

Newburgh Senior Center

April 2021 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

It's here! Spring! The weather is positively beautiful. I call it Goldilocks weather: not too cold; not too hot; just right.

We've made it through winter and we are raring to go. I can't wait until we can get seeds and sets planted in the garden. If you'd like to help, let me know and we can set up a planting day and a maintenance schedule.

I'm so excited we are gradually getting back to our usual activities. We've not been patient every minute, but our caution is finally paying off and it's safe enough for us to gather.

We are looking forward to seeing everyone. Of course, it's going to be a long haul before we are open for all our activities, but we'll eventually get there.

If you'd like to play Rummikub, we can set up a table on any of the days we

have cards or exercise. Nothing starts before 11 a.m.

No eating or drinking while playing. Wear your mask correctly while you are playing.

We all need a sense of normalcy after this tedious year. I hope you'll feel safe to join us soon.

Let me urge all you all to join the second *Matter of Balance* session that will probably start in May. I am in the class now and it is educational and fun.

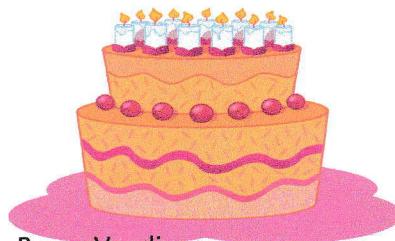
If you haven't had your shot(s) against COVID 19, let me urge you to get that taken care of, so we feel comfortable to be around you. I have a list of those who have been vaccinated, so when you come for the first time, please track me down and I'll get your shot info for our records.

Bingo! Let the games begin in April

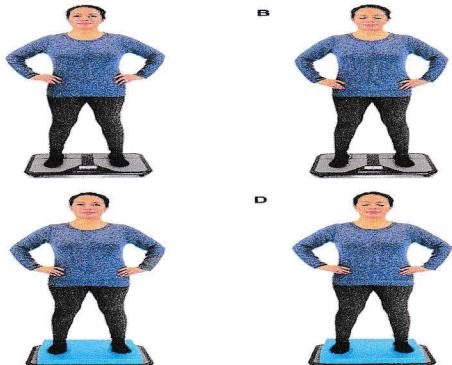
We are going to expand our activities a bit in April. In addition to weekly Scrabble, Clabber and Euchre, we are going to add Bingo on Tuesdays at noon. Everyone must wear a mask and there will be no eating or drinking at the tables. We have the cards and the chips or you can bring your own (and take them home with you).

At this point, we only have one Bingo sponsor, Heritage Woods, so if you know other organizations who would like to provide prizes and a caller, please have them let us know.

April Birthdays



***Matter of Balance* classes registering for Round TWO**



We have a few places left for our second round of *Matter of Balance* classes. The first session is underway and everyone is learning a lot and having fun. The classes will run eight consecutive Tuesdays but we don't have a start date at this time. Call the Center, 812-853-5627, to register. Do not dally. The class will fill and you'll be left out until the third round.

Byron Vandiver	4/6
Sara Sweetwood	4/11
Mike Skvara	4/18
Wanda Smith	4/20
Steve Suter	4/21
Charlene Dietsch	4/22
Angela Miller	4/22
William Kane	4/25
Pat Moseley	4/25
Andy Gulick	4/29

Thanks to our Day Sponsors for April



April 2 is sponsored by Warrick Veterinary Clinic- Newburgh Plaza. Join us in celebrating the third anniversary of the Robin Hill Road Location, which is the Preventative Care Center.

This separate location was established to provide essential preventative services to pet families in Newburgh and surrounding areas. Here your pet will receive vital treatments and recommendations for disease and parasite prevention.

Thank you Warrick Veterinary Clinic for taking care of our pets and helping the Newburgh Senior Center.

April 22 -Earth Day-is sponsored by Jan and Dan Schrader. This year is the

51st anniversary of Earth Day. The theme for 2021 is "Restore Our Earth" and prompts us to take action to make a difference today.

When life around the globe returns to normal, we cannot return to business as usual but need to get involved in taking action.

We all can make a difference. Get involved.

Make yourself the pledge to use less plastic. Recycle everything you can. Install and use rain barrels. Pick up and properly dispose of litter. Start a compost pile for food scraps.

Talk to your kids and grands about environmental responsibility.

Thank you, Jan and Dan, for being Day Sponsors and reminding us of Earth Day.

April 17 is sponsored by Justin Shea, of Manhattan, NY, in honor of National Parks Week. Join him in celebrating National Park Week 2021 from April 17 to 25!

Parks across the country will host a variety of special programs, events, and digital experiences.

National Park Week is a time to explore amazing places and discover sto-

ries of history and culture.

Thank you, Justin, for your support of the National Parks and the Newburgh Senior Center. We hope some day you can visit our favorite *local* National Park, the Lincoln Boyhood National Memorial in Gentryville, IN. If you do, stop by and visit the NSC too!

April 24 is sponsored by Ruth Jenkins in honor of her mother, Mary Kay Lutz. April 24 is the 99th birthday of Mary Kay, who is also known as "the Cookie Lady of Pekin, Illinois."

Please join Ruth and Mary Kay in celebrating this special day. Happy Birthday, Mary Kay.

We know 2021 is going to be a great year for you! Thank you, Ruth, for your support of the Newburgh Senior Center.

If you yearn for Halloween, St. Mark's Eve should get you through to October

Until the late 19th century, St. Mark's Eve (April 24) – the day before the feast day of St. Mark the Evangelist – was celebrated in English villages through a peculiar, superstitious ritual. If you were brave enough, you sat silently on your local church's porch from 11 p.m. to 1 a.m.

During that time, the ghosts of all the townspeople that would die in the following year would supposedly appear and walk into the church.

Another tradition involved covering your home's hearthstone with ashes from your fire. By the next day, you were supposed to see the shoe prints of anyone in the house who would die during the next year.

In circles much given to superstition, great misery was created by malicious jesters stealing into the kitchen during the night, and marking the ashes with a shoe or shoes of some unsuspecting soul.

Who's brave enough to sit on your church steps April 24? Who will ash up their hearths for foot prints?

Eat your Twinkies in April to commemorate their goodness

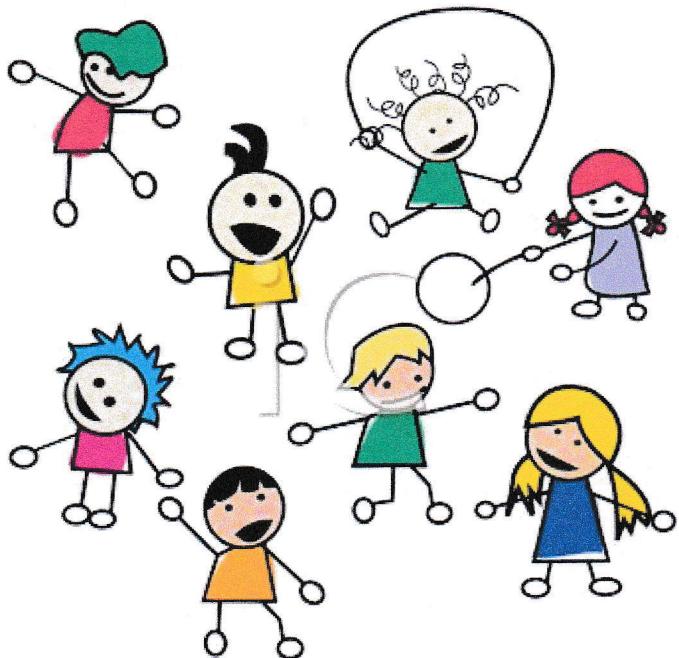
Our favorite bakery goody, the Twinkie, is celebrating its 91st year of deliciousness this month. We should cherish it even more because it nearly went away. The "golden sponge cake with a creamy filling" stopped production when the original Hostess Brands went belly up in 2012.

But the cry was heard around the world and baking began again in 2013. Cherish them, junk food junkies, we must.

Oddly enough, Twinkies have not always been what they are now. According to "The Spruce Eats," Twinkies were first produced in 1930 by the Continental Baking Company in Illi-

nois as a way to use shortbread pans that were no longer in use. With strawberries out of season, one of the bakers created a banana cream-filled cake using the small shortbread pans. During World War II, banana imports all but ceased, so the company switched the banana cream for vanilla, and the Twinkie as we know it today was born. The vanilla cream has been the dominant flavor for Twinkies ever since, with a few brief limited-time productions of chocolate, banana, and other fruit flavors. And their shelf-life is only 25 days, not the eons the myth once touted. Go forth and eat Twinkies.

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,

Celebrate the season with Empty Tomb Biscuits

If you do Easter breakfast/brunch/lunch with your family (and this year we can if we are careful!!), here's a fun recipe that the kids and grands can help you make. They are simple and you can teach an Easter lesson while you prepare and eat them.

Here's the recipe and the lesson on the Easter symbols.

Ingredients

- 1 tube refrigerated crescent roll dough (8 or 10 Rolls Per Tube)
- 8-10 large size marshmallows
- 1/4 to 1/2 C. butter, melted and cooled
- 3/4 C. sugar
- 2 T. cinnamon

Instructions

Preheat oven to 350 degrees. Spray a muffin tin with cooking spray and set aside.

Melt the butter in a small bowl and set aside to cool slightly. In another small bowl mix cinnamon and sugar and set aside.

Separate crescent roll dough into triangles. Place the dough on a sheet of parchment paper.

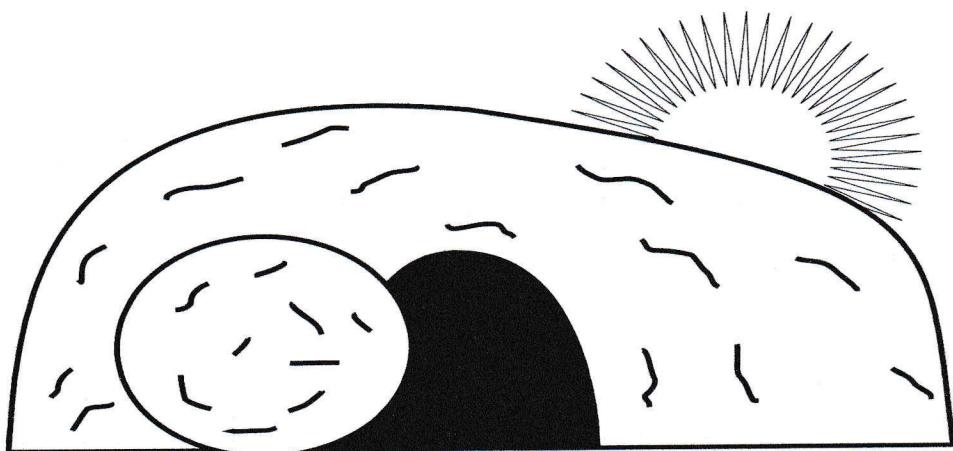
Dip a marshmallow into the melted butter and then into the sugar and cinnamon mixture. Place it on a triangle of dough and carefully roll the marshmallow inside, making sure to seal all the edges tightly. You may need to dampen the edges with a little water to get them to seal.

Roll the dough covered marshmallow in the melted butter and the cinnamon sugar mixture. Place in the muffin tin and repeat until dough is used.

Bake at 350 degrees for 15 minutes. Allow to cool slightly and then "break open" the rolls before eating to reveal the "empty tomb" for Easter morning.

- **The Marshmallow** — Represents The Body Of Jesus.
- **Melted Butter** — The Oils Of Embalming
- **Cinnamon and Sugar Mixture** — Spices Used To Anoint The Body
- **Crescent Roll Dough** — The Wrapping of Jesus' Body In The Tomb
- **Oven** — The Tomb
- **Cavity In Baked Bun** — The Empty Tomb

After Easter, if you want to make them again (and you will), just call them Spring Biscuits or something else appropriate.



Derby Theater trip planned for June



Our friend and excellent tour director, Anita Reising, has reserved us 15 seats on the June 16 day trip to the Derby

Theater in Clarksville, IN. If you want to go, you need to call the Center, asap, to get in on the fun. The play that day is the comedy, *Dearly Beloved*.

Just like everything else in our world these days, there have been changes in protocol at the theater. They no longer have the buffet lunch. Meals are plated and brought to your table. Masks are required at all times except when you are eating, even on the bus. We will be seated only with people

from our tour group.

The cost is \$92 per person and is due April 25. There is a possibility the board will again approve cost sharing with members, but they haven't decided as of this date. As per usual, if approved, you must have paid your membership dues to get the discounted tickets.

Do not dally if you want to go on this trip. It's one of the highlights of the Center's activities and we are excited to be able to offer it again.

Weird holidays abound in April

Fan Dance Day: 3
Find A Rainbow Day: 3
National Play Outside Day: 3
World Party Day: 3
Dictionary Day: 4
National Move More Day: 4
Hostess Twinkie Day: 6
National Library Day: 6
Tartan Day: 6
International Beaver Day: 7
International Snailpapers Day: 7
National Walking Day: 7
No Housework Day: 7
Draw A Bird Day: 8
Jenkins Ear Day: 9
National Cherish An Antique Day: 9
Unicorn Day: 9 (This is in Scotland, but it's become popular worldwide.)
National Siblings Day: 10
Safety Pin Day: 10
Slow Art Day: 10
National Pet Day: 11
Big Wind Day: 12
Grilled Cheese Sandwich Day: 12
National D.E.A.R. Day (Drop Every thing And Read): 12
National Licorice Day: 12
Walk on Your Wild Side Day: 12
Scrabble Day: 13
National Gardening Day: 14
High Five Day: 15
Take a Wild Guess Day: 15
World Art Day: 15 (DaVinci's Birthday)
Bat Appreciation Day: 17 (They emerge from Hibernation.) Blah!



Husband Appreciation Day: 17
Ford Mustang Day: 17
International Haiku Poetry Day: 17
National Clean Out Your Medicine Cabinet Day: 17
National Crawfish Day: 17
Nothing Like A Dame Day: 17
World Amateur Radio Day: 18
Bicycle Day: 19
National Hanging Out Day: 19
National Cheddar Fries Day: 20
Banana Day: 21
Bulldogs are Beautiful Day: 21
Earth Day: 22
Global Selfie Earth Day (NASA): 22
National Jelly Bean Day: 22
Talk Like Shakespeare Day: 23
International Marconi Day: 24
National Dance Day: 24
Save The Frogs Day: 24
St. Mark's Eve: 24
World Healing Day: 24
World Tai Chi & Qigong Day: 24
Hug A Plumber Day: 25
License Plates Day: 25
National Pet Parent's Day: 25

Red Hat Society Day: 25
World Penguin Day: 25
Hug An Australian Day: 26
National Pretzel Day: 26
Richter Scale Day: 26
Babe Ruth Day: 27
Morse Code Day: 27
National Superhero Day: 28
International Dance Day: 29
Poem In Your Pocket Day: 29
Zipper Day: 29
Adopt A Shelter Pet Day: 30
Bugs Bunny Day: 30
Dandelion Day: 30
Hairball Awareness Day: 30
National Honesty Day: 30

SWIRCA's alternate lunch menu changing April 5

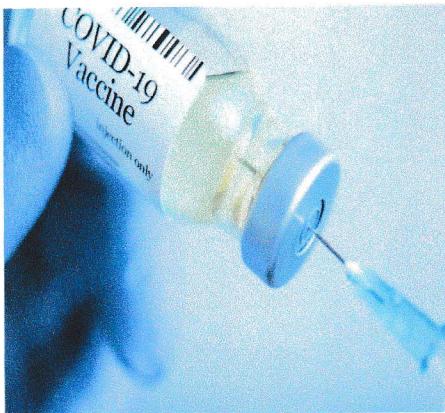
SWIRCA is offering a Chilled Lunch menu option beginning April 5.

Monday will be cottage cheese, peach cup, hard-boiled egg, bread stick, 3-bean salad and a cookie. **Tuesday** will be ham & cheese on rye, potato salad, cranberry salad, pineapple cup. **Wednesday's** option is chicken salad with a croissant, macaroni salad, fruit cup, coleslaw.

Thursday will be BLT with a fried egg on an English muffin, pea salad, fresh fruit and a snack cake. **Friday** will be egg salad on wheat bread, pasta salad, pickled beets and pie.

All meals include milk. Reservations are necessary as usual.

Call the Center for help getting your vaccination



As we open more to activities, the more important it is to keep our members safe from COVID 19 exposure.

Vaccinations are a good way to reduce the spread of the virus and help you avoid getting it.

If you have not been able to make an appointment to get the vaccine, call the Center and we'll help you set that up.

We'll need your name, birthdate, and insurance information. We'll destroy that information as soon as you get the shot(s). We realize that is confidential and will not share it except to get your vaccination.

If you are unable to leave your home, SWIRCA is setting up appointments to get shots in the arms of the home-

bound. If you need that help, call 812-464-7817 between 8 a.m. and 5 p.m. You may need to leave a message with your name and phone number for them to get back to you.

At this time, we cannot legally require participants to get the vaccine. However, when and if the FDA approves the vaccines, the Center's Board of Directors will consider that.

Right now, we are strongly encouraging folks to take the vaccine so we can get back to having all the fun possible at the Center.

Masks will be required for the near future for all our activities.

Not only are they important to our environment, they make us smile: Help save the penguins

"It's practically impossible to look at a penguin and feel angry."

-Joe Moore

Penguins are some of the most adorable and lovable creatures and have some of the best durability that's known among the animal kingdom.

World Penguin Day is an educational initiative that encourages people to learn more about these flightless birds, their environment, and how important they are to the ecosystem.

World Penguin Day takes place during the annual northern migration of Adelie penguins, a species of penguin that is native to Antarctica. Adelie penguins individually migrate north to have better access to food during the winter months and then during the summer, return to the coastal beaches on Antarctica to build their nests. Remember, Antarctica's seasons are opposite the northern hemisphere's.

The holiday was created at McMurdo Station, a U.S. research center on Ross Island on Antarctica. Researchers noticed that the Adelie penguins began this migration specifically on April 25, and they created this holiday as a way to pass the time and raise social awareness for these creatures.

While this holiday takes place during the Adelie migration, it celebrates all the penguins around the world and raises awareness about the endangerment of these ice-born creatures.

Penguins are sensitive to the effects of climate change, and as a result,



many are having to migrate further to find their food, decreasing their population as a result. Of the 17 species that live in the world, 11 of them have been classified as endangered or vulnerable, according to the World Wildlife Fund.

Penguins are an environmental bellwether.

They spend most of their lives out at sea, so this holiday encourages people to work towards protecting the

world's waters, as human activities such as pollution and the burning of fossil fuels are contributing to the degradation of our oceans.

Thanks to our sponsors, supporters and volunteers

It has been a treacherous 13 months for many of our members. We so appreciate the support the Center and its members have received from the community and our Center's friends. For sure, we couldn't do this without you.

Colleen Martin has been here to bring in supplies. Teresa Graham and Sarah Burke have changed the decorations and Michelle Wedding has changed our sign out front.

Ed Butch and Aileen Jeffries are taking care of our Clabber reservations.

Cypress Grove, Heritage Woods, the Islamic Center of Evansville and a Sunday School Class have sponsored and served our free lunch Fridays.

Thanks to all who have given of their time, talents and funds.

SWIRCA & More

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>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</p> <p><u>Meat/Entrée:</u> 2 $\frac{1}{2}$ -3 oz <u>Veg/Salad/Dessert</u> $\frac{1}{2}$ cup Margarine: 1 teaspoon Bread: 1 slice Milk: $\frac{1}{2}$ pint <u>Casseroles:</u> 8oz</p>	<p><u>On Free Lunch Fridays, participants may order the free lunch and/or the SWIRCA meal. The suggested donation for the SWIRCA lunch is \$3.50.</u></p>	<p>1 Chili Mac Mashed Potatoes Cornbread Brownie Milk</p>	<p>2 SWIRCA CLOSED GOOD FRIDAY - No SWIRCA meals served. Newburgh Senior Center Free Lunch Friday sponsored by Cypress Grove</p>
<p>5 Polish Sausage Mashed Potatoes Sauerkraut Pudding Rye Bread/Margarine Milk</p>	<p>6 Meatloaf Sandwich Twice Stuffed Potatoes Three Bean Salad Spiced Peaches Milk</p>	<p>7 Omelet Hash Brown Pattie Biscuit Yogurt Fresh Fruit</p>	<p>8 BBQ Chicken on Bun Baked Beans Chuckwagon Corn Applesauce Cup Milk</p>	<p>9 Philly Cheesesteak on Bun, Tater Tots, French Style Green Beans Mandarin Orange Cup Free Lunch Friday sponsored by Living Word Sunday School class</p>
<p>12 Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk</p>	<p>13 Vegetable Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk</p>	<p>14 Ham & Beans Spinach Cornbread Snack Cake Milk</p>	<p>15 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread Stick Brownie Milk</p>	<p>16 Potato Crusted Fish Macaroni & Cheese, Green Beans, Cookies Milk Free Lunch Friday provided by the Islamic Center of Evansville.</p>
<p>19 Penne Pasta w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk</p>	<p>20 Hawaiian Chicken Breast Baby Bakers California Blend Roll Tropical Fruit Salad Milk</p>	<p>21 BBQ Pork on Bun Baked Beans Tomatoes & Corn Pie Milk</p>	<p>22 Sweet & Sour Turkey Rice Stir Fry Veggies Wheat Bread/Marg Pineapple Cup Milk</p>	<p>23 Bacon, Lettuce, Tomato & Egg Sandwich Potato Cake Warm Fruit Snack Cake Milk</p>
<p>26 Hamburger on Bun Potato Wedges Creamed Corn Jell-O w/Fruit Milk</p>	<p>27 Smoked Pork Chop Scalloped Potatoes Broccoli w/Cheese Pudding Wheat Bread/Marg Milk</p>	<p>28 Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk</p>	<p>29 Vegetable Pasta Alfredo French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk</p>	<p>30 Chili Dog Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk</p>