

Newburgh Senior Center

February 2012 Newsletter



Newburgh Senior Center

529 Jefferson St.

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Hours: Monday - Friday, 9am to 2pm

Lisa Goff, Manager

"Many of our friends are making good on their resolutions to live healthier in 2012. Please see our calendar of events to check out the many choices of fitness options at the senior center. There is something for everyone, everyday. Zumba Gold is something you definitely should give a try!"

--Lisa

Happy Birthday:

Alonzo Moore, Jr. - February 2

Nancy Schauburger - February 12

Ruth Edgerton - February 14

Betty Stahl - February 18

Chris Smith - February 18

Colleen Martin - February 23

Sylvia Will - February 25

*****Reminder of MEMBER DUES-Thanks to the many seniors who have already paid \$12 dues for 2012. Just one dollar a month goes a long way for our center, when everyone contributes.

Community

The second annual 5K Rivertown Run will take place Saturday, May 5. The town of Newburgh has asked the Newburgh Senior Center to volunteer on Friday, May 4 at the town hall to assemble and distribute runners' packets. Thanks to our senior volunteers last year and congrats to Jack Spillman and Ruth Edgerton, who participated and finished the 5K run last year!

We appreciate our February Day Sponsors:

February 02 is sponsored by Bob and Diane Krug to welcome home Patty and Dennis Dewey. We are so glad you are back. Welcome Home.

February 10 is sponsored by Patty Krack in honor of her husband Jerry's birthday. Happy Birthday Jerry Krack from your loving wife.

February 14 is sponsored by the Women's Club of Newburgh. Happy Valentine's Day. Thank you WCN for being such good friends of the Center. We appreciate you sponsoring the Valentine's Party again this year.

February 24 is sponsored by JoAnn Krantz in honor of her mother, Dollie Jacob, who will celebrate her 82rd birthday on that day. Thank you for including the NSC in such a special day.

February 25 is sponsored by Tom and Penny Bodkin in honor of all Newburgh Town Employees. Thank you Newburgh Town Employees for the work you do.

*Just a few Upcoming Events in February**:*

Friday, February 3: Vision Venture Van 9 a.m. to 12 p.m.

Wii Bowl and prizes on Fridays at noon: February 3, 10, & 17th.

Wednesday, February 8 at noon: Card-making with Jane

Tuesday, February 14: Valentine's Party hosted by Women's Club of Newburgh-After lunch. The party begins with a sing a long, then an exciting BINGO and some valentine theme refreshments.

Monday, February 20: Lunch at 11:00 at Archie & Clyde's. (SWIRCA is closed for President's Day but the senior center is open.)

Tuesday, February 21 at 10:15: "Grandfriends"

Friday, February 24 at noon: Music with "Heavenly Express"

Wednesday, February 29 at noon: Hobby Show and Tell - see John Barrett for details.

****See calendar for full list of activities**

Senior Class" Kazoo Band February 2012 - Valentine's Day and Love Songs!!!!

Please mark your calendars for the following dates:

Thursday February 02- 1 pm at the Center-Practice and then a 2:30 performance at Woodlands.

Wednesday, February 08- 2:30 pm- Performance at Newburgh Healthcare.

Tuesday, February 14,-Valentine Sing a Long at the Center at noon. We are kicking off the party,.

****Let's hope the weather cooperates. If school is cancelled, and the NSC is closed, we will not kazoo.**

Health and Wellness

***New!! Zumba Gold for seniors—Tuesdays at 1 p.m. at Kiwanis Building. This is a Latin-inspired dance 30-minute exercise that is lower impact and easier to follow, intended for seniors and beginners. Starts Feb. 08, every Tuesday except on Feb. 14.**

***Be sure and join us for SWIRCA exercise with Holly on Thursday afternoons at 12:30.**

***Arthritis Stretch with Lisa- 11:00 Monday, Wednesday, Friday**

***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.**

***Walking Club meets at the center Fridays at 9 a.m.**

Thanks to our Business Sponsors for 2012:

***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 UCC Church, Newburgh, is our Hospitality Sponsor.**