



YMCA BETTYE J. MCCORMICK
CENTER

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

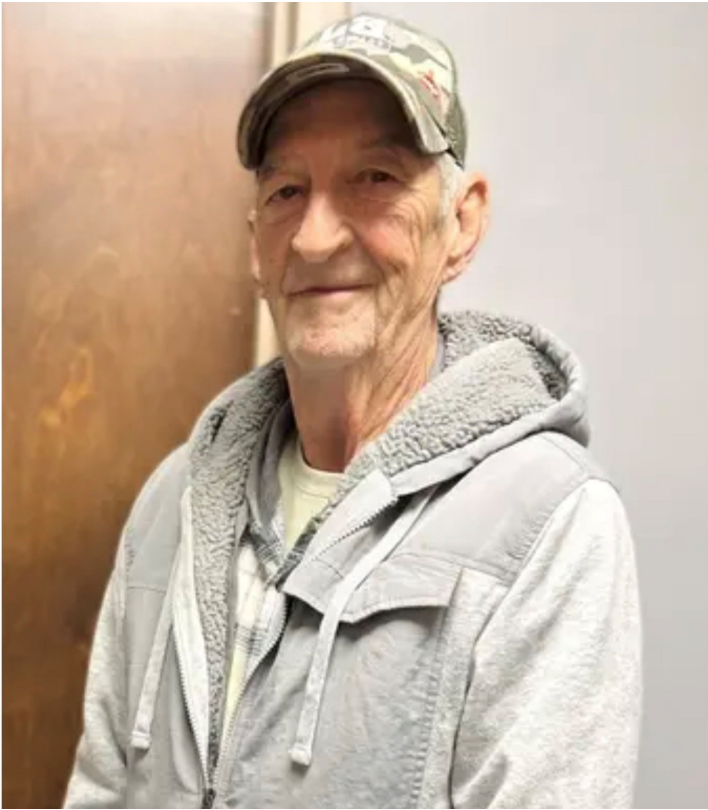
www.vincennesymca.org

August



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DIRECTOR COMMENTS



This will be my fortieth year here at the center. So many things have changed since I first entered the doors down at 19 N 4th.

My mind is flooded with memories of the many things we have accomplished and people I have met along this journey.

One such person is Ron Jones. He came for an interview 19 years ago and over the years became part of the senior center family. He was good to the clients he served, joking and helping to make their day a little brighter. They loved him dearly.

Ron proudly served his country as a young man. He loved to help others anyway he could. Ron was a master woodworker. He ran the Pine Box along side his wife Terry for many years. Children all over Knox county woke up on Christmas morning to the treasures of Ron's handiwork.

Ron passed away recently and he will surely be missed here at the center and by his many friends throughout this community. Our center will be changed forever, but the wonderful memories we made with him will last forever.

WE APPRECIATE OUR ADVERTISERS

They allow us to
print this publication.
Thank you!



August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3—Van Go training	4 Card sharks/1:00pm	5 Meals site open Mon—Fri at noon	6 Coffee Chat	7 Bible study/9:00am	8
9	10 Outdoor exercise eq	11 Bingo (8 person min)1	12 Take a bike ride	13 Coffee Chat	14 Bible study/9:00am :00am	15
16 Reservation for SS due today	17 Try out exercise room	18 Let's putt putt around	19lunch and learn lunch/11:30	20 Committee mtg/10	21 Bible study/9:00am	22
23	24 Mini health check	25 Bingo (person min)	26 Walk with nurse	27 Coffee Chat	28 Bible Study/9:00a.m.	29
30	31Massage therapy					

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Bettye J McCormick Senior Center, Vincennes, IN

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MENU— AUGUST 2026



3 Sloppy Joe/bun, au gratin potatoes, Jello pears and milk	4 Beef hotdog/bun, baked beans, potato salad, and milk	5 Beef Manhattan, mashed potato/wheat bread, succotash and milk	6 Veggie Lasagna, salad/ ranch, corn, garlic bread, peaches and milk	7 Oven Fried Chicken, mashed potatoes, green beans, dinner roll and milk
10 Pizza burger/bun, side salad/ranch, mango applesauce and milk	11 French dip/ Swiss/bun, scalloped potato, buttered peas and milk	12 Chicken Parm, mashed potato, peas/ carrots, wheat bread and milk	13 Chicken tender/white gravy, Texas toast, pot wedges, zucchini medley, milk	14 Swedish meatballs, mashed potatoes, cauliflower/ch, wheat bread/ milk
17 Garlic shrimp, rice, green beans, dinner roll and milk	18 Big Mac salad w L,O,P/ gr beef,, cottage cheese,/Tom. banana, bread Stix, milk	19 Chicken, cheese Quesadilla, Mexican rice pears and milk	20 BBQ riblet,/bun, cottage fries, corn, fruited Jello and milk	21 Italian sausage noodles, corn, garlic bread, peaches and milk
24 Ham salad/wheat, veggie soup, Sun chips, banana and milk	25 Peachy pork loin, Sweet potatoes, Brussel sprouts, wheat bread and milk	26 Pepper steak, baked potato, broccoli, roll, angel food/strawberry, milk	27 Chicken and noodles, mashed potato, green beans w/onion, wheat bread and milk	28 Cheeseburger/bun, pasta salad w/veggies, Sun chips, grapes and milk
31 Glazed ham, mashed potatoes, broccoli, wheat bread and milk				

Insomnia: How do I stay asleep?

Waking up in the middle of the night is called insomnia, and it's a common problem. Mid-sleep awakenings often happen during periods of stress. Sleep aids that you can buy without prescription rarely offer effective or long term help for this problem. To help stay asleep, try these tips:

- Create a quiet, bedtime routine. Drink a cup of caffeine free tea, take a warm shower or listen to soft music. Do not use electronic devices with a screen for an extended time just before bed. The light from these screens can disrupt your sleep.
- Relax your body. Gentle yoga or progressive muscle relaxation can ease tension and help tight muscles relax.
- Put clocks in your bedroom out of sight. Clock watching causes stress and makes it harder to go back to sleep if you wake up.
- Don't have caffeine after noon, and limit alcohol to one drink four hours before bedtime. Both can disturb sleep.

Don't smoke. Nicotine can disrupt sleep patterns.

Get regular physical activity and exercise. But keep in mind, exercising too close to bedtime may disturb sleep too.

Go to bed only when you're sleepy. If you aren't sleepy at bedtime, do something to relax and wind down.

Wake up at the same time every day. Resist the urge to sleep in. Also, avoid daytime napping that can throw off your sleep cycle.

If you wake up and cannot go back to sleep within 10 minutes, get up. Read or do other quiet activities until you feel sleepy again.

Sometimes insomnia is caused by medical conditions such as sleep apnea, restless legs or long term pain. Insomnia also can be caused by a mental health condition such as depression. Treatment for one of these underlying conditions may be needed for insomnia to get better. Also, treating insomnia may help depression symptoms improve faster. If you keep having sleep problems, talk to your healthcare professional. To find a cause for insomnia, you may need to see a sleep specialist. Article by Mayo Clinic.

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JOIN US AT YOUR YMCA!

Date: August 19, 2026
Time: 11:30a.m.
Location: 2009 Prospect Ave. Vincennes, In



Lunch will be provided!
Great information. Great company. Great meal.



BETTY J MCCORMICK CENTER
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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Left—several clients and staff enjoyed a time in the YMCA pool recently.

Rt— The BJMC enjoyed an outing to Beef and Boards in Indianapolis to see Rodgers and Hammerstein's version of Cinderella. Traveling by charter bus the group enjoyed a buffet lunch, the show and a trip to the gift shop.

Everyone had a great time.



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