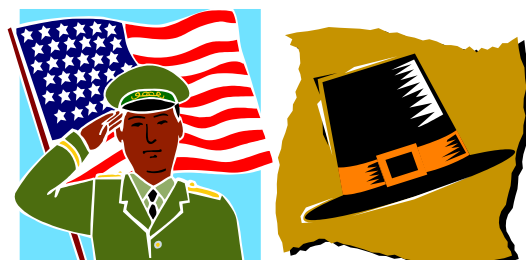


Newburgh Senior Center

November 2013



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

Hal Wolford - November 1
Barb Isaac - November 2
Adrian Smith - November 9
David Schaefer - November 9
Peggy Boxell - November 11
Bob Boxell - November 20
Ramon Will - November 20
Judy Bottomley - November 22
Ellie VanNatta - November 22
Gene Welte - November 30

We appreciate our November Day Sponsors:

November 11-Veteran's Day is sponsored by the American Legion Kapperman Post 44, in honor and memory of all veterans of the armed services. We live in freedom because of their service. Thank you veterans and thank you American Legion for your support of the Newburgh Senior Center.

November 20 is sponsored by Joe and Mary Schitter. They want to honor all community volunteers who work to make our community a better place for all of us. We thank Joe and Mary for all their volunteer service and for their support of the Center.

SHIP News

****It's time to get your flu shot**

Did you know that Medicare Part B normally covers one flu shot per flu season in the fall or winter? You pay nothing for a flu shot if the doctor or other qualified health care provider accepts assignment for giving the shot, and the Part B deductible doesn't apply.

According to the Center for Disease Control and Prevention 2013, influenza is a contagious respiratory illness caused by the influenza viruses. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

Remember- Open enrollment for individuals with Medicare is in process.

October 15 - December 7, 2013. Call and make an appointment if you are interested in reviewing your options for Part D drug coverage. Call SWIRCA & More at 812-464-7817 to make an appointment.



Some Happenings in November:

*Flu Shot Clinic at the senior center -Monday, Nov. 4 from 10am to 2pm provided by Walgreen's: Covered by Medicare and open to the public

*Veterans Day carry-in Monday, Nov. 11 at 11:30 (SWIRCA is closed but senior center is open.) Please see sign up sheet for meal.

*Card-making with Jane is Wednesday, November 13th at noon.

*Memory Screening Day is Tuesday, November 19th from 9am to 1pm sponsored by Senior Helpers and other health organizations will be available with helpful information-open to the public.

*SWIRCA Exercise with Holly Schneider is every Thursday at 12:30.

*Tai Chi with Sifu Ron Weatherford every Thursday at 9:30 at the Kiwanis Building. Advanced class is from 10 to 11am.

*Thanksgiving is Thursday, Nov. 28; the center will be closed and re-open Friday, Nov. 29. SWIRCA will be closed both days. Lunch plans for Friday, Nov. 29 TBA. Please see Aileen, Barb, or Lisa on suggestions. Seniors' pick where we go.

Reminder for next month: December Day Trip to Derby Dinner Theater is Thursday, December 12th. The senior center WILL be OPEN for those who did not sign up for the trip.

THANKSGIVING DAY -WHAT ARE YOU THANKFUL FOR?

TAKE A FEW MOMENTS EACH DAY TO BE GREATFUL FOR THE BLESSINGS YOU HAVE. IT WILL HELP YOU BALANCE YOUR BURDENS!!

Thought for December: *"Friendship is God loving us through someone else"*



“Senior Class” Kazoo Band

Veteran’s Day and Thanksgiving are the highlights of November. Our music selections will honor our country and our veterans, plus give thanks for our blessings.

My life has been enriched by your friendship and attitudes of service. The spirits of our audience members have been lifted by your singing and fellowship. I am thankful for all of you.

Colleen

Please mark your November calendars.

Friday, November 01, 1:00 pm-12:30 pm -Kazoo Practice.

Wednesday, November 06 at 2:30 pm at Signature (formerly Angel Rivers) - Please be there by 2:15 pm.

Thursday, November 14-at 2:30 pm-Woodlands-Please be there by 2:15 pm.

Thanks to our Business Sponsors for 2013:

- *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.

ANNUAL APPEAL TO SUPPORT THE NEWBURGH SENIOR CENTER-

Annual appeal letters will go out in November for individuals and business to support the Center. We are generously supported by our donors and so thankful for our community. Please let Lisa know of potential individual and business supporters.