

Newburgh Senior Center

December 2014



Newburgh Senior Center

529 Jefferson St.

Newburgh, IN 47630 (812) 853-5627 Fax: 853-5629

NewburghSeniorCenter.com Lisa1ashlyn@aol.com "Like" us on [Facebook](#) ☺

Hours: Monday - Friday, 9am to 2pm

Lisa Ashby Goff, Manager

Happy Birthday

Martha Adickes - December 5

Betty Hendrickson - December 15

Rosemary Hannan - December 29

Dues:

Please see Lisa or Barb to pay 2015 dues (\$12.00 for the year).

Please make checks payable to Newburgh Senior Center.

"Senior Class" Kazoo Band-Merry Christmas through Music

Please mark your calendars for the following dates:

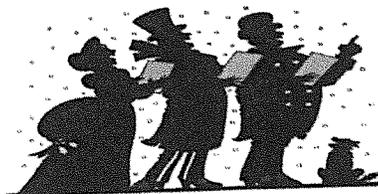
Thursday, December 04 at noon-Kazoo Practice

Thursday, December 11 at 2:30 pm at Golden Living Center-

Woodlands. Please be there by 2:15 p.m.

Wednesday, December 18 at 1:30 pm at Bell Oaks. Please be there by 1:15 pm.

If you don't kazoo, please come out and support our kazoo band☺



Thanks to our December Day Sponsors:

December 13 is sponsored by Diane Shinn in honor of the birthday of her husband, Bill Shinn, Happy Birthday Bill! Many thanks to Bill and Diane who have been long time supporters of the NSC.

December 27 is sponsored by Teresa O'Rourke in honor of her husband, Mike's birthday. Happy Birthday Mike! We are so appreciative of Mike and Teresa who are so talented and share those talents with the Center.

December 31, New Year's Eve is sponsored by John and Martha Maier of Boone Funeral Home, Inc. They remind us to celebrate responsibly and wish everyone a Happy New Year. Thank you Boone Funeral Home for your support.

A few December highlights...

Better Business Bureau with Jackie Heathcott-consumer class on Thursday, December 4th during lunch (11:30) at the senior center.

Sing a long is Thursday, December 4th at noon.

Our Soup Jar Giving Project is *Friday, December 5th at noon. We need all hands to be here to help us with our annual Christmas project. This is our opportunity to show our donors, sponsors, friends and community our thanks and gratitude for their support of the senior center.

Card-making with Jane is Tuesday, December 9th at noon.

Nutrition class with Carolyn, Purdue Extension Office of Warrick County is Thursday, December 11 during lunch (11:30).

Music with Suzette Ewer is Thursday, December 18th at noon.

Christmas carry-in meal is Friday, December 19th at 11:30, followed by music with Linda & Earl "Heavenly Express".

SHIP News from volunteer Melissa Meredith.....

What does Medicare Part A cover?

In general, Part A covers:

Hospital care

Skilled nursing facility care

Nursing home care (as long as custodial care isn't the only care you need)

Hospice

Home health services

*If you need to find out whether Medicare covers your item, service, or supply you can look on the website www.medicare.gov , call a SHIP counselor at 1(800)452-4800, or call SWIRCA & More at (812)464-7817.

Health and Wellness at the Center

Arthritis exercise is Monday, Tuesday, Wednesday, and Friday at 11:00.

SWIRCA exercise meets every Thursday at 12:30 at the center.

Tai Chi class meets Thursday mornings at Zion UCC. Beginner class is at 9:30; advanced class is at 10:00.

The center's exercise room is available Monday through Friday 9am to 2pm.

Physical therapy staff from Golden Living Center-Woodlands conducts our exercise program the 2nd Tuesday each month at 10:45 here at the center.

Thanks to our Business Sponsors for 2014:

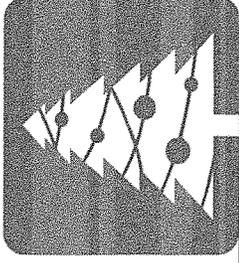
- *Bayer's Plumbing- (812) 853-2305- is our Sundae/Fruitful Fridays sponsor.
- *Heritage Federal Credit Union-(812) 253-6928-is our Internet Cafe/Printer sponsor.
- *Titzer Funeral Homes-(812) 853-8314 - is our Birthday Cake sponsor.
- *Zion UCC Church, Newburgh, is our Hospitality Sponsor.
- *Tom & Penny Bodkin-Landscaping Sponsor
- *Ohio Township-Activity Sponsor

Merry Christmas to All



Happy New Year

Newburgh Senior Center Activities December 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch is Monday to Friday at 11:30	1 *11:00 Exercise *Noon-Clabber Club	2 *10:00 Knit & Crochet *11:00 Exercise *Noon-Bingo-Leslye-Sterling House	3 *11:00 Exercise *Noon-Bingo-Cypress Grove	4 *9:30, 10:00 Tai Chi *11:30 BBB- Jackie *Noon-Sing a Long *12:30 SWIRCA Exercise	5 *11:00 Arthritis Stretch *Noon- Annual Giving Project- Soup Jar Gifts	6
7	8 *11:00 Exercise *Noon-Clabber Club	9 *10:00 Knit & Crochet *10:45 Exercise-Woodlands *Noon- Card-Making with Jane	10 *11:00 Exercise *Noon-Bingo-Mackenzie-Signature	11 *9:30, 10:00 Tai Chi *Noon-Nutrition-Carolyn *12:30 SWIRCA Exercise *2:30 Kazoo-Woodlands	12 *11:00 Arthritis Stretch *Noon-November Birthday Cake-Titzer Funeral Home *Bingo-Bell Oaks	13
14	15 *11:00 Exercise *Noon-Clabber Club	16 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Reverse Bingo-bring 2 nonperishable food items ☺	17 *11:00 Exercise *Noon-Bingo-Sarah-Woodlands	18 *9:30, 10:00 Tai Chi *Noon-Music with Suzette Ewer *12:30 SWIRCA Exercise *1:30 Kazoo- Bell Oaks	19 *11:30 Carry-in, followed by music with Linda & Earl "Heavenly Express"	20
21	22 *11:00 Exercise *Noon-Clabber Club	23 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Holiday activity	24 CLOSED Christmas Eve	25 CLOSED Merry Christmas	26 *11:00 Arthritis Stretch *Noon- "After Christmas" Bingo- bring a prize, pick a prize	27
28	29 *11:00 Exercise *Noon-Clabber Club	30 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon- Rummikub tournament	31 *11:00 Exercise *Noon-Happy New Year Fruity Festivities – sponsor Bayer's Plumbing	*SWIRCA Lunch is \$3.50 and served Monday through Friday at 11:30. Head count must be turned in 24 hours prior.		

Lunch 11:30

Call 853-5627 **SWIRCA & More**

for reservation
at least 24 hours... **Nutrition Menu December 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Margarine Milk	2 Chop Suey White Rice Pickled Beets Warm Spiced Peaches Bread/Margarine Milk	3 Oven Fried Chicken Mashed Sweet Potatoes Seasoned Green Beans Bread/Margarine Apricots Milk	4 Stuffed Baked Potato w/Taco Meat Shredded Cheese Broccoli Sour Cream Banana Graham Crackers Milk	5 Pub Style Fish Cold Mashed Potatoes Mixed Vegetables Sherbet Wheat Bread/Margarine Milk
8 BBQ Riblet on Bun Homemade Macaroni & Cheese Vegetable Blend Pears Milk	9 Homemade Beef Stew Buttered Cabbage Biscuit Mandarin Oranges Milk	10 Ham & Beans Pickled Beets Cornbread/Margarine Peach Crisp Milk	11 Cabbage Roll Mashed Potatoes Cauliflower Bread/Margarine Fruit Cocktail Milk	12 Chicken & Dumplings Stewed Tomatoes Warm Spiced Applesauce Roll/Margarine Milk
15 Country Fried Steak w/Country Gravy Mashed Potatoes Broccoli Sherbet Bread/Margarine Milk	16 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk	17 Meatloaf w/Glaze Garlic Mashed Potatoes Peas Bread/Margarine Peaches Milk	18 <u>BirthDay Lunch</u> Roast Pork w/Gravy Red Skin Potatoes Carrots BirthDay Cake Bread/Margarine Milk	19 Carry-In 11:30
22 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Bread/Margarine Mixed Fruit Milk	23 Meatballs w/Gravy Buttered Noodles Broccoli Bread/Margarine Mandarin Oranges Milk	24 CLOSED CHRISTMAS EVE	25 CLOSED CHRISTMAS DAY	26 Cream of Broccoli Soup Grilled Cheese Sandwich Spiced Peaches Crackers Lorna Doone Cookies Milk
29 Chopped Steak w/Gravy Mashed Potatoes Brussel Sprouts Apricots Bread/Margarine Milk	30 Grilled Chicken Patty Whipped Sweet Potatoes Broccoli Bread/Margarine Pudding Milk	31 Homemade Chili Peanut Butter & Jelly Sandwich Warm Spiced Apples Crackers (2) Fig Newton Milk	<u>Serving Sizes:</u> <u>Meat/Entree:</u> 2 1/2 - 3 oz <u>Vegetable/Salad/Dessert:</u> 1/4 cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> 1/2 pint <u>Cereals:</u> 1/2 cup	Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted. No one will be denied a meal for lack of money.