

# Newburgh Seniors Speak

## February 2011



Newburgh Senior Center

529 Jefferson St.

Newburgh, IN 47630 (812) 853-5627 Fax: 853-5629

NewburghSeniorCenter.com

Hours: Monday - Friday, 9am to 2pm

Lisa Goff, Manager

*January kept us away from the center for just a few days because of the weather, but most of us enjoyed the month with fellowship and fun here at the center. Thanks to Eagle Scout Nolan Eliason, we now have a sign outside our facility. We enjoyed our January birthdays celebration with cake and a live band, had a Sundae Friday, and enjoyed a delicious meal on Martin Luther King, Jr. Day with many friends including the Newburgh Town Council and Newburgh Police Chief Brett Sprinkle. Our seniors made new friends on "Grandfriends" Day when the pre-K class from Tri-cap Headstart came and had a lovely time with us. Volunteer John Barrett fixed all our computers and has started free computer classes for us. He has also brought in his Wii Fitness game which is lots of fun and great exercise. Please join us this month for all the great activities we offer here at the center.--Lisa*

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### Happy Birthday:

Ruth Edgerton- February 14

Betty Stahl - February 18

Fred Pierson- February 22

Colleen Martin-February 23

Valentine's Day Special-Monday February 14-Be sure and join us for a meal cooked by our dear friend Gerald Bowser, AKA "Chef Gerald" and Valentine party sponsored by the Women's Club. It will be a fun day!!

THANKS TO OUR FEBRUARY DAY SPONSORS:

Thanks to Tom Bodkin for his sponsorship of February 02, "In honor of all who have made a contribution to the Center, both those who have done so with money and services and those who have done so with time. Special Thanks to the Newburgh Town Council who has steadfastly maintained its commitment to the Center."

Thanks to Dr. Jay Bigham, DMD for sponsoring February 08. February is Dental Health Month and Dr. Bigham reminds us that taking care of your teeth is taking care of your health! So keep brushing and flossing.

Thanks to the Women's Club of Newburgh for sponsoring February 14 and our Valentine's Party. They continue to show their support of the NSC and urge us to make sure the ones we love know we love them everyday. Happy Valentine's Day.

Thanks to JoAnne Krantz who is sponsoring February 24 in honor of the 81st birthday of her mother, Dollie Jacobs of Boonville. Happy 81st Birthday Dollie!

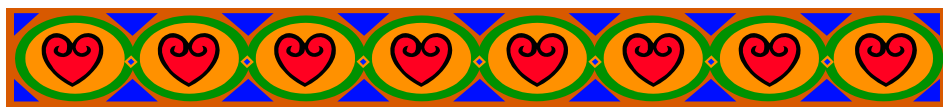
"Senior Class" Kazoo Band Schedule for February 2011

Tuesday, February 01, 1pm at the Center-Practice  
Wednesday, February 02- 2:30 pm- at Angel River  
Wednesday, February 09- 2:30 pm at Woodlands

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Schnucks' e-Scrip for NSC: Thanks to all who signed up for Schnuck's e-scrip program to support the Center. If you need an E-Scrip card to use, see Lisa. Tell all your friends and family too. It doesn't cost anything, and every time you shop at Schnuck's and scan the card, 3% of the purchase amount is donated to the Center. What a great deal for the Center!



## Healthful Page

### Toyota Grant

Thanks to Toyota for their \$1,208 grant to the NSC for Health & Wellness. We are appreciative !!!!!

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**Have you ever thought about trying Tai Chi with us? Our Tai Chi instructor Ron Weatherford now offers BEGINNING Tai Chi classes at 9:30 on Thursday mornings. The regular Tai Chi class is 10:00 on Thursdays. Ask anyone who participates; this exercise is so good for body, mind, and spirit. Try it!**

### Healthful Tips:

**There are SMALL steps we can take each day to help keep ourselves healthy...**

Healthful eating habits:

- When grocery shopping, shop around the perimeter isles of the store and shop the middle last. This helps prevent impulsive junk food shopping.
- Eat a salad before your main meal and you can fill up on healthy greens rather than larger portions of fatty food items on your plate.
- Drink a glass of water before your meal. You'll not only be healthily hydrated but also will feel fuller sooner and less likely to overeat.

### Healthful exercise opportunities:

- Park further away in the parking lot to allow yourself a longer walk to the building. Get movin'!
- If you visit a store at the mall, make a walk out of it. Take a lap up and down the mall before leaving.
- Take a few minutes and do some simple stretches in the morning when you get up. It will get your blood flowing, work out aches and pains and start your day refreshed.

If we start "thinking" and taking small steps, we can BE healthier every day!

## 2011 AARP "Taxaide" Schedule-Free Tax Help-For February

Date	Day	Time	Location
02/01/11	Tue	9:30 to 1:00	Central Library
02/02/11	Wed	12 to 4	Boonville Library
02/02/11	Wed	12 to 4	SWIRCA
02/04/11	Fri	9:30 to 1	McCollough
02/07/11	Mon	1 to 4	McCollough
02/08/11	Tue	9:30 to 1:00	Central Library
02/08/11	Tue	1 to 4	Newburgh Central
02/09/11	Wed	9 to 12	Lakeside Manor
02/09/11	Wed	12 to 4	SWIRCA
02/11/11	Fri	10:00 to 1:00	Chandler Library
02/11/11	Fri	9:30 to 1	McCollough
02/15/11	Tue	9:30 to 1:00	Central Library
02/16/11	Wed	12 to 4	Boonville Library
02/16/11	Wed	12 to 4	SWIRCA
02/18/11	Fri	9:30 to 1	McCollough
02/22/11	Tue	<b>9:30 to 3:30</b>	Central Library
02/22/11	Tue	1 to 4	Newburgh Central
02/23/11	Wed	9 to 12	Lakeside Manor
02/23/11	Wed	12 to 4	SWIRCA
02/25/11	Fri	9:30 to 1	McCollough
02/28/11	Mon	1 to 4	McCollough

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Please see Barb to pay \$12 annual dues (\$1 a month) if you have not yet done so for 2011. These funds help us pay for kitchen items and other supplies to keep our center happy and cozy.

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### **Thanks to our Business Sponsors for 2011:**

\*Bayer's Plumbing- (812) 853-2305- is our Sundae/Fruitful 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.

\*Zion United Church of Christ, Newburgh- is our Hospitality sponsor.

We are so grateful to these local businesses that support the NSC for 2011.

*To all our friends... Thanks for your support!*