YMCA BETTYE J. MCCORMICK CENTER

2009 PROSPECT AVE.
VINCENNES, IN 47591
812-882-2285
NOVEMBER 2026





You may notice some changes to this issue of our newsletter. We are now using a new program, and it is going to take some getting used too. This issue is still packed with all the vital information one has come to expect from this publication. Menu, activity calendars and special events are still included, but in the future, we hope to be able to enhance and showcase some new features. On a lighter note, everyone here at the center hope you and your family have a very Happy Thanksgiving. Bring on the turkey, the dressing and pumpkin pie. But more importantly, be grateful. We are all so very blessed.

WE APPRECIATE OUR ADVERTISERS

They allow us to print this publication. Thank you!

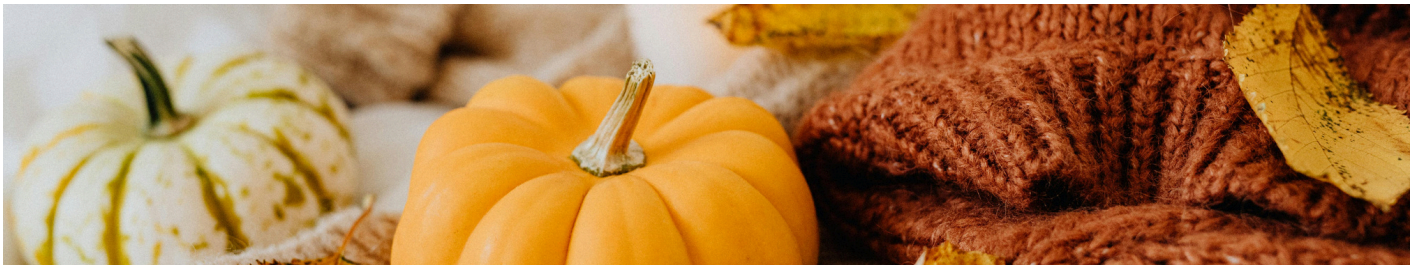


Monday	Tuesday	Wednesday	Thursday	Friday
02 Honey mustard chicken, garlic mashed potatoes, buttered carrots, wheat bread and milk	**03 Pork chop/gravy, mashed potatoes, buttered peas, wheat bread and milk**	**04 Ribeye sandwich/bun, augratin potatoes, jello fuit salad and milk**	05 Turkey - Swiss on wheat, tomato basil soup, croutons, tropical fruit salad and milk	06 Beef Brisket, mashed potatoes, green beans, wheat bread and milk
09 Ham and beans, cornbread, creamy coleslaw, fried potatoes and milk	10 Loaded pizza, bread stick, side salad/ranch, fruit cocktail and milk	11BBQ Ribs, scalloped potatoes, buttered corn, wheat bread and milk	12 Oven baked chicken, mashed potatoes, green beans, wheat bread and milk	13 Beef and noodles, mashed potatoes, buttered peas, wheat bread and milk
16 JC Chicken, potato salad, baked beans, wheat bread and milk	**17 Goulash, garlic bread stick, buttered corn, sliced peaches and milk**	18 Asian chicken, broccoli, steamed rice, pork egg roll, mandarin oranges and milk	19 Chicken Alfredo, buttered noodles, broccoli, sliced pears, wheat bread and milk	20 Chuck steak/brown gravy, mashed potatoes, creamed peas, wheat bread and milk
23 Roast turkey, stuffing, noodles, candied sweet potato, cranberry sauce, dinner roll and pumpkin pie, milk	24 Beef stew, glazed carrots, cinnamon applesauce, wheat bread and milk	25 Beef chili/crackers, PBJ, warm cinnaman apples, celery stick/cream cheese and milk	26 HAPPY THANKS GIVING CENTER CLOSED	27 CENTER CLOSED
30 Taco baked potato, meat, lettuce, cheese, tomato, sour cream, salsa, sliced peaches, seasoned hominy, dinner roll and milk				



NOVEMBER - ADS ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
02 Exercise **Gobble Card Game** **Lunch** **VFW bingo** **Swimming at Y**	**03 Walk/Weight** **History of Scarecrow** **Lunch** **K of C Bingo** **Goals**	**04 Exercise/Hula Hoops** **A Turkey Tale** **Lunch** **Mayor's Bingo** **Grocery lists**	05 Walk/Weight Thankfulness Game Lunch GSH Bingo Shopping	06 Exercise Cooking Class Peanut butter spread Lunch Handbell Practice Eagles Bingo
09 Exercise Candy Dice Lunch Moose Bingo Swimming at Y	10 Walk/Weight Gratitude Tree OTL- La Fiesta Lunch Guardian Angel Bingo Goals	11 Exercise/Drums Pass the Pumpkin game Simulators at Y Lunch Henderson Bingo Grocery lists	12 - Walk/Weight Medicare 101 Think Fast Lunch Bridgepointe Bingo Shopping	13 Exercise/Bible Baby Shower Games Luncheon Beka opens her gifts/ refreshments
16 Exercise Thanksgiving Fued Lunch Nola's Bingo Swimming at Y	17 - Walk/Weight Canning Lid Turkey Lunch Mr. Tequilia Bingo Goals	18 Exercise/dancing Turkey Painting MASA Lunch Gentlecare Bingo Grocery lists	19 Walk/Weight Cocoa and Canvas Lunch Wabash Steele Bingo Shopping	20 Exercise/ Bible Pilgrim Napkin Rings Lunch Handbell Practice Colonial Bingo
23 - Exercise Turkey Hunt Thanks Lunch Thanksgiving Readings/Bingo	24 Walk/Weight Thanksgiving Emoji Lunch Count your Blessings Nutrition Bingo Goals	25 Exercise Fowl Play Lunch Shopping List The Thanksgiving Heirloom Escape Adventure	26 HAPPY THANKS GIVING CENTER CLOSED	27 CENTER CLOSED
30 Exercise Pluck the Turkey Game Lunch Frank/Rose Bingo Swimming at Y		Daily: Currents Devotion Exercise Room Aqua Massage Beds		Check out: Bikes Walking Track Theater Outdoor Exercise Equipment



MEDICARE 101

THURSDAY NOVEMBER 12TH 11:00A.M OR 1:00P.M.

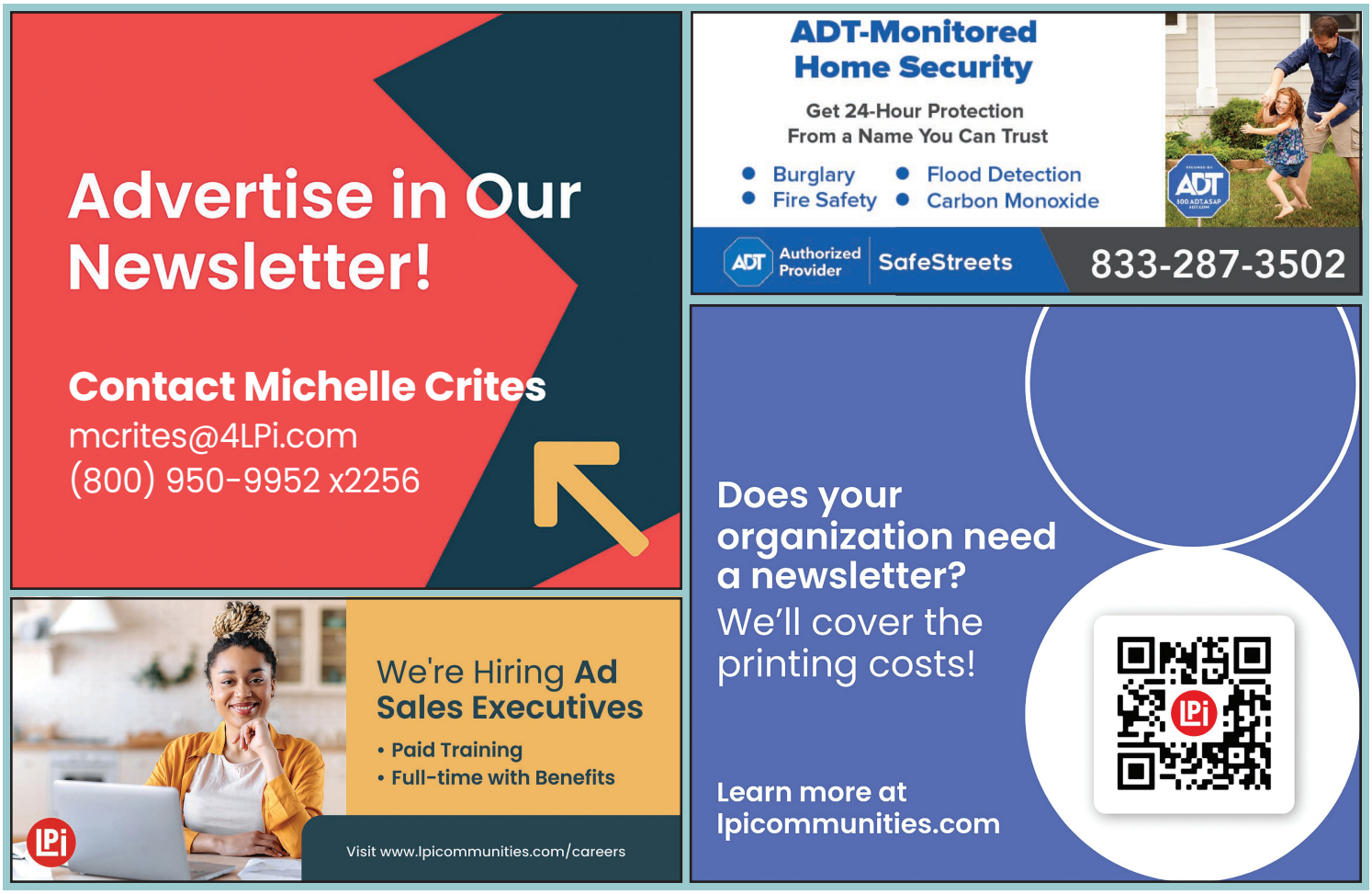
IS MEDICARE CONFUSING YOU? DO YOU HAVE QUESTONS? MAEVE MACOUN FROM VERITY BENEFITS GROUP WILL BE HERE NOVEMBER 12TH. TWO SESSIONS, ONE AT 11:00AM AND ONE AT 1:00PM. IF YOU ARE TURNING 65 OR ALREADY ON MEDICARE THIS SESSION IS FOR YOU. VERITY WILL COVER OPTIONS - WHAT EACH PLAN COVERS AND THE COST. THEY WILL OVERVIEW MEDICARE, HEALTH PLANS, HOSPITAL INDEMNITY, DENTAL AND VISION. MEDICARE CAN BE CONFUSING. OPEN ENROLLMENT CAN PUT ALOT OF STRESS ON PEOPLE LOOKING TO MAKE CHANGES OR ENROLL. CLASSES ARE LIMITED. CALL TO RESERVE YOUR SPOT NOW. LUNCH AVAILABLE AT THE BJMC FOR $3.00. RESERVATIONS REQUESTED FOR LUNCH. 812-882-2285.

MEDICAL ACCESS SERVICE ADVANTAGE

WEDNESDAY NOVEMBER 18 11:30A.M.

Peace of mind anytime. Anywhere. You never know when a medical emergency will happen. MASA membership is there when you need it most. Join us for a free lunch and information event at the YMCA Bettye J. McCormick Center. MASA offers - no out of pocket costs - members pay $0 for medically necessary air and ground transportation. This is a whole family protection including spouse and children. 24/7 member advocacy. Learn how MASA works and discover how you can save thousands of dollars. Get your questions answered by your local MASA representative. Reservation required 812-882-2285.

UPCOMING EVENTS



THANKSGIVING FAVORITES



DOLLY PARTON'S WALNUT PIE CLASS
JUST IN TIME FOR THANKSGIVING
RESERVE YOUR SPOT TODAY!
COST $12.00 PER PERSON
NOVEMBER 17TH AT 1:00PM
JOIN US FOR THIS HANDS ON CLASS
YOU MAKE IT, YOU BAKE IT,
YOU TAKE IT HOME, YOU EAT IT!

THANKSGIVING FAVORITES

HERE ARE A FEW EASIER WAYS TO MAKE SOME OF OUR HOLIDAY FAVORITES. LET'S MAKE JUICY CROCKPOT TURKEY BREAST. THIS IS TENDER, JUICY AND FULL OF FLAVOR: YOU WILL NEED 1 TURKEY BREAST (5-6 LBS), 4 T REAL BUTTER, 1 TEA GARLIC POWDER, 1 TEA ONION POWDER, 1 TEA PAPRIKA, 1TEA THYME, 1 TEA ROSEMARY, SALT & PEPPER, 1C CHICKEN BROTH,
RUB BUTTER AND SEASOINS ALL OVER THE TURKEY, POUR BROTH IN CROCKPOT, PLACE TURKEY BREAST SIDE UP, COOK LOW FOR 6-8 HOURS, THEN BROIL FOR 5 MIN FOR GOLDEN SKIN.
CROCKPOT STUFFING IS ALWAYS A HIT AND SO EASY TO MAKE. YOU WILL NEED 1C OF CHICKEN BROTH, 1 CAN CREAM OF CHICKEN SOUP, 1 BOX STUFFING MIX AND ½ C OF WATER. SPREAD STUFFING MIX IN BOTTOM OF COOKER, MIX SOUP AND WATER, POUR OVER STUFFING, COVER AND COOK FOR 2 HOURS ON LOW. COOK TIME CAN VARY DEPENDING ON DESIRED CONSISTENCY.

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YMCA BETTYE J. MCCORMICK CENTER
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Vincennes, IN 47591

YOUR DONATION HELPS



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We make every effort to ensure the accuracy of the information in this newsletter; however, changes may occur after publication. Times and dates are subject to change, and programs may be added or canceled. Please call our office or visit our website to verify information.

MAKE A DONATION

GET ON THE MAILING LIST

MAKING A DONATION WILL MAKE A REAL IMPACT ON THE LIVES OF OTHERS. IF YOU WOULD LIKE TO SUPPORT OUR MISSION, PLEASE FEEL FREE TO CONTACT US AT 812-882-2285 OR MAIL YOUR GIFT TO: YMCA BETTYE J. MCCORMICK CENTER AT 2009 PROSPECT AVE. VINCENNES, IN 47591. EVERY GIFT IS CHERISHED. THERE IS NO GIFT TO SMALL TO HELP OTHERS.

GET ON OUR MAILING LIST AND NEVER MISS OUT ON UPCOMING EVENTS AND RESOURCES! TO GET ON THE LIST, PLEASE CALL OUR FRONT OFFICE AT 812-882-2285 OR REQUEST BY EMAIL AT NOLA@VINCENNESYMCA.ORG. YOU WILL BE ADDED IMMEDIATELY. ONLINE SUBSCRIBERS GET THE PUBLICATION RIGHT AWAY. NO WAITING FOR THE MAIL. SUBSCRIBE TODAY!