

Newburgh Senior Center

August 2022 Newsletter

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Manager's Corner

August is upon us. It's the end of the summer months and when children return to school. Famous people born in August include Martha Stewart, Martin Sheen, Jeff Gordon, Deion Sanders, and Halle Berry. August is named after Augustus Caesar, founder and first emperor of the Roman Empire, who was posthumously adopted by his maternal great-uncle Gaius Julius Caesar. August's full moon, called the Sturgeon Moon, will occur on August 11 at 8:35 pm Central Daylight Time. The Moon will make a close pass by Saturn that night as well, at 10:55 pm.

Our Center continues to have daily exercise classes at 10:30 am, Bingo on Tuesdays and Thursdays at noon, and host Clabber and Euchre card groups each Monday and Wednesday respectively. We have a raised bed vegetable garden, an on-site library, a little free library (available 24/7), a treadmill, and daily jigsaw puzzle working and Rumikub games. SWIRCA meals are available Monday-Friday, and we have community sponsored free lunches each Friday! Feel free to join us for lunch anytime. Please RSVP, so we have enough food for everyone. We look forward to seeing you soon!



Coming Soon!

We can almost smell the smoke! Mark October 7 & 8 on all your calendars.

Birthday Celebration

Each month, we celebrate our members' birthdays for the month with a big birthday cake. You're invited to join us on Monday, August 8. If August is your birth month, Diane and Michelle will even serenade you with the Happy Birthday song! Everyone is welcome.



August Birthdays

Ruth VanHoy	8/01	Linda Schifano	8/14
Janet Anderson	8/05	Debbie Craig	8/15
Charlie Harper	8/05	Bob Herrell	8/19
Sharon Harper	8/05	Wayne Brakel	8/20
Lora Lee Brown	8/06	Mary Lovell	8/20
Bob Memmer	8/07	Judy Stock	8/20
Susie Williams	8/07	Dan Peters	8/24
Paula Suter	8/09	Cheryl Grimm	8/27
Pat Miller	8/10	Dick Slade	8/28
Ed Cooper	8/14	Don Jones	8/30
Martha Dobos	8/14	Linda Wilson	8/30
Rev. Dan Kennedy	8/14	Charlotte Koewler	8/31

Card Players Welcome!

CLABBER—Each Monday, a dedicated group of Clabber players meets at Newburgh Senior Center to play cards and have a good time! They are a fun group and welcome new members! If you play Clabber and are interested in joining the Clabber group, Stop by any Monday around 11:00 a.m. to meet the current members and get in on a game.

EUCHRE—Our Euchre group is looking for new members! They meet each Wednesday from 11:00 a.m. to 2:00 p.m. to play cards, socialize, and even enjoy a few snacks. Players at all levels of proficiency are welcome; you just need to know how to play Euchre. They say, “We don’t care how good you are (as long as it’s not a whole lot better than the rest of us!).” Stop in around 11:00 a.m. any Wednesday to meet the group.

BRIDGE—A note from Diane Harris: “Hi to all you Newburgh Senior Center potential Bridge players. I am sorry to say that due to changes in my family situation, I will not be able to arrange for ongoing Bridge games at the Center. I know some of you who participated in the Bridge games prior to COVID are wanting these games to be re-established. It is my hope that one of you eager to play Bridge will take up this project and determine a day and time that the Bridge games can once again be held at the Center. With this in mind, I have delivered the box of Bridge cards and game tally sheets to Michelle Wedding, the manager of Newburgh Senior Center. I would be most happy to help someone get this activity started. With friendship, Diane Harris, Bridge Player and Newburgh Senior Center Member.”



Be Safe in the Dog Days of Summer!

Dehydration occurs when your body does not have the proper amount of fluids. It’s a serious issue impacting millions of older adults and one of the most common reasons seniors end up in the hospital. Severe dehydration is a life-threatening emergency.

Symptoms of dehydrations:

The first symptoms are thirst, dry mouth, dark yellow urine, fatigue, and irritability. Action needed: Drink water.

Life-threatening symptoms: dizziness, feeling of blacking out when sitting or standing, confusion, muscle weakness or cramps, sunken eyes, low blood pressure, and increased heart rate. Action needed: Go to the Emergency Room or contact your physician immediately.

Tips for staying hydrated:

Don’t wait until you are thirsty to drink. Carry a water bottle and drink from it regularly. Drink at least 8 glasses of water each day. Keep a full water bottle in the refrigerator door and take a drink each time you open the refrigerator. Drink more in extreme heat to replace water lost from sweating. Start and end the day with a glass of water. Do not replace water with alcohol or caffeinated drinks. Have the symptoms of dehydration memorized, so you know when to seek medical assistance.

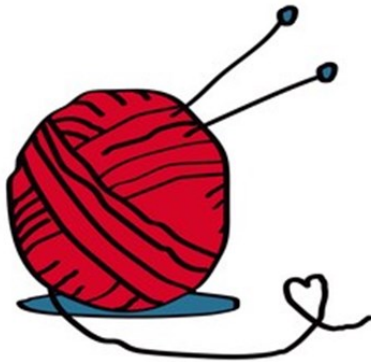
The human body is made up of 70% water. It stands to reason that the body can become dehydrated quickly due to excess perspiration, heat, sun exposure, and inadequate daily fluids. Enjoy summer activities and stay safe!

special
THANK YOU
to our sponsors

Thank You, August Day Sponsors!

August 10 is the first day of school for Warrick County students and is sponsored by **Dave and Marsha Lambert**. We hope all students and teachers have a great year! Thank you Marsha and Dave for your support of the NSC and so many other groups that do good things in our community.

August 17 is sponsored by **Dr. John and Gail Moran** in memory of Gail's mother, Frances Tracey, and a life well-lived. Thank you Gail and John for your work and support of the Newburgh Senior Center and our seniors!



Seeking Volunteers Who Crochet

Deaconess Hospice honors veterans of the Armed Forces of the United States under hospice care with red, white and blue lap blankets. We would like to start a crochet group at the Newburgh Senior Center to make these small blankets. Deaconess personnel will be on-site to assist. This is an excellent opportunity for anyone who crochets to make new friends, socialize, and do a good deed! Please let us know if you are interested in participating in the group. Call 812-853-5627.

“Moonlight drowns out all but the brightest stars.” — J.R.R. Tolkien, *The Lord of the Rings*

Apollo 11 (July 16–24, 1969) was the American spaceflight that first landed humans on the Moon. Commander Neil Armstrong and lunar module pilot Buzz Aldrin landed the Apollo Lunar Module Eagle on July 20, 1969, at 20:17 UTC, and Armstrong became the first person to step onto the Moon's surface six hours and 39 minutes later, on July 21 at 02:56 UTC. Aldrin joined him 19 minutes later, and they spent about two and a quarter hours together exploring the site they had named Tranquility Base upon landing. Armstrong and Aldrin collected 47.5 pounds of lunar material to bring back to Earth as pilot Michael Collins flew the Command Module Columbia in lunar orbit, and were on the Moon's surface for 21 hours, 36 minutes before lifting off to rejoin Columbia.

When Apollo 11 landed on the Moon, it had only about 25 seconds of fuel left.

Astronauts Neil Armstrong and the Apollo 11 crew have moons on the Hollywood Walk of Fame instead of stars.

One full day on the Moon is equivalent to 29.5 days on Earth.

Although there have been numerous conspiracy theories about the Moon landing being a hoax, NASA's space probe proved otherwise in 2011. The Lunar Reconnaissance Orbiter produced high-resolution photos of the Apollo Moon landing site.

If it was possible to drive to the Moon, traveling 60 miles per hour, it would take just under six months.

The Moon is Earth's only natural satellite and the fifth largest moon in the solar system.

The Moon's presence helps stabilize our planet's wobble and moderate our climate.

We Appreciate Our Generous Activities Sponsors!

Town of Newburgh—Provides our building, grounds, maintenance, supplies, and services

Bayer's Plumbing (812) 853-2305—Sponsors "Fruitful Fridays" and "Sundae Fridays"

Heritage Federal Credit Union (812) 253-6928—Our Internet Café and printer sponsor

Titzer Family Funeral Home (812) 853-8314—Sponsors our monthly birthday cake and prints our newsletter each month

Mike and Linda Andreas—Landscaping, garden, and flowers sponsor

Kaiser Aluminum Warrick, Bill & Suzie Byers—Activities sponsors

King Mechanical Specialty, Zion United Church of Christ, Dave & Marsha Lambert—Hospitality sponsors

We greatly appreciate the commitment of those in our community who sponsor our projects and programs. If you would like to support the efforts of the Newburgh Senior Center, please call (812) 853-5627 or email manageratnsc@gmail.com

August's Conventional and Unconventional Holidays

- *Respect For Parents: 1
- *US Air Force Day: 1
- *World Lung Cancer Day: 1
- *National Coloring Book Day: 2
- *National Night Out: 2
- *Take a Penny/Leave a Penny Day: 2
- *Friendship Day: 3
- *Watermelon 3
- *Coast Guard Day: 4
- *National Chocolate Chip Day: 4
- *Raisin Bran Day: 4
- *Single Working Women's Day: 4
- *Homemade Pie Day: 5
- *International Beer Day: 5
- *National Water Balloon Day: 5
- *Beach Volley Ball Day: 6
- *National Clown Day: 6
- *Sandcastle Day: 6
- *American Family Day: 7
- *Friendship Day: 7
- *Lighthouse Day: 7
- *Purple Heart Day: 7
- *Digital Nomad Day: 8
- *International Cat Day: 8
- *Happiness Happens Day: 8
- *National Fried Chicken & Waffles Day: 8
- *Sneak Zucchini Onto Your Neighbor's Porch Night: 8
- *Wear Your Mother's Jewelry Day: 8
- *Book Lovers Day: 9
- *National Shapewear Day: 10
- *Paul Bunyan Day: 10
- *Skyscraper Appreciation Day: 10
- *Smithsonian Day: 10
- *S'mores Day: 10
- *World Lion Day: 10
- *Presidential Joke Day: 11
- *Milkman Day: 12
- *Home Sewing Machine Day: 12
- *Shop Online For Groceries Day: 12
- *Vinyl Record Day: 12
- *World Elephant Day: 12
- *International Lefthander's Day: 13
- *National Prosecco Day: 13
- *Global Sleep Under The Stars Night: 13
- *Middle Child Day: 13
- *National Bowling Day: 13
- *National Garage Sale Day: 13
- *Bagel Day: 14
- *Military Marriage Day: 14
- *Social Security Day: 14
- *V-J Day: 14
- *World Calligraphy Day: 14
- *Best Friends Day: 15
- *National Relaxation Day: 15
- *National Thrift Shop Day: 15
- *National Airborne Day: 16
- *National Rollercoaster Day: 16
- *Baby Boomer's Recognition Day: 17
- *Black Cat Appreciation Day: 17
- *National Nonprofit Day: 17
- *Bad Poetry Day: 18
- *Mail Order Catalog Day: 18
- *National Fajita Day: 18
- *Serendipity Day: 18
- *Aviation Day: 19
- *Coco Chanel Day: 19
- *Kool-Aid Day: 19
- *Men's Grooming Day: 19
- *World Humanitarian Day: 19
- *World Photo Day: 19
- *Chef Appreciation Day: 20
- *Clear The Shelters Day: 20
- *International Geocaching Day: 20
- *National Honey Bee Day: 20
- *National Radio Day: 20
- *World Mosquito Day: 20
- *National Spumoni Day: 21
- *Poet's Day: 21
- *Senior Citizen's Day: 21
- *Be an Angel Day: 22
- *National Tooth Fairy Day: 22
- *Bring Your Cat to The Vet Day: 22
- *Ride The Wind Day: 23 (Hang Gliding)
- *International Strange Music Day: 24
- *National Ukraine Day: 24
- *National Waffle Iron Day: 24
- *Pluto Demoted Day: 24
- *Vesuvius Day: 24
- *Kiss and Make Up Day: 25
- *National Park Service Day: 25
- *National Whiskey Sour Day: 25
- *National Dog Day: 26
- *National Toilet Paper Day: 26
- *Women's Equality Day: 26
- *Just Because Day: 27
- *World Daffodil Day: 26
- *Crackers Over The Keyboard Day: 28
- *Go Topless Day: 28 Link
- *National Thoughtful Day: 28
- *National Weed Out Hate Day: 28
- *Pony Express Day: 28
- *Rainbow Bridge Remembrance Day: 28
- *Individual Rights Day: 29
- *More Herbs, Less Salt Day: 29
- *Global Cabernet Sauvignon Day: 30
- *International Whale Shark Day: 30
- *National Grief Awareness Day: 30
- *National Holistic Pet Day: 30
- *National Toasted Marshmallow Day: 30
- *Global Overdose Awareness Day: 31