



YMCA BETTYE J. MCCORMICK
CENTER

2009 Prospect Avenue
Vincennes, IN 47591

812-882-2285

www.vincennesymca.org

October



DIRECTOR COMMENTS



October is going to be a very busy month for us here at the center. We will be hosting the annual Senior Health Fair on Thursday October 15th. At the YMCA. Doors open at 10:00a.m. Hope to see you there!

Do you like to travel? Margo Richter will be here to discuss some travel opportunities that our group might be interested in joining. From day trips to over night, Margo has some exciting opportunities available. Come meet and greet on October 20th at noon. She will have handouts available. The center will have lunch available that day for \$3.00.

Visiting on Oct. 12th, Reclaiming Beauty offers a free beauty and portrait experience for survivors of domestic violence, sexual assault, and human trafficking. Through professional makeup, hair styling, nail services and photography, Aaminah Tarello, founder and volunteers; create a safe and supportive space where survivors can reconnect with their confidence and feel like themselves again. For more information feel free to call us at 812-882-2285.

WE APPRECIATE OUR ADVERTISERS

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print this publication.
Thank you!



OCTOBER 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 Coffee Chat	2 Bible study/9:00am	3
4	5 Outdoor exercise eq	6 Bingo (8 person min)1	7 Take a bike ride	8 Coffee Chat	9 Bible study/9:00am :00am	10
11	12 Exer rm – reclaiming beauty 10	13 Let's putt putt around	14 Walk with nurse	15 SENIOR HEALTH FAIR –10	16 Bible study/9:00am	17
18	19 Mini health check	20 12- Margo Richter—Let's Tour	21 Lace Painting-1	22 Committee meeting/10	23 Bible Study/9:00a. m.	24
26	27 Finance mtg	28 Card Sharks/1:00PM	29 Board games/1:00p.m.	30 Movie—Hocus Po-cus/10	31 Bible Study/9:00a. m.	



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Bettye J McCormick Senior Center, Vincennes, IN

01-2212

MENU— SEPTEMBER 2026



Mon	Tue	Wed	Thu	Fri
			1 SLOPPY JOE/BUN, TOT CASSEROLE, BAKED BEANS AND MILK	2 BBQ CHICKEN, CIN- NAMON APPLES, BUT- TERED CAULIFLOW- ER,BREAD AND MILK
5 SPAGHETTI/MEAT SAUCE, GARLIC BREAD, GR BEANS, PEARS AND MILK	6 HOB0 CASSEROLE, CORN SALAD, MARI- NATED TOMATOES, WHEAT BREAD/MILK	7 BACON WRAPPED CHICKEN, ROAST POTATO,BRUSSEL SPROUTS, ROLL/MILK	8 MEATLOAF,MASHED POTATOES, CARROTS, WHEAT BREAD AND MILK	9 CHICKEN ALFRE- DO,NOODLES, BROCCOLI, PEACH- ES, WH BREAD/MILK
12 OVEN CHICKEN, MASHED POTATOE, CARROTS, WH BREAD AND MILK	13 POTATO SOUP, HAM/SWISS ROLLUP, SUN CHIPS, PEARS AND MILK	14 CONEY DOG/BUN, SCALLOPED POTA- TOES, PEAS AND MILK	15 VEGGIE SOUP,CRACKER, HAM/ CHEESE ON WHEAT, PEACHES AND MILK	16 TUNA NOODLE CASSEROLE, TROPICAL FRUIT, GR BEANS,WH BREAD AND MILK
19 TACO CORNBREAD CASSEROLE,CALICO CORN, FRUIT COCK- TAIL AND MILK	20 POLISH SAU- SAGE,CABBAGE, BABY BAKERS, WH BREAD AND MILK	21 ASIAN CHICK- EN,BROCCOLI, RICE, PORK EGG ROLL, OR- ANGES AND MILK	22 BEINIE/WEINIES, AUGRATIN POTA- TOES, PINEAPPLE, WH BREAD AND MILK	23 BEEF GOULASH, GARLIC BR, CORN, FRUIT COCKTAIL AND MILK
26 BEEF STEW, CAR- ROTS, CINNAMON APPLESAUCE, WH BREAD AND MILK	27 LEMON CHICKEN, MASHED POTATO, ZU- KE STRIPS, WHEAT BREAD AND MILK	28 CHEESEBURGER BAKED POTATO, AN- TIQUA VEGGIES, BR STIX,PEACHES, MILK	29 CHICKEN NOO- DLES, MASHED POTA- TO, GR BEANS, WH BREAD AND MILK	30 CHILI, CELERY/ CARROTS STIX, HOT DOG/BUN, MKR- GRAPES AND MILK

COMING SOON!

the Y **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.

TITLE SPONSORS:
Good Samaritan
VanGo
ADVOCATE SPONSOR: PACE

The Reclaiming Beauty Project Inc.
CONFIDENCE • OPPORTUNITY • A BRIGHTER TOMORROW

SENIOR CENTER PARTNERSHIP KICKOFF MEETING
COMMUNITY • CONNECTION • OPPORTUNITY

Join us for an informational meeting to discuss a partnership between The Reclaiming Beauty Project Inc. and your Senior Center. We'll share program ideas, explore ways to collaborate, and discuss how we can support and enhance the lives of seniors in our community.

MONDAY, OCTOBER 12, 2026
10:00 AM

Stronger Communities. Brighter Tomorrows. ♥
Community Looks Good on Everyone. ♥

MEANINGFUL CONNECTIONS. BRIGHTER DAYS. ♥

POSSIBLE AREAS OF COLLABORATION

- WELLNESS & SELF-CARE**
Relaxing activities, self-care events, and confidence building
- SOCIAL CONNECTION**
Programs and events that bring people together
- EDUCATIONAL WORKSHOPS**
Engaging topics to inspire, inform, and support everyday living
- COMMUNITY RESOURCES**
Connections to helpful local services and support in our area

Let's Make a Difference Together. ♥

CONTACT US
(240) 789-8323
thereclaimingbeautyproject@gmail.com
@thereclaimingbeautyproject

THE RECLAIMING BEAUTY PROJECT INC.
People. Programs. Partnerships.
A Brighter Tomorrow.

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Bettye J McCormick Senior Center, Vincennes, IN

01-2212

WHY EVERY ADULT NEEDS AN EMERGENCY INFORMATION BINDER

Imagine getting a call that a loved one has been rushed to the hospital. You hurry out the door, your mind doesn't think, where is their medication list? Who has a house key to feed the dog? Can anyone access their locked phone? Does anyone have power of attorney or know their wishes if they cannot speak for themselves? In moments of crisis, families often find themselves overwhelmed not only by worry and uncertainty but also by the scramble to locate important information. An emergency binder is one of the simplest and most meaningful gifts you can give to yourself and to the people who love you. A car accident, unexpected illness, natural disaster or sudden hospital stay can leave someone unable to communicate necessary information. Having everything organized ahead of time allows your loved ones to focus on your care instead of playing detective.

A typical binder will include emergency contacts, current medications, allergies, physicians and specialists, insurance information, identification cards, medical history and important legal documents. One of the most important documents is an advanced directive, which allows you to document healthcare wishes and appoint a medical power of attorney that you trust to have legal authority to make medical decisions if you become unable to speak for yourself. Without one, family will have to guess what you want, and disagreements can arise during an already heartbreaking situation. Completing an advanced directive is about maintaining control of your own choices. Other often overlooked information that should be included in your binder is information on banking, utility accounts, subscriptions, photo, email accounts, social media and even medical portals often require usernames and passwords. Simply making sure someone knows the code to your cell phone and computer password can alleviate the most immediate stresses. Your binder can also include practical household information that families rarely think about until they need it. Where are your spare key kept, safe combinations, alarm codes, pet care instructions, funeral preferences, military discharge papers, veterans benefits and long term insurance policies.

Like any important document, the binder should be reviewed annually or during any significant life changes. Marriage, divorce, new diagnosis, medication change, relocation, deaths or changes to financial accounts are all good reasons to update its content.

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YMCA BETTYE J. MCCORMICK SENIOR CENTER

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PLEASE JOIN US FOR THIS
YEARS SENIOR
HEALTH
FAIR
THURSDAY OCTOBER
15TH
DOORS OPEN AT 10:00A.M.

This year's senior health fair hosted by the YMCA, Bettye J. McCormick Center is thankful to this years Champion sponsors, Good Samaritan Hospital, Van Go and Advocate sponsor PACE. We are working hard to have a great line up of entertainment including bingo, music, guest speakers, multiple vendor booths and a wonderful lunch. Brett Bobe, Fire Chief will be here to offer free smoke detectors and his crew will gladly install them for you as well. Just sign up. The Knox Co. health dept. will have flu vaccines available and Walgreen's will have Covid vaccines available too. They will have a Pharmacist on site to answer any of your medication questions. If you haven't gotten your vaccine yet, come on down.

We will have several vendor booths including the Attorney Generals office who will assist people with information on unclaimed money. CapTel will introduce the "ultimate phone" for seniors with hearing loss. ANS will be offering samples while Hometown Hearing will be doing ear wax evaluations. PACE will have energy assistance applications on site. PACE staff can assist you and answer any questions you might have.

Several community businesses have donated some wonderful bingo prizes. Don't forget to sign up for the Grand Prize! This year we will be giving away a power recliner and Holiday World tickets!!

Lunch will be served at noon. Terry's home made vegetable soup is always a hit. Free lunch available while supplies last.



Do We Have Your Email?

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

MAKE A DONATION

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.