

# Newburgh Senior Center

## January 2025 Newsletter

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### Director's Corner

January finds us in the year of our Lord 2025. Whether or not you make formal New Year's resolutions, branching out meeting new people and trying new things helps ensure this year will be the best it can be! Here's a roundup of some fun activities happening at the Senior Center.

New year, new you (if not, I'm not judging). If you are looking for fun ways to stay fit, our daily exercise class might be the answer! We meet Monday through Friday at 10:30 am at the Center, and the moves, bends and stretches we do, incorporating exercise balls and bands, are appropriate for all fitness levels. It's a surprisingly vigorous workout! Weekly Tai Chi classes with Sifu Ron Weatherford are also available each Thursday at 9:30 and 10 am at nearby Zion United Church of Christ – the classes outgrew the Center!

If you are a Hoosier card player, you likely enjoy playing Clabber or Euchre, or have at least heard of these iconic card games. We have groups meeting weekly to play Clabber and Euchre. Our Clabber group meets every Monday, and the Euchre group meets each Thursday. If you have at least rudimentary knowledge of how to play either game, you are welcome to join in! Stop by the Center around 11 am to meet our group members, and game playing begins shortly afterward.

Stop by any day, and you will undoubtedly see small groups working jigsaw puzzles and playing games of Rumikub and Scrabble. New and old members alike are welcome to join in. This is a friendly place!

Tuesdays and Thursdays are for BINGO! Lively BINGO sessions are held each Tuesday and Thursday at the Center beginning at Noon, and everyone's a winner! Games are sponsored and are at no charge to our members.

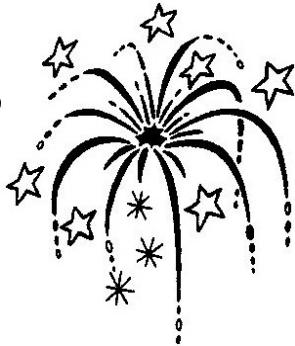
The Center is an ideal place for reading and quiet contemplation. Our library is under renovation and has books of many genres that may be read on site or taken home. Our "Tranquility Room," equipped with a sofa and rocking chair, is ideal for use as a reading nook.

Almost nothing beats the camaraderie of shared meals and lively conversation with others. In addition to offering SWIRCA meals each weekday for a nominal donation (\$4.00 is the suggested amount), we also have community sponsored hot meals at the Center every Friday at no charge to our members. There are always plenty of new and old friends to socialize with at our free lunch Fridays! To order SWIRCA meals, or to get in on a free Friday lunch, call the Center at 812-853-5627 in advance to make a reservation.

We hope to see you soon. Have a very happy, healthy and prosperous New Year!



# thank you



## Thank You January Day Sponsors!

**January 20**, Martin Luther King Jr. Day, is sponsored by **The Martin Family** in honor of the many wonderful community organizations who reach out in love and caring.

### How to enjoy January



### Inclement Weather Notice

In the event of inclement weather, Newburgh Senior Center follows the guidance of the Warrick County School Corporation. When school is delayed or canceled, Newburgh Senior Center will be also. We also publish closures on Facebook and with Channel 14 News. Please exercise extreme caution during icy conditions.

#### ANGEL TREE THANKS

"Thank you to everyone at the Center and from the greater community, who participated in the Cypress Grove Angel Project. What an amazing outpouring of love, thoughtfulness and care you provided to those residents who needed a "family" at the holidays!. Actions like this make us all grateful to live here!"

### It's Hygge Season!

Hygge (pronounced "hue-guh") is a Danish concept for which we have no perfect English word, though "cozy" might be a close approximation. Winter is the perfect time to practice hygge because it's all about hunkering down, scented candles, warm blankets, fuzzy slippers, blazing fireplaces, hot tea, and reading nooks.

Hygge means creating a warm, welcoming atmosphere and enjoying the good things in life. It implies a slowness and awareness of life that allows you to live in the moment. Hygge is also defined as "the coziness of the soul."

Scandinavians see it as a pathway to lasting happiness, and there's probably some truth to that, since Denmark is the second happiest country in the world according to the World Happiness Report (the U.S. comes in 18th; we clearly need more hygge).

You can embrace the hygge life yourself and share it with those you love. And what better time to practice it than during the winter months when there are plenty of opportunities to cozy up by a fire, spend cherished time with loved ones, and focus on the things that matter most.

Here are some basic hygge rules to live by: dress comfortably, light some candles, gather together with loved ones in a relaxing environment, enjoy good food, and be "in the moment."

Hygge means learning to be content, not worrying about the future or what you might be missing out on. Be intentional about what and who you have around you.

# We Appreciate Our Activities Sponsors!

**Town of Newburgh**—Provides our building, grounds, maintenance, supplies, and services

**C. Richard & Verna Louise Johnson Foundation**

**Cecil & Mabel Lene Hamman Foundation**

**Alcoa Warrick Operations**

**Walmart—Newburgh “Spark Good” Grant**

**Bayer's Plumbing (812) 853-2305**—Birthday Celebrations Sponsors

**Titzer Family Funeral Home (812) 853-8314**—Monthly newsletter sponsor

**King Mechanical Specialty, Zion United Church of Christ, Dave & Marsha Lambert, Living Word Christian Church-** Hospitality/Activity sponsors

**The Fresh Market** - for its donation of meat for some Free Lunch Fridays

**Marsha & Dave Lambert**-Paper Goods Sponsor

**Marc Hafele-Impulse Salon and Spa and Cleo Holder** - Christmas Dinner Sponsors

**Women's Fund of Warrick County, Warrick County Community Foundation**—Daily Exercise Sponsor

**Greg Granger**— A First quarter BINGO sponsor

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 call (812) 853-5627

## January Birthdays

Ed Butch	1/02
Kay Fenimore	1/02
Anita Heller	1/03
Jim Lyons	1/03
Alice Flewallen	1/04
Nancy Ahrens	1/05
Pat Davis	1/05
Theresa O'Rourke	1/06
Marlene Crenshaw	1/08
Barbara White	1/09
Warren Wenzel	1/13
Aileen Jeffries	1/17
Karen Kennedy	1/17
Doris Schmidt	1/18
Rosemary Hardin	1/18
Janice Clark	1/22
Linda Beall	1/23
Stephen Holowka	1/25
Bobby Tapp	1/26
Mary Jane Baxter	1/27
Alan Elzer	1/28
Connie Osborne	1/29
Lew Walters	1/29

**Don't forget yearly Membership Dues of \$15.00 are due in January. They can be paid by Cash or by Check. Please see Cindy or Diane in the Office and if you have not filled out Membership papers, please make sure to fill them out. SWIRCA Nutrition Program Participant Information is included.**



**The Guest Office has now been converted into the NEW GAME ROOM. The Hospital Bed, Desk, Broken File Cabinet and Printer table were all donated to St. Vincent DePaul on Saturday, December 4th and the room was converted on December 6th.**