

Newburgh Senior Center

May 2021 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

I'm grateful, excited and happy. I feel like we've rounded the corner from third base and are heading to home plate.

Most of our folks have been vaccinated and are getting more comfortable about being with other people. We are gradually adding activities here at the Center and we welcome everybody to come and play with us.

We've been playing Clabber and Euchre and Scrabble. Last month we added Bingo on Tuesdays.

This month, we'll start playing Bingo on Tuesdays and Thursdays at noon. If you want to play Rumikub, we'll find

you a table at 11 a.m. any day but Friday.

Come join us for fun and games. Just like the old days, there are snacks involved, too.

Until SWIRCA opens up for lunches, we will continue our drive-through-only distribution. Some nice days, we'll put out tables on the porch for those who choose dining *al fresco*.

We continue to wear masks and practice social distancing. If you have not been vaccinated, we urge you to consult your health care provider about getting your shots. It's not just about you, as we've all learned during this

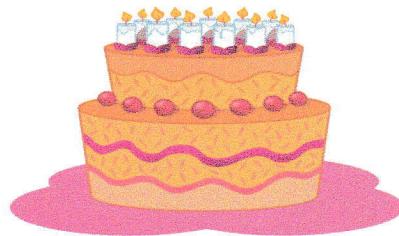
trying period. We need to take all the care we can to prevent the spread of COVID-19.

We could use some gardeners. If you aren't familiar, we have six raised beds in the lot next to the Center.

For the past few years, we've had squash, tomatoes, lettuce, cucumbers and zucchini in the boxes. We need weeder, waterers and harvesters.

I love gardens but they make me itch, so once plants start getting leaves, I can only watch them from a distance.

May Birthdays



***A Matter of Balance* workshops set for second round beginning May 11**

There are only a few seats available for the second round of balance and fall prevention workshops at Newburgh Senior Center. "A Matter of Balance" is an eight-week class where participants learn to set goals for increasing activity, make changes at home to reduce fall risks, exercise to increase strength and balance and view falls as controllable. Classes will begin Tuesday, May 11 and meet each week through June 29. Register now to guarantee your spot. Each session will run from 2-4 p.m. Extension Educator, Jo Gilreath, and Julie Collins of Woodmont Health Campus are our instructors. Social distancing and masks are a fun-

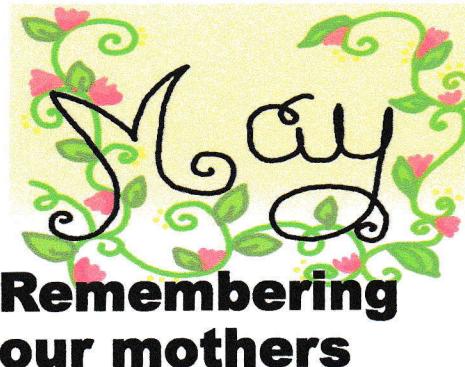
damental policy at Newburgh Senior Center these days and will be observed for these activities.

The workshops are sponsored by Purdue Extension, Generations Area 13 Agency on Aging & Disability and Woodmont Health Campus in Boonville. These sessions are open to the public. If you want to participate, please call the Center, 812-853-5627.

This program is based on "Fear of Falling: A Matter of Balance," developed by Boston University, © 1995. SWIRCA is also offering these workshops on Mondays, noon-2 p.m. beginning May 3. Call Kristin Hood at 812-492-7435 to register for their program.

Linda Shaw	5-1
Pam Gilham	5-3
Greg Hall	5-4
Diane Wright	5-5
Jack Spillman	5-8
Jane Schmitt	5-10
Marie Moore	5-10
Maurine Cooley	5-10
Janet Tenbarge	5-15
Linda Nottoli	5-16
John Robinson	5-18
Bonnie Eberle	5-22
Bob Ice	5-28
Lil Sturm	5-30

Thank you to our Day Sponsors for May



Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele.

The clearest modern precedent for Mother's Day, however, is the early Christian festival known as *Mothering Sunday*. This celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their *mother church*.

The origins of Mother's Day as celebrated in the United States, date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

The official Mother's Day holiday arose in the 1900s due to the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following the success of her first Mother's Day, the younger Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign urging the adoption of a special day honoring motherhood.

President Woodrow Wilson signed a measure in 1912, officially establishing the second Sunday in May as Mother's Day.

Thanks to the *History Channel* for this information.

We thank our May 2021 Day sponsors:

May 9 - Mother's Day is sponsored by Colleen and Dennis Martin in honor of their mothers, Jean Race—who will soon be 93 and the late Evelyn Martin. We encourage you to take the time to connect with your family.

May 24 is sponsored in loving memory of Elaine Gomoll, late wife of Allen Gomoll. May 24 was Elaine's birthday. She left many happy memories for her family to remember.

May 31, Memorial Day, is sponsored

by someone who wishes to remain anonymous.

She asks us to be thankful for those who sacrificed for our freedom.

Memorial Day is the perfect day to remember that our country was built by those who stood up for freedom and liberty and those who made the ultimate sacrifice throughout our country's history.

We've hope for the future

We can all look around us and get depressed thinking about future generations. Then along comes someone of a certain age who brings back our hope.

It's even better that the Senior Center members were the target of the generosity of that young person.

Audi Wilson, the great-grandson of Judy Lopez, one of our board members, recently participated in a stewardship project in his second grade class. Each student was given \$5 and encouraged to multiply that and use the proceeds for good deeds.

Audi raised several hundred dollars for his project. He then purchased baskets and filled them with goodies for seniors at nursing homes. He had enough left to donate several to our place.

We are going to use them for cover-all bingo prizes. Audi is looking forward to coming over and playing bingo this summer with us.

Thanks Audi. We are so proud of you — and so is your great-grandma.



We'll be closed May 31 for Memorial Day.

Cold lunch menu from SWIRCA

Monday

Cottage Cheese
Peach Cup
Hard-boiled egg
Crackers
Three-Bean Salad
Milk

Tuesday

Ham & Cheese on Rye
Mustard packet
Potato Salad
Watermelon
Cookie
Milk

Wednesday

Chicken Salad/Croissant
Macaroni Salad
Fruit Cup
Pudding Cup
Milk

Thursday

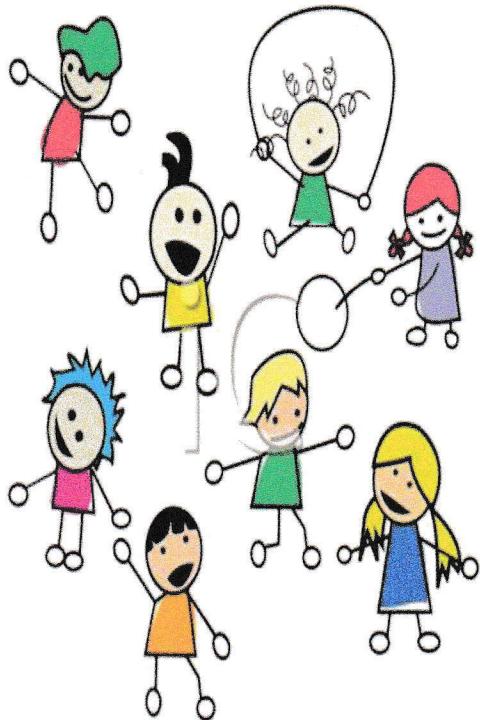
Pimento Cheese Sandwich
Pea Salad
Frozen Fruit Salad
Snack Cake
Milk

Friday

Egg Salad on Wheat
Pasta Salad
Pickled beets
Pie
Milk

NO SPECIAL ORDERS, PLEASE.

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

Thanks to our supporters and volunteers

As we continue to open up with more activities, we have been blessed with new and returning supporters and volunteers. We are grateful to everyone who is willing to sponsor lunches and bingo games and to our volunteers who step up when we need things done. (Sorry! if anyone gets left out.)

We have almost all our bingo sponsors for Tuesdays and Thursdays, so let the games begin! Bingo starts at noon and should be over around 1 p.m.

We are wearing masks and social distancing for all our activities. (Yes, we know that's been said before and it will no doubt be said again.)

Thanks to Heritage Woods, Woodmont Health Campus, Ascension Complete, Warren and Pam Wentzel, and Alexander's Funeral Homes for sponsoring bingo games.

And we appreciate those who are preparing lunches for our free-lunch Fridays or funding the purchase of lunch supplies. Monthly lunch sponsors include Cypress Grove, a Living

Word Church Sunday School class and the Islamic Center of Evansville.

This month, for the fourth Friday, the Friends Night Out Extension Home-makers Club is sponsoring our free lunch. Quarterly, Heritage Woods will be bringing our lunches.

We still have a couple bingo sponsorships open and the fourth and fifth Friday free lunches are in need of sponsors if you know of any business or group who would like to participate with our friends at the Center.

Thanks also to our superior volunteers.

Ed Butch is working on the garden and would not turn down your help.

Michelle Wedding is our faithful sign volunteer.

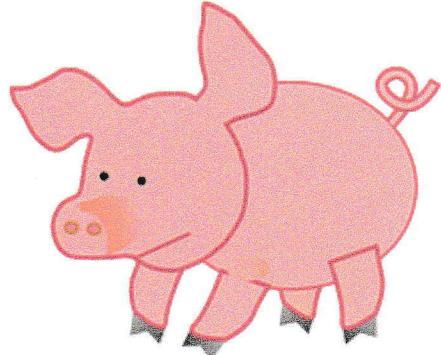
Colleen Martin is here when we need her and loves to make the Sam's Club run for us.

Theresa O'Rourke and Sarah Burke keep us decorated in the appropriate season.

Rosemary and Bill Hardin have

cleaned up our landscaping so we look like spring outside our building.

Save the Date



September 24 and 25, our famous Porkapalooza is going to be providing deliciousness in our neighborhood when the Newburgh BBQ Coalition fires up the smokers in our side yard.

Once again, we'll be serving pulled pork sandwich lunches and delivering pre-orders of ribs, tenderloins and pulled pork.

Put this on your calendar now so you don't miss a single bite.

There are more holidays than the Derby and Mother's Day on the calendar in May



Batman Day: 1
Beltane: 1
Hug Your Cat Day: 1
International Doodle Dog Day: 1
Join Hands Day: 1
Kentucky Derby: 1
Keep Kids Alive! Drive 25 Day: 1
Mariachi Day: 1
Mother Goose Day: 1
National Scrapbooking Day: 1
Start Seeing Monarchs Day: 1
Stepmother's Day: 1
World Naked Gardening Day: 1
World Laughter Day: 2
Garden Meditation Day: 3
Lumpy Rug Day: 3
Wear Two Different Colored Shoes Day: 3
Public Radio Day: 3
Bird Day: 4
Intergalactic Star Wars Day: 4 (May the Fourth Be With You!)
International Respect for Chickens Day: 4
National Teacher Day: 4
Petite and Proud Day: 4
Cinco de Mayo: 5
Great American Grump Out: 5
International Roller Derby Day: 5
Revenge of the Fifth (Star Wars Sith): 5
National Day of Prayer: 6

No Diet Day: 6
World Password Day: 6
Beaufort Scale (Wind) Day: 7
Tuba Day: 7
Mother Ocean Day: 8
National Archery Day: 8
No Socks Day: 8
O. Henry Pun-off Day: 8
World Belly Dance Day: 8
Mother's Day: 9
National Hamster Day: 10
Eat What You Want Day: 11
Root Canal Appreciation Day: 11
International Nurses Day: 12
Limerick Day: 12
Frog Jumping Day: 13
National Chicken Dance Day: 14
The Stars and Stripes Forever Day: 14
Do Dah Day: 15
International Day of Families: 15
National Chocolate Chip Day: 15
National Slider Day: 15
Nylon Stockings Day: 15
Straw Hat Day: 15
National BBQ Day: 16
(Think Porkapalooza!)
National Sea Monkey Day: 16
International Museum Day: 18
Mother Whistler Day: 18
Visit Your Relatives Day: 18
National Juice Slush Day: 19
National Scooter Day: 19
Turn Beauty Inside Out Day: 19
Eliza Doolittle Day: 20
World Bee Day: 20
I Need A Patch For That Day: 21
National Pizza Party Day: 21
Sherlock Holmes Day: 22
National Best Friend-in-Law Day: 23
Neighbor Day: 23
World Turtle Day: 23
Brother's Day: 24
International Tiara Day: 24
Morse Code Day: 24
Cookie Monster's Birthday: 25
National Tap Dance Day: 25
Nerd Pride Day: 25
National Paper Airplane Day: 26

National Senior Health & Fitness Day: 26
Cellophane Tape Day: 27
Eat More Fruits & Vegetables Day: 27
Joe Cool Day: 27 (Think Snoopy)
National Wig Out Day: 28
Amateur Radio Military Appreciation Day (ARMAD): 29
National Learn To Swim Day: 29
Put A Pillow On Your Fridge Day: 29
(for good luck!)
Indianapolis 500 Anniversary: 30
National Smile Day: 31
Prayer for Peace Memorial Day: 31
Save Your Hearing Day: 31
What You Think Upon Grows Day: 31

Start looking for Monarchs in May

Monarch butterflies will be appearing in a garden or flower patch near you about now. They are returning from Mexico where they spent the winter.

If you have space and would like to encourage more butterflies, Monarchs are particularly fond of milkweed. Sweet-nectarated flowers will attract butterflies. We are losing butterflies as a result of chemical sprays and loss of habitat. Since that is the fault of humans, we should do what we can to help them survive and thrive.

Celebrate Cinco de Mayo

Cinco de Mayo, or May 5, is a Mexican holiday to commemorate the Mexican Army's victory over the French Empire at the Battle of Puebla, on May 5, 1862, under the leadership of General Ignacio Zaragoza. The victory of the smaller Mexican force against a larger French force was a boost to morale for the Mexicans.

More popularly celebrated in the United States than in Mexico, the date has become associated with the celebration of Mexican-American culture. These celebrations began in California, where they have been observed annually since 1863.

Newburgh Senior Center Activities

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 *11 a.m. Clabber *11 a.m. Scrabble	4 *11:00 Exercise *Noon Bingo by Warren and Pam Wentzel	5 *11:00 Euchre	6 * 11:00 Exercise *Noon Scrabble *Noon Bingo by Alexander's Funeral Home	7 *11:30 Free Lunch Friday sponsored by Cypress Grove	On the Fridays we have Free Lunch, you can have either/and that lunch and the SWIRCA meal. We need prior reservations for either or both. The SWIRCA lunch cost is the usual \$3.50 per meal. For either lunch, we need a reservation.
9	10 *11 a.m. Clabber *11 a.m. Scrabble	11 *11:00 Exercise *Noon Bingo by Heritage Woods	12 *8 a.m. NSC Board *11 a.m. Euchre	13 *9:30, 10:00 Tai Chi at Zion UCC * 11:00 Exercise *Noon Scrabble *Noon Bingo by Ascension Complete	14 *11:45 a.m. Free Lunch Friday by Living Word Church Sunday School Class	15
16	17 *11 a.m. Clabber *Noon Scrabble	18 *11 a.m. Exercise *Noon Bingo by Woodmont Health Campus	19 *11 a.m. Euchre	20 *9:30, 10:00 Tai Chi *11 a.m. Exercise *Noon Scrabble *Noon Bingo by Atria	21 *Noon Free Lunch Friday by the <i>Islamic Center of Evansville</i>	22 We are a SWIRCA meal site. Reservations are needed at least one day ahead. All our meals are currently drive-through pick up. That will change only when SWIRCA directs us.
23	24 *11 a.m. Clabber *Noon Scrabble	25 *11 a.m. Exercise *Noon Bingo by Ascension Complete	26 *11 a.m. Euchre	27 *9:30, 10:00 Tai Chi *11:00 Exercise *Noon Scrabble *Noon Bingo by MSA Hospice	28 *11:45 Free Lunch Friday by <i>Friends Night Out Extension Homemakers</i> *Noon Cards with Jane	29
30	31 *11 a.m. Clabber *Noon Scrabble					Please note the calendar is subject to change.

SWIRCA & More

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Riblet on Bun Red Skin Potatoes Succotash Mixed Fruit Cup Milk	4 Sausage Gravy & Biscuit Oven Fried Potatoes Fresh Apple Slices Milk	5 Chicken Fajitas Fire Roasted Corn Rice Soft Tortilla Cookies Milk	6 Manwich Sloppy Joe on Bun Tater Tots Mixed Vegetables Brownie Milk	7 Stuffed Green Pepper Sweet Potatoes Peas Peach Cup Bread/Margarine, Milk Free Lunch Friday sponsored by Cypress Grove
10 Homemade Macaroni & Cheese (1 cup) Broccoli Dinner Roll Fruit Crisp Milk	11 Smothered French Onion Chicken Baby Bakers Carrots Wheat Bread/Marg Cookies Milk	12 Sliced Turkey & Gravy Mashed Potatoes California Blend Bread/Margarine Pudding Milk	13 Swiss Mushroom Burger on Bun Buttered Corn Baked Beans Pineapple Cup Milk	14 Penne Pasta Italian Beans Warm Applesauce Texas Toast Snack Cake, Milk Free Lunch Friday sponsored by Living Word Sunday School Class
17 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Rye Bread/Margarine Milk	18 Meatloaf Sandwich Twice Stuffed Potatoes Three Bean Salad Spiced Peaches Milk	19 Omelet Hash Brown Pattie Biscuit Yogurt Fresh Fruit	20 BBQ Chicken on Bun Baked Beans Chuckwagon Corn Applesauce Cup Milk	21 Philly Cheesesteak w. Bun Tater Tots French Style Green Beans Mandarin Orange Cup Milk Free Lunch Friday sponsored by the Islamic Center of Evansville
24 Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk	25 Vegetable Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	26 Ham & Beans(1 cup) Spinach Cornbread Snack cake Milk	27 Loaded Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread Stick Brownie Milk	28 Potato Crusted Fish Macaroni & Tomatoes Green Beans Wheat Bread/Margarine Cookies, Milk Free Lunch Friday sponsored by the Friends Night Out Extension Homemakers Club
Closed Memorial Day	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807			On Free Lunch Fridays, you may order the SWIRCA lunch and/or the Free Lunch. The SWIRCA lunch IS NOT FREE. The SWIRCA lunch suggested donation is \$3.50.