

# Newburgh Senior Center

## July 2020 Newsletter

529 Jefferson St.  
Newburgh, IN 47630  
812-853-5627  
Fax 12-853-5629



Nancy Lybarger, manager  
email: manageratnsc@gmail.com  
Facebook: Newburgh Senior Center  
Web site:  
newburghseniorcenter.com

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

#### **Hours: Monday - Friday, 9 am - 2 pm**

### **Manager's Corner**

Summer time and the livin' is, well, unusual. We have been through a rough spell this past spring, that's the truth.

But we've been through rough spells before and we survived with our humor intact. Just hang on a little longer. I saw my first lightning bug early in June and we have tomatoes coming on in the Center's garden. So far, the garden has not served as a deer deli, thanks to the efforts of Ed Butch and Kathy Meyers.

Sorry most of you all missed the

lettuce and green onions. I forced myself to each your share. Yum.

We are looking at a soft opening sometime in July, so we can get ourselves sorted out and hopefully, back together. The last page of the newsletter will give you the details as I know them right now.

We may have to make some changes on the fly. We apologize in advance for any squirrelly behavior.

Of this I am sure, when we get back together, it will be a joyful occasion.

We must make some changes to keep

us safe, but this last three months, we got used to a lot of inconveniences, and we can adjust to this, too.

We are close enough to opening that all you all need to look in the mirror several times a day and practice your smile. Maybe even laugh. Come to think of it, we'll all need to laugh more because our masks will hide most of our grins. We may have to draw smiles on our masks. I'll bring the marker.

### **July birthdays**

Martha Lease	7/1
Cheryl Morgan	7/5
Carman Edmonson	7/5
Daniel Dunlap	7/10
Allen Gomoll	7/10
Darris Brown	7/11
Linda Curl	7/13
Sylvia Sorensen	7/17
Brenda Harper	7/17
Ron Weatherford	7/18
Diane Harris	7/20
Donna Yuschak	7/23
Doris Mezo	7/27
Michael Groves	7/29

### **Thanks to those who've been helping at the Center**

Thanks to everyone who has been helping with a variety of things at the Center while we've been closed. Just to name a few..... (Please forgive if we've forgotten anyone.)

Ed Butch has faithfully watered, replanted and weeded our garden. If you drive by, all that green stuff growing in our raised beds is being taken care of by Ed.

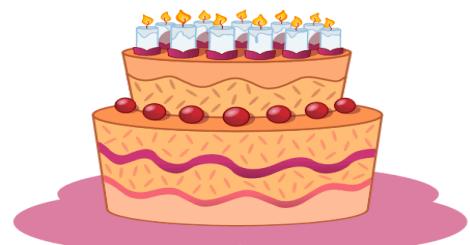
**A HUGE THANKS** to our landscape volunteers, who wish to remain anonymous. They've overhauled our landscaping all around the building. You'll be so impressed. Thanks to Mulzer Crushed Stone for the landscaping

rock.

Thanks to Wyndmoor of Evansville, Bell Oaks, The Islamic Center and SHIP for providing goodie bags and treats for our drive through lunch folks and our shut-ins.

Thanks to Colleen Martin who has been a real bloodhound in scoping out where to find isopropyl alcohol, masks and face shields for when we open again. She made treat runs for our June and July 4 goodie bags, too.

Thanks to Diane Jones, our kitchen manager, who has cleaned floors, carpets and our furniture while we were closed.



# Happy Summer, and thanks to our Day Sponsors for July

We appreciate our dedicated Day Sponsors, who support the Newburgh Senior Center, especially in these unsettled times.

**July 2** is sponsored by Dr. John P. Morgan, of the Hand Center of Evansville, in celebration of another year. Happy Birthday, Dr. Morgan. Thank you for supporting NSC. Have a wonderful day!

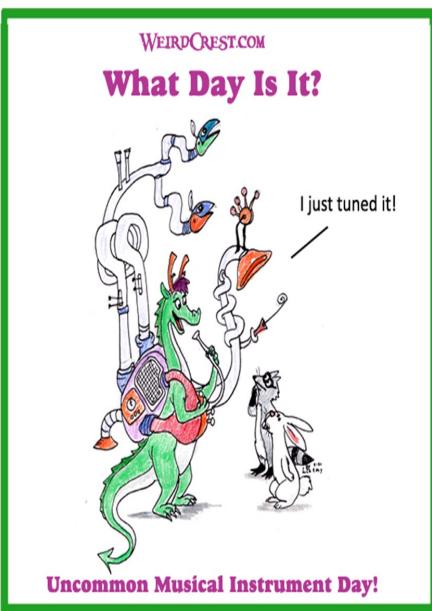
**July 4** is sponsored by Charlie and

Charlotte Koehler. Happy Independence Day! Show the colors and celebrate our freedoms. Thank you, Koehlers, for your love of country and dedication to fellow seniors.

**July 27** is sponsored by Christine Riley and Steven Polz in honor of their wedding anniversary. We wish you many more happy years together. Thank you for being a Day Sponsor.



## Don't let your Theremin get out of tune — strange instruments we use to make music



When it comes to making music, there are a plethora of instruments to make it happen. Unusual music instruments are celebrated with their own day, July 31. We thought you might be interested in a few that are not run of the mill. The **shofar** is Old Testament biblical. It's the ram's horn that is sounded in Jewish festivals and such. If you've ever tried to get a good sound of a horn, you know what a challenge it can be.

Remember the scary music in some films we used to go see, like when the

Martians were sneaking up on the unsuspecting earthling? Those eerie sounds were made by the **Theremin**, an electronic musical instrument controlled without physical contact by the performer. It is named after its inventor, Léon Theremin, who patented the device in 1928. It is also called Thereminvox, or Etherophone. Invented in 1920 in the Soviet Union by Leon Theremin (also called Lev Terman), it consists of a box with radio tubes producing oscillations at two sound-wave frequencies above the range of hearing; together, they produce a lower audible frequency equal to the difference in their rates of vibration.

Pitch is controlled by moving the hand or a baton toward or away from an antenna at the right rear of the box. This movement alters one of the inaudible frequencies.

The instrument was used in recordings by the Beach Boys and in the soundtracks of several science fiction films. The **hurdy-gurdy** is often described as an unlikely cross between the fiddle and bagpipes. That is because a rosined wheel turned by a crank handle comes into contact with selected strings and produces a melodic sound similar to that of a fiddle. Melodies are

played on a keyboard that presses tangents—small wedges, typically made of wood—against one or more of the strings to change their pitch. Like most other acoustic stringed instruments, it has a sound board and hollow cavity to make the vibration of the strings audible. Not where you thought we were going was it?

A **crowdy-crown** is a wooden hoop covered with sheepskin used as a percussion instrument in western Cornwall at least as early as 1880. It is similar to the Irish bodhrán. It is used by some modern Cornish traditional music groups as a solo or accompaniment instrument.

The **didgeridoo** is a wind instrument, also called a drone pipe, developed by Aboriginal peoples of northern Australia, likely within the last 1,000 years. A didgeridoo is usually cylindrical or conical, and can measure anywhere from 3 to 10 feet long. Generally, the longer the instrument, the lower its pitch or key. Decorated ceremonial varieties, however, may be two or three times longer.

The instrument is made from a hollow tree branch, traditionally eucalyptus wood or ironwood. (Thanks, Wikipedia for instrument info.)

# 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.

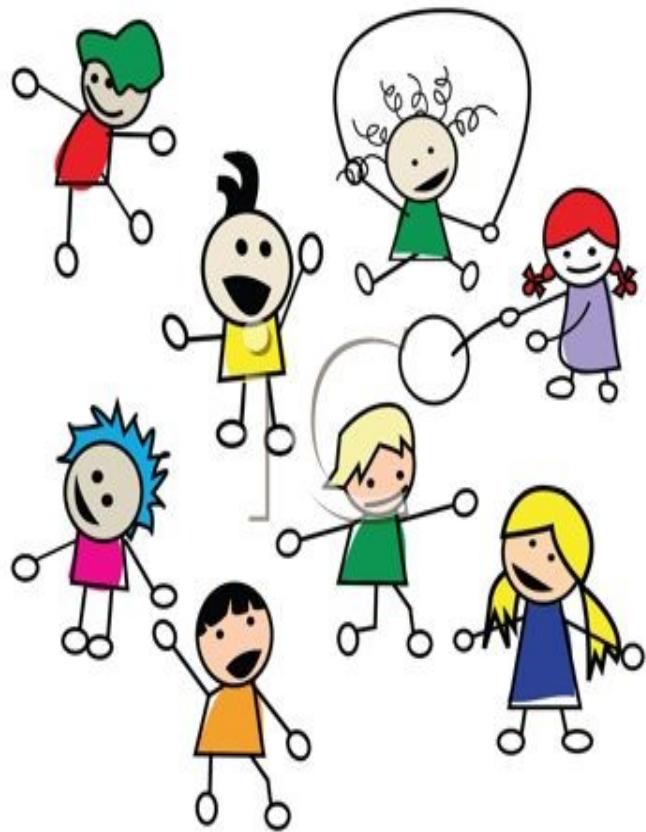
\***Titzer Funeral Homes** (812) 853-8314 — Sponsors our monthly birthday cake. Thanks, too for printing our newsletter.

\***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.



## If Summer's here, can Porkapalooza be far behind?

Here's hoping you've marked your calendar for Porkapalooza 2020, September 25 and 26. Members of the Newburgh BBQ Coalition have had their first smoke and those of us who tasted the pork can't wait for them to be smoking in our side yard the last weekend in September.

We don't know all the details for this year's Porkapalooza, but for sure it will involve lovingly smoked pork tenderloins, ribs and pulled pork. We plan to offer pulled pork sandwich lunches on Friday and Saturday just like always, but we aren't sure yet if they will be indoors.

We'll keep you posted when we know more details.

We are looking for Porkapalooza sponsors. Cash is always welcome.

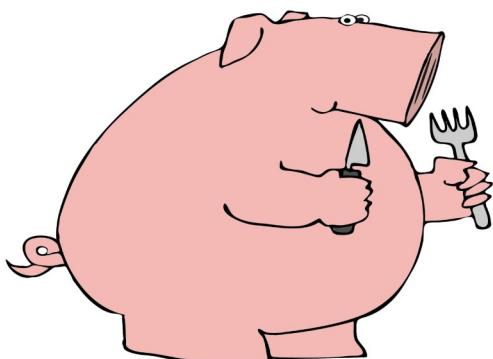
Suggested sponsorship levels include:

\$100      \$500

\$200      \$1,000

\$300

Thanks for supporting Porkapalooza.



## Here's a summer word search to wake up your brain

D	H	O	B	S	H	N	E	P	T	U	N	E	Y
U	E	J	I	H	U	N	Y	S	T	H	A	O	R
D	N	A	U	U	E	E	E	M	A	E	N	W	A
W	N	A	I	P	L	U	T	O	N	A	O	D	H
A	G	H	P	L	I	Z	O	O	E	R	U	S	U
R	D	E	I	H	C	T	M	N	W	T	N	S	H
F	H	Y	H	O	P	B	E	O	Q	H	I	U	E
R	A	C	O	E	A	A	R	R	T	E	O	A	E
U	S	A	T	U	R	N	C	P	L	A	N	E	T
R	T	A	E	H	F	T	U	E	U	L	E	E	E
I	E	U	C	U	F	A	R	O	V	C	E	I	O
A	R	F	A	I	R	A	Y	A	O	E	I	R	H
T	O	A	I	N	I	A	B	E	A	R	N	A	E
O	I	A	T	E	O	E	N	A	A	E	H	U	A
E	D	I	D	D	O	E	D	U	T	S	E	T	S
E	S	Z	E	E	H	O	P	H	S	L	U	M	S

VENUS  
EARTH  
MARS  
CERES  
ASTEROIDS  
JUPITER  
SATURN  
NEPTUNE  
URANUS  
PLUTO  
DWARF  
PLANET  
MOON

# July has it's share of weird holidays

National Deep Fried Clams Day: 1  
Resolution Renewal Day: 1 (To renew your broken New Year's Resolutions.)  
Second Half of The Year Day: 1 (Non-Leap Years, it's July 2)  
Zip Code Day: 1  
I Forgot Day: 2  
World UFO Day: 2  
Compliment Your Mirror Day: 3  
Stay Out Of The Sun Day: 3  
Superman Day: 3  
Indivisible Day: 4  
International Cherry Pit Spitting Day: 4



National Play Outside Day: 4  
Bikini Day: 5  
Fried Chicken Day: 6  
World Kiss Day: 6  
National Hand Roll Day: 6  
Chocolate Day: 7  
Global Forgiveness Day: 7  
National Dive Bar Day: 7  
Tell The Truth Day: 7  
Coca Cola Day: 8  
(Note: The actual date when Coca Cola was invented is unknown, so the birthdate of the inventor, John Stith Pemberton, is celebrated.)  
National No Bra Day: 9  
World Body Painting Day: 9-11  
Clerihew Day: 10  
Don't Step On A Bee Day: 10  
Teddy Bears' Picnic Day: 10  
Wayne Chicken Day: 10-12

Bowdler's Day: 11  
Carver Day: 11 (Thanking G.W. Carver for peanut butter, etc.)  
Cheer Up The Lonely Day: 11  
Day of The Five Billion: 11 (World population reached 5 billion on this day in 1987.)  
Make Your Own Sundae Day: 11  
Slurpee Day or 7-11's Birthday: 11  
Bald Is In: 11  
Different Colored Eyes Day: 12  
Night of Nights: 12 (Maritime Radio) Every year from 3 p.m. to midnight at the Historic RCA Coast Station KPH. In the annual "Night of Nights," historic Morse code radio station KPH returns to the air in commemoration of the closing of commercial Morse operation in the USA.  
Simplicity Day: 12  
Embrace Your Geekness Day: 13  
Gruntled Workers Day: 13(as opposed to those who are disgruntled)  
International Rock Day: 13  
International Town Criers Day: 13  
National Beef Tallow Day: 13  
National French Fries Day: 13  
National Nitrogen Ice Cream Day: 13  
National Macaroni and Cheese Day: 14  
Shark Awareness Day: 14  
Be A Dork Day: 15  
Gummi Worm Day: 15  
National Hot Dog Day: 15  
National Give Something Away Day: 15  
Saint Swithin's Day: 15 (In popular belief, if it rains on St. Swithin's Day, it will rain for 40 days; but if it is fair, 40 days of fair weather will follow.)  
National Guinea Pig Day: 16,  
World Snake Day: 16  
Celebration of The Horse Day: 17-19  
Disneyland Day: 17  
Robin Hood Days: 17-18  
Wrong Way Corrigan Day: 17  
Yellow Pig Day: 17  
Toss Away the "Could Haves" and "Should Haves" Day: 18  
Lake Superior Day: 19  
National Ice Cream Day: 19  
Global Hug Your Kid Day: 20  
International Cake Day: 20  
Moon Day: 20  
National Get Out of the Doghouse Day: 20  
National Lollipop Day: 20  
Space Exploration Day: 20  
World Jump Day: 20  
Lowest Recorded Temperature Day: 21 (-128.6F Antarctica) Think cool thoughts.  
National Be Someone Day: 21  
Casual Pi Day: 22-- 22/7  
Rat-catchers Day: 22  
Spooner's (Spoonerism) Day: 22 (Check on [mentalfloss.com](http://mentalfloss.com) for a funny list of spoonerisms.)  
Gorgeous Grandma Day: 23  
Hot Enough For Ya? Day: 23  
National Refreshment Day: 23  
Lumberjack Day: 24  
National Thermal Engineers Day: 24 (It's considered the hottest day of the year.)  
Tell An Old Joke Day: 24  
Merry-Go-Round Day: 25  
National Day of the Cowboy : 25  
National Water Gun Fight Day: 25  
Thread The Needle Day: 25  
(Note: This is a traditional church game played in the Spring. It really can be played anytime.)  
Bagelfest Day: 26  
Love Is Kind Day: 27  
Take Your Houseplant For A Walk Day: 27  
Walk on Stilts Day: 27  
National Milk Chocolate Day: 28  
International Chicken Wing Day: 29  
Lasagna Day: 29  
National Lipstick Day: 29  
Rain Day: 29  
Cheesecake Day: 30  
International Day of Friendship: 30  
National Chicken and Waffles Day: 30  
National Chili Dog Day: 30  
National Share A Hug Day: 30  
Paperback Book Day: 30  
Earth Overshoot Day: 31  
National Mutt Day: 31  
National Talk in An Elevator Day: 31  
Uncommon Instruments Awareness Day: 31

# SWIRCA & More

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Operated by the SWIRCA &amp; More Nutrition Program</b> <b>16 W. Virginia St</b> <b>Evansville, Indiana</b> <b>812-464-7807</b>	<b>Y</b> our 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 <b>Meat/Entrée:</b> $2 \frac{1}{2}$ - 3 oz <b>Veal/Salad/Dessert</b> $\frac{1}{2}$ cup <b>Margarine:</b> 1 teaspoon <b>Bread:</b> 1 slice <b>Milk:</b> $\frac{1}{2}$ pint <b>Casseroles:</b> 8oz	<b>1</b> <b>Sausage Pattie</b> <b>Country Gravy</b> <b>Biscuit</b> <b>Hash Brown Pattie</b> <b>Applesauce Cup</b> <b>Donut Stick</b> <b>Milk</b>	<b>2</b> <b>Chicken Pattie</b> <b>Baby Bakers</b> <b>Stewed Tomatoes</b> <b>Bread/Marg</b> <b>Milk</b>	<b>3</b> <b>CLOSED FOR</b> <b>INDEPENDENCE DAY</b> <b>HOLIDAY</b>
<b>6</b> <b>Smoked Pork Chop</b> <b>Scalloped Potatoes</b> <b>Carrots</b> <b>Wheat Bread/Marg</b> <b>Cupcake</b> <b>Milk</b>	<b>7</b> <b>Salisbury Steak w/ Gravy</b> <b>Brussel Sprouts</b> <b>Bread/Marg</b> <b>Cookies</b> <b>Milk</b>	<b>8</b> <b>Italian Chicken Pattie</b> <b>Cauliflower AuGratin</b> <b>Peas</b> <b>Bread/Marg</b> <b>Peach Cup</b> <b>Milk</b>	<b>9</b> <b>Sloppy Joe on Bun</b> <b>Red Skin Potatoes</b> <b>Broccoli</b> <b>Snake Cake</b> <b>Milk</b>	<b>10</b> <b>Polish Sausage</b> <b>Mashed Potatoes</b> <b>Sauerkraut</b> <b>Warm Spiced Apples</b> <b>Wheat Bread/Marg</b> <b>Milk</b>
<b>13</b> <b>Hamburger on Bun</b> <b>Tater Tots</b> <b>Baked Beans</b> <b>Snack Cake</b> <b>Milk</b>	<b>14</b> <b>BBQ Pork on Bun</b> <b>Homemade Macaroni &amp; Cheese</b> <b>California Blend</b> <b>Pudding Cup</b> <b>Milk</b>	<b>15</b> <b>Chicken Fried Chick-en</b> <b>Garlic Mashed Potatoes</b> <b>Brussel Sprouts</b> <b>Bread/Margarine</b> <b>Pineapple Cup</b> <b>Milk</b>	<b>16</b> <b>Sausage Pattie</b> <b>Country Gravy</b> <b>Southern Style</b> <b>Biscuit</b> <b>Potato Pancake</b> <b>Mixed Fruit Cup</b> <b>Milk</b>	<b>17</b> <b>Chili Mac (1cup)</b> <b>French Style Green Beans</b> <b>Cornbread</b> <b>Tropical Fruit Cup</b> <b>Milk</b>
<b>20</b> <b>Sweet &amp; Sour Chicken</b> <b>Rice Pilaf</b> <b>Buttered Carrots</b> <b>Wheat Bread/Marg</b> <b>Mandarin Oranges</b> <b>Milk</b>	<b>21</b> <b>Pork Pattie w/Gravy</b> <b>Sweet Potatoes</b> <b>Broccoli</b> <b>Bread/Marg</b> <b>Mixed Fruit Cup</b> <b>Milk</b>	<b>22</b> <b>Chicken &amp; Noodles</b> <b>Seasoned Green Beans</b> <b>Warm Spiced Applesauce</b> <b>Bread/Marg</b> <b>Cookies</b> <b>Milk</b>	<b>23</b> <b>Ham &amp; Beans</b> <b>Spinach</b> <b>Cornbread</b> <b>Pudding Cup</b> <b>Milk</b>	<b>24</b> <b>BBQ Meatballs</b> <b>Baby Bakers</b> <b>Sugar Snap Peas</b> <b>Bread/Marg</b> <b>Snack Cake</b> <b>Milk</b>
<b>27</b> <b>Spaghetti w/Meat Sauce</b> <b>Italian Vegetables</b> <b>Warm Spiced Apples</b> <b>Texas Toast</b> <b>Tropical Fruit</b> <b>Milk</b>	<b>28</b> <b>Sausage Patti</b> <b>Country Gravy</b> <b>Biscuit</b> <b>Potato Pancake</b> <b>Peach Cup</b> <b>Milk</b>	<b>29</b> <b>BBQ Chicken</b> <b>Cheesy Potatoes</b> <b>Buttered Carrots</b> <b>Bread/Marg</b> <b>Pudding Cup</b> <b>Milk</b>	<b>30</b> <b>Meatloaf</b> <b>Mashed Potatoes</b> <b>Peas</b> <b>Wheat Bread/ Marg</b> <b>Mixed Fruit</b> <b>Milk</b>	<b>31</b> <b>Hot Dog on Bun</b> <b>Mixed Vegetables</b> <b>Cauliflower</b> <b>Pear Cup</b> <b>Milk</b>

# **Newburgh Senior Center Protocol for Opening during Coronavirus Siege 2020**

When the Center reopens, with no firm date at this time, there will be protocols that should be followed by members, guests and staff. If anyone is not able or willing to follow, they will be asked to leave. Room occupancy levels are posted. Please abide by the numbers. If your group needs more room, please contact the manager.

## **Week One of opening**

We will open at 11:15 a.m. and only serve lunch. Closing time will be 12:30 p.m. That will give everybody time to get in and set down. Tables and chairs will be set up for physical distancing. All will be asked to wear masks except when eating. Everyone will give their name to the concierge at the podium, who will take their temperature and ask them to wash their hands before being seated. If no one is stationed at the podium, please ring the bell and wait.

If anyone who has attended the Center is diagnosed with COVID 19 within two weeks of attending, the Center will close as soon as notified. All people who have attended within that time frame will be notified.

## **Week Two of Opening**

Open at 9 a.m. All games and card games are open. Participants are urged to wear masks/face shields. Anyone not complying will be asked to leave. This is not negotiable at this time.

Everyone coming into the building will have temp taken and give name to the concierge. Card players are asked not to rotate if they usually do, but to play with the same partner through the day. This will cut down on the exchange of germs.

Card players, quilters, puzzle players and Scrabble players must vacate by 2:30 p.m. This will not be forever. However, we have staff who will be sanitizing the building after we all leave and we can't make them wait too long.

At this point, all surfaces that clients come into contact with will be sanitized: tables, chairs, door handles, restrooms and the kitchen. No one will be allowed back in the building after the staff have started sanitizing. They will make a sweep through the building for items left behind and place them in the vestibule for claiming.

## **Arrival**

Someone will be stationed at the front door to take temperature of each client as they enter from the vestibule. They will be asked if they are feeling well and if they have been exposed to the virus (This will also work in case of a flu epidemic, etc.). The person taking temps will record the person's name in a record book. The book will be by date in order to track attendance for days.

Each person will be directed to the appropriate restroom to wash their hands, before going to their destination. If people don't have a mask, we will have some to distribute. Some face shields may be available for those who can't tolerate a mask.

While folks are inside, they need to be careful about physical distancing and wear a mask/shield when possible.

Hand sanitizer will be available throughout the building. Clients should use it frequently. Cleaning staff will oversee alcohol spray bottles. They are an option for anyone who doesn't want to use sanitizer.

## **Lunch**

We will encourage all the folks who are taking Drive through lunches now to join us inside for lunch service. Carryout will be continued at clients' request.

SWIRCA does not plan to continue using the carryout ware that is being used now. We will need to package carryout meals. Drive through clients will be asked to arrive after inside diners are served, at 11:45 a.m. Not too many are anticipated. We will set up a table in the vestibule or in the doorway to the off-side room near the front doors.

As we usually do, lunch will be served by staff and volunteers to participants at the tables. We usually have two volunteer servers and a volunteer carrier. They will wear face protection and gloves. Unauthorized patrons should stay out of the kitchen.

## **AT THIS TIME, THERE WILL BE ONLY TWO PEOPLE AT EACH TABLE.**

If you arrived before lunch and have played games in the morning, please wash your hands before you eat. Other people will have handled game tiles or cards and you don't want those germs in your mouth. It's a good idea to wash your hands when going from one thing to another, such as from playing a game to eating lunch.

## **BINGO**

As so many of our bingo games are sponsored by nursing facilities, they can either bring prizes the day before and leave them in the quiet room next to the computer room or NSC will furnish prizes. Our bingo cards will be sanitized after each day's play. The chips will be divided into baggies and participant's name will be written on the baggies. You may take them home with you or we can store them here.

## **GENERAL INFORMATION**

**Room capacity for the common area and the exercise space and the library is 30 participants. Capacity for the computer room is 8 people.** If there are more than two tables of four people for cards or other activities, we will reposition all or part of those participants to the exercise space or to the common area.

The dessert/snack table has been removed for now. Desserts and snacks will be available by request. Diane will be the dessert/snack server. Please feel free to bake at home and bring in your goodies.

Salt, pepper and napkins will be removed from the tables. The coffee/beverage bar will not be available for client access. Diane or Nancy will be happy to pour for you.

If condiments are appropriate for lunch (ketchup, mustard, salad dressing, etc.), they will be provided on the lunch tray or someone will serve them to participants.

## **Cleaning policy**

Every day at closing, all tables, counter tops, chair backs and seats, handles and knobs will be sprayed with alcohol and left to dry.