets reserved for each of these plays, so if you want to go, get your name on the list and pay Barb Isaac to make it official. She's got the reservation lists out for both plays on the front table at the Center.

If you have questions, you can call her.

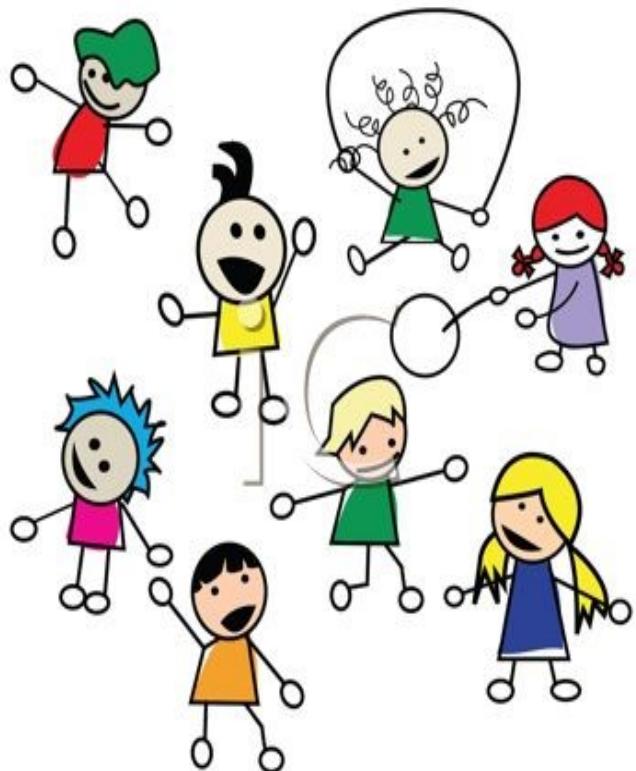
The buses for these plays will load at St. John's Catholic Church.

If you have signed up for the April play, "The Newsies," the bus will be leaving from the old Wesselman's parking lot on April 17. Please be there no later than 8:15 a.m.

It turns out Joe Seibert isn't finished traveling with us after all. His daughter, Anita Reising has taken over the planning part of Happy Hoosiers and Joe will happily go along as a passenger on some of her trips. We will be going to Derby Theater with the pair of them twice this year.

June 20, a Thursday, we'll be going to

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.

Weird and wacky holidays in April

- 1 International Fun at Work Day
- 2 National Peanut Butter and Jelly Day
(See special recipes on Page 4.)
- 3 World Party Day
- 4 Walk Around Things Day
- 5 Go for Broke Day
- 5 National Dandelion Day
- 6 Plan Your Epitaph Day
- 6 Sorry Charlie Day
- 7 Caramel Popcorn Day
- 7 No Housework Day
- 8 Draw a Picture of a Bird Day
- 9 Name Yourself Day
- 10 National Siblings Day
- 11 National Submarine Day
- 12 Big Wind Day - This day blows me away!
- 12 Grilled Cheese Sandwich Day
- 12 National Licorice Day
- 13 National Peach Cobbler Day
- 13 Scrabble Day
- 14 International Moment of Laughter Day
- 14 Look Up at the Sky Day
- 14 National Pecan Day

- 14 Reach as High as You Can Day
- 15 Rubber Eraser Day



- 15 That Sucks Day
- 16 Mushroom Day
- 17 National Cheeseball Day
- 18 International Juggler's Day
- 18 National High Five Day
- 19 National Garlic Day
- 20 Look Alike Day
- 22 Dyngus Day: always the Monday after Easter
- 22 National Jelly Bean Day (Bring in your Easter leftovers.)
- 23 Lover's Day
- 23 National Zucchini Bread Day
- 23 Take a Chance Day
- 24 Pig in a Blanket Day
- 25 East Meets West Day
- 25 World Penguin Day
- 26 Hug an Australian Day
- 26 National Pretzel Day
- 26 Richter Scale Day
- 27 Babe Ruth Day
- 27 Tell a Story Day
- 28 Great Poetry Reading Day
- 30 National Honesty Day (Be careful about being too honest!)

Thanks to our dedicated volunteers



National Volunteer Day is celebrated on April 20. Since that's a Saturday, we won't be here at the Center but we want to thank all the wonderful folks who help us in so many ways. Thanks for your time and effort on behalf of Seniors.

Special thanks to the people who serve on our board. Todd Titzer is president; Ray Graham, vice president;

Colleen Martin, secretary; and Ryan Black, treasurer. Lisa Kormalink is our grant writer and David Zenger is our attorney. Others include Alonzo Moore, Arnold Sorensen, Judy Lopez and Linda Schifano.

Thanks also to the people who work so hard to organize and work at our major fund raiser, Porkapalooza (Watch for the 2019 dates on our sign in April).

We so appreciate the Newburgh BBQ Coalition for smoking pork in our yard. It smells and tastes so good!

We thank the crew who decorates our space each month. Teresa O'Rourke, Sarah Burke and Sue and Gene Welty are tinsel and glitter artists.

Thanks to Jane Schmidt for bringing fun to the Center each month with Cards with Jane. And thanks to Peggy

Herrell for quilt lessons and to all the quilting ladies who meet here on Thursdays for showing us their art in textiles.

We appreciate the time Dick Lant spends with us on Tuesdays answering our computer questions and the iSenior youth who visit each summer to help us conjure our cell phones and tablets.

Thanks to Naomi and Aileen who help with start up every morning and to Agnes who helps with lunch service. We appreciate all the volunteers and organizations who bring us bingo and fantastic, delicious lunches each Friday.

We love you all and we may not say it loud or long, but we appreciate all you do for the Newburgh Senior Center and our friends.

Recipes to celebrate National Peanut Butter and Jelly Day

Peanut Butter and Jelly is the most popular sandwich in America. Choose the savory taste of peanuts in whatever form you like, smooth, crunchy, natural, salted, or unsalted. Take a moment on April 2 to celebrate PB&J.

Peanut Butter & Jelly Pops

Yield: Makes 14 pops

Ingredients

- $\frac{3}{4}$ cup smooth peanut butter
- 1 cup plain yogurt
- 1 cup milk, any kind (almond works well with this recipe)
- 3 tablespoons honey
- 2 tablespoons of your favorite fruit preserves to match berries
- 1 cup berries (raspberries, strawberries, blueberries, blackberries etc.)
- 2 cups orange juice without pulp
- 14 small Dixie cups
- 14 Popsicle sticks

Directions:

1. Place peanut butter in microwave safe bowl and microwave for 15-20 seconds to soften.

2. Blend peanut butter, yogurt, milk, and honey until smooth.

3. Pour the mixture into dixie cups until the cups are filled one-third to halfway.

4. Freeze for 30-45 minutes.

5. Combine the berries, preserves, and juice. Mash slightly to transfer the taste of the berries into the juice. Stir together until fully combined.

6. Divide among the cups and then insert the sticks.

Replace the cups in the freezer until completely frozen, about 6-8 hours.



Peanut Butter and Jelly Smoothie

Ingredients:

- $\frac{1}{2}$ cup plain yogurt (I use Greek style)
- $\frac{1}{4}$ cup milk (You can use any kind including almond or soy)
- 2 tablespoons creamy peanut butter + more for top
- 1 tablespoon strawberry jelly (can also use grape jelly)
- 1 medium banana frozen

- $\frac{1}{2}$ cup frozen strawberries
- $\frac{1}{8}$ teaspoon vanilla extract (optional)
- $\frac{1}{8}$ teaspoon almond extract (optional)

2 ice cubes

Directions:

1. Place peanut butter in a microwave-safe bowl or measuring cup and microwave for about 20 - 30 seconds until thinned
2. Place all ingredients in a blender and puree until smooth.

Pour into a glass and drizzle with additional peanut butter.