

Newburgh Senior Center

May 2015 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

Although I am still the new kid on the block, with much to learn about the operations here at NSC, I feel like I have known many of the members for a long time. They have welcomed me with open arms and have jumped in with enthusiasm on some of the projects I suggested. We have played with hats, pretended to be leprechauns,

made Easter treat bags for shut in have played a couple new games. With that attitude, we can grow the Center and have fun in the process. Thank you, also, to the volunteers who continue to assist where they are needed. I am looking forward to working with you all as we move ahead.

I will be working with some board members in making plans for the next year and for the long term to help raise awareness in the com-

munity about the activities at the Center. If you have thoughts about something we should be doing, or an interest that we can work on together, please let me know. Our contact information is towards the top of this page. My office door is always open.

One of the first things we are going to do is spread the newsletter around to other facilities, so we can share with other seniors some of the fun we are having here.

Stay in Touch

Remember to check our Facebook page for updates on what's happening at the Newburgh Senior Center. And our web site is www.newburghseniorcenter.com.

We may not answer the phone during business hours but please leave a message and we'll get back to you as soon as we take a break from having fun.

While schools are in session, Newburgh Senior Center operates on the Warrick School Corp. schedule. If school is called for weather, the Center will be closed. If there is a delay, we will be open as usual.

May Birthdays

Jack Spillman	May 8
Jane Schmitt	May 10



Open Election Day

We normally are closed for election days, as the Center is a voting poll. However, there is no election this year for the primary in Newburgh, so we will be open as usual.

Thanks to those who help with Wednesday lunches

We have a fantastic group of sponsors and volunteers who have stepped up to provide Wednesday lunches until SWIRCA is able to serve them again.

Thanks to Colleen Martin, Dr. Allen Gommel and Myra Teal for April lunches. If you would like to provide lunch on Wednesday for about 20 happy Senior Citizens, please call the Center and speak with Nancy or Barb. We can get you a head count. We anticipate SWIRCA will receive new funding July 1.

Thanks to our Day Sponsors for May

May 1 Congratulations to Newburgh Healthcare, who is celebrating 37 years of caring for seniors in our community. Many thanks to Bruce and Carol Baker, who have been generous supporters of the Newburgh Senior Center and many other community organizations.

May 9 & 10 Thanks to Arnold and Suzan Sorenson. They remind us that May 9 is the Postal Carriers Food Drive. Please leave your non-perishable food items out for your mail carrier to pick up on May 9.

May 10 is Mothers' Day and the Sorensens suggest you contribute to the Newburgh Area Food Pantry in honor/memory of your own mother. The Sorensens are active

supporters of several Newburgh community organizations, including NSC and the Newburgh Area Food Bank at Mother Theresa's.

May 13 is sponsored by Hamilton Pointe Health and Rehab. They remind us that "Living Well Changes Everything." Thank you, Hamilton Pointe, for becoming a Day Sponsor and monthly Bingo sponsor this year.

May 24 is sponsored by Dr. Allen Gomoll, in loving memory of his wife, Elaine, who would have been 80 years old on this special day. Thank you, Dr. Gomoll, for including Newburgh Senior Center in your celebration of her memory.

May 25 is Memorial Day and is sponsored by the American Legion

Auxiliary, Kapperman Post 44. The Auxiliary encourages all to remember those who served their country by acting with respect and generosity to our veterans. Thank you to the Auxiliary for all the work you do on behalf of veterans.



Special activities scheduled for May

All our activities are listed on the calendar. Please note the recurring ones, such as Cards with Jane on the first Friday and Clabber Club every Monday. Here are some special events for May.

- **May 5**, Cinco de Mayo — We'll celebrate with our neighbors south of the border.
- **May 7**, Mothers' Day Celebration — Bring your favorite baby photo and we'll try to guess who's who.
- **May 15**, Fruitful Friday (Thanks to Bayer's Plumbing) and Scattergories Tournament
- **May 19**, Trivia Tuesday — Put on your thinking cap for this brainy challenge.
- **May 22**, Memorial Day observance — Bring your stories from the wars.

We will be closed Memorial Day, May 25.

**See our calendar for a complete list of Newburgh Senior Center events for May. If you have a program or activity suggestion, or an idea for a speaker, please notify Nancy. As blank spots are filled in the schedule, announcements will be posted on our Facebook page at <https://www.facebook.com/NewburghSeniorCenter>. (That address is without spaces but with the capital letters.)

Senior Class Kazoo Band Schedule for May



Kazoo Notes

If you are not a Kazoo Band member, everyone is welcome. Training and practice are optional, but recommended, so we can make sweet music together.

Thursday, May 07 at 2:30 pm at Signature. Please be there at 2:15 p.m.

Thursday, May 14, 2:30 p.m. at Woodlands. Please be there at 2:15 p.m.

Please mark your calendars for these dates in May.

Learning by Playing

Games are an important aspect of keeping the lines open in aging brains

If you visit our center some morning or afternoon, you probably will see several members playing table games or working puzzles. That may seem like a waste of time to some people, but actually, it is a scientifically proven way to keep one's memory active.

As we age, we tend to lose brain mass. Sometimes disease or genetics get in the way of our remembering things, like what we ate yesterday, but we can vividly remember our first kiss. That's because as we age the part of our brains that take care of short term memory tends to lose its plasticity. The good news is that scientists have found that if we exercise our brains, they retain the plasticity needed to function.

In his book, "Your Best Brain Ever," Michael S. Sweeney said scientists have found that there is no age limit on learning.

In that same book, Cynthia R. Green, PhD, said that you only need to work a few minutes a day to build new brain connections. She suggests taking a different route than you usually do, learning a brief meditation practice or studying a poem.

If you are around the Senior Center much, you will hear Nancy talking about exercising our brains.

Green suggests 10 steps for a healthy brain.

1. Get regular exercise. (Monday—Wednesday and Friday at 11 a.m. at the Center and Thursday at 12:30 p.m.)
2. Eat a well-balanced diet and maintain a healthy weight.
3. Stay in touch with your health and use medication

as prescribed.

4. Get a good night's sleep; avoid risky behavior and don't worry.

5. Play games against the clock.

6. Use simple memory strategies to enhance your memory.

7. Keep your mind engaged through new challenges.

8. Be social.

9. Work or volunteer to stay intellectually challenged and socially engaged.

10. Practice the power of positive thinking.

learning is
NOT
a spectator
sport.
so let's
PLAY!

Derby Theater trip rescheduled for September



Only a few seats are available for the September 23 dinner and play, "Basement Church Ladies" at Derby Theater in Louisville. Cost is \$37.50 per person. The Senior Center is picking up half of the \$75 cost. If

you were registered for the cancelled trip, you must re-register for the one in September.

If you have questions, please call the Center and talk with Barb.

A bus will provide transportation and dinner will be served before the play.

The play is about the ladies who work in the church basement, cooking meals for church functions. The musical is inspired by the humorous book *Growing Up Lutheran*, by Janet Letnes Martin and Suzann Nelson. Published in 1997, *Growing Up Lutheran* is a humorous "scrapbook of memories" about growing up Lutheran in the Midwest in the 1950s.

Thanks to our 2015 Activity Sponsors

- *Town of Newburgh — Provides our building and services
- *Bayer's Plumbing (812) 853-2305 — Fruitful and Sundae Fridays sponsor
- *Heritage Federal Credit Union — (812) 253-6928 — Our Internet Café/Printer sponsor
- *Titzer Funeral Homes (812) 853-8314 — Our monthly birthday cake sponsor
- *Zion UCC Church of Newburgh — Our Hospitality Sponsor
- *Women's Club of Newburgh—Landscaping and Flowers sponsor
- *Ohio Township — Activity Sponsor



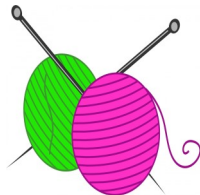
Porkapalooza slated for September 25-26

The call is out for volunteers for the 2015 Newburgh Senior Center Porkapalooza. We will be serving lunch sandwiches on Friday, September 25. Saturday, September 26, lunch will be offered again, along with pick up of pre-orders, such as ribs and pork loins.

Stay tuned for the complete menu and how to order the delicious meats smoked by the great folks at.

Porkapalooza is a major fundraising effort to the Center. Please invite your friends, neighbors and family to the lunch days and to order the delicious pork.

Knitting and Crochet lessons with Betty and her friends



With a new crop of babies on the way (Grands and Greats), Betty Hendrickson is reviving our knitting and crocheting lessons on Tuesdays, 10 am. She will teach you either knitting or crochet and before you know it, you will be yarn crafty. And, guys, this is not just a girl thing. You can participate, too.

Betty has needles and there is yarn here for everyone,

Health and Wellness Notes

Be sure to join us Monday—Wednesday and Friday for exercise at 11 a.m. On Thursdays, a SWIRCA representative will lead us in exercises at 12:30 p.m. These programs are designed and conducted to help us maintain muscle, stay balanced and limber.

Piano recital scheduled

Kay Keller's piano students will be in recital on May 9, 5-7 p.m. at the Senior Center. The public is welcome. Mrs. Keller has graciously funded the tuning of the Center's piano.

After the recital, there will be light refreshments. She has a talented bunch of students, so come out for an evening's entertainment.

New granddaughter arrives

Theresa and Mike O'Rourke, a couple of our great volunteers at NSC, have a new granddaughter, Ann. She was born April 22 and weighed in at 8 pounds, 14 ounces. Her parents are Will and Colleen Rose.

They live in Bloomington. Ann was welcomed by her three other siblings.

Theresa is responsible for all the beautiful seasonal decorations at the Center. Mike helps with phones and computers. Colleen is one of their daughters. Congratulations to all.

Five Simple Rules to be Happy

- Free your heart from hatred. Forgive.
- Free your mind from worries. Most never happen.
- Live Simply and appreciate what you have.
- Give more.
- Expect less from others and more from yourself.

—Thanks to Aileen Jeffries who gave this to us.

Tai Chi, with Sifu Ron Weatherford of the Shui Lung Kwoon, meets Thursdays at 10 a.m. at the Zion UCC at the top of the hill. If you are a beginner, Ron will meet with you at 9:30 a.m.

There is a small fee to participate.