

Newburgh Senior Center

January 2023 Newsletter

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Manager's Corner

January finds us in the year of our Lord 2023. Whether or not you make formal New Year's resolutions, branching out meeting new people and trying new things helps ensure this year will be the best it can be! Here's a roundup of some fun activities happening at the Senior Center.

New year, new you (if not, I'm not judging). If you are looking for fun ways to stay fit, our daily exercise class might be the answer! We meet Monday through Friday at 10:30 am at the Center, and the moves, bends and stretches we do, incorporating exercise balls and bands, are appropriate for all fitness levels. It's a surprisingly vigorous workout! Weekly Tai Chi classes with Sifu Ron Weatherford are also available each Thursday at 9:30 and 10 am at nearby Zion United Church of Christ – the classes outgrew the Center!

If you are a Hoosier card player, you likely enjoy playing Clabber or Euchre, or have at least heard of these iconic card games. We have groups meeting weekly to play Clabber and Euchre. Our Clabber group meets every Monday, and the Euchre group meets each Wednesday. If you have at least rudimentary knowledge of how to play either game, you are welcome to join in! Stop by the Center around 11 am to meet our group members, and game playing begins shortly afterward.

Stop by any day, and you will undoubtedly see small groups working jigsaw puzzles and playing games of Rumikub and Scrabble. New and old members alike are welcome to join in. This is a friendly place!

Crafts with friends is fun! We have a new group meeting each Wednesday at 11 am for needlework and crafts. Bring your current project, and work on it while enjoying refreshments and the good company of other crafters. We occasionally offer craft classes for anyone interested.

Tuesdays and Thursdays are for BINGO! Lively BINGO sessions are held each Tuesday and Thursday at the Center beginning at Noon, and everyone's a winner! Games are sponsored and are at no charge to our members.

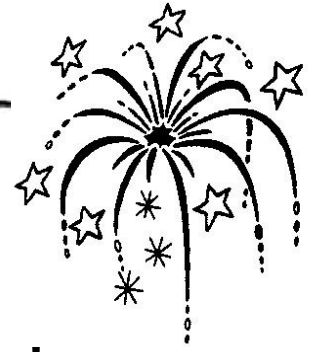
The Center is an ideal place for reading and quiet contemplation. Our library is under renovation and has books of many genres that may be read on site or taken home. Our "Tranquility Room," equipped with a sofa and rocking chair, is ideal for use as a reading nook.

Almost nothing beats the camaraderie of shared meals and lively conversation with others. In addition to offering SWIRCA meals each weekday for a nominal donation (\$4.00 is the suggested amount), we also have community sponsored hot meals at the Center every Friday at no charge to our members. There are always plenty of new and old friends to socialize with at our free lunch Fridays! To order SWIRCA meals, or to get in on a free Friday lunch, call the Center at 812-853-5627 in advance to make a reservation.

We hope to see you soon. Have a very happy, healthy and prosperous New Year!

Happy New Year

thank you



Thank You January Day Sponsors!

January 17, Martin Luther King Jr. Day, is sponsored by **The Martin Family** in honor of the many wonderful community organizations who reach out in love and caring.

January 27 is sponsored by **Bill and Suzie Byers** in celebration of their 50th wedding anniversary. They said 50 years have just sped by and it seems like only yesterday they walked down the aisle. Thank you Bill and Suzie for your generous support and including the Newburgh Senior Center in your celebration.

How to enjoy January



It's Hygge Season!

Hygge (pronounced "hue-guh") is a Danish concept for which we have no perfect English word, though "cozy" might be a close approximation. Winter is the perfect time to practice hygge because it's all about hunkering down, scented candles, warm blankets, fuzzy slippers, blazing fireplaces, hot tea, and reading nooks.

Hygge means creating a warm, welcoming atmosphere and enjoying the good things in life. It implies a slowness and awareness of life that allows you to live in the moment. Hygge is also defined as "the coziness of the soul."

Scandinavians see it as a pathway to lasting happiness, and there's probably some truth to that, since Denmark is the second happiest country in the world according to the World Happiness Report (the U.S. comes in 18th; we clearly need more hygge).

You can embrace the hygge life yourself and share it with those you love. And what better time to practice it than during the winter months when there are plenty of opportunities to cozy up by a fire, spend cherished time with loved ones, and focus on the things that matter most.

Here are some basic hygge rules to live by: dress comfortably, light some candles, gather together with loved ones in a relaxing environment, enjoy good food, and be "in the moment."

Hygge means learning to be content, not worrying about the future or what you might be missing out on. Be intentional about what and who you have around you.

Settle in; it's going to be a long winter!

Inclement Weather Notice

In the event of inclement weather, Newburgh Senior Center follows the guidance of the Warrick County School Corporation. When school is delayed or canceled, Newburgh Senior Center will be also. We also publish closures on Facebook and with Channel 14 News. Please exercise extreme caution during icy conditions.

We Appreciate Our Activities Sponsors!

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

Bayer's Plumbing (812) 853-2305—Sponsors our monthly birthday celebrations

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

Titzer Family Funeral Home (812) 853-8314—Sponsors our monthly newsletter and activities calendar

Mike and Linda Andreas—Sponsor landscaping, garden and flowers

Marsha & Dave Lambert and Bill & Suzie Byers—Activities sponsors

King Mechanical Specialty and Zion United Church of Christ—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

January Birthdays

Ed Butch	1/02	Rosemary Hardin	1/18
Kay Fenimore	1/02	Doris Schmidt	1/18
Anita Heller	1/03	Bettie Abney	1/19
Jim Lyons	1/03	Janice Clark	1/22
Alice Flewallen	1/04	Linda Beall	1/23
Nancy Ahrens	1/05	Stephen Holowka	1/25
Pat Davis	1/05	Bobby Tapp	1/26
Theresa O'Rourke	1/06	Mary Jane Baxter	1/27
Marlene Crenshaw	1/08	Warren Moore	1/27
Barbara White	1/09	Alan Elzer	1/28
Warren Wenzel	1/13	Dagmar Hoag	1/29
Alice Brabel	1/15	Connie Osborne	1/29
Sharon Anderson	1/16	Lew Walters	1/29
Aileen Jeffries	1/17	Josephine Caskey	1/30
Karen Kennedy	1/17		



You're Invited!

We will be celebrating January birthdays on Tuesday, January 10. Stop by to wish our January babies a very happy birthday and stay for a slice of delicious birthday cake!

Fun and Foolish January Holidays

*New Year's Day: 1	*Learn Your Name is Morse Code Day: 11	*Celebration of Life Day: 22
*Polar Bear Plunge Day: 1	*Kiss a Ginger Day: 11	*National Pie Day: 23
*Rose Bowl Game: 2	*National Hot Tea Day: 12	*Snowplow Mailbox Hockey Day: 23
*Tournament of Roses Parade: 2	*Make Your Dream Come True Day: 13	*Belly Laugh Day: 24
*World Introvert Day: 2	*National Vision Board Day: 14	*Library Shelfie Day: 25
*Chocolate Covered Cherry Day: 3	*National Bagel Day: 15	*Clashing Clothes Day: 26
*Festival of Sleep Day: 3	*Religious Freedom Day: 16	*Holocaust Memorial Day: 27
*Pop Music Chart Day: 4	*Popeye Day: 17	*Fruitcake Toss Day: 28
*Twelfth Night: 5	*National Disc Jockey Day: 18	*Curmudgeons Day: 29
*Epiphany: 6	*Popcorn Day: 19	*Bubble Wrap Appreciation Day: 30
*Harlem Globetrotters Day: 7	*Inauguration Day: 20	*Croissant Day: 30
*Bubble Bath Day: 8	*National Use Your Gift Cards Day: 21	*National Plan a Vacation Day: 31
*Law Enforcement Appreciation Day: 9		
*Cut Your Energy Costs Day: 10		