

Newburgh Senior Center

January 2022 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 a.m. - 2 p.m.

Manager's Corner

I would like to begin by wishing each of you a happy and healthy new year. 2022 is upon us, and I'm confident it's going to be a good year. We are certainly due for one!

If you're like me, and have trouble keeping resolutions, try making a commitment to incorporating new and healthy activities into your routine. Whether it's trying a new exercise class, testing a new recipe, or meeting a friend for lunch, making small changes is sometimes more helpful than creating one big (and often unobtainable) goal.

If fitness is a challenge for you, look for physical activities you enjoy. We offer free chair exercise classes Monday-Thursday at 10:30 a.m. at the

center. Although all fitness levels can participate, it's more rigorous than you might expect! Everyone is welcome. Tai Chi is available for our members Thursday mornings at 9:30 and 10 a.m. at Zion United Church of Christ. Walking in your neighborhood or along our beautiful Newburgh riverfront are also good options. The possibilities are endless!

If healthy eating is on your agenda, consider investing in an instant pot. It's a slow cooker and pressure cooker all in one. There are thousands of recipes online to help you get started with this convenient form of cooking. Homemade soup can be ready in 30 minutes! Another tip for healthy eating is meal prep. Set aside one

evening a month for meal planning and preparation. Having healthy snacks and proportioned meals readily available is helpful when you're busy or worn out at dinnertime.

Have you always wanted to keep a journal? It doesn't have to be intimidating. Start with a moleskin or any kind of notebook. Some things to document are your favorite quotes, a brief description of your day, ideas you get from books, or even a bucket list of things you want to do, such as "write a novel," "visit New York City at Christmastime," or "go to the Kentucky Derby."

Whatever you do in 2022, may it be a joyful year for you and your loved ones!

Contact Us for Opening Dates

At press time, we are planning to open for inside activities beginning Monday, January 10.

The week of January 3-7, we will be open for drive-by lunches only. Please reserve your SWIRCA or "Free Lunch Friday" meals at least one day in advance.

Call us at 812-853-5627 or watch our Facebook page for updates.



January Birthdays

Ed Butch	1/02	Rosemary Hardin	1/18
Kay Fenimore	1/02	Doris Schmidt	1/18
Anita Heller	1/03	Bettie Abney	1/19
Jim Lyons	1/03	Janice Clark	1/22
Alice Flewallen	1/04	Linda Beall	1/23
Nancy Ahrens	1/05	Stephen Holowka	1/25
Theresa O'Rourke	1/06	Mary Jane Baxter	1/27
Marlene Crenshaw	1/08	Warren Moore	1/27
Barbara White	1/09	Dagmar Hong	1/29
Warren Wentzel	1/13	Connie Osborne	1/29
Alice Brabel	1/15	Carol Schaefer	1/29
Sharon Anderson	1/16	Lew Walters	1/29
Aileen Jeffries	1/17	Josephine Caskey	1/30
Karen Kennedy	1/17		

We Love and Appreciate Our January Day Sponsors

January 17—Martin Luther King, Jr. Day is sponsored by the **Martin Family** in honor of the many wonderful community organizations who reach out. We love our generous community and how they care for each other.

Thank you, **Newburgh UMC Food**

Pantry, Newburgh Area Food Pantry, various Angel trees sponsored by churches, Volunteer Fire Departments, Women's Club of Newburgh, and the Islamic Center Free Food Program.

We apologize if we left anyone out!

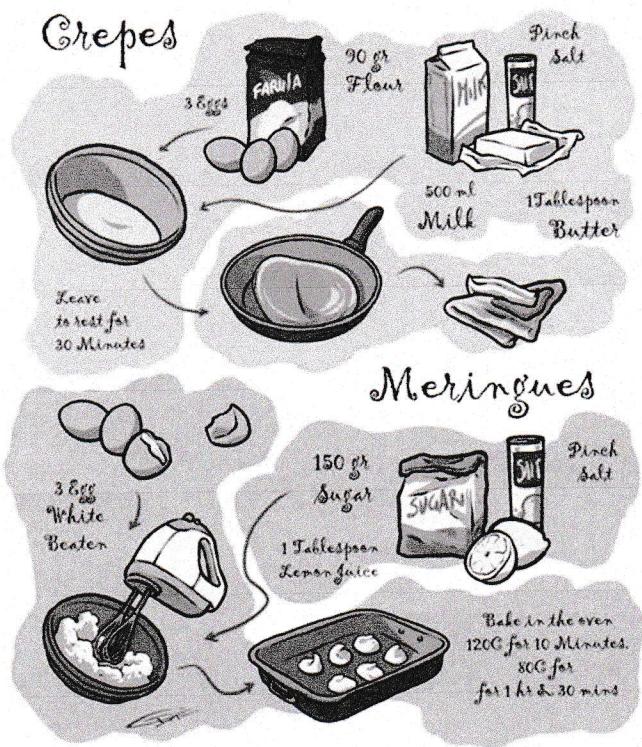
{special}
THANKS
to our sponsors



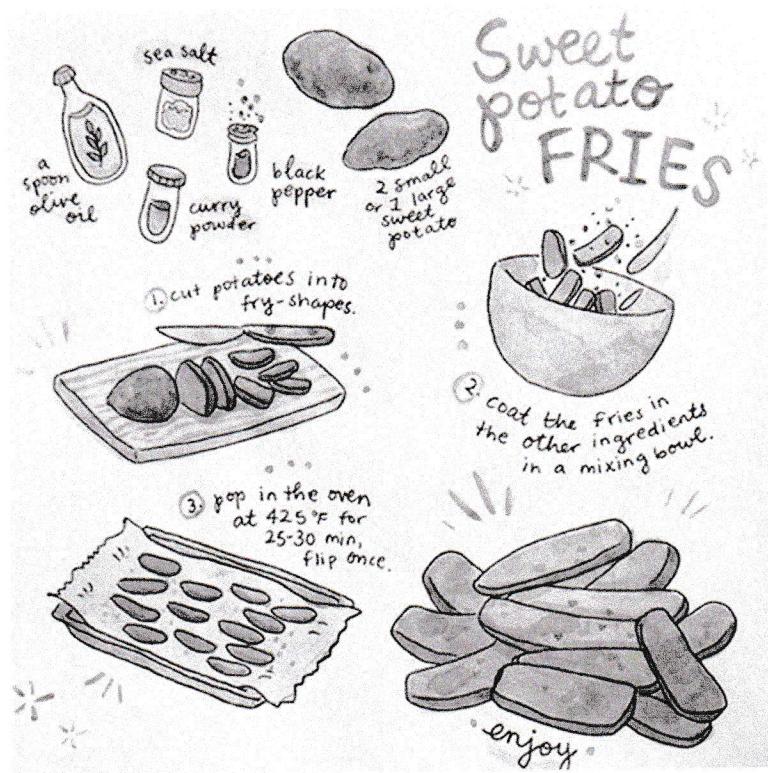
Thank You for Your Treat Bag Donations!

Thanks to your generous contributions, we were able to provide very nice treat bags to our Meals on Wheels participants and to our members who participated in center activities

over the past few months. Thank you very much for your kindness. We will continue providing monthly pick-me-ups to those on Meals on Wheels throughout 2022.



Meringues



Senior Center Operations During Inclement Weather and the Time of COVID

Anytime Warrick County is in the red COVID-19 advisory level, we will be closed to inside activities, and SWIRCA and "Free Lunch Friday" meals will be offered on a drive-by basis.

For the safety of our members and guests, wearing a face mask inside the center is strongly recommended for everyone, regardless of vaccination status. We continue to closely monitor advisory levels and guidance and will

provide updates on our Facebook page and in future newsletters. You are also welcome to call us for the latest information at 812-853-5627.

SWIRCA meals are available Monday through Friday, as well as our popular "Free Lunch Friday" lunches. A reservation at least one day in advance is required for both SWIRCA and free lunches.

We are past due for inclement

weather—no complaints here! When Warrick County Schools are closed or have a remote learning day due to weather conditions, Newburgh Senior Center will also be closed. When schools operate on a delay, we plan to be open 9 a.m. to 2 p.m., as usual. Please use your best judgement about when it is safe for you to get out when inclement weather is in the forecast.

Thank You to Our Generous Activities 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 and 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

***Kaiser Aluminum Warrick, Bill & Suzie Byers** — Activities sponsors

***King Mechanical Specialty, Zion United Church of Christ, Dave & Marsha Lambert** — 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, Michelle Wedding, at manageratnsc@gmail.com.

The Holidays Last All Month Long with These National Days of Honor

- *New Year's Day: 1
- *New Year's Dishonor List Day: 1
- *Polar Bear Plunge Day: 1
- *Tournament of Roses Parade Day: 1
- *No Pants Subway Ride Day: 2
- *Pet Travel and Safety Day: 2
- *World Introvert Day: 2
- *Chocolate Covered Cherry Day: 3
- *National Weigh-In Day: 3
- *Pop Music Chart Day: 4
- *Trivia Day: 4
- *Twelfth Night: 5
- *Epiphany: 6
- *Three Kings Day: 6
- *Bald Eagle Appreciation Days: 7-9
- *Harlem Globetrotter's Day: 7
- *I'm Not Going To Take It Anymore Day: 7
- *Old Rock Day: 7
- *Bubble Bath Day: 8
- *Balloon Ascension Day: 9
- *Law Enforcement Appreciation Day: 9
- *National Sunday Supper Day: 9
- *National Clean Off Your Desk Day: 10
- *National Cut Your Energy Costs Day: 10
- *National Oysters Rockefeller Day: 10
- *Learn Your Name in Morse Code Day: 11
- *National Shop For Travel Day: 11
- *Kiss A Ginger (Red Head) Day: 12
- *National Hot Tea Day: 12
- *Make Your Dream Come True Day: 13
- *National Sticker Day: 13
- *Public Radio Broadcasting Day: 13
- *Rubber Ducky Day: 13
- *Caesarean Section Day: 14
- *International Kite Day: 14
- *Organize Your Home Day: 14
- *World Logic Day: 14
- *Humanitarian Day: 15
- *National Hat Day: 15
- *National Use Your Gift Card Day: 15
- *Appreciate a Dragon Day: 16
- *Religious Freedom Day: 16
- *Cable Car Day: 17
- *National Bootleggers Day: 17
- *Popeye Day: 17
- *Martin Luther King Day: 17
- *National Day of Service: 17
- *National Disc Jockey Day: 18
- *Winne the Pooh Day: 18
- *Popcorn Day: 19
- *Tin Can Day: 19
- *World Day of Migrants and Refugees: 19
- *Get to Know Your Customers Day: 20
- *Inauguration Day: 20
- *Penguin Awareness Day: 20
- *International Sweatpants Day: 21
- *National Cheesy Socks Day: 21
- *National Hug Your Puppy Day: 21
- *Answer Your Cat's Questions Day: 22
- *Celebration of Life Day: 23
- *National Pie Day: 23
- *Snowplow Mailbox Hockey Day: 23
- *Belly Laugh Day: 24
- *International Day of Education: 24
- *International Mobile Phone Recycling Day: 24
- *National Compliment Day: 24
- *National Peanut Butter Day: 24
- *Talk Like a Grizzled Prospector Day: 24
- *Macintosh Computer Day: 25
- *National Irish Coffee Day: 25
- *National Plan a Vacation Day: 25
- *Dental Drill Appreciation Day: 26
- *National Peanut Brittle Day: 26
- *Holocaust Memorial Day: 27
- *Fun at Work Day: 28 (Last Friday)
- *National Big Wig Day: 28
- *National Kazoo Day: 28
- *Curmudgeons Day: 29
- *Freethinkers Day: 29
- *Fruitcake Toss Day: 29
- *National Puzzle Day: 29
- *Croissant Day: 30
- *Inane Answering Message Day: 30
- *Appreciate Your Social Security Check Day: 31
- *Bubble Wrap Appreciation Day: 31

SWIRCA & More

January HDM 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Stuffed Pepper Cauliflower Corn Brownie Milk	4 Chicken Pattie Asparagus Roasted Potatoes Pear Cup Milk	5 Sausage Pattie Country Gravy Hash Brown Pattie Applesauce Donut Stick Milk	6 Meatloaf Mashed Potatoes Carrots Mixed Fruit Cup Milk	7 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Milk
10 Chicken & Noodles Mashed Potatoes French Style Green Beans Cookies Milk	11 Polish Sausage Red Skin Potatoes Squash Snack Cake Milk	12 Italian Chicken Pattie Baked Potato w/Sour Cream Vegetable Blend Applesauce Cup Milk	13 Homemade Beef Stew Seaoned Cabbage Biscuit Peach Cup Milk	14 Sloppy Joe Homemade Macaroni & Cheese Mixed Vegetables Fruit Cup Milk
17 CLOSED M.L. KING BIRTHDAY	18 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Cookies Milk	19 Baked Chicken Rice Pilaf Peas Pineapple Cup Milk	20 BBQ Pork Cheesy Potatoes Carrots Peach Cup Milk	21 Tuna Casserole Corn Stewed Tomatoes Chocolate Chip Cookie Milk
24 Smoked Pork Chop Macaroni & Cheese Carrots Snack Cake Milk	25 Chicken Pattie Sweet Potatoes Broccoli Pineapple Cup Milk	26 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Milk	27 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Brownie Milk	28 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Fruited Jello Cup Milk
31 Baked Ziti w/Italian Sausage Italian Veggies Spiced Peaches Milk				Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807

Newburgh Senior Center Activities

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 * 10:30 Exercise * 11:30 Clabber * Noon Scrabble	4 * 10:30 Exercise * Noon Bingo Courtesy of Heritage Woods * Scrabble after Bingo	5 * 10:30 Exercise * 11-ish Euchre	6 * 9:30, 10:00 Tai Chi at Zion UCC * 10:30 Exercise * Noon Bingo Courtesy of Alexander Funeral Home * Scrabble after Bingo	7 Free Lunch Friday Courtesy of Good Samaritan	8 On the Fridays we have Free Lunch, you can have that lunch and/or the SWIRCA meal. We need prior reservations for all meals. The SWIRCA lunch cost is \$3.50 per meal.	
9	10 * 10:30 Exercise * 11:30 Clabber * Noon Scrabble	11 * 10:30 Exercise * Noon Bingo Courtesy of the Wentzel family * Scrabble after Bingo	12 * 8:00 NSC Board Mtg * 10:30 Exercise * 11-ish Euchre	13 * 9:30, 10:00 Tai Chi at Zion UCC * 10:30 Exercise * Noon Bingo * Scrabble after Bingo	14 Free Lunch Friday Courtesy of Bell Oaks Place	15
16	17 * 10:30 Exercise * 11:30 Clabber * Noon Scrabble	18 * 10:30 Exercise * Noon Bingo * Scrabble after Bingo	19 * 10:30 Exercise * 11-ish Euchre	20 * 9:30, 10:00 Tai Chi at Zion UCC * 10:30 Exercise * Noon Bingo * Scrabble after Bingo	21 Free Lunch Friday Courtesy of Islamic Center of Evansville	22 Call us to confirm opening/closing at 812-853-5627. We check the Indiana COVID map every Wednesday.
23	24 * 10:30 Exercise * 11:30 Clabber * Noon Scrabble	25 * 10:30 Exercise * Noon Bingo Courtesy of Woodmont Health * Scrabble after Bingo	26 * 10:30 Exercise * 11-ish Euchre	27 * 9:30, 10:00 Tai Chi at Zion UCC * 10:30 Exercise * Noon Bingo * Scrabble after Bingo	28 Free Lunch Friday Courtesy of Deaconess Hospice	29
30	31 * 10:30 Exercise * 11:30 Clabber * Noon Scrabble					Please note: This calendar is subject to change