



YMCA BETTYE J. MCCORMICK
CENTER

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

www.vincennesymca.org



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DIRECTOR COMMENTS



Spring has surely sprung! Coming out of a harder winter than usual, it is good to see the sun shining and the Earth coming to life once again. As always it is busy here at the center as we plan for new and exciting programs and prepare for our upcoming CARF survey.

This year we are expecting some new changes at the state level which will have direct effect on our program as we move forward. Over the years we have never viewed change as detrimental but rather a tool for making our programs better. Embracing new things while a challenge, can be fun and exhilarating.

We have new programs beginning each month. Check out the information on our Niagara trip in this newsletter. This is a five night six day tour!

Dine after Dark is another new venture for making friends and exploring new venues while enjoying a cultural fine dining experience with others. Our first trip is coming up in May to the Stables in Terre Haute. Whether you come in for lunch or special events, we are always happy you are here. We would love to hear your ideas too.

ACTIVE ADULT PROGRAM –812-882-2285

April Lunch served Mon-Fri from noon to 1:00p.m. Cost: \$3.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Need a ride?			1	2	3 BIBLE STUDY— 9:00a.m.	4
5 Call Van Go 812-886-3381	6 Walking to Old- ies—10:00a.m.	7 Card Sharks— 1:00pm	8 Theater—10:00	9 Coffee chat—let's talk programs—10	10 BIBLE STUDY 9:00a.m.	11
12	13 Coffee Chat— 10:00am Bettye J. Cafe	14 Bingo (8 person minimum) 1:00pm	15 Nurse walk and talk—10:00am	16 Committee mtg 10:00a.m.	17 BIBLE STUDY 9:00a.m	18
19	20 Diamond art session—1:00p.m.	21 Card Sharks— 1:00pm	22 Diamond art session—1:00p.m.	23 Singles Mingle— 1:00p.m.	24 BIBLE STUDY 9:00a.m.	25
26	27 Hydro massage— 10:00am Bd mtg—no food	28 Bingo—1:00 (8 player min)	29 Sit, stretch, relax— 11:00a.m.	30 Mini Health screen- ings with nurse— 10:00a.m.		

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ramen noodle salad w/chicken, egg roll, cinnamon applesauce, cukes w/ranch and milk	2 Polish sausage/bun, side salad/ranch, cuke/tomato salad, sliced peaches and milk	3 Sausage gravy, biscuit, scrambled egg, hash browns, orange juice and milk	4
5	6 Baked potato/bacon and cheese, veggie blend bake, pears, wheat bread and milk	7 Tuna salad/wheat, au gratin potatoes, cherry tomatoes and milk	8 Spaghetti bake, buttered corn garlic bread, creamy coleslaw and milk	9 Ham salad/wheat, tomato basil soup, croutons, cinnamon apple bake and milk	10 Hamburger/bun, LTO, oven French fries, fresh fruit salad and milk	11
12	13 Ham and Swiss wrap, lettuce, tomato, mayo, Frito corn salad, sliced peaches and milk	14 Hobo foil Pac, hamburger, onions, carrots, potatoes, coleslaw, fruit cocktail, wheat bread, milk	15 Chicken Fajita, tortilla, peppers, onions, Sp. rice, refried beans, pineapple slice, milk	16 Pork n gravy, mashed potatoes, Brussel sprouts, wheat bread and milk	17 Taco corn-bread casserole, L/T, Cheese, sour cream, calico corn, tropical fruit, milk, B-day	18
19	20 Oven Fried chicken, mashed potatoes, buttered peas, wheat bread and milk	21 Sloppy joe/bun, scalloped potatoes, corn salad and milk	22 Meatloaf, mashed potatoes, green beans, wheat bread and milk	23 Asian chicken and broccoli, egg roll, steamed rice, mandarin oranges and milk	24 Bacon wrapped chicken thigh, roasted potatoes, buttered corn, dinner roll and milk	25
26	27 Chicken and noodles, green beans, mashed potatoes, dinner roll and milk	28 Coney dog/bun, peas and carrots, au gratin potatoes, and milk	29 Beans and wienies, mashed potatoes, sliced peaches, wheat bread and milk	30 Chicken dressing casserole, glazed carrots, fruit cocktail, wheat bread and milk		

LET'S GO TO NIAGARA!!

YMCA BETTYE J. MCCORMICK CENTER PRESENTS

Niagara Falls, USA



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 5 nights lodging including 3 consecutive nights in the Niagara Falls, NY area
- ◆ 8 meals: 5 breakfasts and 3 dinners
- ◆ GUIDED TOUR of NIAGARA FALLS, NY
- ◆ A Journey to The Falls on "MAID OF THE MIST"
- ◆ Enjoy a CRUISE on the ERIE CANAL
- ◆ Take a SCENIC DRIVE through WINE COUNTRY
- ◆ GUIDED TOUR of BUFFALO
- ◆ Visit to the BUFFALO TRANSPORTATION PIERCE ARROW MUSEUM

and much more

\$775*

6 Days 5 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)
Oct 5 - 10
2026



World's most famous Falls



Visit to Buffalo's Canalside



Experience a Majestic View of the Falls



Enjoy a Cruise along the Erie Canal

Departure: YMCA 2009 Prospect Ave, Vincennes, IN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: awe-inspiring, captivating Niagara Falls, USA! This evening, you will check into an en route hotel and relax for the evening.

Day 2: Enjoy a Continental Breakfast before continuing towards your destination. Upon arrival, enjoy a GUIDED TOUR of BUFFALO, once one of the richest cities in America, as well as, home to the World's Fair in 1901 and two Presidents. This evening, you will have Dinner and check into your Niagara Falls, NY area hotel for a three night stay.

Day 3: Start the day with a Continental Breakfast before you go on a cruise aboard the MAID OF THE MIST and enjoy a closer view of the Falls. Next you will depart for a GUIDED TOUR of NIAGARA FALLS, NY. You will experience a spectacular view of the gorge from the Observation Tower and your guide will show you some of the best viewpoints in Niagara State Park. On the American side of the Falls you are so close to the river you can practically touch it. This evening, after Dinner at a local restaurant, enjoy a view of the Falls from Goat Island.

Day 4: After a Continental Breakfast, journey to Lockport to experience a CRUISE on the ERIE CANAL. This fun and informative cruise will take you past five of the original 1800's locks. Have lunch on your own in charming Lewiston, NY home of the Freedom Crossing Monument and another lovely view of the mighty Niagara River. This afternoon, take a scenic drive through the Wine Country and stop at a local winery for a tasting. Later tonight, you'll enjoy Dinner with Entertainment.

Day 5: Today after a Continental Breakfast, you'll enjoy a visit to the Canalside area, which is at the heart of downtown Buffalo's waterfront revitalization area and visit the BUFFALO TRANSPORTATION PIERCE ARROW MUSEUM. Get a glimpse of the finest vintage automobiles, see a reproduction of a Frank Lloyd Wright Filling Station, and tour exhibits like "Women and Automobiles" which showcase memorabilia from the golden age of touring. This evening, you'll relax at your en route hotel.

Day 6: Today after enjoying a Continental Breakfast, you depart for home... a time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD SOME PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$212 for single occupancy.
Final Payment Due: 7/29/2026

FOR INFORMATION & RESERVATIONS CONTACT:

Nola Davis @ (812) 882-2285

Diamond Tours^{inc.}
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

Motorcoach driver and Step-on-guide gratuities are included in the flyer price.

Form ID: 1850-7A0406

WM

Tour#: 2283241

CALLING ALL TRAVELERS— WE ARE HEADING TO BEEF AND BOARDS! LIMITED SEATING



Are you ready for a wonderful show and fabulous buffet lunch? Join us on July 8th as we head to Indianapolis Beef and Boards featuring their rendition of the famous Rodgers and Hammerstein's Cinderella.

We will depart the YMCA Bettye J. McCormick Center at 8:30a.m. on 7/8/26 by way of Journey travel coachline. Fully equipped for your comfort, Journey travel has been providing excellent travel opportunities for us for many years. After dinner and the show we will depart the theater at approximately 3:30pm before heading back home to Vincennes.

The cost of the trip is \$95.00 per person which includes the show, lunch and transportation. A \$35.00 non refundable deposit will hold your spot! The trip must be paid in full by 6/10th.

For more information, please call us at 812-882-2285. Bring your friends

WE WOULD LOVE TO HEAR FROM YOU

Here at the YMCA Bettye J. McCormick Center we strive to make both our Active Adult Program and adult day services a most beneficial place for our community's seniors. Annually we like to review our programs effectiveness and see what areas we might improve in. We would appreciate you taking the time to fill out our survey and either drop in back by at 2009 Prospect Ave; or mail to the same address. Please feel free to fill out any or all sections of the survey. We would like to thank you in advance for your participation.

Senior Center:

Do you currently attend the Center? _____ Have you considered visiting? _____
 Do you like the food service? _____ Are servings adequate? _____
 Rate food quality: _____ %
 Items you would like to see on the menu: _____
 Do you enjoy the activities? _____ Any activity you would like to see added: _____

Do you like crafts? _____ Health programs: _____ Exercise: _____

Are you aware of the new exercise equipment? _____
 Comments: _____

How often do you ride Van Go each week?
 Please indicate with an "x" when you most need transportation service:

	6-8am	8-10am	10-noon	Noon - 3pm	3-6 pm	6-8pm	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Adult Day Service

Were you aware of all the services available? _____ Do you feel the nurse provides proper health monitoring? _____ Is there any additional service you would like to see added? _____ What? _____
 Are the aides friendly and helpful? _____ Is Direct Support Professionals knowledgeable and helpful? _____

Are you happy with the following services?
 Bathing and hygiene? _____ Don't need at this time: _____
 Budgets and bills? _____ Shopping? _____
 Socialization? _____ Continued Education Opportunity? _____
 Escort to Dr.? _____ Medication Management? _____
 Pharmacy assistance? _____ Information and referral? _____
 Recreational Opportunities? _____ Care Plan Process? _____
 Do you find the facility clean? _____ Accommodating? _____
 Adequate bathrooms? _____
 Suggestions to improve our service: _____

Would you mind to give us some statistical data?
 Name: (optional) _____
 Gender: Male - _____ Female - _____
 Do live: In city limits - _____ In county - _____
 Do you live alone - _____ Do you live with a family caregiver - _____
 Age: _____ Date of last visit to Center: _____

YMCA BETTYE J. MCCORMICK SENIOR CENTER

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Coming Soon to Active Adult Program

- Walking to the Oldies—come exercise with us as we walk away the pounds to some really great old sixties tunes. On 4/6 at 10.
- Do you like to craft? Introducing Diamond Art for beginners. Cost \$10.00 for your supplies, class is meeting on 4/20 and 4/22 at 1:00pm. Limited spots available. Sign up early! Call 8128822285.
- Are you single and looking to make some new friends or that special connection? Join us on 4/23 at 1:00pm. Refreshments and loads of fun provided.
- Sit, stretch and relax is a new group exercise class meeting on 4/29 at 11:00a.m. Led by our nurse, this class promotes gentle stretches with relaxing music and a serene atmosphere. Reservations requested.
- Niagara Falls trip is now open for reservations, leaving 10/5 for a five day tour. \$770.00

Coming Soon to Adult Day Services

- April 3 - Easter brunch—egg hunt. Ctr closes at noon.
- April 7—Painting class—bunny goblet. Sign up at front desk.
- April 10 - Out to lunch at Texas Roadhouse. \$20.00
- April 14— St. Paddy's day fun. Wear green or dress like a leprechaun. Prizes awarded.
- April 17— Let's bake. Bake and make a cross cake.
- April 24—Build a bunny. Reservations required.
- April 30— Let's make Easter bubble bath dough.
- Our weight loss journey continues! Don't miss any meetings or weigh in's.
- Handbells, grocery list, goals, shopping on Thurs.



Do We Have Your Email?

Get on our mailing list and never miss out on upcoming events and resources!

MAKE A DONATION

YOUR DONATION WILL MAKE A REAL IMPACT ON THE LIVES OTHERS. IF YOU WOULD LIKE TO SUPPORT OR CAUSE, PLEASE CONTACT US AT 812-882-2285.