

# Newburgh Senior Center

## March 2022 Newsletter

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Hours: M-F 9 am-2 pm



Michelle Wedding, Manager  
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Facebook: Newburgh Senior Center

### Manager's Corner

The Ides of March are upon us! I don't know about you, but for me, 2022 is moving along at an alarming clip. After a two month hiatus due to Warrick County's alarming COVID-19 numbers, the center opened for inside activities beginning on Valentine's Day. Welcome back! Come visit soon if you haven't joined us yet. We've already had a good turnout for exercise classes, Clabber, Bingo, Euchre, Scrabble, puzzles and Rumikub, and Free Lunch Fridays. We are still distributing SWIRCA meals Monday through Friday, also, for a suggested donation of \$3.50 per meal. Please let me or Diane know if you would like to order SWIRCA or Free Lunch Friday meals. We need to know in advance if you're coming, so we order enough food for everyone. An activities calendar is included in this newsletter. We are always looking for new activities, so please let us know if you have a hobby or interest you would like to see included in upcoming months. We're here for YOU, and we want you to feel comfortable and welcome. It's been a long, gloomy couple of months, but Spring is coming soon. We hope to see you soon, also!

### 2022 Membership Dues are Due

If you haven't already, please pay in person or mail your annual \$12.00 membership dues to Newburgh Senior Center, 529 Jefferson St, Newburgh, IN 47630. Thank you for being a member of the Newburgh Senior Center!



### Daylight Savings Time

Daylight Savings Time begins Sunday, March 13, 2022 at 2:00 am Central Standard Time. Remember to set your clock to "spring ahead" one hour before going to bed. This is also a great time to check and change batteries in your carbon dioxide and smoke detectors.

### Newburgh Senior Center is Open!

Welcome back! After careful consideration, the Newburgh Senior Center Board of Directors voted to reopen the Senior Center to inside activities. We encourage you to take the necessary precautions to keep yourself safe and healthy. Wearing a face mask is encouraged but not mandated. All past, present, and new members are welcome, and we hope to see you soon!



### March Birthdays

Louise Cartwright	03/03	Joe Seibert	03/13
Pauline Belwood-Bryant	03/05	Pam Wawryzniec	03/15
Karen Parker	03/05	Karen Parke	03/16
Gerald Bowser	03/06	Dorothy Schmitt	03/20
Ronda Reynolds	03/06	Ralph Wongler	03/25
Pam Wenzel	03/08	Kathryn Masterson	03/28
Teresa Latham	03/10	Teresa Delano	03/31



## Many Thanks to our March Day Sponsors!

**March 3** is sponsored by **Ron Weatherford**, our **Tai Chi Sifu** (teacher). Ron teaches tai chi at our Thursday weekly classes at 9:30 and 10:00 am at Zion UCC in Newburgh. See our Facebook page or call Michelle at 812-853-5627 for all the details. Research shows that practicing tai chi can improve balance, stability and flexibility in older people, including those with Parkinson's disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia. Try it out! Thanks to Ron for being a supporter of Newburgh Senior Center and conducting classes for us.

**March 21** is the first day of spring and is sponsored by **Mike and Linda Andreas**. No matter how tough winter seems, spring brings back hope and optimism (and thoughts of lovely flowers and vegetables to come). Thank you, Mike and Linda.

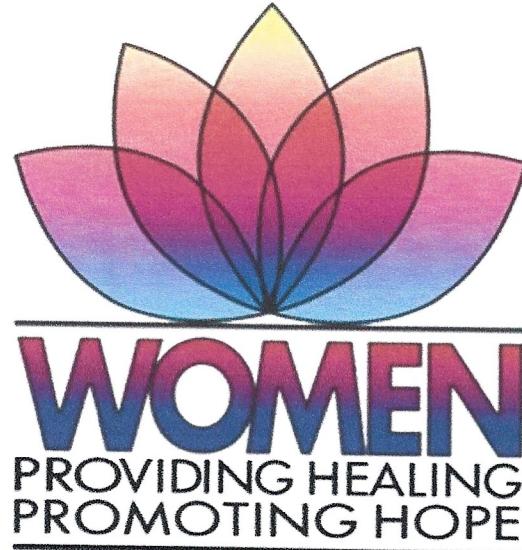
**March 28** is the birthday of Steve Yancey. All his friends at **King Mechanical Specialty** want to wish Steve a great day. We want to thank our friends at King Mechanical Specialty for being a 2022 hospitality sponsor and a wonderful supporter of the Newburgh Senior Center over the years. You are a valued neighbor and friend.

### Save the Date for Porkapalooza 2022!

Our biggest—and most fun—fundraiser, **Porkapalooza** is scheduled for October 7 and 8, 2022 this year. Mark your calendar and watch for more details to come as the date gets closer. We are forever grateful to the **Newburgh BBQ Coalition** for their continued support of NSC and the seniors of our community!

### Come Join us at Newburgh Senior Center

If you are member who has not been active at the senior center, or if you haven't joined yet but are interested, please stop by the see us soon! You are welcome to drop in for exercise classes Monday-Thursday at 10:30 am, Bingo games Tuesdays and Thursdays at Noon, to join our puzzle or Rumikub tables anytime, or just for coffee (or tea or lemonade) and good conversation. You might even be interested in checking out our weekly Clabber and Euchre card groups (Mondays and Wednesdays respectively). We also offer SWIRCA meals all week long and Free Lunch Fridays! Let us know if you are interested in meals. We look forward to seeing you soon!



### Women's History Month

March is Women's History Month, and the 2022 theme, "Providing Healing, Promoting Hope," is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic, and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history. Celebrate Women's History Month throughout the month of March.

# Many Thanks to Our Generous Activities Sponsors!

**Town of Newburgh**—Provides our building, grounds, maintenance, supplies and 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 Family Funeral Home** (812) 853-8314—Sponsors our monthly birthday cake and prints our newsletter each month

**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 greatly appreciate the commitment of those in our community who sponsor our projects and programs. If you would like to support the efforts of the Newburgh Senior Center, please contact us at (812) 853-5627 or email our manager at our new email address, [newburghseniorcenter@gmail.com](mailto:newburghseniorcenter@gmail.com)



## March is Chock Full of Fun and Fanciful Holidays

Women's History Month March 1-31

International Pancake Day: 1

Mardi Gras: 1

National Peanut Lovers Day: 1

Plan a Solo Vacation Day: 1

Reired, Not Retired Day: 1

World Compliment Day: 1

Ash Wednesday: 2

National Anthem Day: 3

Benjamin Harrison Day: 4

World Day of Prayer: 4

Girl Scout Sunday: 5

Sock Monkey Day: 5

Daughters and Sons Day: 6

Oreo Cookie Day: 6

National Cereal Day: 7

National Flapjacks Day: 7

International Women's Day: 8

Barbie Day: 9

Organize Your Home Office Day: 9

International Bagpipe Day: 10

Land Line Telephone Day: 10

Johnny Appleseed Day: 11

National "Promposal" Day: 11

COVID-19 Global Pandemic Day: 11

Working Moms Day: 12

Check Your Batteries Day: 13

Daylight Saving Time Begins: 13

NCAA Men's Division: 13

Napping Day: 14

Pi Day (as in the math = 3.14159265)

Save a Spider Day: 14

Write Your Story Day: 14

Ides of March: 15

World Consumer Rights Day: 15

Campfire Girls Day: 16

No Selfies Day: 16

St. Patrick's Day: 17

Awkward Moments Day: 18

Forgive Mom and Dad Day: 18

Kiss Your Fiancée Day: 18

National Sloppy Joe Day: 18

World Sleep Day: 18

Goddess of Fertility Day: 19

Swallows Return San Juan Capistrano Day: 19

Worldwide Quilting Day: 19

Alien Abduction Day: 20

International Day of Happiness: 20

First Day of Spring (Vernal Equinox): 20

National Common Courtesy Day: 21

National Single Parent Day: 21

Twitter Day: 21 (Social Media)

World Down Syndrome Day: 21

Talk Like William Shatner Day: 22

National Tamale Day: 23

World Meteorological Day: 23

National Chocolate Covered Raisins Day: 24

National Medal of Honor Day: 25

Pecan Day: 25

Tolkien Reading Day: 25

Be Mad Day: 26

Live Long And Prosper Day: 26

Make Up Your Own Holiday Day: 26

Purple Day: 26

Walk In The Sand Day: 26

Quirky Country Music Song Titles Day: 27

World Theatre Day: 27

Barnum & Bailey Day: 28

National Mom & Pop Business Owner Day: 29

National Vietnam War Veterans Day: 29

Niagara Falls Runs Dry Day: 29

International Laundry Folding Day: 30

Manatee Appreciation Day: 30

Virtual Vacation Day: 30

World Bi-polar Day: 30

Starbucks Day: 31

# SWIRCA & More

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk	2 <u>Ash Wednesday</u> Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk	3 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk	4 Tuna Casserole Stewed Tomatoes Corn Bread/Marg Pudding Cup Milk
7 Smoked Pork Chop Macaroni & Cheese Carrots Wheat Bread/Marg Snack Cake Milk	8 Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk	9 Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	10 Chicken & Dumplings Vegetable Blend Warm Spiced Peaches Wheat Bread/Marg Brownie Milk	11 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Apricots Milk
14 Baked Ziti w/Italian Sausage Italian Vegetables Warm Spiced Peaches Texas Toast Milk	15 Chicken Parmesan Garlic Mashed Potatoes California Blend Bread/Marg Pudding Milk	16 Pork Pattie w/Gravy Lima Beans Spinach Bread/Marg Cherry Ambrosia Milk	17 <u>Nutrition Awareness Day</u> Baked Chicken Wild & Brown Rice Vegetable Blend Dinner Roll Orange Slices Milk	18 Hamburger on Bun Roasted Red Skin Potatoes Stewed Tomatoes Brownie Milk
21 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Cup Milk	22 Chicken & Waffles w/Syrup Mixed Fruit Orange Milk	23 Ham & Beans Oven Fried Potatoes Cornbread Peach Cup Milk	24 BBQ Chicken on Bun Homemade Macaroni & Cheese California Blend Strawberry Applesauce Milk	25 Potato Crusted Fish Scalloped Potatoes Green Beans Wheat Bread/Marg Pudding Cup Milk
28 Stuffed Green Pepper Cauliflower Corn Bread/Marg Brownie Milk	29 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk	30 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk	31 Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807

## Newburgh Senior Center Activities