

Newburgh Senior Center

February 2020 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

Even with all the gray days we had, January flew by in the blink of an eyelash. I know it's hard for some of us to get up and moving on dreary days, but we all know it's the best thing we can do for the winter slump. I don't know about you, but I need sunshine in my days.

Reading about new year's resolutions and healthy lifestyles, I saw where any kind of movement is better than nothing because any kind of movement is likely to generate even more action.

The more we move, the better for our health.

We have exercise almost every day at 11 a.m. and all are welcome to participate. Mostly, our exercise class is about balance and stretching, so we aren't going to beat you up with jumping jacks and belly curls. Even if you can't do all the moves in our exercises, you are welcome to join us and do what you can do.

February is upon us and I hope you enjoy Valentines Day and Presidents' Day and some of the other funky holidays you'll see later in this newsletter. The good thing about February is that it's just before March and with March,

we can look forward to longer days and more sunshine. February is short and we can get through it.

Just to give us a boost, Mardi Gras is in February this year. We'll let the good times roll on Tuesday, February 25.

February Birthdays



It's Leap Year: Jump for Joy

Happy Leap Year, 2020. Why do we have Leap Years? Well, the simple answer is we need leap years to keep our modern-day Gregorian calendar in alignment with Earth's revolutions around the Sun.

It takes Earth approximately 365.242189 days, or 365 days, 5 hours, 48 minutes, and 45 seconds, to circle once around the Sun. This is called a tropical year, and astronomers measure this from the March equinox.

However, the Gregorian calendar has only 365 days in a year. If we didn't add a leap day nearly every four years, we would lose almost six hours off our calendar every single year. After only 100 years, our calendar would be off by

around 24 days.

Roman general Julius Caesar introduced the first leap years over 2000 years ago. But the Julian calendar had only one rule: any year evenly divisible by four would be a leap year.

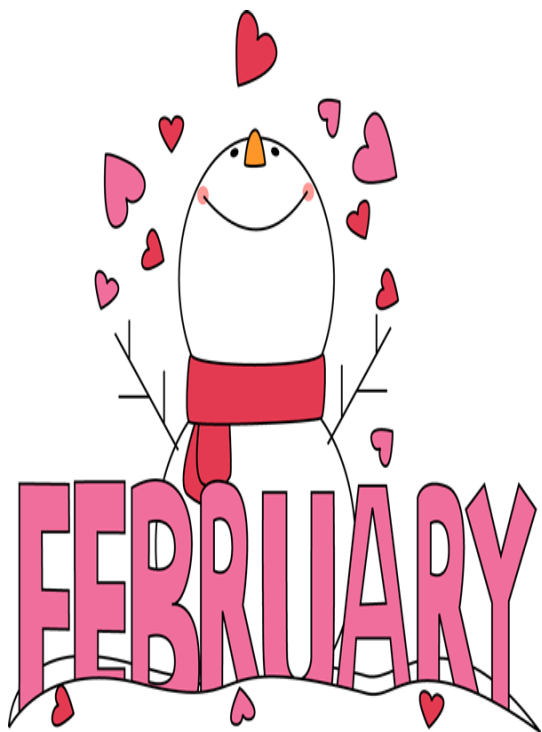
This formula produced way too many leap years. It was not corrected until the introduction of the Gregorian calendar more than 1500 years later.

Which years are Leap Years? In the Gregorian calendar, three criteria must be met to identify leap years:

- The year can be evenly divided by 4.
- If the year can be evenly divided by 100, it is NOT a leap year, unless the year is also evenly divisible by 400. Then it is a leap year.

| | |
|--------------------------|----|
| Hazel Cox | 1 |
| Alonzo Moore, Jr. | 2 |
| Sue Welte | 2 |
| Vicki L. Siebe | 3 |
| Judy Burgess | 4 |
| Terry Mather | 10 |
| Nancy Schauburger | 12 |
| Ruth Edgerton | 14 |
| Marcia Pressley-Vandiver | 14 |
| Betty Stahl | 18 |
| Chris Smith | 18 |
| Naomi Faire | 18 |
| Greg Dunwiddy | 21 |
| Colleen Martin | 23 |
| Terry Best | 23 |
| Bill Hardin | 24 |
| Craig Moore | 26 |
| Judy Ice | 26 |
| Sue (Suda) Crawford | 28 |

We love our Day Sponsors for February



We love our February Day sponsors:

February 14 is sponsored by Dixie and Marge Dugan in celebration of their 60th wedding anniversary. 1960 was a very good year! Thank you, Marge and Dixie, for being long-time supporters of the Newburgh Senior Center. Best wishes on your special day.

Feb. 17 is sponsored by Suzan and Arnold Sorensen in celebration of their 52nd wedding anniversary. Thank you, Suzanne and Arnold, for your support of the Newburgh Senior Center and so many other community organizations.

You have made many positive things happen in our town. Hope you have a great day.

Treats for our shut-in friends

We will be filling treat bags for our shut-ins this month. Please bring wrapped Valentines candies by February 11.

We will put the bags together on Wednesday, February 12 at 10 a.m.

Join us for Mardi Gras fun

Fat Tuesday 2020 — Mardi Gras — falls on February 25. We'll celebrate the last day before Lent with King Cake, pancakes and sausage. Dig out your beads and feathers and come join the fun.

Valentine's Day draws facts from several historical figures

According to Wikipedia, Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated yearly on February 14. Originating as a Western Christian feast day honoring one or two early saints named Valentinus, Valentine's Day is recognized as a significant cultural, religious and commercial celebration of romance and romantic love in many regions around the world.

There are numerous martyrdom stories associated with various Valentines connected to February 14, including a written account of Saint Valentine of Rome's imprisonment for performing weddings for soldiers who were forbidden to marry and for ministering to Christians persecuted under the Roman Empire.

According to legend, Saint Valentine restored sight to the blind daughter of his judge, and he wrote her a letter signed "Your Valentine" as a farewell before his execution. The Feast of Saint Valentine was established by Pope Gelasius I in AD 496 to be cele-

brated on February 14 in honor of the Christian martyr, Saint Valentine of Rome, who died on that date in AD 269.

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it grew into an occasion in which couples expressed their love for each other by presenting flowers, offering confectionery and sending greeting cards (known as "valentines").

Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.

In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children to ward off epilepsy (called Saint Valentine's Malady).

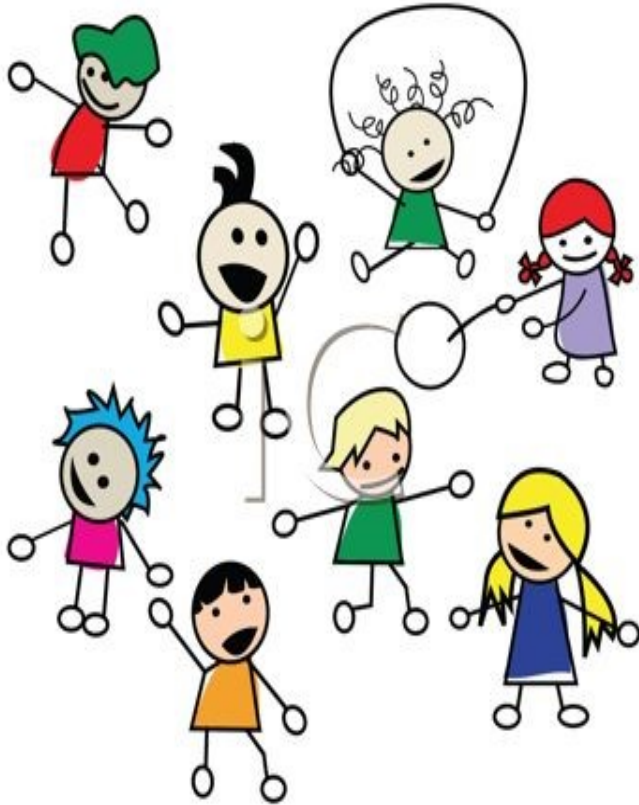
Although not a public holiday in any

country, Saint Valentine's Day is an official feast day in the Anglican Communion and the Lutheran Church.

Many parts of the Eastern Orthodox Church also celebrate Saint Valentine's Day on July 6 and July 30, the former date in honor of Roman presbyter Saint Valentine, and the latter date in honor of Hieromartyr Valentine, the Bishop of Interamna (modern Terni).



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.

We appreciate the commitment of those in our community who sponsor our programs and projects. 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.

Bring your Medicare questions to meeting at NSC

Melanie Wilkinson, with SHIP, will be at Newburgh Senior Center for Medicare Savings Program Screenings on Friday, February 28, 9-11 a.m. If you need help with your Medicare costs or have questions about Medicare, plan to attend this information session.

If you are on Medicare now and have trouble paying your premi-

ums, co-pays or prescriptions, you may qualify for a Medicare Savings Program. There is an income requisite. Ms. Wilkinson will be happy to meet privately with you to discuss your questions, eligibility and concerns. SHIP is the State Health Insurance Assistance Program. For questions or concerns, you can call 800-452-4800.



If you are sick, take care of yourself—at home



We love having all our friends come have fun at the Senior Center. However, if you are not feeling well, and you might be contagious, please stay home and get better. We don't want what you've got.

The flu is running rampant in our little corner of Paradise, so be careful with yourself and others. If you haven't had your flu shot, get it now.

If you just have your usual aches and

pains, come join us. We'll whine together. But some of our members are prone to respiratory issues and could easily develop something more serious than the bark and sniffles. There are some medicines available that you can take as soon as you start feeling flu symptoms. They should lessen the severity and the length of the illness. Call your doctor or go to a med center for treatment.

For lovers of strange holidays, February could be your favorite time of the year

For a short month, February has more than it's share of strange holidays. Here are a few to keep on your radar.



1: Change Your Password Day
1: G.I. Joe Day
1: Ice Cream For Breakfast Day
1: Robinson Crusoe Day
1: Spunky Old Broads Day (Also all month)
2: Popcorn Day
2: World Play Your Ukulele Day
3: The Day The Music Died
4: Quacker Day
6: Canadian Maple Syrup Day
6: Lame Duck Day
6: National Sweater Day
6: Play Monopoly Day
7: National Periodic Table Day

7: Wave All Your Fingers At Your Neighbor's Day
7: Wear Red Day (First Friday)
9: National Pizza Day
11: Don't Cry Over Spilled Milk Day
11: Extraterrestrial Visitor Day
11: Get Out Your Guitar Day
12: Darwin Day
12: Lost Penny Day (It's Lincoln's birthday and he's on the penny)
12: Paul Bunyan Day (Born Feb. 12, 1834 in Bangor, ME)
13: Get a Different Name Day
14: International Book Giving Day
14: Library Lovers Day
15: National Gum Drop Day
15: National Hippo Day
17: Random Acts of Kindness Day
18: Cow Milked While Flying In An Air plane Day
18: Eat Ice Cream for Breakfast Day
18: Pluto Day (Planet is Discovered by Clyde Tombaugh)
19: Best Friends Day (SpongeBob Squarepants)
20: Northern Hemisphere Hoodie Hoo Day

22: Woolworth's Day
23: Curling is Cool Day
23: Tootsie Roll Day
24: Play More Cards Day
25: International Pancake Day (aka Shrove Tuesday) Mardi Gras
25: Pancake Day Race (Between US and England) (Always Shrove Tuesday)
25: Paczki Day (always Shrove Tuesday)
25: Rubber Ducky Day
26: For Pete's Sake Day
26: Pink Shirt Day
27: International Toast Day (Orig. in UK, has spread worldwide)
27: National Chili Day
28: National Tooth Fairy Day
28: Skip The Straw Day
And...2020 Is Leap Year!!! So we celebrate the following:
(Only on a Year With 29 days)
29: Superman's Birthday (Per Action Comics @149)
29: International Sword Swallowers Day
29: International Tongue Twister Day

Potential day trips for 2020 with tour groups



Here are several of the trips with the Happy Hoosiers that are scheduled for 2020. You can check their web site for the full list of trips. The NSC Board is willing to subsidize up to three group trips this year.

If any of these interest you, please email us at manageratnsc@gmail.com. Don't dally. The ones that are most popular will be our first choices. We need to let Anita know our choices asap.
Also, Nathan Gates with Servants

Travel is trying to get a couple of trips to the Derby Dinner Theater or Patty's set up for 2020 and maybe a couple other day trips not too far from here. That schedule will be published as soon as he gets it finalized.

Happy Hoosiers Trips

May 4 (Monday) The Ark Encounter: self-guided tour and buffet at Emzara's; \$130 per person.

May 6 (Wednesday) Beef & Boards Theater, Indianapolis, "An American in Paris," \$130 per person.

June 24 (Wednesday) Beef & Boards Theater, "The Sound of Music," \$130 person.

July 30 (Thursday) Beef House Theatre, "Breaking Up is Hard to Do Neil

Sedaka," \$125 per person.

August 7 (Friday) General Jackson – lunch, show and cruise, \$140 per person.

October 10 (Saturday) Oktoberfest – River cruise on the Bell of Louisville, German food and music, \$100 per person.

All the pick ups for this group will be at St. John's. Departure times vary with the trips.

Here's the deal. When we find out if there are 15 people interested in any particular trip, we will contact Happy Hoosiers for availability. If seats are available, the NSC board is willing to subsidize half the ticket price for members. (Membership is \$12 a year.)