

Newburgh Senior Center

February 2021 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

Burpee's Seed Catalog arrived in my email in early January and I've been itching to get into the garden beds ever since. If you have thoughts about what we should plant this year, let me know before long. And, if you'd like to help with the garden this year, we'll need diggers, planters, waterers, weeders and pickers. All are welcome. Just a warning ahead of time: The ground leading to and around the boxes can be rough walking, and/or muddy, so be prepared with your walking stick if you launch on a tour.

Most of us have qualified to get the COVID 19 vaccine. The board is discussing opening the Center, with the caveat that all who participate will have to sign a form that they have had the shots. If you are hesitant about this, there are any number of articles by reputable folks who encourage all who are eligible to get the vaccine. In my humble opinion, it is worth a sore arm for a few days in order to get my life back to a semblance of normalcy. Check with your doctor if you think you might not take the vaccine. If you've had the virus, check with your doctor before making the vaccine appointment.

Please don't believe this is a government plot to control us. COVID is real; is killing people every day and you don't want to catch it. We've lost at

least two members to this horrible virus. We don't want to lose you. Of course, after we open, we will all still have to wear masks, wash our hands and social distance for the foreseeable future just to be safe, but I feel like we've rounded the corner on this and should be able to open in just a few more weeks.

The board and I are aware how important the Senior Center is to our members and we will do everything in our power to get it open and running again as soon as it is safe.

Some things I've discovered during the pandemic that I like and will probably hold on to even after it ends: I like having my groceries picked out and brought to my car. I am amazed that we've had fewer colds and flu, so I plan to wear a mask during flu season every year.

I have widened my personal space perception, so a six-foot boundary is fine with me, except for hugs. I also like people bringing food out to my car and not having to go into the bank.

Hmmm. Sounds like I may be turning into a bona fide hermit.

Not to worry, I'll come out of my shell when I see all you all again.

Remember to breathe. Deeply. Think positive thoughts.

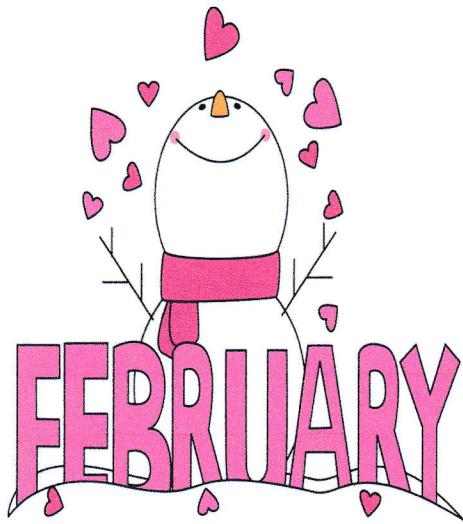
Smile frequently. Laugh until your belly hurts. Don't be afraid, just cautious.



February Birthdays

Hazel Cox	1
Alonzo Moore, Jr.	2
Sue Welte	2
Judy Burgess	4
Shirley Grzegorek	5
Terry Mather	10
Nancy Schauberger	12
Eleanor Van Wey	12
Ruth Edgerton	14
Marcia Pressley Vandiver	14
Chris Smith	18
Naomi Faire	18
Chuck Bauer	20
Greg Dunwoody	21
Colleen Martin	23
Terry Best	23
Bill Hardin	24
Sylvia Will	25
Craig Moore	26
Judy Ice	26
Sue Crawford	28
Bev Lafferty	28

We love our Day Sponsors for February



February 14 is sponsored by Dixie and Marge Dugan in celebration of their 61st wedding anniversary. We are so happy to be part of your special day. We bet you never forget your anniversary!

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 53rd wedding anniversary.

Thank you, Suzan and Arnold, for your support of the Newburgh Senior

Center and so many other community organizations. (A shout to the Newburgh Area Food Pantry and the Newburgh Kiwanis!) You have made many positive things happen in our town. Hope you have a great day.

We grieve with our friends

Our hearts grieve with these families: **Josephine Caskey** who passed away January 11; **Rosemary and Bill Hardin** and **Linda Curl** on the death of Linda and Rosemary's brother. Please keep these families in your thoughts and prayers.

Celebrate Candlemas along with Mr. Groundhog

The Roman Catholic holiday of Candlemas, celebrated every year on February 2, is a feast of crêpes that are meant to commemorate the purification of the Virgin Mary and the presentation of baby Jesus.

In France, this holiday is called *la Chandeleur, Fête de la Lumière* or *Jour des crêpes*.

Not only do the French eat a lot of crêpes on la Chandeleur, but they also do a bit of fortune-telling while making them.

It is traditional to hold a coin in your writing hand and a crêpe pan in the other, then flip the crêpe into the air. If you manage to catch the crêpe in the pan, your family will supposedly be prosperous for the rest of the year.

There are all kinds of French proverbs and sayings for Chandeleur. Here are just a few.

Note the similarities to the Groundhog Day predictions made in the USA and Canada:

À la Chandeleur, l'hiver cesse ou reprend vigueur

(On Candlemas, winter ends or gets worse.)

À la Chandeleur, le jour croît de deux heures

(On Candlemas, the day grows by two hours.)

Chandeleur couverte, quarante jours de perte

(Candlemas covered (in snow), forty days lost.)

Rosée à la Chandeleur, hiver à sa dernière heure

(Dew on Candlemas, winter at its final hour.)



There are crepe throwing contests that go along with this holiday, too.

Make a stack of crepes for all the contestants. They need to be roughly the same size.

Write each contestant's name on the back of their paper plate. The object of the game is to catch as many crepes as possible that are tossed at the contestants. The "tossers" needs to stand at least 10 feet away from the "catcher."

Another contest is to see who can catch one crepe at a time and see

whose is closest to the center of the plate.

Blindfolds for either/both the one throwing and the one catching could add some excitement to the game, too. However, that version is best played outside.

If you don't get your fill of crepes on Candlemas, stick around for pancakes on "Fat Tuesday" which is also in February this year.

Fall prevention classes slated

At this age, we all know a fall can turn into something ugly and long lasting. If you are concerned about falls, improving your balance, building flexibility and strength, **A Matter of Balance** should be of interest.

A Matter of Balance (MOB) is an evidence-based, nationally recognized fall prevention program. Purdue Extension and Woodmont Health Campus are providing trained facilitators to lead the 8-week program, here at the Center, with an anticipated start date on March 16 (depending on COVID), 2-4 p.m. There is no cost to participate but pre-registration is required. Call the Center to register or email: manageratnsc@gmail.com. Class space is limited.

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 And Alcoa Warrick** — Activity sponsors.

***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.

Be careful what you say on Tongue Twister Day

February 27 is Tongue Twister Day. Saying difficult phrases is a good way to stretch our minds.

Say each of the following lines over and over, gradually increasing tempo until you get mixed up and/or blow your own mind. (Thanks for the list, Ryan Clemens, who is with the *Urban Theater Project* in Virginia Beach, Va.)

Unique New York.

Red leather. Yellow Leather.

Toy boat.

Three free throws.

Rubber baby buggy bumpers.

Red bulb. Blue bulb.

Cinnamon, aluminum linoleum.

Comical economists.

She THRUSTS her fists against the posts and still insists she sees the GHOSTS!

Which wristwatch is the Swiss wrist-watch?

The big blue bug bit the big black bear and the big black bear bled blue blood.

All I want is a proper cup of coffee made in a proper copper coffee pot.

I thought a thought. But the thought I thought wasn't the thought I thought I thought.

She should shun the shining sun.

The big black backpack broke badly. The beautiful blue balloon burst abruptly.

A shapeless sash sags slowly.

Smelly shoes and socks shock sisters.

Rick kicks sticky bricks.

Shave a single shingle thin.

Cooks cook cupcakes quickly.

Flora flings freshly fried fish.

A bragging baker baked black bread.

Buy blue blueberry biscuits before bedtime.

She sold six shabby sheared sheep.

The sixth sick sheik's son slept.

Plane crash claims musicians and we still remember

On February 3, 1959, rock and roll legends Buddy Holly, Ritchie Valens, and "The Big Bopper" (J. P. Richardson) were killed in a plane crash near Clear Lake, Iowa, along with pilot Roger Peterson.

At the time, Holly and his band—consisting of Waylon Jennings, Tommy Allsup, and Carl Bunch—were playing on the *Winter Dance Party Tour* across the Midwest. Rising artists Valens, Richardson, and Dion and the Belmonts had joined the tour as well. The long

journeys between venues on cold, uncomfortable tour buses adversely affected the performers, with cases of flu and even frostbite.

After stopping at Clear Lake to perform, and frustrated by such conditions, Holly chartered a plane to reach their next venue in Morehead, Minn.

Richardson, sick with the flu, swapped places with Jennings, taking his seat on the plane, while Allsup lost his seat to Valens on a coin toss.

Soon after takeoff, late at night and in

wintery weather conditions, the pilot lost control of the light plane, a Beechcraft Bonanza, crashing into a cornfield, killing all four on board.

The tragic event has since been mentioned in several songs and films, including Don McClean's "American Pie." Various monuments have been erected at the crash site and in Clear Lake, where an annual memorial concert is also held at the Surf Ballroom, the venue that hosted the artists' last performance. —Source: [Wikipedia](https://en.wikipedia.org/wiki/The_Buddy_Holly_Crash)

Lent prepares believers for Easter but the days before are for binging



Forty Days of giving up your favorite things is a long dry spell. For much of the Christian world, fasting and foregoing favorites defines the Season of Lent, the 40 days leading up to Easter. Not to be tempted by sweets and desserts, those in charge of the kitchen would make every effort to use up all their sugar and fat before Lent started. Thus we have Mardi Gras and king cake and pancakes and paczki and whatever else we can binge on the Tuesday before Lent starts.

This year, Lent begins on February 17, so the 16th is the day to party hearty. Eat all the chocolate in the house so you won't be tempted to cheat. Savor the pancakes, donuts and cakes before

midnight. *Shrove (or Fat) Tuesday* is the day for celebration. Here are some "Fat Tuesday" traditions we share around the world.

Shrove Tuesday is observed in many Christian countries through participating in confession and absolution, the ritual burning of the previous year's Holy Week palms, finalizing one's Lenten sacrifice, as well as eating pancakes and other sweets.

It is observed by many Christians, including Anglicans, Lutherans, Methodists and Roman Catholics. This moveable feast is determined by the date of Easter. The expression *Shrove Tuesday* comes from the word *shrive*, meaning absolve. *Shrove Tide* is the three days before Ash Wednesday.

The term *Mardi Gras* is French for "Fat Tuesday," referring to the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season, which begins on Ash Wednesday. Many Christian congregations thus observe the day with the holding of

pancake breakfasts, as well as the ringing of church bells to remind people to repent of their sins before the start of Lent.

In some Christian countries, especially those where the day is called *Mardi Gras* or a translation thereof, it is a carnival day, the last day of "fat eating" or "gorging" before the fasting period of Lent.

Paczki Day

Also connected to *Fat Tuesday*, the sweet holiday of *Paczki Day* takes place the day before Ash Wednesday. The Polish tradition of indulging in fried dough filled with jams, custards or other sweet surprises dates back to the Middle Ages.

Pronounced *PUNCH-kee* or *POONCH-key* or *POOCH-key*, the treat is traditionally a round Polish pastry filled with fruit and coated in sugar. Those who would be fasting during Lent needed to empty the pantry; this Polish pastry was an ideal way to use up what was in the larder before Lent.

Groundhog Day isn't the only weird holiday in February

Candy-Making Day: 1
Change Your Password Day: 1
G.I. Joe Day: 1
Spunky Old Broads Day: 1 (Also all month)
Facebook's Birthday: 4
Liberace Day: 4
National Sweater Day: 4
Give Kids A Smile Day: 5
Wear Red Day: 5
International Frozen Yogurt Day: 6
Lame Duck Day: 6
National Ice Cream For Breakfast Day: 6 (*Different than International observance on Feb. 18, so we listed it twice. What an opportunity!*)
Play Monopoly Day: 6
World Play Your Ukulele Day: 6
National Periodic Table Day: 7
Super Bowl LV (55) & Popcorn Day: 7
Wave All Your Fingers At Your Neigh-

bors Day: 7
Who Shall I Be Day: 7
National Pizza Day: 9
Read in the Bathtub Day: 9
Don't Cry Over Spilled Milk Day: 11
Darwin Day: 12
Lost Penny Day: 12 (Because it's Lincoln's birthday and he's on the penny)
Get a Different Name Day: 13
Madly In Love With Me Day: 13
International Book Giving Day: 14
Library Lovers Day: 14
Shrovetide: 14-16 (3 days before Ash Wednesday)
National Hippo Day: 15
Pancake Day Race: 16 (Between USA and England; always *Shrove Tuesday*)
Random Acts of Kindness Day: 17
Battery Day: 18 (Volta's birthday)
Cow Milked While Flying In An Air-

plane Day: 18
International Eat Ice Cream for Breakfast Day: 18
Pluto Day (Planet was Discovered by Clyde Tombaugh 3/18/1930): 18
Best Friends Day: 19
Tartar Sauce Day: 19
For The Love of Mike Day: 22
Play More Cards Day: 22
Inconvenience Yourself Day: 24
National Dance Day: 24
International Toast Day: 25
National Chili Day: 25
For Pete's Sake Day: 26
International Polar Bear Day: 27
International Sword Swallowers Day: 27
International Tongue Twister Day: 27
National Tooth Fairy Day: 28
—Thanks, *Brownielocks* for this compilation.

Paul Bunyan is an American Icon



Paul Bunyan Day is always on February 12. Why? Because according to the people of Bangor, Maine, Paul Bunyan was born there on February 12, 1834.

However, there are many other states who celebrate Paul Bunyan Days, such as those in Michigan, Minnesota, Oregon and California.

In Kelliher, MN, Paul Bunyan's grave is supposedly located in Paul Bunyan

Memorial Park.

Was he a real guy? Some say that Paul Bunyan is based on a French-Canadian timber man named Fabian "Joe" Fournier (aka Saginaw Joe by some) who was born in Quebec in 1845.

He moved to the Saginaw, Michigan area after the Civil War and was hired as a foreman of a logging crew. Since he was a large guy and pretty strong, and was also good with an axe, he was soon called the *top feller* in the woods.

Another version is that Bunyan sounds like the French-Canadian slang word Bonyenne, which translated into English means *Good Grief!* This exclamation would often be said if you heard something extraordinary.

Also, it is rumored that during the Papineau Rebellion of 1837, French Canadian troops created Paul Bunyan (pronounced the same way as *bonyenne*) tales as a way to keep their

spirits up and be entertained as they fought against the British colonial government.

As you know, as stories get spread among people, they don't always get retold accurately. As time went on, the stories grew more exaggerated to keep the entertainment up; or, as a way to compete amongst each other, for who could be the most creative in telling a Paul Bunyan tale.

The first known publications of Paul Bunyan tales were in 1910 by James MacGillivray. Then, a man by the name of W.B. Laughhead, published these lumberjack tales in 1916 for logging promotions, and they grew in popularity far beyond just the lumbering trade. Today, Bunyan and Babe, his blue ox, are American icons.

Free lunch Friday options explained

Our Free lunch Friday meals are provided by outside organizations who generously deliver lunches to the Center and we so appreciate their generosity. All lunches are currently drive through.

On those Fridays where we offer a Free Lunch, you can still order a SWIRCA meal. You can order both the free lunch and the SWIRCA lunch. It's an either/and thing. **HOWEVER**, if you order the SWIRCA lunch, you still need to pay the usual price. The suggested donation for SWIRCA lunches is \$3.50 but that is only a suggestion. No one is turned away if they can't pay.

We need to know by at least the Wednesday prior if you'd like to participate in the Free Lunch Fridays. Just call us at 812-853-5627 to reserve a spot. With SWIRCA lunches, we need to know by noon the day prior that you want a reservation.

You can make a month's worth of reservations with one phone call if you choose, or by the week. We're pretty flexible about it but the folks providing lunches service need an accurate count so they know how much to fix.

Celebrate capitalism with a rousing game of Monopoly

February 6 is Play Monopoly Day. If you've never played Monopoly, you need to get in on the fun as soon as it's safe to get folks together.

Monopoly games can last for days, to the point where some folks have dubbed the game, *Monotony*.

Circulated by Hasbro, the game has numerous house rules, and hundreds of different editions exist, as well as many spin-offs and related media. *Monopoly* has become a part of international popular culture, having been licensed locally in more than 103 countries and printed in more than 37 languages.

Monopoly is derived from *The Landlord's Game* created by Lizzie Magie in the United States in 1903 as a way to demonstrate that an economy which rewards wealth creation is better than one where monopolists work under



few constraints; and to promote the economic theories of Henry George—in particular his ideas about taxation. It is important to note that *The Landlord's Game* had two sets of rules originally, one with taxation and another one mainly based on current rules.

Monopoly was first published by Parker Brothers in 1935. Parker Brothers was absorbed into Hasbro in 1991. The game is named after the economic concept of monopoly—the domination of a market by a single entity. --- [Wikipedia](#)

SWIRCA & More

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger on Bun Roasted Red Skin Potatoes Stewed Tomatoes Brownie Milk	2 Chicken Parmesan Garlic Mashed Potatoes Asparagus Bread/Margarine Pudding Cup Milk	3 Baked Ziti w/ Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk	4 Pork Pattie w/Gravy Lima Beans Spinach Bread/Margarine Cherry Ambrosia Milk	5 Goulash Mashed Potatoes Peas Bread/Margarine Milk Free lunch Friday by Cypress Grove
8 Spaghetti w/meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk	9 Chicken & Rice Casserole Carrots Green Beans Bread/Margarine Peach Cup Milk	10 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	11 Ham & Beans Spinach Cornbread Pudding Cup Milk	12 Chicken Pattie Scalloped Potatoes Broccoli Wheat Bread/Marg Tropical Fruit Cup Milks Free lunch Friday by Heritage Woods
15 CLOSED President's Day	16 Stuffed Green Pepper Cauliflower Cream Corn Wheat Bread/Margarine Pineapple Cup Milk	17 Ash Wednesday Potato Crusted Fish Red Skin Potatoes Asparagus Bread/Margarine Pear Cup Milk	18 Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	19 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk Free lunch Friday by the Islamic Center
22 Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk	23 Smoked Sausage Squash Warm Applesauce Wheat Bread/Marg Snack Cake Milk	24 Italian Chicken Pattie Baked Potato Mixed Vegetables Bread/Margarine Mandarin Oranges Milk	25 Homemade Beef Stew Seasoned Cabbage Southern Style Biscuit Homemade Peach Cobbler Milk	26 Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Mixed Fruit Milk
Free lunch Fridays are sponsored by outside organizations. You can still order the SWIRCA lunch from the menu, and pay the usual donation.			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 $\frac{1}{2}$ - 3 oz Veg/Salad/Dessert $\frac{1}{2}$ cup Margarine: 1 teaspoon Bread: 1 slice Milk: $\frac{1}{2}$ pint Casseroles: 8oz	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807