

Newburgh Senior Center

January 2012 Newsletter



Newburgh Senior Center

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Hours: Monday - Friday, 9am to 2pm
Lisa Goff, Manager

"Let's actually make good on New Year's resolutions this year...exercise with your friends at the senior center. Arthritic stretch is Monday mornings at 11:00, Tai Chi is Thursdays at 9:30, and SWIRCA exercise is Thursdays at 12:30. See Lisa if you would like to exercise other days or times; we can do it! Remember to follow Warrick County Schools' schedule on inclement weather days. If the schools open late, so does the center. If schools are closed, so is the center. Be sure and join us on "Soup Day" at the center on Saturday, January 14 at 11:30."

--Lisa

Happy January Birthdays to:

Jim Lyons - Jan. 3	Theresa O'Rourke - Jan. 6
Janice Doolittle - Jan. 16	Aileen Jeffries - Jan. 17
Bettie Abney - Jan. 19	Viola Schriefer - Jan. 19
Monte Williams - Jan. 23	Lisa Goff - Jan. 25
Mary Quinzer - Jan. 27	Mary Jane Baxter - Jan. 27
Josephine Caskey - Jan. 29	

*****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.

We appreciate our January Day Sponsors:

January 15, Dr. Martin Luther King Junior Day-sponsored by Zion UCC of Newburgh.. Thank you Zion UCC for all your activities in our community and around the world by your Our World Christian Mission efforts.

January 26, -National Kazoo Day -sponsored by Colleen Martin in honor of the "Senior Class " Kazoo Band members. Thank you for making life more joyful for residents of area nursing homes by your singing and kazooing.

Just a few Upcoming Events in January:

Monday, January 2: Lunch at 11:00 at China Village (next to Schnuck's). (SWIRCA is closed for New Year's but the senior center is open.)

Friday, January 6: Carry-in/Potluck

Thursday, January 12 at noon: Consumer Education Class by Bob Boxell

Friday, January 13 at noon: "Your eyes & diabetes" class by Dr. Dulay

Saturday, January 14 at 11:30: Soup Day at the Senior Center-Sample some special soup surprises for lunch!! It will be "souper".

Monday, January 16 at 11:15: Lunch at Cancun Restaurant. (SWIRCA is closed for Martin Luther King, Jr. holiday but the senior center is open.)

Thursday, January 19 at noon: Legal Class for Seniors by David Zengler

Friday, January 20 at noon: Storytellers: Bob & Laura Jane Cerling

Wednesday, January 25 at noon: Senior Kurt Bourland will perform classic country & gospel music.

Tuesday, January 31 at noon: Current events discussion: JoAnn Krantz, Warrick County Prosecutor will lead the discussion.

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

"Senior Class" Kazoo Band January 2012*

Please mark your calendars for the following dates:

Thursday, January 05 at 1:00 pm-Kazoo Practice after SWIRCA exercise.

Thursday, January 12 at 2:30pm at Newburgh Healthcare on Pollock Ave. Please be there by 2:15 pm.

Thursday, January 19 at 2:30 pm at Woodlands. Please be there by 2:15 pm.

Wednesday, January 25 at 2:30 pm at Angel River. Please be there by 2:15 pm.

*We would love new singers and kazooers to join us!!!Just ask Colleen for details.

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

Health and Wellness-Take Some Positive Steps in 2012

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

*Lisa will also do gentle arthritic stretching on Monday mornings at 11:00. If you would like to do this another day and time just let Lisa know, or if you would like particular exercises to take home with you from the Arthritis Foundation, Lisa can get you copies to take home.

*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.

*Friday Walking Club is looking for new members. Walking is great exercise!!

Thanks to our Wonderful 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.