

Newburgh Senior Center

September 2020 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

That noise you heard that sounded a bit like a pile driver was me doing my happy dance. We have been given the go ahead to start opening up by stages, beginning with cards and Scrabble.

We'll have played euchre and Scrabble a couple of times by the time our newsletter gets to you. We'll see how that goes and move on from there. I am cautiously optimistic!

As everything stands now, lunch will be the last thing we add back to the schedule. Don't panic. We won't let anybody starve. The plan now – when we get to that point – is to have exercise at 11 and bingo or what other program we're going to do at 11:30. When we finish bingo or whatever our pro-

gram might be, we'll have lunches bagged up for you to take home and eat.

While you are here, if you need snacks or drinks, Diane will be happy to serve you. We ask that if you are eating or drinking, please be at least 6 feet away from other people because you'll have to remove your mask.

Speaking of masks, we have many here is anyone needs more. If masks are impossible for you, we have face shields.

By and by, we hope all this is behind us and we can get face to face and hug and touch and not worry about passing along horrible illnesses.

Diane and I want all you all to know

that we yearn, deep in our souls, to see everybody again. And, I promise that will be sooner than later. Until then, we need to reach inside and find a little more strength to keep up our spirits for just a little longer.

If you know someone looking for a job, Ride Solutions needs bus drivers. Pay starts at \$12 an hour and there are benefits available. Call 877-369-8899 to get an application.

September birthdays



Get ready to smell the smoke: Porkapalooza 2020 is coming!

Before you know it, the smokers will be in the side yard filling the air with the delicious aroma of smoking pork. Porkapalooza is set for September 25 and 26.

Don't forget to call in your order for pulled pork, ribs and tenderloins for Porkapalooza. All orders must be pre-paid this year so we can cut down on the number of contacts.

All lunches will be drive through, too. They will taste just as good, we are certain. Same reasonable price, too: \$5 for a pulled pork sandwich, chips

and a drink.

Porkapalooza is our primary fundraiser for the Center. We are so happy to be able to offer it this year since so many other gatherings have been cancelled.

We are only able to do this because we have a way to keep everybody apart. It must be this way in order to keep us all safe.

We have decided not to be open to the public on Friday, September 25. The only people in the building will be Porkapalooza volunteers.

Kathleen Myers	9-1
Rosie Cooper	9-1
Patti Rusche	9-7
Salina Herrell	9-8
John Kim	9-9
Bob Claborn	9-13
Bonnie Seibert	9-18
Jahara Tapal	9-18
Ginny Baker	9-20
Mary Lou Benkert	9-23
Bettie Ruffner	9-24
Jim Lott	9-25
Wedding Anniversary:	
Allen and Elaine Gomoll	9-17-1955

Thanks to our Day Sponsors for September



We appreciate our Day sponsors for this month.

September 5 is sponsored by Pat and Don Brooks in honor of their wedding anniversary. We are honored to be part of such a joyful and happy

day. Thank you, Pat and Don, for your faithful sponsorship and your dedication to our community.

September 6 is sponsored by Becky and Mike Ziga in honor of their 34th wedding anniversary. Thank you, Mike and Becky, for making the NSC part of your anniversary again this year. We hope you have a great anniversary. In 1986, "That's What Friends Are For" was the #1 pop song. Maybe you danced to that song at your wedding reception?

September 17 is sponsored by Alan Gomoll in memory of the 65th wedding

anniversary of he and his wife, Elaine. Thanks, Dr. Gomoll for your support.

September 27 is sponsored by Bill Shinn in honor of his wife Diane's birthday. Diane, we hope you have a wonderful day. Thank you Bill and Diane for your support of the NSC. We enjoy being part of your special day. Happy Birthday, Diane!

September 30 is sponsored by Jane and Fred Stanley in honor of their anniversary. We hope you have a wonderful day and thank you for including us in this special day. We wish you many more happy years. Congratulations!

Equinox: Autumn arrives

The fall equinox arrives Tuesday, September 22, at 8:31 a.m. in Newburgh. The equinox occurs at the same moment worldwide; your clock time depends on your time zone. It's the official start of Autumn.

The word "equinox" comes from Latin *aequus*, meaning *equal*, and *nox*, for *night*.

On the equinox, day and night are roughly equal in terms of length. During the equinox, the Sun crosses what we call the celestial equator—an imaginary extension into space of the Earth's equator line. The equinox occurs precisely when the Sun's center passes through this line.

Another definition of fall is "nights of below-freezing temperatures combined with days of temperatures below 70 degrees Fahrenheit."

Notice the arc of the sun across the sky each day as it starts shifting south. Birds and butterflies migrate along the path of our sun.

Fall equinox has been a day of celebration for cultures since ancient days. People tracked the transitions of the Earth's journeys around the Sun.

At Machu Picchu in Peru, an ancient stone monument called *Inti-huatana*—which means "Hitching Post of the Sun"—serves as

a solar clock to mark the dates of the equinoxes and solstices.

In Mexico, the Mayans built a giant pyramid called Chichen Itza. On the equinoxes, it looks as if a snake made of light slithers down the pyramid's steps.

In England, Stonehenge was also built with the equinoxes and solstices in mind. If the sun is shining, it points through several of the stones. (Thanks to the Editors at *The Old Farmers Almanac* for this info.)

Come play online with new group: Highway 61

A virtual community for seniors has opened a site on Facebook. If you have internet availability, you can go to Facebook/Highway 61 Community and join the group. There are several online events and discussions planned through September. Here's the link: [highway61.co](https://www.facebook.com/highway61.co).

To join, enter your name, then join the room where you want to play. Some of the things that are planned are TRIVIA - Every Tuesday at 12:30p.m. and Thursday at 10:30a.m. CST.

BINGO - Every Wednesday at 12:30p.m. and Friday at 9:30am CST.
COFEE CHATS - Every Tuesday at 11 a.m. and Wednesday at 4pm CST.

Get moving: Exercise video available online from Extension

The Purdue Extension office in Boonville has shared with us an exercise video that you can do at home. We are all wasting muscles sitting at home during the confinement, so we can get up and move with this program. "Be Active Every Day," was produced by two Purdue Extension Educators.

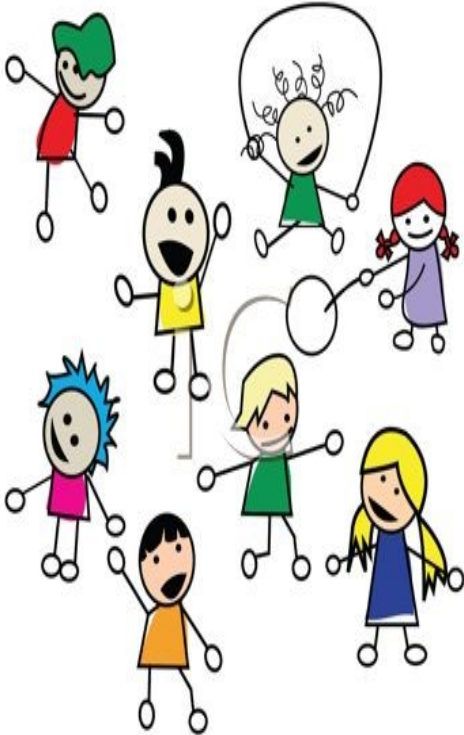
Purdue Extension Health and Human Sciences provides information and programs related to *Food, Family, Money and Health*. With the COVID pandemic, and subsequent activity restrictions and sheltering-in, Purdue has turned to providing educational programming on virtual platforms. This particular one is a video based on YouTube.

It has a closed caption feature and is available at no cost. This informational video focuses on physical activities to improve your health and well-being. It is applicable to all ages and will in particular appeal to seniors.

The link is: <https://youtube/6jTD6Gg1N2A>



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.

Opening protocols: Here's how it works

As we get closer to opening up for all activities, please remember there will be things we must do before you get settled for the day's activities.

First thing: Please, please, please—if you don't feel well, do not come to the Center. We don't want your germs and you don't need anything else to make you feel worse. If you feel achy or like you might be coming down with a cold or the flu, please stay home and contact your health care provider.

Now would be a good time to get your annual flu shot, too.

Please wait at the podium for someone to take your temperature and record your attendance. If your temperature is 100 degrees or above, you will not be allowed to enter any further.

We will write your name and phone number in our book. This is important in case we ever need to do contact tracing for the virus.

You will be directed to go wash your hands immediately – before anything else.

Please make sure you are able to keep your mask on all the time you are here.

Masks are to be removed only if you are outside and appropriately distanced or if you are eating/drinking.

We have removed access to beverages and snacks. These are available on request. Please feel free to bring your own, but we ask that you do not share with others.

If you bring a snack or dessert like we used to do, please give it to Diane so she can be the server. We love your snacks and desserts and it wouldn't be the Senior Center if there wasn't anything to munch on. We just need to be more careful about spreading germs.

We are looking forward to seeing everybody again but we have limited occupancy numbers, so it's in the realm that we may not have room for everybody on a given day. The computer room is limited to 8 people and the commons area to 30.

For euchre and bridge players who usually play in the computer room: If you have more than two tables, please move some or all of your players to the area where we exercise or to the commons area. **This will mean you cannot**

begin to play until 11:30 a.m. The same thing applies to other activities that usually are conducted in the computer room. Only 8 people can congregate in that room at one time. Everybody wears a mask or face shield.

Play time will end each day no later than 2:30 p.m., so our staff can sanitize rooms and equipment after everyone leaves. If you decide to stay later than 2:30, you will be responsible for paying the staff person who has to stay late. The going rate is \$15 per hour. This must be prearranged.

Another new rule for at least awhile: Please do not rotate players like you have done in prior play.

We will have hand sanitizer in several locations in the building. But your best bet to reduce germ spread is to frequently wash your hands and keep your mask on.

Also, please know that we may have to close at any time, if someone who has been here is infected; or the numbers reach a point where local and state officials decide we need to back off from gathering.

September is full of odd holidays, so enjoy the month

Info from *Brownielocks*. Thanks.

Calendar Adjustment Day: 1
Emma M. Nutt Day: 1
International Toy Testing Day: 1
No Rhyme (Nor Reason) Day: 1
Random Acts of Kindness Day : 1
World Letter Writing Day: 1
Bacon Day: 5
Be Late For Something Day: 5
National Cowgirl Day: 5
World Beard Day: 5
Bowling League Day: 6
Great Bathtub Race: 7
Ants On A Log Day: 8
Iguana Awareness Day: 8
International Literacy Day: 8
National Ampersand Day: 8
Pet Rock Day: 8
National Teddy Bear Day: 9
Wonderful Weirdoes Day: 9
Swap Ideas Day: 10
Libraries Remember Day: 11
Drive Your Studebaker Day: 12
National Hollerin' Day: 12
National Iguana Awareness Day: 12
National Day of Encouragement: 12
9x13 Day: 13
International Chocolate Day: 13
Uncle Sam Day: 13
National Kreme Filled Donut Day: 14
Felt Hat Day: 15

Get Ready Day: 15
National 8-Track Tape Day: 15
Anne Dudley Bradstreet Day: 16
Play-doh Day: 16
National PawPaw Day: 17
National Monte Cristo Day: 17
Bright Pink Lipstick Day: 18
National Cheeseburger Day: 18
Read An Ebook Day: 18
American Frog Day: 19
Big Whopper Liar Day: 19
International Eat An Apple Day: 19
Locate An Old Friend Day: 19
Talk Like A Pirate Day: 19
National String Cheese Day: 20
Chainmail Day: 22
Dear Diary Day: 22
Elephant Appreciation Day: 22
Hobbit Day: 22
Ice Cream Cone Day: 22
National Centenarian's Day: 22
Great American Pot Pie Day: 23
Bluebird of Happiness Day: 24
Punctuation Day: 24
Love Note Day: 25
Math Story Telling Day: 25
National Lobster Day: 25
National One-Hit Wonder Day: 25
Johnny Appleseed birthday: 26
National Dumpling Day: 26
National Ghost Hunting Day: 26

Save Your Photos Day: 26
Shamu the Whale Day: 26
Ancestor Appreciation Day: 27
Google's Birthday: 27
National Scarf Day: 27
Fish Tank Floorshow Night: 28
National Good Neighbor Day: 28
International Coffee Day: 29
Michaelmas: 29
Ask A Stupid Question Day: 30
National Love People Day: 30
National Mulled Cider Day: 30
Wrigley Chewing Gum Day: 30

Calling someone? Thank Emma Nutt

Emma M. Nutt Day is celebrated on **September 1**. Emma was the world's first female telephone operator.

She was hired by Alexander Graham Bell to work at the Boston Telephone Dispatch Company on September 1, 1878. She worked at the job she loved for over 33 years.

Emma did so well at her job that they began hiring only females as telephone dispatchers.

Celebrate with the Iguanas

September 8 is National Iguana Awareness Day. Did you know that iguanas have a third eye? It is a retina-like structure that connects to the pineal gland in the brain.

Here are some facts you may not have known about these reptiles.

1. They are very social and like to live and eat together.
2. They are great swimmers. They will swim away to escape predators.
3. They can survive big falls. An iguana can fall 40 to 50 feet and escape death or injury.
4. They will use their strong tails to *punch* an enemy to protect themselves.
5. They are lazy and would prefer to bask in the sun than forage for food. They can be seen in the same spots every day, waiting for food to come close.

<https://ohfact.com/interesting-facts-about-iguana/>

Pick the last of blackberries on Michaelmas

Michaelmas, on September 29, is a celebration of St. Michael and all the angels, but it's also been associated since the Middle Ages with buying, selling, cooking, and eating so-called "stubble-geese," birds that are leaner than the ones traditionally eaten at Thanksgiving and Christmas because they're prepared at harvest time.



Celebrating Michaelmas in the UK fell out of fashion over the last century, meaning it's ripe for Americans to appropriate as another opportunity to gorge ourselves silly. Think of it as a warm-up to Thanksgiving.

We Americans also love angels, so Michaelmas can be a *twofer* holiday, and you don't need to send flowers or chocolates.

Speaking of ripe: Michaelmas is also the last day blackberries should be harvested, according to English folklore. That's why the day is also known as "Devil's Spit Day," because the devil supposedly ruins blackberries after this day by breathing fire and/or urinating on them. Don't eat the yellow blackberries?

SWIRCA & More

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Please note: On the Fridays when Newburgh Senior Center hosts a free lunch, the SWIRCA meal is still available at the usual price. You can get either or both meals.</div>	<div>1</div> <div>Pork Pattie w/ Gravy Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Cup Milk</div>	<div>2</div> <div>Chicken & Noodles Garlic Mashed Potatoes Warm Spiced Applesauce Bread/Margarine Cookies Milk</div>	<div>3</div> <div>Ham & Beans Spinach Cornbread Pudding Cup Milk</div>	<div>4</div> <div>BBQ Meatballs (6) Baby Bakers Sugar Snap Pea Bread/Margarine Snack Cake Milk</div>
<div>7</div> <div>CLOSED LABOR DAY HOLIDAY</div>	<div>8</div> <div>Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</div>	<div>9</div> <div>BBQ Chicken Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</div>	<div>10</div> <div>Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Peaches Milk</div>	<div>11</div> <div>Hot Dog on Bun Baked Beans Cauliflower Pear Cup Milk</div>
<div>14</div> <div>Potato Crusted Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Margarine Mandarin Oranges Milk</div>	<div>15</div> <div>Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Pineapple Cup Bread/Margarine Milk</div>	<div>16</div> <div>Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</div>	<div>17</div> <div>Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Margarine Milk</div>	<div>18</div> <div>SWIRCA/BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Margarine Mandarin Oranges Milk (regular price) And/or Free Lunch Friday from the Islamic Center</div>
<div>21</div> <div>Smoked Pork Chop Scalloped Potatoes Carrots Cupcake Wheat Bread/Marg Milk</div>	<div>22</div> <div>Salisbury Steak w/Gravy Brussel Sprouts Cookies Bread/Margarine Milk</div>	<div>23</div> <div>Italian Chicken Pattie Cauliflower AuGratin Peas Peach Cup Bread/Margarine Milk</div>	<div>24</div> <div>Sloppy Joe on Bun Red Skin Potatoes Broccoli Snake Cake Milk</div>	<div>25</div> <div>Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Margarine Milk</div>
<div>28</div> <div>BBQ Boneless Rib on Bun Cheesy Potatoes Spinach Pudding Cup Milk</div>	<div>29</div> <div>Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk</div>	<div>30</div> <div>Cabbage Roll Italian Vegetables Warm Spiced Peaches Bread/Margarine Cookies Milk</div>	<div>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 Meat/Entrée: 2 ½ -3 oz Veg/Salad/Dessert ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casseroles: 8oz</div> <div>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</div>	

PORKAPALOOZA 2020 IS COMING!



We hope you'll join us for **Porkapalooza 2020 BBQ**, our fundraiser for the Newburgh Senior on **Friday, September 25** and **Saturday, September 26** from **11 AM - 2 PM** at the Senior Center, 529 Jefferson Street in Newburgh.

The famous Newburgh BBQ Coalition will be smoking the pork! This is the last smoke open to the public by the Coalition in 2020.

You can support the Senior Center by:

- Enjoying our pulled pork lunches on Friday, September 25 and Saturday, September 26. Lunches include a sandwich, chips, and a drink for just \$5! Lunches are take out only, via drive through. Call the Center for take-out orders of 4 or more at **812-853-5627** for quick and easy pickup.
- Pre-ordering baby back ribs, tenderloins and pulled pork by Tuesday, September 22. In light of the situation, all pre-orders must be pre-paid. Call Colleen at **812-598-8332** to place your order. Full slabs of ribs are \$25 and smoked tenderloins are \$15 each or 2 for \$25. Quart containers of pulled pork are \$20.
- Ribs, tenderloins, and pulled pork will be available for pick-up at the Senior Center on Saturday, September 26, 11 AM-2 PM.
- Become a Cash Donor or Sponsor.

***Call today to pre-order your ribs, tenderloins and pulled pork!
We look forward to seeing you on September 25 and 26.***

