



YMCA BETTYE J. MCCORMICK
CENTER

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

www.vincennesymca.org



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DIRECTOR COMMENTS



Oh how I love fall! During a recent talk time we were discussing all the things that we love about the season. Brisk mornings, falling leaves and a good warm jacket while sitting on the porch swing sipping a hot cup of tea on a cool evening.

Here at the center fall ushers in the most busy season for us. The brrrrr months host the busiest holidays of the year. We are excited for some new fascinating activities that will be offered over the next few months.

One of our biggest is the Health and Wellness fair in October. This years event will have great guest speakers, wonderful vendor booths, pre-screenings, vaccination opportunities, free lunch, music and demonstrations. You won't want to miss this years fair so mark your calendar now!

Thursday October 15, doors will open at 10:00a.m. Come visit the booths, play some bingo and get your name in for some really great door prizes.

Keep watching for even more wonderful events as we head into the next few months.

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print this publication.
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SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Card sharks/1:00p m	2 Meals site open Mon—Fri at noon	3 Coffee Chat	4 Bible study/9:00am	5
6	7 Outdoor exercise eq	8 Bingo (8 person min)1	9 Take a bike ride	10 Coffee Chat	11 Bible study/9:00am :00am	12
13	14 Try out exercise room	15 Let's putt putt around	16 Looking to Sr. Health Fair 10/15	17 Committee mtg/10	18 Bible study/9:00am	19
20	21 Mini health check	22 Bingo (person min)	23 Walk with nurse	24 Coffee Chat	25 Bible Study/9:00a. m.	26
27	28 Massage therapy	29 Card Sharks/1:00PM	30 Board games/1:00p.m.			

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Bettye J McCormick Senior Center, Vincennes, IN

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MENU— SEPTEMBER 2026



	1 Honey Mustard Chicken, garlic mashed potatoes, buttered peas, wheat bread and milk	2 Taco casserole w/ cornbread, lettuce, tomato, onion, sour cream, tropical fruit	3 Beef hotdog/bun, cowboy beans, creamy coleslaw and milk	4 Chicken Cacciatore, steamed rice, green beans, sliced pineapple and milk
7 Closed Happy Labor Day	8 Tuna noodle casserole, glazed carrots, sliced peaches, wheat bread and milk	9 Beef Goulash, garlic stick, buttered corn, fruit cocktail and milk	10 Chicken alfredo, buttered noodles, buttered broccoli, sliced pears, wheat bread and milk	11 Egg salad, wheat crackers, sliced tomato veggie pasta salad and milk
14 Chicken noodles, mashed potatoes, green beans, wheat bread and milk	15 Meatball sub w/cheese, cheesy potatoes, broccoli and milk	16 BBQ Ribs, scalloped potatoes, buttered corn, wheat bread and milk	17 Coney dog/bun, oven potato wedges, warm cinnamon apples and milk	18 Veggie soup, ham// Swiss on wheat, Lettuce, mayo, fresh banana and milk
21 Oven fried chicken, red skin potato salad, baked beans, wheat bread and milk	22 Pork BBQ/bun, cheesy mashed potatoes, mixed veggies and milk	23 Asian chicken and broccoli, steamed rice, pork eggroll, mandarin oranges and milk	24 Sloppy Joe/bun, au gratin potatoes, Jello salad w/assorted fruits, and milk	25 Chicken salad on croissant, Parmesan potatoes, sliced peaches and milk
28 Chicken and cream gravy, mashed potatoes, glazed carrots, wheat bread and milk	29 Beef Stew, hot biscuit, sliced tomato, cinnamon applesauce and milk	30 Glazed ham, candied sweet potatoes, buttered peas, dinner roll and milk		

HUMIDITY'S IMPACT ON YOUR JOINTS

How does climate impact people living with arthritis? There is no denying it, weather and climate can have a significant effect on arthritis and painful joints. Many report that humidity, along with other factors such as temperature and weather changes and patterns, increase joint pain or trigger arthritis flares. For some, humidity and weather's effect on their joints is so bothersome that they seek relief by moving to a drier climate. But will a change of climate really help joint pain? And if so, what is the best climate for people with arthritis? What weather is safest for joints? Before you pack a bag, consider what the research has to say about the effects of weather and climate on arthritis.

Research tells us that the effects of weather have long troubled people with the disease and intrigued researchers who study it. Data shows a correlation between pain, temperature, relative humidity, air pressure and wind speed. In one study it was noted that pain increases with every 10 degree drop in the temperature. Another study done in 2013 showed that patients with RA were 16% more likely to present a flare when the temperatures dip. With no real clear connection here are some possible explanations:

- Lower temps may lead to thickening of the synovial fluid, which lubricates the joints leading to increased pain and stiffening.
- Bones and connective tissues in our bodies, become smaller or larger in response to changes in barometric pressure.
- Stretches of cloudy rainy days may lead to low mood which may cause people to focus more on their pain.
- On cold rainy days, patients may be less likely to be out and active. Lack of physical activity is known to worsen joint pain and stiffness.

If you notice patterns or temperatures that cause pain, be prepared. Dress for warmth. Get your flu shot and up Vitamin D in the winter. With a little preparation and planning you can be more comfortable whatever the weather brings.

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Bettye J McCormick Senior Center, Vincennes, IN

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CENTER HAPPENINGS



From bidding on items at our annual auction to creating their very own floral masterpiece we keep really busy here at the center. UL—Tori Bullington places her bid at a recent auction. LL—Teresa Helfert's arrangement. Bottom—Andrew Roach enjoys lunch with his mother Lisa. TR—Sandy Higgins, activities calls bingo. LR—Heather Frederick and Seth Harrington hard at work during a recent carwash.



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**YMCA OF VINCENNES**
2010 College Avenue

BETTYE J. MCCORMICK/YMCA
HEALTH & WELLNESS FAIR

THURSDAY
OCTOBER 15
10 AM-3 PM

 **LOCAL VENDORS**

 **COMMUNITY ORGANIZATIONS**

 **HEALTH & WELLNESS RESOURCES**

 **BINGO**

 **VEGETABLE SOUP LUNCH SERVED**

 **DOOR PRIZES**

 **BINGO PRIZES**

 **LOCATION: YMCA GYMS 1 & 2**

 **INTERESTED IN BEING A VENDOR?**
Contact Nola at the Bettye J. McCormick Center
812-882-2285

 Join us at the Y for fun activities and 20+ vendors with resources for seniors, their families and caregivers.
Open to the community, ages 55+.
No registration required.





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