

Newburgh Senior Center

May 2014 Newsletter

Newburgh Senior Center

529 Jefferson St.
Newburgh, IN 47630 (812) 853-5627 Fax: 853-5629
NewburghSeniorCenter.com Lisa1ashlyn@aol.com
Hours: Monday - Friday, 9am to 2pm
Lisa Ashby Goff, Manager

Happy Birthday

Jack Spillman - May 8

Jane Schmitt - May 10

We appreciate our Day Sponsors for May:

Mike and Linda Andreas are sponsoring May 11 Mother's Day. Celebrate all mothers and the ladies who were "like a mother to you." Thank you Mike and Linda for all you do for us and our community.

Don and Judy Lee are sponsoring Memorial Day, May 26. Remember those who have passed and cherish the memories. Thank you Don and Judy for being such devoted supporters of the Newburgh Senior Center.

Remember May 29 is 529 College Plan Day. Kim Shirk, from Heritage Federal Credit Union reminds us that setting up a 529 College Savings Plan would be a great way to support the future of grandchildren or even great grandchildren. Kim, thank you for serving as a board member and as our Board Treasurer.



Just a few Upcoming Events in May:

Saturday, May 3rd: Thanks to the Newburgh United Methodist Church "Pairs & Spares" Sunday school class who will be volunteering at the senior center doing work inside and outside our building.

Also, Saturday, May 3rd is the Rivertown Trail 5K Run. The town of Newburgh needs your help on Friday, May 2nd at Town Hall to hand out registration packets to runners. Please call Lisa at 853-5627 if you would like to help us.

Wednesday, May 14th is our Derby Dinner Day trip. For those not signed up for the day trip, the senior center is open normal hours.

Thursday, May 15th: Piano with Suzette Ewer at noon.

Friday, May 23rd at noon: Card-making with Jane

*See calendar for full list of activities

Coming up in June....

Monday, June 2 - carry-in supper at 5:30 followed by Hadi Shriners Brass Band at 6:00.

Special Thanks to Schnucks and the Escrip Program-

Thanks to Schnucks for the Escrip Program which provides a way for their customers to support local non-profits when they shop at Schnucks. When you scan your Escrip card at checkout, a portion of the money you spend goes the non-profit you designate. It costs you nothing to participate, you just need to get an Escrip card and show it to the cashier each time before you check out. To sign up for the Newburgh Senior Center, please see Lisa. Thanks!

"Senior Class" Kazoo Band -May 2014: Please join us!

Please mark your calendars for the following dates:

Thursday, May 01, after lunch/exercise- Practice at the Center.

**Thursday, May 08-at 2:00 pm at Signature (former Angel Rivers)
Please be there by 1:45 pm.**

Thursday, May 15, at 2:30 pm at Newburgh Healthcare Please be there at 2:15 pm.

Thursday, May 29, at 2:30 pm at Woodlands. Please be there by 2:15pm

SHIP News ...

According to the website www.fbi.gov, healthcare fraud costs the country an estimated \$80 billion a year. Here are some tips to help prevent fraud-

- * Protect your Medicare card like you would a credit card.
- * Do remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.
- * Educate yourself about Medicare so you will know your rights and what a provider can and can't bill to Medicare.
- * Don't let anyone persuade you to see a doctor for care or services you don't need.
- * Don't accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare, remember Medicare does not send representatives to your home to sell products or services.
- * Don't give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or other authorized Medicare provider.

If you have Medicare questions or concerns, please call the State Health Insurance Assistance Program (SHIP) at 1-800-452-4800, TTY 1-866-846-0139 or call the local Newburgh SHIP office at 812-490-2002. The SHIP office is located in the Newburgh Senior Center. Office hours are Tuesday 9am-2pm and by appointment. If you have questions you can call the SWIRCA & More Aging and Disability Center at 812-464-7817.

Health and Wellness

- *Be sure and join us for SWIRCA exercise on Thursday afternoons at 12:30.
- *Arthritis Foundation Stretch is Monday, Tuesday, Wednesday and Friday at 11a.m.
- *Exercise and balance with Lisa Messel from Woodlands is the second Tuesday of each month at noon.
- *Tai Chi with Sifu Ron Weatherford of the Shui Lung Tao meets Thursday mornings at 10:00 at the Kiwanis Building. Ron is available at 9:30 for beginners.

Thanks to our Business Sponsors for 2014:

- *Bayer's Plumbing- (812) 853-2305- is our Sundaes Fridays sponsor.
- *Heritage Federal Credit Union-(812) 253-6928-is our Internet Cafe/Printer sponsor.
- *Titzer Funeral Homes-(812) 853-8314 - is our Birthday Cake sponsor.
- *Tom & Penny Bodkin-our garden/landscape sponsor.
- *Ohio Township-Activity Sponsor
- *Zion UCC Church, Newburgh, is our Hospitality Sponsor.
- *Christian Science Society of Boonville Irrevocable Trust Fund-Sponsor.



Join us for many activities at the Newburgh Senior Center!