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Above: Ribfest diners Ken Brunick, Don & Ava Tucker

Below: Volunteers Jean Fitzgerald & Jean Schaecher assisting members Floris & George Woodhouse & Bill Arens



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THE CENTER
RECREATION • SOCIALIZATION • NUTRITION
900 Whiting Drive • Yankton, SD 57078
chauer@thecenteryankton.org
Center: 605-665-4685 Nutrition: 605-665-1055
Website: www.thecenteryankton.net
March 2020 • Volume 19 • Issue 3

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JoDean's (Coming Soon) Joining our Senior Meal Program

Soon you will not only be able to dine at Hy-Vee, but also have dinner from 4-8pm at JoDean's. (Dine in or carry out).

- Roast Beef • Pork Chop • Ham
- Grilled Chicken Tenders • Fish
- Including: Potato, Vegetable, Fruit, Milk or Coffee.



Hy-Vee Reusable Bag

Save the environment and purchase a bag for \$2.50 and the **Meals on Wheels program will receive \$1 for each bag sold throughout the month of March.**

This is a great way to raise awareness, support the environment and Raise funds for our cause.



Get your red bag at Hy-Vee at the self service checkouts.

Hours of Operation

Annual Dues \$35/Single • \$63/Couple
Lifetime Dues \$315/Single • \$567/Couple
\$35.00 a year is only 10¢ a day!

Mon, Wed & Thurs 8:00am—4:00pm
Tues & Fri 8:00am—9:00pm

Visit our website for up to date info.
www.thecenteryankton.net

6th Annual Rock-A-Thon Tuesday, March 17th • 10:00am-1:00pm

St. Patty's Day feast: Corned Beef & Cabbage/Door Prizes & Green Beer.
Dinner served 11:30am—1:00pm, call 665-1055 for reservations.

Help us eradicate senior hunger, please donate!

It costs less to provide a Senior with meals for an entire year, than it costs to spend one day in the hospital or ten days in a nursing home.

Support your favorite rocker!

- 10:15am-10:30am Boy Scouts
Kyle Ussery
4-H
- 10:30am-10:45am Vishay
Shurco
Truxedo
- 10:45am-11:00am Steve Pietila (Sertoma Club)
Nori Duchene (Kiwanis Club)
Dr. Mary Milroy (Optimist Club)
- 11:00am-11:15am Devin Anderson (Edward Jones)
Nick Moser (Marlow, Woodward & Huff)
Tyler Matson (Kennedy, Pier, Loftus, Reynolds)
- 11:15am-11:30am Lynn Peterson (CorTrust Bank)
Rob Stephenson (First Dakota National Bank)
Kevin Moe (First National Bank of Omaha)
- 11:30am-11:45am Larry Nickles (Yankton Fire Department)
John Harris (Yankton Police Department)
Troy Cowman (Yankton County EMS)
- 11:45am-12:00pm Randy Hammer (KVHT Radio)
Chef Staci Stengle (Hy-Vee)
Jim Reimler (WNAX Radio)
- 12:00pm-12:15pm Dan Klimisch (County Commissioner)
Nancy Wenande (CEO YAPG & Former Mayor)
Joe Healy (County Commissioner)
- 12:15pm-12:30pm Ashli Danilko (Avera)
Ruth Kern Scott (Fyzical Therapy)
Josh Blom (Walnut Village)
- 12:30pm-12:45pm Amy Miner (City Commissioner)
Ross Den Herder (City Attorney)
Brittany LaCroix (City Parks)
- 12:45pm-1:00pm Margaret Sarringar (Senior Member)
MaryJane Hisek (Senior Member)
Patti Loeffler (Member & Center Cook)

Board of Director's



Row 1: Kara Payer, Diane Reese, David Hosmer, Velma Kuchta, Joleen Smith

Row 2: Bob Kellen, Pam Rezac, Arlene Young, Julz Tesch, Cee Sorenson, Carla Schlingman, Steve Wentworth

In September we will have 3 open board positions.

Board Meeting Minutes



The minutes from the monthly Board of Director's meeting are kept in the library to be reviewed. They are in a blue labeled file folder in the card caddy.

2020 Membership Renewal

Individual/\$35 ▪ Couple/\$63
Lifetime Individual/\$315 ▪ Lifetime Couple/\$567

Renew today to continue all the benefits of being a member of The Center.

Our By-Laws state that membership is due on January 1st of each year. Those that have not paid their dues yet will be removed from the mailing list this month. Please stop in the office today and pay your dues to continue the benefits.



Department of Corrections Guidelines

We all must follow basic guidelines in dealing with inmates as a part of our restructuring plan. We want to make certain we retain our inmates and we ask that our members, staff and volunteers all follow the rules put in place by the Department of Corrections.

Don't

- Give inmates money, food or anything
 - Let inmates use your cell phone.
- Don't be overly friendly or talk about your personal life with inmates.

Do

- Create healthy boundaries with inmates.
 - Treat inmates fairly and with respect.
 - Report anything suspicious to the office.

We want to maintain a strong healthy working relationship with the DOC and we are counting on your support. If you have any questions please see Christy.



Winter Weather Information

With the winter season here, we would like to remind everyone that when the Yankton School District closes due to inclement weather, The Center also closes and there will be **NO Meals on Wheels.**

Please listen to: KYNT 1450AM, WNAX 570AM or KVTK 1570AM for closing information.

Stock up with some frozen meals in case of closure. Call us at 665-1055.

Social Worker Month

March is National Social Worker Month and we want to spotlight the life-affirming work that social workers from all generations — from the Greatest Generation to Generation Z — are doing and have been doing for decades. The Center will be inviting our local social workers for a free lunch on March 17th to tell them thank you for all they do.

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Reminder Phone Call or Email

All of our events are listed in the monthly newsletter. We try to call those individuals who may have attended the event before and invite them back. If you would like to be on our call list for our events, please stop in the office and give us your name and number or email so we can add you to the list. If you would like your name removed, let us know.



Memory Care
2903 Douglas Ave.
605-668-2800

At Autumn Winds Memory Care, you will find a loving, safe, and joyful place that people with all stages of Dementia call home.

The Autumn Winds Care team works closely with families to get to know their loved one's backgrounds, personalities, and beliefs. Care is given with dignity and respect and is individualized to meet each resident's unique needs.

Autumn Winds Memory Care provides three home cooked meals and two snacks daily, assistance with all activities of daily living, medication administration, physician ordered diets, and oxygen administration. Full time nurses coordinate all medical and health needs with the resident's primary care provider. The staff and activities team strive to create a fun and comforting home like environment for every resident. The exits are secured to provide resident safety and family peace of mind.

Staff education is a primary focus at Autumn Winds in order to provide quality care at each stage of the ongoing journey of our elder's lives.

Come and visit the Autumn Winds Memory Care family. You are likely to hear music playing and folks singing tunes that are never forgotten.

Please contact Brandy Salts, Administrator or Colette Broekemeier, RN for a tour or questions regarding Autumn Winds Memory Care.

Upcoming Events

Mar 6	Dress in Blue Day	Receive a treat
Mar 9	City Commission Meeting/March for Meals Proclamation	7:00pm
Mar 10	Dementia Caregiver Group	10:00am-11:00am
Mar 11	Pancake Feed	4:30pm-6:30pm
Mar 12	National Girl Scout Day	Cookies for everyone
Mar 12	Lincoln School Volunteers	11:30am-12:30pm
Mar 12	Anniversary Dinner	11:30am-12:30pm
Mar 12	Christy on KYNT Radio	7:40am & 12:20pm
Mar 13	Stewart School Volunteers	11:30am-12:30pm
Mar 17	Rock-A-Thon	10:00am-3:00pm
Mar 17	YMS Volunteers	11:30am-12:30pm
Mar 18	Webster School Volunteers	11:30am-12:30pm
Mar 18	Dinner & A Movie	4:30pm-8:00pm
Mar 18	USD Dental Hygiene	9:00am-12:00pm
Mar 19	Beadle School Volunteers	11:30am-12:30pm
Mar 19	Birthday Dinner	11:30am-12:30pm
Mar 20	Commodities	1:00pm-3:00pm
Mar 25	Ribfest	4:30pm-6:30pm
Mar 30	Walk in the park day	11:00am-11:30am
March	Shamrock Raffle	



Dr. Jim Fitzgerald, Dr. Sheila Fitzgerald,
Dr. Tom Stotz, Dr. TJ Stotz, Dr. Jay Fitzgerald,
Dr. Matt Erlandson, Dr. McKenzie Erlandson,

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Director's Desk

March Madness is before us. Each year during March we partner with the National Meals on Wheels Association to launch a March for Meals Campaign. There are several components to the campaign, which include our 6th Annual Rock-A-Thon, Community Champions Event, School Coin Drives, Shamrock Raffle and Hy-Vee Reusable bag program. There are many opportunities for you to get involved in our March for Meals Campaign. Our Rock-A-Thon is on March 17th from 10am-1pm and it always coincides with a St. Patty's Day celebration. We have the most rockers in the history of the event with 33 of them raising money for Meals on Wheels. There are Rock-A-Thon donation buckets placed in the building for you to donate to your favorite rocker(s). I promise you if you come to the Rock-A-Thon you will be amazed and entertained. We hope you come early, stop in around 10:00am to support the Rockers. You can even start out your morning with a cold glass of green beer. Then at 11:30 enjoy a true St. Patty's Day feast of corned beef, cabbage and all the fixins (Dinner will be served until 1:00pm). There will be door prizes and a live remote from the radio station. Last year a Sioux Falls Television station broadcasted the event. We need you to come early and stay late to help us cheer on the rockers and thank them for the \$30,000 they are going to raise.

Another aspect of our campaign is the involvement from our schools and students. This year we have all the schools hosting coin drives and they will also be volunteering at The Center. I think it's fabulous that our school administrators and teachers promote with their students, the importance of volunteerism and putting others first, especially those in need. During the month of March you can stop by The Center and buy \$1 shamrocks and get your name up on the wall as a supporter of Meals on Wheels. Then at the end of the month we will take all the shamrocks down and use them as a raffle pulling names for prizes on April 1. HyVee is generously donating \$1 to The Center for every reusable bag you purchase at \$2.50. This promotion will last throughout the month of March. Stop by HyVee and get your bags and know you are supporting Meals on Wheels. The final component of the March for Meals campaign is our Community Champions Event. Nationally the MOWAA promotes a Community Champions week. We will have numerous City employees—our Community Champions, volunteering in all aspects of our operation. So be prepared for many new faces buzzing around The Center this month as our Community Champions and Students volunteer their time. Please greet and thank them for coming.

While we have much going on in March we also start planning for our July 10th Wine and Dine event. For this fundraising event we rely heavily on the business community for sponsorships, prizes and to attend the event. Another source of revenue for us is the generous funding we receive from the United Way. Thanks to the success of the aforementioned events we have had a balanced budget for the past 7 years. While our fundraising events have been successful, we as a staff have been successful in trimming the fat, reducing waste and stretching the almighty dollar.

Each year we ask our members to donate in the Winter to the Soupless Soup Kitchen which helps us provide funding for The Center. Then in the Spring we ask our members to donate to the Rock-A-Thon to sustain our Nutrition Program and Meals on Wheels. If you think about it for a minute, our revenue comes from an annual \$35 membership fee per member and \$3.75 for meals, which cost us between \$7-\$8 to prepare. We do receive a couple of dollars per meal from the state. The revenue from membership and meal donations doesn't go far. In addition, we have many Seniors who are living well below the poverty level who receive free meals to the tune of \$1,500-\$2,000 a month. We feel blessed to be able to help these Seniors in need.

Senior hunger is a real problem. We have many Seniors who are food insecure. It costs less to provide a Senior with meals for an entire year than it costs to spend one day in the hospital or 10 days in a nursing home. Our biggest need is to fund the Meals on Wheels program. Our biggest challenge is to keep Seniors in the comfort of their homes LONGER. Meals on Wheels doesn't just provide a hot, home cooked, nutritious meal, there is also socialization which comes from the interaction with the volunteers. Most importantly the program provides a wellness check, an extra set of eyes on those who are high risk.

Enjoy March Madness by getting involved, so together we can eradicate Senior hunger. Even if it just means coming to The Center and enjoying corned beef and cabbage and cheering on our Rockers. Come early and stay late. You can also make a donation to your favorite rocker and thank them for their support. Come to lunch and meet our Community Champions and students over the next month. Buy some shamrocks and get in on the raffle.

As a member we must lean on you to participate in our fundraising efforts, so we can fulfill our mission. During the month of March you have many opportunities to help us help those in need. Thank you so much for being a member, being a volunteer, for being a donor. This is your organization and we want it to be great.

Christy Hauer, Executive Director

**You can help end
senior hunger.**



Our mission is "to respond to the ever-changing needs of all adults and their families; provide opportunities and resources in the areas of physical and mental health, nutrition, recreation and education, and to positively affect their quality of life and assist in maintaining their independence."

Rock-A-Thon

We hope you will get involved and have a whale of a time. I will ye a quare ossified on green beer. I hope you don't either. (Look it up ☺)

6th Annual Rock-A-Thon

(Tuesday, March 17th, 10am-1pm)

Stop in for some corned beef & cabbage, green beer and support your favorite rockers.



Shamrock Raffle

Purchase shamrocks for \$1 each. All shamrocks will be placed into a drawing for many prizes on Wednesday, April 1.



You must be present to win.

School Coin Drives

Students will visit The Center and volunteer over the lunch hour.

Lincoln School, March 12th

Stewart School, March 13th

Yankton Middle School, March 17th

Webster School, March 18th

Beadle School, March 19th

Please thank them!



Community Champions

March 12th through the 20th, we will have several City dignitaries volunteering during lunch and delivering Meals on Wheels.



Past Rock-A-Thon Success

The Center Nutrition Program provides 400 meals a month to low income Seniors. The funds raised through our March for Meals Campaign offset the free meals we provide. You can donate to your favorite rocker to help us reach our goal.

2015	\$6,992
2016	\$14,713
2017	\$19,887
2018	\$20,958
2019	\$28,586
2020	Goal \$30,000



Tabor Nutrition Center

Tabor News

Hello from Tabor Nutrition Center.

Hopefully the cold weather is behind us and Spring is approaching. We are all hoping for a drier Spring than last year.

Be sure to put on your best Irish dress and join us for our evening meal on March 17th. We will be serving corned beef & cabbage and all the trimmings. Joe & Matt will be here for your entertainment. Call us to make a reservation.

We have had a few new patrons join us on occasion. Family & friends are always welcome. If you are hungry, come join us for a home cooked meal on Tuesdays, Wednesday & Thursdays.

Enjoy time with family and friends and keep on smiling. A smile can brighten anyone's day.

Gail Hovorka—Site Coordinator



Tabor Nutrition Center Staff

Gail Hovorka, Lillian Bartunek, and Gladys Hamberger

Tabor Nutrition Center
138 North Lidice
Tabor, SD 57063
605-463-2505

Hours of Operation
Tues, Wed, & Thurs
11:30am-12:30pm
Meal Donation \$4.25

February 2020 Menu

Suggested donation is \$4.25 for those over 60 and \$6.50 for those under 60. Please call 463-2505 by 9:00am for reservations. Menu is subject to change. Meals are served with bread, milk and coffee.

March 3	Meatloaf
March 4	Parmesan Chicken
March 5	Swiss Steak
March 10	Beef Tips in Gravy
March 11	BBQ Chicken
March 12	Roast Beef
March 17	Corned Beef & Cabbage (Evening Meal)
March 18	Grilled Hamburger
March 19	Chili
March 24	Goulash
March 25	Pork Loin
March 26	Baked Chicken (Birthday Dinner)
March 31	Hot Beef Sandwich

Happy Birthday



March 6 ▪ Joe Cap
March 19 ▪ Sherry Povandra
March 30 ▪ Francis Honner

Tabor Wish List

Coffee
Paper Towels
Laundry Soap
Hand Soap
Small Paper Plates
Lysol Cleaner
Napkins

Notary On Site

Kriss Thury is a Notary Public of South Dakota. If you have documents that need notarization, Kriss is in the office Monday through Thursday from 7:30-4:00pm and Fridays from 7:30-2:30pm.



THIS IS A FREE SERVICE FOR OUR MEMBERS!

Join Us For Some Fun!

March 6th: Dress in **BLUE** day.
 March 10th: Share your **middle name** day.
 March 12th: **Girl Scouts** day.
 March 14th: **National Potato Chip** day.
 March 30th: **Take a walk in the park** day.
 We will meet at The center at 11am and take a quick walk around Crockett Park and be back in time to have lunch.

Fundraising

Pancake Feed

(second Wednesday each month)

Wednesday, March 11th
4:30pm-6:30pm



Jody Johnson

Join us for all you can eat pancakes and french toast. Also enjoy fresh scrambled eggs and a serving of bacon or sausage. **All this for just \$5.00.** Bring the whole family and have breakfast for dinner and support The Center. **Everyone is welcome!**

Dan Klimisch & Garry Vetter will be our celebrity flippers.



Yankton Middle School Student Council volunteered at the February Pancake Feed.

Soupless Soup Kitchen

We need one last push and need your help to reach our **\$6,000** goal. As of February 24th, we are at **\$5,169**. Your donation helps us operate throughout the year, sustaining our Meals on Wheels program, equipment and repair costs, staff support and our day to day operations. Stop in the office to make your donation today. **THANK YOU! Bold denotes \$100 donation or more.**

Dick Hudson
 Eileen Leshar
Mary Young
 Janet Saylor
 Jerry Keeley
 Robert & Darlene Kolda

Thank You For Your Support!

Vernon & Sandy Arens (March for Meals)
 Janice Noehre (Taxes)
 Amanda Johnson (Taxes)
 Thank you for your supporting our many programs and services.

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Tuesday's & Friday's (7pm - Open to the public)
 Join the fun and win some money.

WE NEED BINGO VOLUNTEERS TO CALL AND WORK THE CASH TABLE. IF INTERESTED STOP AND TALK TO JEANNE.

CANCELLATION POLICY:
 BINGO WILL BE CANCELLED IF WE HAVE FEWER THAN 25 PEOPLE IN ATTENDANCE. THIS IS AT THE DISCRETION OF THE CALLER.

LISTEN TO KYNT, KVHT OR WNAX FOR CANCELLATIONS.

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 665-3611

Volunteer News



Arlene Young is our March Volunteer of the Month.

Arlene finished the late John Swensen's board term and has just committed to another three year term. She also serves on the board finance committee.

She works at pancake feeds, evening meals and helps in the kitchen.

Arlene dines at The Center daily and financially supports the organization.

Thank you Arlene for all you do for The Center.

Enjoy your parking spot!

Volunteer Opportunities

Would you like to do something rewarding? Volunteers are the core of our organization. If you would like to **make a difference**, stop in the office and we will find something that interests you. Thank you.

Daily, weekly or monthly opportunities are available.

- Bingo Callers & Cashiers
- Commodity Food Box Delivery
- Receptionists & Office Workers
- Pancakes & Evening Meals
- Kitchen Helpers (Pour Water & Milk)
- Newsletter Folders
- Rummage Sale
- Special Events
- Meals on Wheels Drivers
- Wine & Dine Fundraiser
- Committee Work-Behind The Scenes

Volunteer Appreciation Dinner Friday, April 24th ▪ 11:30am

National Volunteer Appreciation week is April 19th-25th.

We would like to honor our Center volunteers on April 24th with a free meal and small gift.



Senior Companions Needed

Are you **55 or older** and like helping others?

Could you use a little **extra income**?

Are you looking for a way to **get involved** in your community?

Consider becoming a Senior Companion.

It's a wonderful volunteer opportunity for older adults.

As a Senior Companion, you would **help people remain independent** in their own homes or apartments. Activities might include conversation, assistance with reading and writing, preparation of meals, help with shopping or other tasks that are essential for independent living. If you or someone you know would be **interested in becoming a Senior Companion**, call toll free **1-888-239-1210**.



We have been approached by many who have been disappointed that they have not been asked to volunteer.

We try to spread the jobs around.

There are several opportunities and **we need you**.

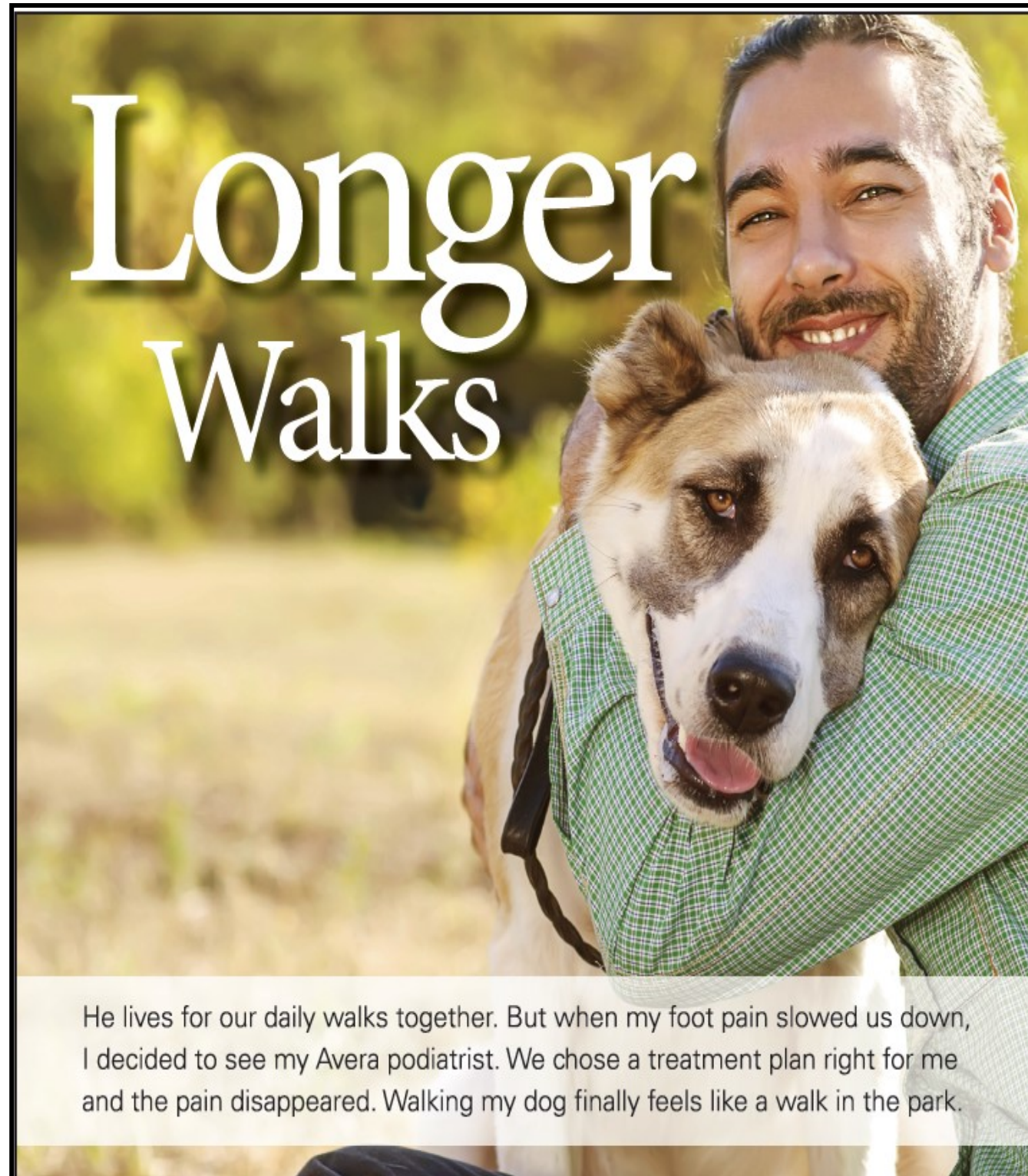
It is challenging for us to keep track of who has been asked and who has served. So please contact Jeanne if you would like to volunteer.



A good volunteer is like a four-leaf clover: hard to find and lucky to have. Southeast South Dakota's Retired Senior Volunteer Program (RSVP) is extremely lucky to have such wonderful volunteers. Come join our amazing team of RSVP volunteers making an impact in Yankton! One of the many perks of being an RSVP volunteer is that you can choose when, where, and how often you would like to volunteer. RSVP has many opportunities available ranging from onetime events, weekly, or even monthly engagements. Please contact Amanda Reisner at 605-665-6766 or amanda.r@yanktonunitedway.org to become a RSVP volunteer. She would love to help get you connected.

RSVP – Lead with Experience!

Longer Walks



He lives for our daily walks together. But when my foot pain slowed us down, I decided to see my Avera podiatrist. We chose a treatment plan right for me and the pain disappeared. Walking my dog finally feels like a walk in the park.

Talk to an Avera podiatrist if you have joint pain while:

- Walking or jogging
- Climbing stairs
- Standing for long periods of time



409 Summit St., Suite 2600
Yankton, SD 57078



Nutrition Education

Get It Straight - It's Safer To Separate

Cross contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross contamination. As a result, harmful bacteria can spread to food and throughout the kitchen. By following these simple tips, you can prevent the spread of cross contamination.

In the grocery store: Separate raw meat, poultry, seafood and eggs in your shopping cart. Place these products in separate plastic bags to prevent juices from getting on other foods. If you use reusable grocery bags, wash them frequently in the washing machine.

At home: Separate raw meat, poultry, seafood and eggs from other foods in the refrigerator. Place them in containers or sealed plastic bags on the bottom shelf of the refrigerator.

Be a produce pro: Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. Harmful bacteria can spread to other foods if not separated properly. This is especially risky when bacteria are spread to foods that are eaten raw, such as fruits and vegetables. Follow these tips and prevent the spread of cross contamination.

For more information, check out fightback.org.



March Madness
Help Us Eradicate Senior Hunger



Drivers Wanted

We are in need of volunteers to deliver commodity boxes in the Yankton area.

It is only 1 time per month.

We have 3 different routes to cover.

Please contact Mandi if you know of anyone that could help low income, homebound Seniors get the needed supplemental food each month.

Meal Reservation/Cancellation

We have been so happy with how far we have come with everyone calling in for meal reservations. Our numbers are nearly spot on, which in turn, means less waste. Please continue to call in for reservations or to cancel a meal.

We enjoy having you dine with us at The Center. We ask that you keep your nutrition account current by paying for your meals in advance, or use a pay as you go system. This minimizes the need for additional staff hours. Please check with Mandi or Dick if you need to know your current balance.

Hy-Vee Meals (Enjoy Breakfast, Lunch and Dinner)

If you are 60 or older, stop in the office to get a scan card (for \$1) and show your card at Hy-Vee and get meals for the suggested donation of \$3.75. As a member, you receive a scan card.

Breakfast

(Serving 6am-11am)

- 2 Eggs, Hash Browns & Toast
 - 2 Eggs, 2 Bacon or Sausage, Toast
 - Breakfast Sandwich (egg, meat & cheese)
 - 2 Egg Omelet & Toast
- (choice of 2: ham, bacon, sausage, onions, mushrooms, peppers or cheese)

Meal is served with juice, milk OR coffee



Lunch/Dinner

(Serving 11am-8pm)

- Meatloaf
- Pork Loin
- Turkey
- Baked Chicken (1 piece)
- Blue Ribbon Burger
- Grilled Chicken
- 1/2 Hot Beef Sandwich
- 1/2 Hot Turkey Sandwich
- Choice of Fish (Lent only)

Served with:
(1/2c) Potato/Starch;
(1/2c)Vegetable; (1/2 cup)Fruit
Milk (or) Coffee

(NO SUBSTITUTIONS)

Nutrition News

January 2020 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1118 (53 per day)	238 (11 per day)	224 (7 per day)	276 (21 per day)	1856 (88 per day)
Home Delivered	1609 (77 per day)	N/A	N/A	44 (3 per day)	1653 (79 per day)

Kitchen Volunteers (March)

Please arrive at 11:00am to help dish the fruit/dessert and serve those needing a meal delivered to the table.

If you are unable to work your scheduled day, please check to see if you could trade with someone.

March 2	Bonnie Strnad
March 3	Barb DeJager
March 4	Sandy Kreber
March 5	Ruby Schroeder
March 6	Bonnie Strnad
March 9	Dorothy Gobel
March 10	Alma Logdahl
March 11	Carol Wynia
March 12	Janice Kirschenman/Community Champion
March 13	Eileen Leshar/Community Champion
March 16	Community Champion
March 17	JuLee Werkmeister/Community Champion
March 18	Community Champion
March 19	Carol Broadbent/Community Champion
March 20	Community Champion
March 23	JuLee Werkmeister
March 24	Alma Logdahl
March 25	Carol Broadbent
March 26	Dorothea Hoebelheinrich
March 27	Ruby Schroeder
March 30	Sharon Thoene
March 31	Malena Diede

For those who are getting their meals delivered to the table, please remember to stop at the pay table before you leave to get your card scanned.

The Center Ribfest!

Wednesday, March 25th - 4:30pm-6:30pm



Serving:
 BBQ Ribs
 Cheesy Hash Browns
 Green Beans
 Fruit
 Chocolate Cake
 Bread, Butter, Coffee & Milk

Our evening meal is open to the public, so bring your family and friends and enjoy a delicious home cooked meal.

Suggested Donation \$6.00
 Very Important to call for reservations, 665-1055



This is just one of our fabulous home cooked meals. We serve daily from 11:30-12:30pm. All this for just the suggested donation of \$3.75 (if you are over 60).

Join us soon!!!



Ribfest Diners

Potpourri

Available Every Hour of the Day Every Day of the Year

We provide dependable and caring services allowing people to remain independent.

- Activities of Daily Living
- Medication Reminders
- Light Housekeeping
- Transportation
- Meal Assistance
- And much more!

Vermillion: (605) 624-5900
Yankton: (605) 655-5900
 Toll Free: 877-624-5900 • www.HeartPrintHomeCare.com

Morning Coffee Show with Scott Kooistra



Tuesday, March 12th
at 7:40am & 12:20pm

Tuesday, April 14th
7:40am & 12:20pm

Tune into 1450AM
 Hear about upcoming events
 The Center.

Check Out Our Web Page
www.thecenteryankton.net

You can access our monthly newsletter, menu, activity calendar, upcoming events, programs, services, volunteer opportunities, fundraising updates, pictures and so much more.

Help Wanted

The Experience Works Program has employment opportunities available in Yankton and at The Center. Spend an average of 20 hours per week in assigned hands on training sites at public and non-profit organizations.

Some of the training we have available at The Center is

- Clerical and administrative duties
- Assist with meal preparations & serving
- Janitorial and building maintenance
- Dishroom

If you are interested, please call Experience Works at 888-278-9109 to see if you qualify.

The Senior Community Service Employment Program is funded through the US Dept. of Labor and administered by Experience Works, Inc., a national, non-profit organization in 55 South Dakota counties.



WALNUT VILLAGE

SENIOR LIVING ♦ 613 Walnut St.
 The Perfect Blend of Privacy & Community ♦ Yankton, SD

Assisted & Independent Apartments

24 Hour Staff for Your Safety and Peace of Mind

Medication Management

605-664-4220



Have you noticed, we have a handicapped spot on the West side of the building that is marked van accessible. It is very important that when you park your car, you **don't park in the walkway**. We want to make walking to our building as easy as possible. Also, a reminder to please be courteous of those needing to park in the handicapped spots. You must display your handicapped sign in order to park in these spots. **Thank You!**

Potpourri

Personal Care & Companion By Brock

We provide services so you can
be at home in your home.

Providing services to you for:

- Chores
- Home Making
- Leisure/Social
- Errands
- Companionship

Call to discuss how you benefit
605-857-5066

Care.companion.brock@gmail.com



YANKTON MEDICAL CLINIC, P.C.
So much care, so close to home!
605-665-7841
1104 West 8th Street • Yankton, SD 57078
www.YanktonMedicalClinic.com

Pharmacy
605-665-2929
Pharmacy Hours:
M-F: 8:30 a.m. - 9 p.m.
Sat.: 8:30 a.m. - 5 p.m.
Sun.: Noon - 5 p.m.

Ear, Nose & Throat
605-665-0062
2525 Fox Run Parkway, Suite 101
Yankton, SD 57078
Regular Clinic Hours:
M-F: 8 a.m. - 5 p.m.
Closed: Noon - 1 p.m. Daily

Regular Clinic Hours:
M-F: 8 a.m. - 5:30 p.m.
Sat.: 8:30 a.m. - Noon
Convenient Care Hours:
M-F: 5 - 9 p.m.
Sat. & Sun.: Noon - 5 p.m.



Nutrition Programs

Dine at **The Center** daily
(Home-cooked meals) 11:30am-12:30pm

Eat breakfast and enjoy an evening or weekend meal at
Hy-Vee with your pre-paid meal account.

If you are over 60 and homebound or recovering from a
hospital stay for illness or injury, our volunteers will deliver a
meal to you thru the **Meals on Wheels** program.

Suggested donation for meals is **\$3.75** if you are over 60
and **\$6.50** if under.

Please call for a meal reservation—665-1055

Frozen meals are available for evenings and weekends.



THE CENTER
RECREATION • SOCIALIZATION • NUTRITION

Rent Our Beautiful Facility

- Full Service Kitchen & Catering Available
- Small & Large Groups (up to 150)
- Clean Facility - plenty of parking
- Handicap Accessible
- Beer & Wine License (\$10)
- \$150/member • \$175/non-member

*We can host your wedding reception,
bridal shower, class or family reunion,
birthday, anniversary, graduation or
Christmas party, customer appreciation
event or any other celebration.*


Call 665-4685 • 900 Whiting Dr., Yankton



March Menu (Menu subject to change)



Monday	Tuesday	Wednesday	Thursday	Friday
2 Swiss Steak Company Potatoes Broccoli Crunchy Cranberry Salad	3 Tater Tot Casserole 7 Layer Salad Baked Apples Butterscotch Pudding	4 Ham Baked Potato Corn Fruit Salad Cornbread	5 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Fruit Chocolate Pudding	6 Tuna & Noodle Casserole Glazed Carrots Coleslaw Jell-O with Fruit
9 Pork Cutlet Noodles & Gravy Peas & Carrots Mandarin Oranges	10 Lasagna Broccoli Chinese Coleslaw Fruit Slush	11 Grilled Chicken Panini Spinach Salad Fruit Acini de Pepe Salad PANCAKE FEED	12 Turkey & Dressing Mashed Potatoes/Gravy Brussel Sprouts Fruit Cocktail ANNIVERSARY DINNER	13 Cream of Potato Soup Egg Salad Sandwich Tropical Fruit Cookie
16 Roast Beef Mashed Potatoes/Gravy Green Bean Casserole Peaches Bread Pudding BOARD MEETING	17 Corned Beef Cabbage Potatoes Tropical Fruit Pistachio Pudding ROCK-A-THON	18 Beef Tips & Gravy Mashed Potatoes Broccoli-Corn Bake Baked Apples DINNER AND A MOVIE	19 Meat Loaf Oven Browned Potatoes California Vegetables Fruit Cake & Ice Cream BIRTHDAY DINNER	20 Salmon Loaf Cheesy Potatoes Baked Squash Pears Tapioca Pudding
23 Creamed Turkey Mashed Potatoes/Gravy Broccoli 1/2c Tropical Fruit Butterscotch Pudding	24 Bean & Ham Soup Glazed Carrots Tomato Spoon Salad Peach Crisp	25 Goulash Italian Vegetables Coleslaw Mandarin Oranges EVENING MEAL (BBQ RIBS)	26 Smothered Pork Chop Creamed Potatoes Seasoned Spinach Jell-O w/Fruit NATIONAL SPINACH DAY	27 Tomato Soup Grilled Cheese Sandwich Fruit Cocktail Brownie
30 Beef & Noodles Corn Apple Sauce Cookie	31 BBQ Chicken Herbed Diced Potatoes Green Beans Tossed Salad Fruit	(Pancake Feed 11th) All you can eat Pancakes & French Toast Includes a single serving of Scrambled Eggs Bacon or Sausage	(Dinner & Movie - 18th) Oven Fried Chicken Potato Salad Cole slaw Apple Crisp	(Rib Fest - 25th) BBQ Ribs Cheesy Hash Browns Green Beans Fruit Chocolate Cake

As we continue to watch our bottom line & be financially stable, please make sure you call the day before to make reservations at 665-1055. If you have a group of people for lunch and you would like to sit together, please reserve your table by setting your silverware, coffee cup etc. Menu is subject to change. **All meals are served with 1% milk, coffee and bread.** If you are 60 or older, the suggested donation is \$3.75. If you are under 60 the meal is \$6.50.




CENTURY 21
Professional Real Estate

Carla Schlingman
(605) 661-8643

Each office is independently owned and operated

March Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	3 Table Tennis 8:30 Taxes 8:30-11:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	4 Billiards 8:30 Taxes 8:30-11:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	5 Table Tennis 8:30 Taxes 8:30-11:30 Billiards 8:30 Toe Nail Clinic 10:00 Wii Bowling 10:00 Pinochle 12:45 Dominos 12:45	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9 Dress in BLUE day 11:30am-12:30pm
9 Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Mayoral Proclamation City Commission—7pm	10 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	11 Billiards 8:30 Taxes 8:30-11:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	12 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 Anniversary Dinner 11:30am-12:30pm Lincoln School Volunteers	13 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9 Stewart School Volunteers
16 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:00 Pinochle 12:45 Hand & Foot 1:00 SHIINE 1-3	17 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Bible Study 10:30 Pinochle 1:00 Wii Bowling 1:00 Bingo 7-9 Rock-A-Thon 10:00am-1:00pm YMS Volunteers	18 Billiards 8:30 Taxes 8:30-11:30 Line Dancing 9:30 Toe Nail Clinic 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Dinner & A Movie 4:30pm-8:00pm Webster School Volunteers	19 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 1:00 Dominos 12:45 Birthday Dinner 11:30am-12:30pm Beadle School Volunteers	20 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1-3 Bingo 7-9
23 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	24 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	25 Billiards 8:30 Taxes 8:30-11:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Evening Meal (Ribs) 4:30pm-6:30pm	26 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Wii Bowling 10:00 Nurse 10-12 Pinochle 12:45 Dominos 1:00	27 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
30 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 11:00am-11:30am Take a walk in the park day	31 Table Tennis 8:30 Billiards 8:30 Taxes 8:30-11:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9			

Membership News

Thank You for Your Donation

Greeting Cards	Kathleen Flow
Paper Towels/Napkins	Phyllis Christiansen
Laundry Soap/Magazines/Baggies	Ed Gleich
Magazines	Rich & Rose Robinson
Books	Sharon Thoene
Cat Food	Elaine List
Cat Food/Napkins/Toilet Paper/Baggies	Jim & Shari Hovland
Greeting Cards/Napkins	Eileen Leshar
Batteries	Dolores Peitz
Cat Food	Kim Christiansen
Coffee	Gerie Loecker
Napkins/Toilet Paper/Candy Bars	Diane Reese
Toilet Paper/Napkins/Cat Food/Baggies/Coffee	Fran & Sandy Johnson
Napkins	Marilyn Obr
Coffee/Candy	Theresa Arens

Welcome New Members

Mary Bruening - Yankton
 Kathleen Flow - Yankton
 Deacon & Marlene Slason - Yankton
 Jean Smith - Yankton
 Jane Wilmes - Yankton
 Judy Heffle - Yankton
 Gary & Marilyn Kleinschmit - Yankton
 Doug & Phyllis Adam - Yankton
 Bob Koletzky - Yankton
 Don & Ava Tucker - Yankton
 Judy Kaldun - Yankton



Memorials

In Memory of Evelyn Timm

Pat & Christy Hauer
 Delight Paulson
 Evelyn Timm Family

In Memory of Jeannette Leeper

Pat & Christy Hauer
 Karen Domogalski
 Craig Sherman

In Memory of Lois Reade

Char Herman

In Memory of Dennis Brandon

Carol Sarringar

In Memory of Freelan Aune

Margaret Sarringar

Sympathy Cards

Evelyn Timm Family

Jeannette Leeper Family

Cheryl Leiferman
 (Loss of Sister-in-Law)

Dorothy Nielson
 (Loss of Sister)

Marlys Blaalid
 (Loss of Brother-in-Law)

Attention Snowbirds

Please call The Center with your mailing address if you go south during winter months. We would like to make sure you continue to get the monthly newsletter. If your newsletter is returned to us, we pay \$.62 for each one that comes back.

What Can We Do To Improve

We encourage you to share your ideas. Suggestion boxes are located at the front desk and at the lunch table. Please make sure you put your name on the suggestion so we can follow up with you.



We appreciate your feedback.



The Center is proud to be a United Way Agency

Get Well Cards



Toots Marchand
 Gary Kuchta
 Janice Olson
 Dennis Janousek
 Mary Alice Halverson
 Arlene McHenry
 David Souhrada



LIKE US ON FACEBOOK

Log into Facebook and type The Center in the search box



Finger Lickin' Good



Happy Birthday



Mar 1	Sally Abild	Mar 11	Francis Laffey	Mar 18	Ron Kast
Mar 1	JoAnn Jonas	Mar 12	Janet McGinnis	Mar 19	Priscilla Mazourek
Mar 1	Mary Garoutte	Mar 13	Jeanette Johnson	Mar 19	Celestine Johansen
Mar 1	Linda Schroeder	Mar 13	Janice Miller	Mar 22	Cathryn Rehfuss
Mar 2	Butch Becker	Mar 13	Sherry Oare	Mar 22	Nancy Sternquist
Mar 2	Nancy Hermanson	Mar 13	Deacon Slason	Mar 24	Linda Wing
Mar 4	Dolores Feilmeier	Mar 13	Bonnie Strnad	Mar 25	Carol Ramse
Mar 4	Delores Kafka	Mar 15	Lorraine Kressig	Mar 26	Jackie Ambroz
Mar 4	Frances Brannen	Mar 15	Arlys Saoi	Mar 26	MaryLou Deuschle
Mar 7	Jane Rames	Mar 15	Lois Furdeck	Mar 26	Jerry Koch
Mar 8	Donna Steckler	Mar 16	Henrietta Mauch	Mar 26	Donna Madsen
Mar 9	Rita Wiese	Mar 16	Lloyd Seger	Mar 26	Ken Jones
Mar 10	Nadean Auch	Mar 17	Pamela Hamilton	Mar 29	Doyle Becker
Mar 10	Cecelia Sorenson	Mar 17	Pat Raab	Mar 30	David Gellerman
Mar 11	Jim Filips	Mar 18	Jean Hauger	Mar 31	Velma Lane

Happy Anniversary

Mar 1	Delano & Marilyn Christensen
Mar 13	Chuck & Beth Nyquist
Mar 22	Kendall & Dorothy Blumer
Mar 27	Dan & Jane Miller
Mar 27	George & Floris Woodhouse



Center Wish List Thank You For Your Donations!

- (Listed in order of need)
- Cat Food
 - 9V, AA, AAA Batteries
 - Decaf Coffee
 - Napkins
 - Toilet Paper
 - Fun Size Candy Bars
 - Sandwich Baggies
 - Laundry Soap
 - Kleenex
 - Hand Sanitizer

Your donations help us keep our costs down, which significantly impacts our bottom line. We are very grateful!

Proudly carving the areas finest memorials. Competitive prices and exceptional service. Since 1883

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Indoor Display & Carving Center
1609 Broadway • Yankton, SD
(605)665-3052

Happy St. Patrick's Day

Activities

If you are new to The Center and you want to play cards or participate in an activity, contact the activities coordinator.

A Reminder to All Card Players
If you are unable to play, it is your responsibility to find a replacement. Ask Card Coordinator for a substitute list. The option to play 3 handed pinochle is always available.

Wii Bowling

Tuesday League

January 29, 2020

Elaine list had a high series of 560.
Karen Gran had a high game of 225.
Elaine List picked up a 4-7-10 split & 5-10 split three times.
Darlene Pokorney picked up a 4-7-10 split.
Karen Gran picked up a 4-5-10 split.

February 4, 2020

Karen Gran had a high game of 222 & a high series of 628.
Darlene Pokorney picked up a 5-6-10 split.

February 11, 2020

Karen Gran had a high game of 218 & a high series of 605.

Thursday League

January 31, 2020

Marillyn Obr had a high game of 257 & a high series of 692.
Jeanne Laffey picked up a 5-7 split.
Sandy Kreber picked up a 4-5 split.
Janice Olson picked up a 5-10 split.

February 6, 2020

Marillyn Obr had a high game of 245 & a high series of 656.
Bev Larsen picked up a 2-5-7-8 split.

February 13, 2020

Jeanne Laffey had a high game of 205 & a high series of 569.

Craft Class

Monday, March 9th - 10:30am-11:30am

Stay for lunch, we are serving: **Pork Cutlet**
Join us the second Monday each month for some creativity & fun. Each month you will make a new craft. **Cost is \$5 per person to cover the supplies.** You **must sign up** for class in the front office so Cathy has plenty of supplies on hand.



Activity Coordinators

Please contact coordinators if interested in participating in an activity.

Bible Study (Tues)	Lois Kirschenman	661-1914
Bridge (Fri)	Toots Marchand	665-9508
Cribbage (Wed)	Phyllis Christiansen	668-0659
Craft Class	Cathy Orton	832-385-5305
Dominos (Thurs)	JoAnn Huitema	665-9291
Exercise/NuStep (M-W-F)	Office	665-4685
Hand & Foot (Mon)	Bev Larsen	665-5595
Line Dancing (M-W-F)	Eileen Leshner	664-6548
Meals On Wheels	Mandi Lampman	665-1055
Partnership Bridge (Wed)	Dan Miller	661-8017
Pinochle (Mon & Thurs)	Joyce Kollars	665-4410
Pinochle (Tues)	Don & JuLee Werkmeister	665-1518
Table Tennis (Tue & Thurs)	Dan Miller	661-8017
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

Exercise Class With Judi O'Connell



Low impact chair exercises with Judi
Monday, Wednesday & Friday at 11:00am
\$20 for 10 classes (join us for dinner after class)

CARDS MAY BE PURCHASED IN THE FRONT OFFICE



Our exercise room has a new treadmill donated by the family of Janeane Steinberg.

Pictured:
Sheila Steinberg, Marty Steinberg,
Sandra Cahoy, Sherill Vennard,
Mike Steinberg & Sharon Haas.
Not pictured: Suzette LeFebvere.

THANK YOU!

Activities

Dinner And A Movie

Wednesday, March 18th

Meal: 4:30pm-6:00pm • Movie: 6:00pm

Serving: Oven Fried Chicken

Showing: "McLintock" Starring John Wayne

Aging rancher George Washington McLintock (John Wayne), a wealthy self-made man, is forced to deal with numerous personal and professional problems. Seemingly everyone wants a piece of his enormous farmstead, including high-ranking government men, McLintock's own sons and nearby Native Americans. As McLintock tries to juggle his various adversaries, his wife, who left him two years previously, suddenly returns. But she isn't interested in her husband -- she wants custody of their daughter.



\$6 Meal, Movie & Popcorn
Call 665-1055 for reservations

Partnership Bridge News

BRIDGE LESSONS ARE EACH WEDNESDAY
AT 9:00AM ANYONE IS WELCOME TO COME

February 5, 2020

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Mae Crawford | Score: 8880 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 5570 |
| 3. Glenn Mannes & Darwin Tessier | Score: 5080 |

Grand Slam: Darwin Tessier & Glenn Mannes

February 12, 2020

- | | |
|-------------------------------------|-------------|
| 1. Beth Nohr & Muriel Stach | Score: 7190 |
| 2. Jon & Kit Westling | Score: 4220 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 4000 |

February 19, 2020

- | | |
|------------------------------------|-------------|
| 1. Glenn Mannes & Darwin Tessier | Score: 7220 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 6770 |
| 3. Lyle Malone & Rod Nohr | Score: 4790 |

Grand Slam: Darwin Tessier & Glenn Mannes

Small Slam: Fran Mollet & Marilyn Weverstad

Friday Bridge News

February 7, 2020

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 7320 |
| 2. Jon & Kit Westling | Score: 4770 |
| 3. Betty Adam & Marsha Dahlseid | Score: 4590 |

February 14, 2020

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 6650 |
| 2. Dan Miller & Rod Nohr | Score: 4970 |
| 3. Betty Adam & Marsha Dahlseid | Score: 3640 |

February 21, 2020

- | | |
|--|-------------|
| 1. Mae Crawford & Char Erickson | Score: 6300 |
| 2. Mary Alice Halvorson & Darwin Tessier | Score: 4430 |
| 3. Kit & Jon Westling | Score: 3300 |

Pinochle News

Cards will not begin until 1:00pm on
Tuesday, March 17th due to the Rock-A-Thon.

1000 Aces—February 4, 2020
Amanda Stewart & Cathie Huchtmeier

Double Run—February 11, 2020
Doris Gall & Elma Block

Services/Education

Commodity Program

The Commodity Supplemental Food Program is for those who are 60 and older and have a gross income of \$1,383 or less per month for a 1 person household or \$1,868 gross or less for a 2 person household. This qualifies you to receive a box of food monthly from the Feeding South Dakota program.

New guidelines state that you must sign for your box each month, if there is not a signature, you will not receive a box the following month.

Stop in the office if you are interested in applying. Please contact 665-4685 for more information. Commodities are distributed on the third Friday each month (March 20th) from 1pm-3pm and are on a first come first served basis.



Volunteer Nurse On Site

Just a reminder that we have a volunteer nurse on site the 2nd and 3rd Thursday each month from 10:30am-11:30am. Our volunteers Jackie Sandstedt & Marilyn Christensen are available to take your blood pressure and answer some of your health questions. Stop in the nurses office and say hello.

Toe Nail Clinic

A reminder that the contract nurse is here the 1st Thursday each month to trim toenails. The cost is \$20 made payable to Avera and you must bring your own clippers.

We also have a volunteer nurse that will be here on the 3rd Wednesday each month to trim toenails. The cost is \$20 made payable to The Center. You must bring your own clippers. Stop in the office to schedule an appointment.

Dementia Caregiver Group

Tuesday, March 10th - 10:00am-11:00am

The Dementia Caregiver Group meets each month on the second Tuesday. **Everyone welcome & open to the public.** If you would like more information, please call Judi Olson, 605-760-3324

AARP Tax Assistance Available

AARP Tax assistance has begun and will continue through April 9th. Appointment times are limited on Tuesday, Wednesday & Thursday mornings.

You must bring with you, last year's tax return, a picture ID, social security card and checking/routing number.

THIS SERVICE IS FOR SENIORS AND THOSE WHO ARE LOW INCOME.

Call The Center, 665-4685 to schedule



USD Dental Hygiene Services

March 18th

(Can not take appointments) 9am-12pm
First come first served

Free and low cost dental services provided by University of South Dakota dental hygiene students, and supervised by faculty. Services are provided at The Center on a first come, first served basis. Free services include: free oral screenings, denture and partial cleanings. Accepting Medicaid and other insurances.

Cleanings \$35.00 - X-Rays \$25.00



Pet Food Program

For some Seniors who are not able to get around easily, their best friend and only companion may be their loving dog or cat. The Center calls attention to the importance of pets. The pet food program helps those in the



Yankton area feed their furry companions. If you qualify, you will receive pet food in a one gallon bag, once per month, per household. Research shows that owning a pet can add years to your life.

Stop by the office today to complete an application.

The Activities Committee would like your input on what you would like to see for the Mother's Day Tea and future programs at The Center. Please turn in this coupon with your idea. If your idea is chosen you will win a \$20 gift certificate.

My idea is: _____

Name: _____



Board Member Pam Rezac dropping off her cupcakes for the cake walk and winner Linda Beulke picks out hers. We had about 25 people participate in our first ever cake walk.