



YMCA BETTYE J. MCCORMICK
CENTER

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

www.vincennesymca.org



JULY

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JULY NEWSLETTER—2026

DIRECTOR COMMENTS



The fourth of July has always been a fun time for me. Even now I love a good parade and fireworks. Back in my youth we watched the fireworks from the football field at the old Lawrenceville high school. With the exception of the heat and the bugs, going to the fireworks is probably my favorite thing about summer.

With that said, here at the center I have found our group enjoys anything that revolves around water. We love to pull out the sprinklers for a day of fun in the sun or taking a trip to the Y, for swimming with our friends. Even chores become more fun when water is involved. The daycare clients have planned a very special carwash for this month and would like for you to come join them.

The carwash will be held on July 24th here at 2009 Prospect Ave. They will be washing cars from 10:00 to 2:00p.m.

Bring your cars, bring your trucks. Our young entrepreneurs will be waiting for you. Have time on your lunch hour? Come on down. Donations will be accepted with all proceeds going to their activity fund. We hope to see you here.

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JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Theater/10	2 Coffee Chat	3 Center closed	4
5	6 Outdoor exercise eq	7 Bingo (8 person min)1	8 Take a bike ride	9 Coffee Chat	10 Bible study/9:00am	11
12 Cut off for butterfly	13 Try out exercise room	14 Let's putt putt	15 12- Living Kitchen	16 Commit-tee mtg/10	17 Bible study/9:00am	18
19	20 Mini health check	21 Bingo (person min)	22 Walk with nurse	23 Coffee Chat	24 Bible study/9:00am	25
26	27 Massage therapy	28 Mini health/10	29 Butter-fly collage \$20	30 Butterfly collage	31 Bible Study/9:00am	



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MENU—2026

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
			1 Chicken tortilla pinwheel, pineapple coleslaw, pears and milk	2 Hot dog/bun, baked beans, whole kernel corn, banana and milk	3 Center Closed Happy 4th Of July	4
5	6 Diced chicken/peppered gravy, mashed potatoes, glazed carrots, wheat bread and milk	7 Meat & four cheese ravioli bake, corn, garlic bread, tropical fruit and milk	8 Ham Salad on wheat bread, Sun chips, tomato soup, peaches and milk	9 Chicken and noodles, mashed potatoes, seasoned green beans, wheat bread and milk	10 Glazed ham, sweet potatoes, creamed peas, wheat bread and milk	11
12	13 Baked cod fish, creamy coleslaw, corn cobette, hush puppy and milk	14 Hamburger/bun, LTO, macaroni and tomatoes/onions/celery, fruit cocktail and milk	15 Spaghetti, garlic bread, corn, garden salad/ranch and milk	16 Baked potato w/bacon, cheese, broccoli, pears, dinner roll and milk	17 Polish sausage/bun, cooked cabbage/onion, mashed potatoes and milk	18
19	20 Chicken dumplings, mashed potatoes, green beans, wheat bread and milk	21 Beef taco bowl w/tortilla chips, LTO, sour cream, refried beans, banana and milk	22 Meatloaf, mashed potatoes, buttered peas, wheat bread and milk	23 Vegetable soup, ham and cheese on wheat, clementine and milk	24 Beef goulash, corn, peaches, wheat bread and milk	26
26	27 Oven fried chicken, mashed potatoes, green beans, wheat bread and milk	28 Ji Young Beef, brown rice, glazed carrots, mandarin oranges and milk	29 Sloppy Joe/bun, scalloped potatoes, buttered corn and milk	30 Chicken Patty /bun, lettuce, tomato, onion, Au Gratin potatoes, broccoli, w/cheese and milk	31 SCOOPY DAY SUB w/ ham,, turkey LTO, cheese, cucumber slices fresh grapes and milk	

Support Your Immune System with Grapes

Boosting immune function through healthy diet has become an important new focus for many people these days.

One key dietary recommendation is to eat more fruit and vegetables each day to improve immune function and prevent heart disease and diabetes. When looking to guide your family to healthier snacks and meals or simply trying to mix up your at home menu, success can be as simple as rethinking the ingredients you choose to use.

Fresh grapes, for example, make for an ideal snack because they are tasty, healthy, hydrating, and refreshing, but grapes can also be used to make good for you dishes that are also satisfying and delicious. Grapes of all colors, red, green and black are naturally fat free, cholesterol -free, and contain virtually no sodium. Here is a great recipe to try.

CAULIFLOWER STEAKS WITH GRAPES!

1 head cauliflower, 3 T virgin olive oil (divided), 2t chopped rosemary, 1/2t salt, 1/2t black pepper divided, 1C grapes, halved, 1/4C chopped olives, 2T parsley, 2T chopped toasted pistachios



Con't.—Heat oven to 450

Trim cauliflower and cut into four 1in thick slices, keeping as intact as possible. Place on sheet pan and brush with 1 1/2T olive oil. Sprinkle with rosemary, salt and 1/4 t of crushed black pepper. Roast until browned and tender, about 25 minutes. Combine remaining olive oil, pepper, grapes, olives, parsley and pistachios. When cauliflower is roasted, transfer to serving plates and top with grape mixture.

Healthy eating is easy with grapes. Prized for their taste, crisp, juicy texture grapes are a heart healthy choice. Try this recipe soon. You will love it.

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VISIT FROM THE LIVING KITCHEN—JULY 15TH

The living kitchen is a community education and nutrition program based right here in Vincennes. It is funded by the Knox County Public Library through state and local grants, and operates in partnership with local organizations.

The program's mission is to educate, inspire and empower through hands on cooking and nutrition lessons. It moves around the county, visiting local events and venues bringing fresh, healthy cooking demonstrations to people of all ages.

Sessions focus on healthy eating, food safety and creative ways to prepare nutritious foods often using local or seasonal ingredients.

The kitchen is active on platforms like Facebook, where updates and event announcements are posted.

If you want to experience the Living Kitchen, please join us July 15th. Tiffany Muranaka will be presenting on healthy eating and safe knife handling. All while cooking up a nutritious free lunch for those in attendance. Reservations requested. Please reserve your lunch by calling us here at the center, 812-882-2285.



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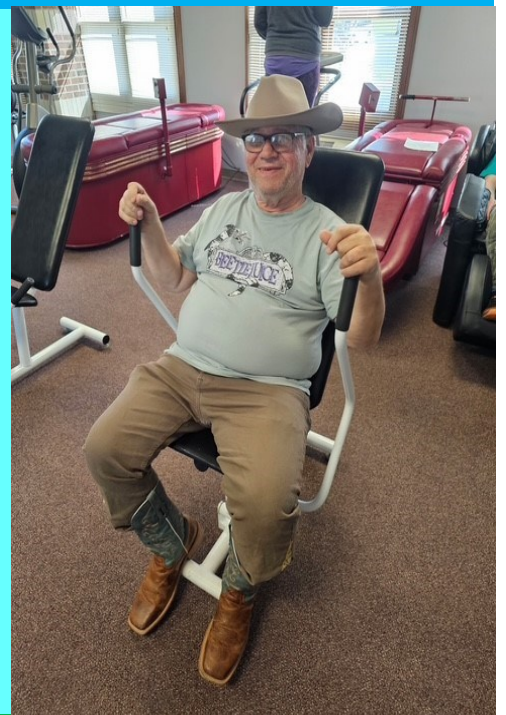
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Joe Kluemper enjoys bowling on the new simulators at the YMCA. Bowling is one of many options offered. For more information on simulators, call Bill Davis at 812-895-9622.

Melvin Harney works out in the BJMC exercise room. He works to maintain his strength and build endurance. Feel free to stop by and join our group at 10.



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