



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.

WE APPRECIATE OUR ADVERTISERS

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print this publication.
Thank you!



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		

ADULT DAY SERVICES CALENDAR OF EVENTS

SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
	1 Walk/Weight Simon says draw Lunch Bingo—VFW	2 Exercise, simulators Brain Teasers Lunch Bingo/Mayor/goals	3 Walk/Weight Soda match relay Lunch Bingo/GSH, Handbells, Shopping, Dixie Bee Ice	4 Exercise Balloon games Lunch Handbells/Nola's bingo
7 Closed for Labor Day	8 Walk/ Weight Draw to music/leaves Lunch Bingo—Guardian 1— Pastor Morne	9 Exercise/Hula Dance Sunflower Theory Lunch Bingo—Henderson Goals/grocery list	10 Walk/ Weight OTL-Burger King Lunch Bingo/Bridgepointe Shopping	11 Exercise/Bible CC— homemade jelly Board games Lunch Bingo/K Of C
14 Exercise/Beautician Story in a bag Lunch Bingo/Moose Relax N Swim	15 Walk/Weight Paint by number Lunch Putt Putt/handbells Bingo/Wabash Steele	16 Exercise Hidden pictures Simulators Lunch Bingo/goals and shopping	17 Walk /Weight Chat cards Lunch Bingo/Gentle care Shopping	18 Exercise/Bible Body paint Lunch Bingo/Colonial
21 Exercise Prayer leaves Lunch Bingo/Frank Swim	22 Walk/ Weight Popcorn sunflower Lunch Bingo/Nutrition Handbells	23 Exercise Tye dye flowers Lunch Bingo/Rose Ann Shopping lists/goals	24 Walk /Weight Picture day Lunch Bingo/Lydias Shopping	25 Exercise/Bible Nails, massage, footcare Lunch Bingo—VFW
28 Exercise Scarecrow selfie day Lunch Bingo/Wabash Swimming	29 Walk/Weight Marble leaf craft Handbell's Lunch Bingo-Wabash Steele	30 Exercise Hippy feet Lunch Bingo-Piper Diamonds Shopping Lists/ Goals		Daily : Currents Devotion Exercise room



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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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 BETTYE J. MCCORMICK SENIOR CENTER

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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.





Do We Have Your Email?

Get on our mailing list and never miss out on upcoming events and resources!

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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.