

Newburgh Senior Center

March 2021 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

It has been nearly 12 months since I've seen some of you all. Mercy. My spirit craves your touch, even if it is only through calls and emails and Facebook notes. We are going to make it through this. There is light at the end of this tunnel and it's not an oncoming train.

As I'm writing this piece, we are in the grip of agonizingly cold temperatures and heavy ice and snow. By the time you read it, however, spring will be well on its way to our little corner of the world.

I'm looking out the window at the neighbors' bird feeder. There are at least four male cardinals that are bringing color to our landscape. A squirrel is cleaning up the spilled seed and several other large and small birds are over there trying to stay warm and fed. Thanks to the neighbors for taking care of our feathered friends.

It won't be long before the robins are back, along with their cousins who only stop on their back to their northern nests in the spring. They are a welcome sight for those of us who are tired of winter.

St. Patrick's Day is one of the grander holidays in March even for those who aren't particularly Irish. He is credited with driving out all the snakes in the land of Eire.

My brother, for one, wishes he had done the same in Kentucky and southern Indiana. We grew up on a creek after our parents hauled us across the Ohio River. One of his favorite past times was aggravating his little sister. One of those favorite aggravations in the summer was catching crawdads out of the creek and threatening me with their pinchers. I am a fan of those creatures in lots of Cajun dishes these days, but back then, I was terrified of

them.

He on the other hand was phobic about snakes. He still is for that matter. So, to get back at him for the crawdad antics, I'd toss a stick in the creek when he wasn't looking and wait for it to get almost in his line of sight and yell, "Snake, John, watch out!" I'd have the creek all to myself for a while after he took off for the house.

We had a lot of fun on that creek. I miss it.



Daylight Savings time begins 2 a.m., March 14. Remember to set your clocks up an hour. Spring forward!

Sympathies to those who grieve

Our hearts are broken for the families of our members who passed away in February.

Neil Thomas died Feb. 10. Bobby Doane died Feb. 11.

They both will be dearly missed. Please keep these families in your hearts and prayers.

March Birthdays

Pauline Belwood-Bryant	March 5
Gerald Bowser	March 6
Pam Wentzel	March 8
Teresa Latham	March 10
Joe Seibert	March 13
Pam Wawrzyniec	March 15
Karen Parke	March 16
Dorothy Schmitt	March 20
Kathryn Masterson	March 28

We appreciate our Day Sponsors for March



March 17, St. Patrick's Day, is sponsored by Martha and John Maier of Boone Funeral Home, 5330 Washington Avenue, Evansville. Thank you,

John and Martha, for your support of the Newburgh Senior Center. They remind us that "Everyone is Irish on St. Patrick's Day!" So all of us should take a moment and celebrate!

burgh Senior Center and have been for many years. Join us in wishing Steve a Happy Birthday and all the best for the coming year.

Soup & Sandwich Menu for SWIRCA for March



AARP tax information

Although we tried to get an AARP Tax Aide station at the Newburgh Senior Center, the state was still saying Senior Centers should not be open to the public, so it didn't work for this year. However, AARP volunteers are going to be at five libraries in Vanderburgh County this year. You should call the library asap to set up a consultation appointment.

The Tax Aide volunteers will be doing returns at these EVPL locations - McCullough, Central, Oaklyn, Red Bank, and North Park - and also SWIRCA. If interested, call the individual library for days and times and to get a phone number to see if there are any open appointments. Due to COVID restrictions, their times and number of counselors are limited.

Celebrate Pi Day with your choice of pie

Founded in 1988 at the Exploratorium, Pi (π) Day has become an international holiday, celebrated live and online around the world. The numbers in the date, 3/14, match the first three digits of the mathematical constant pi (π). It was also Albert Einstein's birthday.

What is π , anyway? Divide any circle's circumference by its diameter. The answer (whether for a pie plate or a planet) is always approximately 3.14, a number we represent with the Greek letter π . We use π in math to determine the area of a circle. Pi multiplied by the radius squared will give you the area. The old joke is " π r squared. No, pie are round."

Keep calculating π 's digits with more and more accuracy—as mathematicians have been doing for 4,000 years—and you'll discover they go on literally forever, with no pattern – *ad infinitum*. As of 2019, π has been calculated to 31.4 trillion digits.

Here's a brief history of finding π .

The ancient Babylonians calculated the area of a circle by taking 3 times the square of its radius, which gave a value of $\pi = 3$. One Babylonian tablet (ca. 1900–1680 BC) indicates a value of 3.125 for π , which is a closer approximation. Then from the *Rhind Papyrus* (ca. 1650 BC), we see the Egyptians calculated the area of a circle by a formula that gave the approximate value of 3.1605 for π .

The first calculation of π was done by Archimedes of Syracuse (287–212 BC), one of the greatest mathematicians of the ancient world. He approximated the area of a circle by using the Pythagorean Theorem to find the areas of two regular polygons: the polygon inscribed within the circle and the polygon within which the circle was circumscribed. There is no simple way to explain that. Just believe it. *Thanks, Exploratorium, for this information.*

Monday: Old Fashioned Chicken Noodle Soup, pimento cheese sandwich, fruit cup, crackers, cookies, milk

Tuesday: Cactus Chili, peanut butter & jelly uncrustable, fruit cup, crackers, brownie, milk

Wednesday: Homemade Vegetable Soup, egg salad sandwich, fruit cup, crackers, cookies, milk

Thursday: Thick Homemade Beef Stew, fruit, crackers, snack cake, milk

Friday: Minestrone, tuna salad sandwich, fruit cut, pudding cup, crackers, milk

Thanks to our Free Lunch sponsors

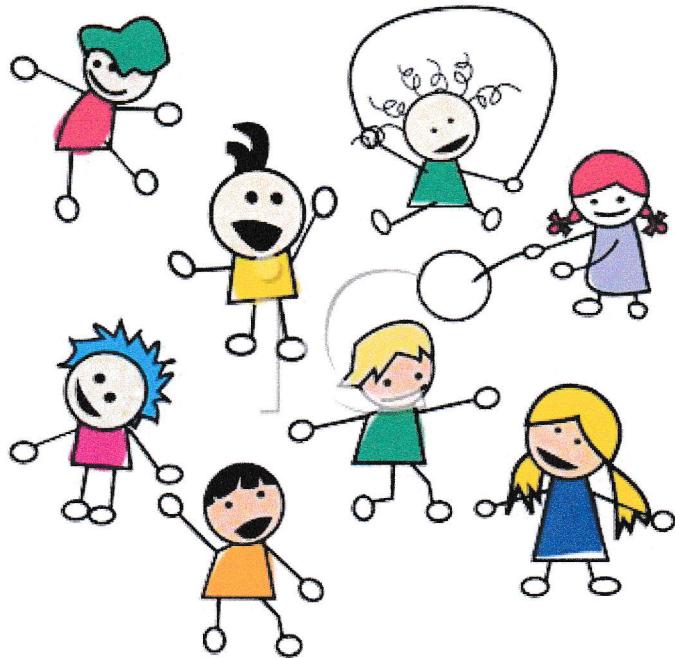
Thanks to our Free Lunch Friday sponsors. Cypress Grove provides lunches the first Friday each month.

Heritage Woods sponsors Free Lunch Friday once a quarter on the second Friday. This is new, so we need another sponsor for the second Friday of the other eight months.

The Islamic Center of Evansville sponsors lunch every month on the third Friday.

We currently do not have sponsors for the fourth Friday nor the occasional fifth Friday. If you know of an organization or business who would like to take us on for Free Lunch Fridays, please contact them and have them call our manager, Nancy, at 812-853-5627.

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.

Buzzards, swallows returning to northern nesting grounds

We are amazed how every spring, our feathered friends find their way back to their usual nesting places. Some even return to the same nests.

Although the buzzards have been coming to Hinckley, Ohio, for 150+ years, it wasn't until February, 1957 when Robert Bordner, a writer for the *Cleveland Press*, got word of it. At that point, previous and current park employees could account for the same arrival date for 29 years.

After Bordner's story was published in the Cleveland newspaper, ornithologists, naturalists and even other reporters spread the word what was going to happen on March 15. So, what happened? Well, right on time, the buzzards arrived in Hinckley.

Turkey buzzards' heads are featherless and red, so they resemble wild turkeys. Another name for them is carrion crows (*Cathartes aura*) because they are scavengers that live on dead animals.

They have good eyesight and soar through the sky on big updrafts. They are considered Mother Nature's garbage collectors. And, they can live up

to 20 years. No one knows how long that is in bird years.

In the summer they are in Hinckley. In the winter they can live in the southern part of the United States to all the way to South America.

Hinckley's combination terrain of open fields, rocky ledges and forests is considered an ideal nesting area for these buzzards.

Because they are scavengers, it's also believed that the buzzards first chose Hinckley because of the massive amount of butchered refuse and unwanted game from the Great Hinckley Varmint Hunt of Dec. 24, 1818.

The hunt was organized to help rid the area of predatory animals that were killing local livestock. Men and boys from the area, numbering 475, lined up along the town's perimeters and slowly moved inward, in one of the largest drives in history.

One of the first white settlers in the area, William Cogswell wrote in his manuscript in 1810 about "vultures of the air at the gallows of the Big Bend in the Rocky River where the Wyandottes had hung an Indian squaw for

witchcraft two years earlier."

Historians use this date as proof that the birds have actually been living in Hinckley for hundreds of years.

Some of this information was provided from "America Celebrates" by Hennig Cohen and Tristram Potter Coffin, Visible Ink Press, Detroit, Michigan © 1991.

Swallows back to Capistrano

Not only do the buzzards head back to Hinckley, swallows make their annual nesting pilgrimage to Mission San Juan Capistrano, California, like clockwork on March 19, ending their northern migration from Argentina.

Lenten Fish fries on for drive-through at St. John's

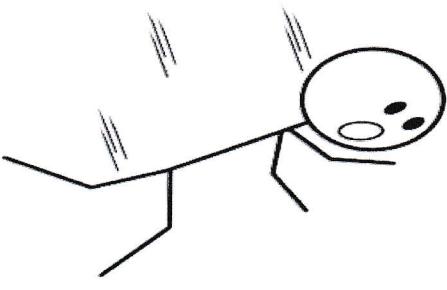
Drive-through fish dinners will be available on the Fridays of Lent at St. John the Baptist in Newburgh, 4-7 p.m.

Choices include fried or grilled fish.

One side dish and dessert are included in the \$10 meal price. Sides and desserts change weekly.

Check their Facebook page for updates: [Facebook.com SaintJohnsMensClub](https://www.facebook.com/SaintJohnsMensClub).

A Matter of Balance classes starting in March



If you worry about falling, there's a new course being offered to help you avoid the embarrassment and pain of a tumble. A few seats are still available for the fall-prevention seminars sponsored by the Newburgh Senior Center and Purdue Extension in Warrick County.

A Matter of Balance is designed to help anyone 55 and older improve balance, flexibility and strength -- and

ultimately, prevent falls. Classes will operate for eight sessions at the Center, beginning Tuesday, March 16 at 2 p.m. Each session will run approximately 2 hours, according to one of the instructors, Jo Gilreath, extension educator with the Extension Office in Boonville.

Gilreath and Julie Collins, of Woodmont Health Campus in Boonville, have trained to instruct the program developed by Boston University. They will share the instruction duties.

Through worksheets, group discussion, videos and lecture, participants will learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home, and learn chair exercises to increase strength and balance.

There is no fee for the seminars,

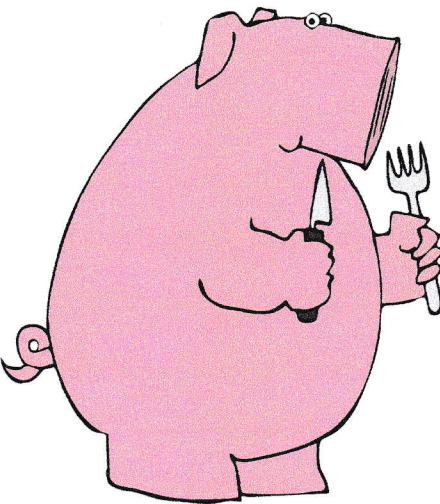
thanks to grants from Generation Area 13 Agency on Aging & Disability. The classes will run for eight Tuesdays at the Senior Center. Pre-registration is required.

A waiting list will be developed if spaces fill, with a second series planned for later this year.

Please call Newburgh Senior Center, 812-853-5627 to register.

Newburgh Senior Center is at 529 Jefferson St.

Porkplooza 2021 on the calendar



Soft opening approved. Yay!

If everything keeps heading in the direction Warrick County seems to be with COVID 19 numbers, and the Governor says we are okay to go, we are planning a soft opening for March 8. (See us doing the happy dance!)

Here's how that's going to work: We still have to follow our previous protocol. Everybody properly wears a mask (over your mouth and nose); maintain social distancing when possible.

Wash your hands as soon as you come in the Center. If you touch your mouth or nose, go wash your hands again and use hand sanitizer.

No food or drink allowed at tables we use for other activities.

IF YOU DO NOT FEEL WELL, WITH FLU-LIKE SYMPTOMS, PLEASE STAY HOME. Even if it's not the flu or COVID-19, the rest of us sympathize with you, but we don't want what you have.

- Monday, March 8, 11 a.m. –

Clabber

- Tuesday, March 9, 11 a.m. – exercise
- Wednesday, March 10, 11 a.m. – Euchre
- Thursday, March 11, 11 a.m. – exercise
- All activities must end at 2 p.m. or the group will collectively pay the person who stays late, at a rate of \$15 per hour.

We will maintain this schedule for three weeks. If all goes well, we will add other activities such as bingo. As we did before, players can take a 15 minute break when needed for snacks and beverages. Diane and/or Nancy will serve the snacks and beverages. No one else should be in the kitchen.

At this time, we are not requiring everyone to have taken the COVID vaccine because we have members who are not eligible yet. Know that at some future date, that may become a requirement.

Mark your calendar now for Porkapalooza 2021. It's going to be September 24 & 25. Can't you just almost smell the deliciousness?

We don't have much in the way of details yet, but we'll post them as we get them.

Vaccine assistance available

If you have difficulty scheduling your COVID 19 vaccinations, please contact the Center at 812-853-5627. We can help you get an appointment.

We'll need your phone number and your birthdate.

When you go to get the shots, you'll need to take your Medicare cards and your driver's license or another form of identification.

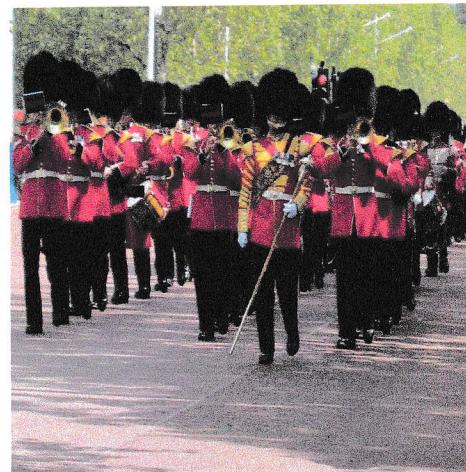
There are several sites offering shots now and others are likely to open.

St. Paddy's Day isn't the only unusual holiday in March

Saint Patrick is celebrated for ridding Ireland of snakes, among other things. However, there are other weird holidays that you may not have known about. Some you may choose to celebrate; others you might want to ignore. Here's a few, as provided by Brownielocks.

Baby Sleep Day: 1
National Peanut Lovers Day: 1
Pig Day: 1
Plan a Solo Vacation Day: 1
Refired, Not Retired Day: 1
World Compliment Day: 1
Dr. Seuss Day: 2
I Want You To Be Happy Day: 3
What If Cats and Dogs Had Opposable Thumbs? Day: 3
Benjamin Harrison Day: 4
March Forth-Do Something Day: 4
World Book Day: 4
National Poutine Day: 5
National Dress Day: 6
Sock Monkey Day: 6
Sofia Kovalevskaya Math Day: 6
Namesake Day: 7
National Flapjacks Day: 7
Fun Facts About Names Day: 8
National Peanut Cluster Day: 8
Barbie Day: 9
Get Over It Day: 9
Discover Your Name's Meaning: 10
International Bagpipe Day: 10
International Day of Awesomeness: 10
Land Line Telephone Day: 10
US Paper Money Day: 10
National Funeral Director and Mortician Recognition Day: 11
Middle Name Pride Day: 12
Donald Duck Day: 13
Earmuffs Day: 13
Genealogy Day: 13
Good Samaritan Involvement Day: 13
Ken Day: 13 (Barbie's counterpart)
Open An Umbrella Indoors Day: 13
Check Your Batteries Day: 14
Daylight Saving Time Begins: 14 at 2:00 a.m. (Turn Ahead 1 Hour.)
International Ask A Question Day: 14
Potato Chip Day: 14
Save a Spider Day: 14
Write Your Story Day: 14

Ides of March: 15
Buzzards Day: 15
Ides of March: 15
Napping Day: 15 (Monday after daylight savings times)
Goddard Day: 16
Lips Appreciation Day: 16
No Selfies Day: 16
Panda Day: 16
St. Urho's Day: 16
Absolutely Incredible Kid Day: 18
(Celebrate if you have an incredible kid, or if you are one.)
Awkward Moments Day: 18
National Sloppy Joe Day: 18
National Chocolate Caramel Day: 19
Alien Abduction Day: 20
International Day of Happiness: 20
National Corn Dog Day: 20 (On First Saturday of NCAA Men's Division)
National Quilting Day: 20
Play The Recorder Day: 20
Snowman Burning Day: 20
Spring (Vernal Equinox): 20 5:37 am EDT
Vaffeldagen (Waffle Day): 20
Walk In The Sand Day: 20
World Flour Day: 20
World Frog Day: 20
Won't You Be My Neighbor Day: 20
Memory Day: 21
National Common Courtesy Day: 21
World Poetry Day: 21
As Young As You Feel Day: 22
National Goof-off Day: 22
Talk Like William Shatner Day: 22
National 3-D Day: 23 (The 3rd day of the 3rd Week of the 3rd month)
National Puppy Day: 23
Near Miss Day: 23
OK Day: 23
Old New Year's Day: 25
Pecan Day: 25
Tolkien Reading Day: 25
Live Long And Prosper Day: 26
Make Up Your Own Holiday Day: 26
Be Mad Day: 27
National Scribble Day: 27
Barnum & Bailey Day: 28
Weed Appreciation Day: 28
Niagara Falls Runs Dry Day: 29
Smoke & Mirrors Day: 29



World Piano Day: 29 (88th day of the year.)

I Am In Control Day: 30
International Laundry Folding Day: 30
Pencil Day: 30
Virtual Vacation Day: 30
Bunsen Burner Day: 31
National Crayon Day: 31
"She's Funny That Way" Day: 31
World Backup Day: 31

March is Women's History Month

There are many famous women we can celebrate during Women's History Month but not all women who need to be celebrated are famous and not all famous women would want the fanfare.

Women, and even if those who aren't women, can all be grateful to those who paved the way for the girls and women of today. So many of them built bridges and broke the ice for the rest of us, many whose names will never appear in a history book.

It's only been 101 years since women prized the right to vote from a male dominated world.

We can remember lots of firsts: the first doctor; the first licensed pilot; the first CEO of a large corporation, the first astronaut, etc. The list goes on and on. And now, we have our first female vice president.

If you know women who have gone above the call of duty, especially our mothers, say thanks in March.

SWIRCA & More

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk	2 Baked Chicken Sweet Potatoes Peas Bread/Marg Pineapple Cup Milk	3 BBQ Pork on Bun Cheesy Potatoes Sugar Snap Peas Peach Cup Milk	4 Turkey Manhattan Mashed Potatoes Bread/Gravy Asparagus Fruit Cup Milk	5 Homemade Beef Stew Seasoned Cabbage Southern Style Biscuit Homemade Cobbler Milk Free Lunch sponsored by Cypress Grove
8 Smoked Pork Chop Homemade Macaroni & Cheese Carrots Wheat Bread/Marg Cupcake Milk	9 Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk	10 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	11 Chicken Alfredo Vegetable Blend Warm Spiced Mixed Fruit Bread/Marg Milk	12 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Apricots Milk
15 Hamburger on Bun Roasted Red Skin Potatoes Stewed Tomatoes Brownie Milk	16 Chicken Parmesan Garlic Mashed Potatoes Asparagus Bread/Margarine Pudding Cup Milk	17 Baked Ziti w/ Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk	18 <u>Nutrition Awareness Day</u> Italian Beef Stew Key West Vegetables Collard Greens Roll Tropical Fruit Salad Milk	19 Goulash Mashed Potatoes Peas Snack Cake Bread/Margarine Milk Free lunch sponsored by the Islamic Center
22 Spaghetti w/meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk	23 Chicken & Rice Casserole Carrots Green Beans Bread/Margarine Peach Cup Milk	24 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	25 Ham & Beans Spinach Cornbread Pudding Cup Milk	26 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Tropical Fruit Cup Milk
29 Stuffed Green Pepper Cauliflower Cream Corn Wheat Bread/Margarine Pineapple Cup Milk	30 Chicken Pattie Red Skin Potatoes Asparagus Bread/Margarine Pear Cup Milk	31 Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	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 Vegetable/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

On the Fridays we offer Free Lunch, you may have either the SWIRCA meal and or the Free Lunch. The regular donation is in effect for the SWIRCA lunch. Reservations are needed either way.