



**YMCA BETTYE J. MCCORMICK
CENTER**

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

www.vincennesymca.org



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DIRECTOR COMMENTS



I don't know about you, but it seems the weather has been exceptional lately. Cooler temps make for great mornings as the participants greet us at the door ready for another day with their friends.

As usual, there is no slow down even as the lazy hazy days of summer begin. In fact June is chocked full of fun things to keep one busy and active.

The Adult Daycare will celebrate both ladies and men's day, the annual ADS picnic and trips out to eat, AMC theater and a session at VU bowling alley.

Our active adults will be having a new unique crafting session as well as coffee chat, walk with the nurse session and card sharks. As always the exercise/massage room is open for visitors. Stop by and grab lunch with friends while you are here.

Next month we will heading for Beef and Boards to see the Rodgers and Hammerstein version of Cinderella. We still have three seats left if you want to go with us. Just give us a call at 812-882-2285. We are going to be busy. How about you?

WE APPRECIATE OUR ADVERTISERS

They allow us to
print this publication.
Thank you!



June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Asian Chicken Broccoli, egg roll, steamed rice, mandarin orange slices and milk	2 Glazed BBQ chicken, mashed potatoes, hominy/bacon, wheat bread and milk	3 Baked Ham, candied sweet potatoes, seasoned green beans, wheat bread and milk	4 Beef Taco salad/tortilla chips, calico corn, warm cinnamon apples slices and milk	5 Ham Quiche, cherry tomatoes, cucumber bagel bites, dinner roll and milk	6
7	8 Diced chicken/white peppered gravy, mashed potatoes, buttered peas, wheat bread and milk	9 Egg salad, wheat crackers, sliced tomatoes, fresh banana and milk	10 Oven fried chicken, good gravy potatoes, seasoned green beans, wheat bread and milk	11 Beef Hot dog/bun, au gratin potatoes, cowboy beans and milk	12 Honey mustard chicken, garlic mashed potatoes, steamed broccoli, wheat bread and milk	13
14	15 Ji Youngs Beef, brown rice, glazed carrots, mandarin oranges and milk	16 Tuna Salad/wheat, scalloped potatoes, cherry tomatoes and milk	17 Ground beef burrito bowl, fresh fruit oranges, pineapple, grapes, dinner roll and milk	18 Strawberry spinach salad, poppy seed dressing, grilled chicken, garlic toast, roast taters, milk	19 Cheeseburger/bun, LTOP, potato salad, bacon baked beans and milk B-day lunch	20
21	22 Cowboy pasta salad/gr beef, baked potatoes, cinnamon applesauce, dinner roll and milk	23 BLT hot dog/bun, tater tot casserole, buttered corn and milk	24 Ramen noodle salad w/chicken, pork eggroll, cherry tomatoes, peaches and milk	25 Meatloaf, mashed potatoes, creamed peas, wheat bread and milk	26 Coney dog on bun, scalloped potatoes, cuke and onion salad and milk	27
28	29 BOX LUNCH ham and Swiss roll up, LTO, potato salad, peaches, chips and milk	30 Chicken and rice bowl w/garlic sauce, steamed broccoli, glazed carrots and milk				

LET'S TRY A COOL DESSERT FOR YOUR NEXT GATHERING!

Celebrate warmer weather outdoors with a refreshing treat like Cool Lemon Lush.

Cool Lemon Lush

Nonstick cooking spray

2 cups flour

1 cup softened butter

2 8 ounce packages cream cheese

1 cup sugar

1 lemon—juice only

2 instant lemon pudding mix (3 ounce each)

4 c milk

1 container (12 ounces) whipped topping, thawed

Chopped pecans

Heat oven to 350 F. Spray 9x13 inch baking pan with nonstick cooking spray. In medium bowl, combine flour and butter using a pastry cutter. Press into bottom of baking pan. Bake for 25 minutes. Cool completely.

In a medium bowl, beat cream cheese and sugar until smooth. Juice lemon into mixture, continue mixing until blended. Pour mixture over crust.



In a medium bowl, whisk pudding mix and milk until thickened. Spread over cream cheese mixture.

Spread whipped topping over the pudding layer.

Sprinkle the top with the chopped pecans.

Serve and enjoy! Great cool dessert to serve at a family picnic, family reunion or graduation party. This is also a Sunday dinner favorite. Make ahead and have ready for any event.

Find more delicious desserts at Culinary.net.

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10 STEPS TO FINDING THE BEST SMARTPHONE FOR YOU

Quality smartphones come in all configurations and price points these days. Here are some of the key things you'll want to look for to find one that works for you.

1. **Operating systems:** There are two systems. iOS works with iPhones, while Android operates with a variety of smartphones. iOS is considered easier to use, but requires an Apple device.
2. **Camera:** Most people use the phone as their primary camera. Look for 12 megapixels or more and special features like dual lenses and ability to edit and enhance photos.
3. **Screen size:** Small screens are better for one-handed use or small hands. Larger screens are good for playing games, videos and easier navigation.
4. **Display:** If you watch videos look for full HD (high definition), which is 1920 x 1080 pixels.
5. **Design:** There are metal, glass or plastic. Look for one that is water resistant and has a shatterproof glass display. There is a new Gorilla Glass display that protects against short falls.
6. **Processor:** Even mid range phones now offer satisfactory performance for any user level or basic task. Processors will translate to faster open times for apps, smoother navigation and quick photo edits.
7. **Battery:** Many factors, screen size, and operator system determine how long one charge will last. Look for a battery capacity of at least 3,000 mAh. Any phone that lasts longer than 9 hours of straight 4G LTE use is considered very good.
8. **Storage:** Go for as much internal storage as possible. While some models offer 8GB, the minimum on premium handsets these days is usually 32GB to 64GB. Adding a micro SD card will also help expand storage.
9. **Price:** Don't pay for more than you need. The latest phones start around \$800.00 and easily go to \$1,000 or more. But there are great options below \$500.00 and even some solid choices under \$200.00.
10. **Carrier:** Smartphones require a wireless plan. Choose a service provider that offers what you will really use, and at a price point for your budget. Most companies now offer from entry level to top of the line talk, text, and data plans with no contract.

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Easter was celebrated at the center with a old fashioned Easter Parade. Clients came in their easter finery and marched to Judy Garlands version of Easter Parade led by none other than the Easter bunny.

The day was celebrated with a brunch, egg hunt and pics with the bunny. Nicole Fortner helped to pick the winning costumes.



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