



YMCA BETTYE J. MCCORMICK
CENTER

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

www.vincennesymca.org



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DIRECTOR COMMENTS



As a general rule May is not my month. The last month of Spring, it heralds in the long hot months of summer. Though most people absolutely love the warmer weather, I really don't. Isn't it funny how different people can be. For sure though, nobody really knows what May will bring. It can be hot, cold, wet or dry. Sometimes I think the center can be like that too, but in a good way. Meaning we are ever changing regardless of the circumstances. We pride ourselves on our ability to meet challenges head on and have the fluidity to simply go with the flow and do it with humor and a zest for life. We have some new and exciting things happening this month.

Coming May 8th is Mr. Puppet. Bob Abdoe is a fulltime comedian who has done over 7,000 shows.

We have added a Dine after Dark experience for our adventurous active adults which we are so excited about.

New punch cards are now available for lunch. Eat ten times and your next lunch is on us! Stop by for your free card today.

WE APPRECIATE OUR ADVERTISERS


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Thank you!



ACTIVE ADULT PROGRAM –812-882-2285

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


Sun	Mon	Tue	Wed	Thu	Fri	Sat
Need a ride?					1 BIBLE STUDY—9:00a.m.	2
3 Call Van Go 812-886-3381	4 Walking to Oldies—10:00a.m.	5 Card Sharks—1:00pm	6 Theater—10:00 Veterans mtg—noon	7 Coffee chat—let's talk programs—10	8 BIBLE -9 Comedy Hour—1:30p.m.	9
10	11 Coffee Chat—10:00am Bettye J. Cafe	12 Bingo (8 person minimum) 1:00pm	13 Nurse walk and talk—10:00am	14 12 -1st Vin bank	15 BIBLE STUDY 9:00a.m.	16
17	18 Diamond art session—1:00p.m.	19 Card Sharks—1:00pm	20 Yahtzee Tourney - 1:00pm 11-Committee mtg	21 Diamond Art—1:00p.m.	22 BIBLE STUDY 9:00a.m.	23
24	25 Hydro massage—10:00am Bd mtg—noon	26 Bingo—1:00 (8 player min)	27 Skin Care 11:00a.m.	28 Mini Health screenings with nurse—10:00a.m.	29 BIBLE STUDY 9:00A.M.	30
31						



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MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
					1 Meatball sub/ cheese, baby baker potatoes, sliced peaches, milk	2
3	4 Chef salad/ Turkey and Ranch, Tropical fruit, dinner roll and milk	5 Honey mustard chicken, garlic mashed potatoes, green beans, wheat bread and milk	6 Meatloaf, mashed potatoes, creamed peas, wheat bread and milk	7 Ham & Swiss/ croissant, lettuce/ tomato, bean sal- ad, fresh banana and milk	8 BBQ Chicken, cheese mashed potato, cukes / ranch, wheat bread and milk	9
10	11 Oven roasted chicken, mashed potatoes, peas & carrots, wheat bread and milk	12 Ham/Swiss quiche, tomato salad, carrots, strawberries, ba- gel cukes, lemon muffin and milk	13 Pork BBQ/ bun, mashed po- tatoes, green beans and milk	14 Taco corn- bread casserole/ lettuce, tomato, sour cream, calico corn, tropical fruit and milk	15 Chicken salad/ wheat, au gratin potato, cinnamon applesauce, toma- to soup, milk B-day lunch	16
17	18 Beef pot pie, mashed potato, sliced peaches and milk	19 Spaghetti/ meat sauce, garlic bread, coleslaw, buttered corn, milk	20 Goulash, gar- lic stick, buttered peas, sliced pears and milk	21 Tuna noodle casserole, green beans, fruit cock- tail, wheat bread and milk	22 Sloppy Joe/ bun, au gratin potatoes, glazed carrots, milk	23
24	25 Closed Memorial Day	26 Polish Sau- sage/bun, Scal- loped potatoes, buttered corn and milk	27 Oven fried chicken, potato salad, side Caesar salad, wheat bread and milk	28 Coney dog/ bun, tater tots, mandarin oranges and milk	29 Chicken and noodles, mashed potatoes, green beans, wheat bread and milk	30

STAY HEALTHY PHYSICALLY AND FINANCIALLY

We all want strong bones and healthy joints to keep us moving confidently through life. The good news? Simple steps like eating well and staying active can make a real difference in maintaining your bone health.

Even better? You don't need a gym or special equipment to get started. Just a couple of light weights (1-2 lbs.), or grab some soup cans or water bottles from the kitchen. You can do these exercises seated or standing—whatever feels comfortable.

- **Overhead presses:** Hold the weights at shoulder height. Press straight up overhead until your arms are extended, then slowly lower back to shoulder height. Complete 8-10 reps.
- **Arm raise:** Hold weight at your side. Lift both arms out to side until parallel with floor then slowly lower back down. Complete 8-10 reps.

More Ways to Keep Bones strong:

- Eat more calcium and vitamin D. Add foods like milk and yogurt, leafy greens, fish, sweet potatoes, almonds and beans. Cut salt, caffeine and alcohol.
- Talk with Doctor to see if a bone mass measurement is right for you to detect osteoporosis.

FIRST VINCENNES SAVINGS BANK FRAUD & SCAMS LUNCH & LEARN

LEARN TOOLS AND METHODS TO HELP YOURSELF AND OTHERS FROM BECOMING THE VICTIM TO THE LATEST SCAMS.



LUNCH & LEARN DETAILS:

MAY 14, 2026

START FROM 12:00 PM - 1:00 PM
AT YMCA MCCORMICK SENIOR CENTER
2009 PROSPECT AVE, VINCENNES IN 47591

WHAT YOU WILL LEARN:

- RESOURCE MATERIALS FREE TO YOU
- FRSB PRODUCTS TO PROTECT YOU
- HOW TO SPOT A SCAM
- HOW & WHEN TO REPORT

FIND MORE
INFORMATION AT

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SCAN TO RSVP
OR CALL
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Bettye J McCormick Senior Center, Vincennes, IN

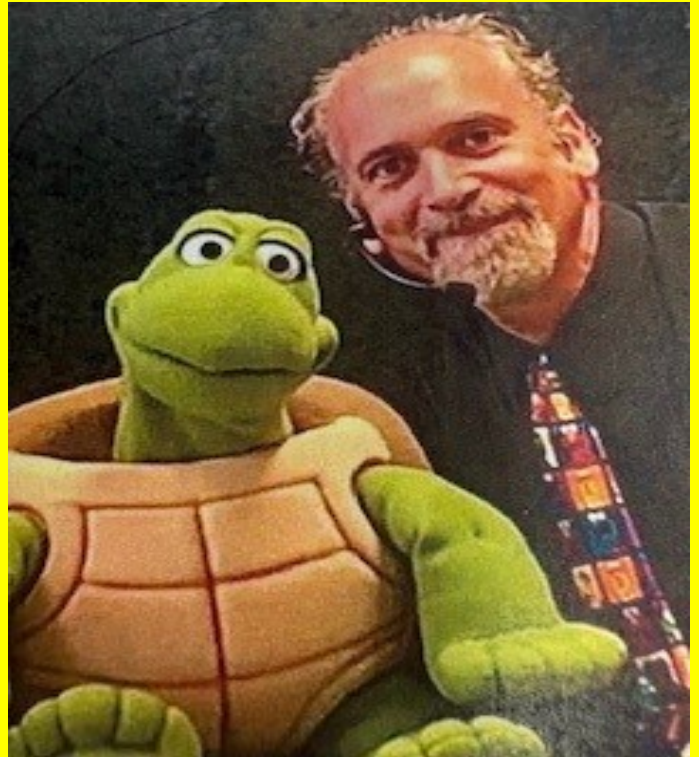
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MR. PUPPET COMING SOON—MAY 8TH 1:30PM

Coming soon to a center near you, Mr. Puppet! Bob Abdou, stage name Mr. Puppet is a full time working comedian. His show features ventriloquism, marionettes and audience participation that will have you laugh out loud, scream for joy and just put a smile on your face.

Bob's show can be described as watching "The Ed Sullivan Show" meaning there are different acts that feature a variety of puppetry and acts that will enthrall and entertain you. Some say Bob's show is like watching "America's Got Talent" but without the judges! This is his 27th year of entertaining completing over 7,000 shows. Bob entertains for all age groups, all types of venues and all types of comedy.

Join us May 8th at 1:30p.m. for this marvelous show. You won't want to miss this show.



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Euchre Tourney

There will be a euchre tournament here at the YMCA Bettye J. McCormick Center on May 9th, 2026.

Check in will begin at 12:30a.m. with the games beginning at 1:00p.m.

Entry fee will be \$5.00 per person.

Snacks will be provided.

Prizes (non- monetary) will be awarded for 1st and 2nd place winners.

Reservations are requested and can be made by calling the BJMC center at 882-2285 (ask for Beka) or the YMCA 812-895-9622 (ask for Aaron).

We look forward to you joining us for a fun enjoyable day.

Announcing Dine After Dark

This program is for all active adults who would enjoy trying new food venues while making new friends.

Our first attempt at this will be May 29th. We will be heading to "The Stables" in Terre Haute Indiana.

Arriving at 6:00p.m. everyone will be able to order from the Stable's menu and pay on your own.

A van will be available or you may drive yourself.

Vans will leave the center at 4:45p.m. (Cost is \$15.00) per person.

The Stables is a wonderful historic restaurant located in a Victorian era horse stable built in 1890. Offering a unique dining experience with premium steaks, seafood, and extensive wine list in a rustic, setting with the tables in former horse stalls. The Stables is known for its ambiance, quality food and live jazz on weekends.

Reservations required by May 18th. Please call 812-882-2285 to reserve your spot! Let's meet some new friends and enjoy a great dining experience!



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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.