

# Newburgh Seniors Speak March 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

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February was a cold month but there was lots of warmth on Valentine's Day at the Center. The Women's Club of Newburgh hosted a Valentine's party for us and our dear friend Gerald Bowser cooked some delicious barbecue for a potluck carry-in that day. We're looking forward to Spring days ahead and hope to get out together for fresh air and exercise.

## Happy Birthday to You!

Arlene Schrader - March 6

Mary Lafferty-March 12

Martha Christian-March 15

Virginia Heller-March 16

Gerald Bowser - March 6

Francis "Sonny" Riger-March 14

Flo Neely-March 16

Duane Caskey-March 28

## Thanks to our March Day Sponsors:

March 03 is sponsored by Dr. Gerald Enlow, DMD, in celebration of National Nutrition Month. Good nutrition is vital to your dental health. So eat healthy, and keep brushing and flossing.

March 15 is sponsored by Dr. John P. Morgan MD, in honor of March Madness Basketball activities and the March Madness Fund of the Warrick County Community Foundation at [WarrickCommunityFoundation.org](http://WarrickCommunityFoundation.org). According to Dr. Morgan, you can't have too much basketball in March.

March 16 is sponsored by Mike and Tracy Neeley to celebrate the birthday of Flo Neeley, Mike's mother. "Mom, we love you dearly." Happy Birthday Flo!!! In keeping with the joy Flo brings to the Center, please give someone a hug today in honor of Flo.

### A Few of our upcoming activities...

- Thursday, March 3, Senior Otis Bingemer "Bing" is doing a historical presentation at noon.
- Thursday, March 10, USI Nutrition class at noon.
- March 17, Potluck Meal w/corned beef & cabbage, new potatoes. Followed by movie "Darby O'Gill and the Little People". Wear green!
- TRI-CAP Head Start "Grandfriends" Tuesdays, March 15 & 29 at 10:30.
- Sundae Friday is March 11.
- Birthday cake for March birthdays is March 25.

### Community Event

Mt. Olive General Baptist Church-Newburgh, offers a "Brotherhood Breakfast" every third Saturday at 7:30 a.m.

### AARP Taxaide Schedule for March

03/01/11	Tue	9:30 to 1:00	Central Library
03/02/11	Wed	12 to 4	Boonville Library
03/02/11	Wed	12 to 4	SWIRCA
03/04/11	Fri	9:30 to 1	McCollough
03/07/11	Mon	1 to 4	McCollough
03/08/11	Tue	1 to 4	Newburgh Central
03/09/11	Wed	9 to 12	Lakeside Manor
03/09/11	Wed	12 to 4	SWIRCA
03/11/11	Fri	10:00 to 1:00	Chandler Library
03/11/11	Fri	9:30 to 1	McCollough
03/14/11	Mon	<b>9:30 to 2:00</b>	McCollough
03/15/11	Tue	9:30 to 1:00	Central Library
03/15/11	Tue	<b>5 to 8</b>	Newburgh Central
03/16/11	Wed	12 to 4	Boonville Library
03/16/11	Wed	12 to 4	SWIRCA
03/18/11	Fri	9:30 to 1	McCollough
03/21/11	Mon	1 to 4	McCollough
03/22/11	Tue	9:30 to 1:00	Central Library
03/22/11	Tue	1 to 4	Newburgh Central
03/23/11	Wed	9 to 12	Lakeside Manor
03/23/11	Wed	12 to 4	SWIRCA
03/25/11	Fri	9:30 to 1	McCollough
03/28/11	Mon	1 to 4	McCollough
03/29/11	Tue	9:30 to 1:00	Central Library
03/30/11	Wed	12 to 4	Boonville Library
03/30/11	Wed	12 to 4	SWIRCA

## Health & Wellness Highlights for March

\*Thanks to our friends who are helping our efforts toward health and wellness at the NSC:

\*Laura & Greg Baumer of Newburgh donated a gently used treadmill for our fitness area. Now we have two treadmills...no excuses, come in and exercise!

\*Freedom Medical in Boonville donated nutritional shakes for our seniors to take home.

\*As warmer weather arrives, we are looking forward to starting our walking club again. Please make plans to join us!

\*Holly from SWIRCA has offered hand weights at a discounted price to our seniors. If you are interested, let Lisa know.

\*ITT Nursing Students will be here each Thursday this month from 9 a.m. to 2 p.m. and offer blood pressure checks.

\*At our March Potluck, please think about bringing a healthful item to share: whole grain, low-fat, reduced or no sugar, vegetables, fruit salad. etc. A healthy diet is essential to maintaining our health. (And you know bathing suit weather will be here soon.)

\* We'll begin working on this year's garden in March. "Artie" -Richard Arthur- who works for the Town of Newburgh, (and our favorite gardener) has volunteered to do our garden again this year. Artie generously donates the ingredients for the soil and will plant tomatoes and peppers. Artie, we thank you now but we will really thank you when harvesting fresh produce out of the garden.

## Senior Class Kazoo Band Schedule for March 2011

Please mark your calendars for the following dates:

Thursday, March 10- at 12:45 pm- Kazoo practice

Wednesday, March 16-at 2:30 pm at Angel Rivers.

Thursday, March 24- at 2:30 pm at Newburgh Healthcare.

Thursday, March 31-at 2:30 pm at Woodlands-

MEMBER DUES-Thanks to the 39 seniors who have paid \$12 dues for 2011 so far. Please see Barb to give her your dues if you have not yet done so. We are so lucky to have community support but our dues, at just a dollar a month from each senior, goes a long way in keeping us comfortable here with our kitchen and supplies we need.

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