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900 Whiting Drive • Yankton, SD 57078

chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 February 2017 • Volume 16 • Issue 2



Board of Directors

Joleen Smith	Senior Advisor Business Planning <i>First National Bank</i>
David Hosmer	Financial Advisor, JD and AAMS <i>Raymond James Financial</i>
Velma Kuchta	Retired Educator & Secretarial Assistant <i>Opsahl Kostel Funeral Home</i>
Kara Payer	Vice President of Mission <i>Avera Sacred Heart Hospital</i>
John Harper	Self Employed Contractor & Homebuilder
Bob Kellen	Owner <i>Kellen & Streit & Yankton Redi Mix</i>
Chris Nelsen	Owner & Farmer <i>Nelsen Farms</i>
Heather Olson	Assistant Principal <i>Yankton Middle School</i>
Diane Reese	Retired Nurse
Mike Stevens	Attorney & State Representative <i>Blackburn & Stevens Law</i>
Cee Sorenson	Retired Nurse
Steve Wentworth	Retired Educator

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10th Annual Event Saturday, March 4th 5:30pm-8:30pm \$35 per person

Wine Tasting • 5:30pm
 Dinner • 6:30pm
 Silent Auction • 5:30-7:30pm
 Live Auction • 8:00pm

We are serving
 Chicken Cordon Bleu
 Twice Baked Potatoes
 Green Bean Almandine
 Dessert

Auction Items

- Casino Packages
- Fishing Trip
- Ribeye Loins
- Decorative Rock
- 30 Minute Flight
- Golf Outings
- Mall of America
- Great Plains Zoo
- Omaha Overnighter
- Minneapolis Overnighter
- Caramel Rolls & Cookies
- Kolaches
- Restaurant Certificates
- Hair Care Packages
- Massages
- Homemade Goodies & Preserves
- Sioux Falls Day Trip
- Sioux City Day Trip

Much more to come!

**Contact a Board Member or stop in the office
for tickets, only 200 available!**

Hours of Operation

Mon, Wed & Thurs	8:00am - 4:00pm
Tuesday & Friday	8:00am - 9:00pm
Noon Meal (M-F)	11:30am - 12:30pm

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

Win Wine & Dine Tickets

Dine at The Center daily and
 each time you will get your
 name entered in a drawing for a
 Wine & Dine ticket. Two tickets
 will be awarded at the
 Valentine's Dinner on
 February 14th.

**Tickets donated by Activity
Committee Member**



The Center is
 proud to be a
 United Way
 Agency



**Pat Hauer & Duane Frick strike a pose
At the New Year's Eve Party**

2017 Membership Renewal Due

Individual • \$35 Couple • \$63 • Individual Lifetime • \$315 Couple Lifetime • \$567

Thank you for being a member! Renew today to continue these benefits of being a member of The Center.

- 24 page monthly newsletter
- Discounted pricing on events like our BBQ, Dances, Ice Cream Socials and Building Rental
- Free lifetime membership to all YSD activities (to those over 60)
- Free Mount Marty College basketball tickets
- Free tickets to opening night productions at Lewis & Clark Theater Company
- Unlimited use of equipment and access to all activities

Our By-Laws state that if annual dues are not paid by February 28th, the memberships expires and the March Newsletter will not be mailed.

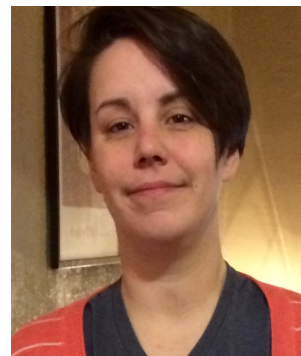
2016-2017 Board of Director's



Row 1: Joleen Smith, Diane Reese, Heather Olson, Velma Kuchta
 Row 2: Kara Payer, Bob Kellen, Steve Wentworth, Cee Sorenson, Mike Stevens
 Row 3: John Harper, Chris Nelsen, David Hosmer

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.



Welcome

Please welcome Marsha Helgerson to The Center. Marsha is attending the University of South Dakota and completing her internship with The Center. She will graduate in May with a Bachelor of Social Work.

Check Out Our New Web Page

You can access our monthly newsletter, menu, activity calendar, upcoming events, pictures and so much more.

CHECK IT OUT!

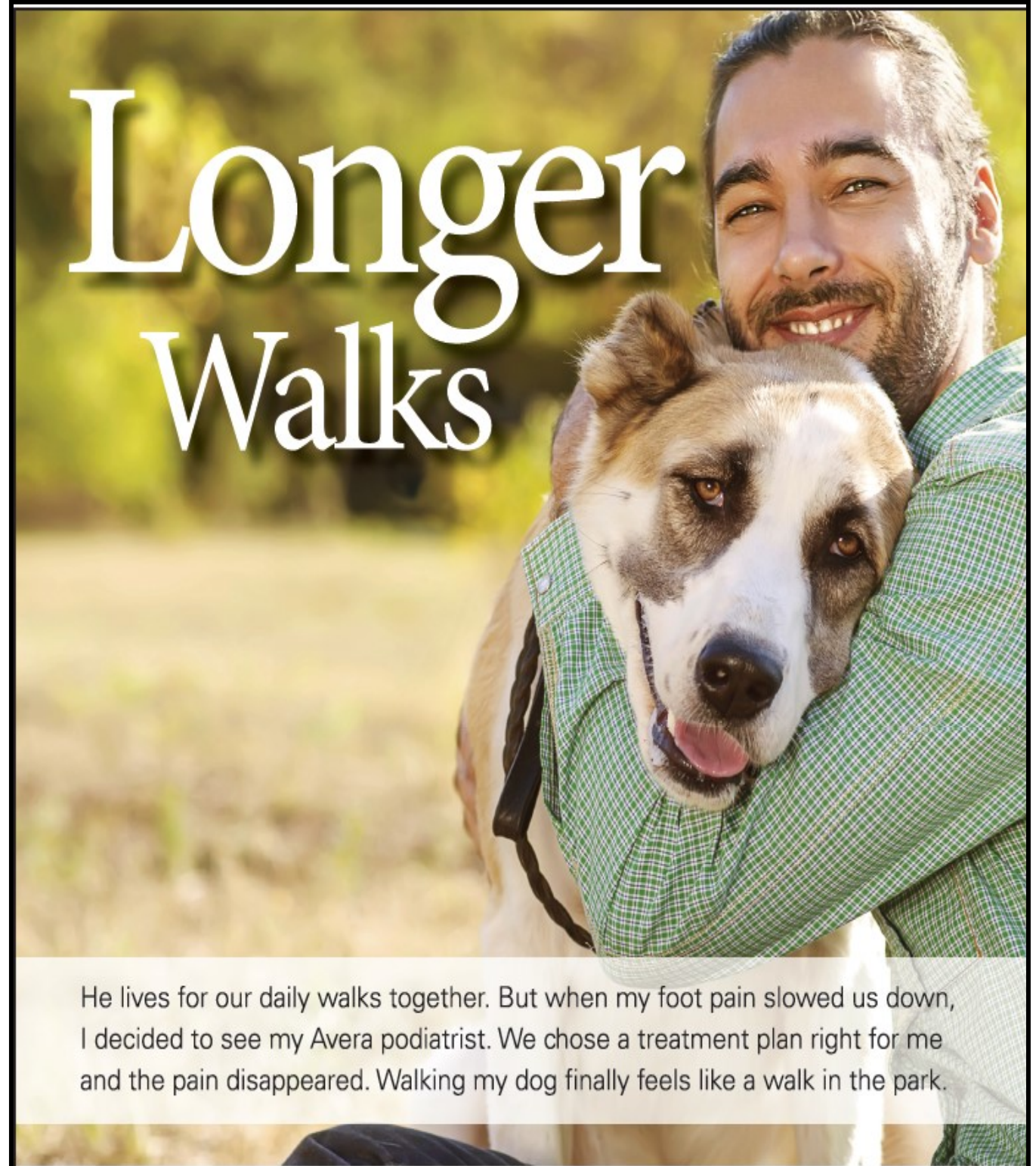
www.thecenteryankton.net



Log into Facebook and type The Center in the search box



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



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Happy Valentine's Day

When your doctor says: *"Physical Therapy"*
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Physical Therapy Services:

- Post-Surgery • Acute or Chronic Pain
- Sports Injury • Work Injury • Strengthening/
Balance Training • Gait/Assistive Device Training
- Pediatrics • Vestibular Rehab
- Pelvic Floor Rehab • Employment Screens

Pictured from back left clockwise: Kari Kaiser, PT Aide;
Samantha Schnabel, PT, DPT; Connie Casanova, PT, DPT;
Lisa Huber, PT; Amanda Adamson, PT, DPT;
Erica Stanley, PT, DPT.

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Director's Desk



So far we have had another challenging Winter, with more than usual precipitation. We have been spoiled over the past 15 years with relatively mild Winters. I dread closing the building, but must put safety first. I also think about all our Meals On Wheels clients who rely upon receiving a hot home cooked meal. Then I think about the safety of our Meals On Wheels drivers. What angels they are to endure the harsh weather, trek through the snow and put others needs first. We are blessed to have so many wonderful volunteers sustaining our mission. The Meals on Wheels program not only sustains physical nourishment, but also provides mental nourishment. Seeing the kind face of the driver visiting for a moment, while noting the client is safe and sound in the comfort of their own home. People tell me time and time again if it weren't for the program, they would have had to go into a long term care facility. The Meals On Wheels program volunteers deliver nearly 18,000 meals a year, making a profound impact on the community. In fact, we have many low income Seniors who receive meals at no cost, priding ourselves on never turning anyone who is in need away.

We are looking forward to all of our upcoming fundraising events this March as we will be hosting numerous events in celebration of the National March for Meals movement. Not only does this sustain our operation, but it also focuses on drawing awareness to the real problem of Senior hunger. Throughout March, we will have schools, city officials, businesses, churches, service clubs and many individuals focus on our mission to serve those in need. We will be starting the month out with our 10th Annual Wine & Dine Event on March 4th. Please consider purchasing tickets, becoming a sponsor or donating an auction prize. It is going to be an evening of great food and fellowship.

We have some wonderful events coming up in February, where you can bring a friend or your sweetheart in celebration of Valentine's Day. Check out are dinner and a movie on February 12th, and join us for the mystery dinner theater on February 15th. While you are at it, think about checking out our monthly pancake feed and evening meal.

I would like to thank Deb Bodenstedt for once again coordinating our tax service. This is an invaluable program for the community and The Center is proud to host this wonderful free service. Call or stop by to schedule a tax appointment.

A special thank you to all of the SHINE volunteers who had yet another busy year. We are proud of our many free services like SHINE, taxes, pet food assistance, commodities, scoop it program and more. I would encourage you to take advantage of these services. It takes a great deal of coordination and a lot of volunteer time to deliver so much to so many.

Happy Valentine's Day. See you at our February events and our Wine & Dine event on March 4th.

Christy Hauer, Executive Director



Congratulations And Thank You

Administrative Assistant,
Kriss Thury completed

5 years of service to The Center on January 10th. She started out as a part time assistant making herself invaluable, earning herself a full time position. She is such a hard worker, taking pride in her work, always striving for excellence in all that she does. She publishes a first class, professional newsletter each month. She supports the Director in all facets of the operation. She leads by example, managing volunteers and staff members. We are thankful for Kriss and her work ethic and look forward to another 5 years.

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."

Fundraising News



Pancake Volunteer & Member
Diane Wubben

Pancakes & French Toast

(all you can eat)

Wednesday - February 8th
4:30pm-7:00pm

Please join us on the second Wednesday each month for all you can eat Pancakes and French toast. Enjoy a single serving of eggs and bacon or sausage. Bring a friend or the whole family and fill your bellies with our awesome pancakes and french toast.

Adults only \$5.00
Children under 10 only \$2.50
We served 115 in January!

BINGO

Every Tuesday & Friday
7:00pm
(Open to the public)

Join the fun and win some money

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.

Thank You For Your Monetary Donation

Steve & Deb Murray
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Upcoming Events

Feb 2	Toe Nail Clinic	10-11:00am
Feb 8	Pancake Feed	4:30-7pm
Feb 9	Anniversary Dinner	11:30-12:30pm
Feb 12	Dinner & A Movie	3:30-6pm
Feb 14	Dementia Group	10-11:00am
Feb 14	Christy on KYNT	7:40am & 12:20pm
Feb 15	Mystery Dinner Theater	6-8:00pm
Feb 15	Chair Massages	1:40-3:50pm
Feb 16	Birthday Dinner	11:30-12:30pm
Feb 17	Commodities	1-3:00pm
Feb 22	Evening Meal	5-6:30pm
Feb 24	Card Making Class	1-2:30pm
Feb 28	Christy on KYNT	7:40am & 12:20pm
Mar 4	Wine & Dine Event	5:30-8:30pm
May 5	Worthing Dinner Theater	5-11:30pm

Worthing Dinner Theater - Friday, May 5th
5pm-11pm - Cost: \$62.00
(Includes transportation, dinner & theater)
"Last of the Red Hot Lovers"

Lois Lancaster is a big-city journalist writing about the current state of mental health facilities. Her research takes her to a hospital populated with a unique group of quirky inmates who imagine they are crime-fighting superheroes. Speed Freak thinks he can run at incredible speeds, while Dim Bulb, the most enthusiastic person on the face of the earth, thinks he has the ability to turn off lights with his brain. Mental thinks she can read minds, despite being prone to sudden outbursts of bizarre non-sequiturs. Kevin, much less quirky and flamboyant than the other inmates, doesn't embarrass himself with a ridiculous code name or costume...at least, not initially. Dr. Gail Eisner appears to be a kindly hospital administrator, a steady influence needed to effectively run a madhouse like this one. At first Lois finds their elaborate superhero fantasies to be an entertaining diversion, the wild delusions of unstable minds, until something unusual happens that makes her wonder....

Mystery Dinner Theater
Wednesday, February 15th - 6pm-8pm
Early Bird Cost: \$20.00
After February 10th: \$23.00

You are cordially invited to mosey on over to the Paradise Saloon for some western hospitality and a feed of good grub

"Bullets & Barbeque"

It is the wild west in the year of 1872. On a clear July morning, dawn is just breaking over the tiny town of Drygulch when a single gunshot rings out. The townsfolk rush to the scene and are horrified to find their sheriff, **Take Noble**, sprawled in the dust, dead from a gunshot wound. He was bushwhacked from behind and **you** are a suspect.

Cost includes dinner and mystery theater

Center Wish List

- Coffee
- Paper Towels
- Kleenex
- AA & AAA Batteries
- Fun Size Candy Bars
- Toilet Paper
- Sandwich Bags
- Small Paper Plates
- Napkins
- Laundry Soap
- Gallon Ziploc Bags

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Front Row: Rachel, Kelsey

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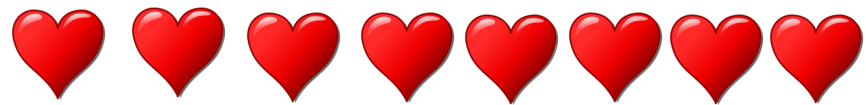
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605 • 660 • 5352

Fundraising News

Next month we will be hosting many activities to support our March For Meals Campaign

- 3rd Annual Rock-A-Thon
- Shamrock Raffle
- Community Champions Campaign
- Beadle School Drive
- Yankton Middle School Drive
- Stewart School Drive
- Tabor School Drive



These pancakes are delicious!



Loran Moore volunteering at the pancake feed.



John & Sharon Leinen, Leslie & Sharon Knorr, Don Lowrie and Barb & Andy DeJager at the January Birthday Celebration.



Marge Becker, Bob Curtice, Cheryl & Chuck Leiferman, Phyllis Christiansen, Minnie Schenk and Betty Thomas at the January Birthday Celebration.

Tabor Nutrition Center

February 2017 Menu

Suggested donation is \$3.75 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 whole wheat bread and 1% milk.

Feb 1	Mushroom Steak/Gravy
Feb 2	Porcupine Meatballs
Feb 7	Sausage Gravy/Biscuits
Feb 8	Pork Chop/Gravy
Feb 9	Hamburger Patty
Feb 14	BBQ Ribs
Feb 15	Baked Chicken
Feb 16	Beef Noodle Stroganoff
Feb 21	Meatloaf (Evening Meal)
Feb 22	Sloppy Joe
Feb 23	BBQ Roast Beef (Birthday Dinner)
Feb 28	Liver & Onions

Less than 60 days until Spring. I for one cannot wait. Last months 16+ inches of snow was a sure sign that Winter had arrived. Our meal numbers have been good despite the fact that we had to close a couple of days.

We appreciate all of our volunteers that come each week to help in the kitchen and deliver the Meals on Wheels. We could not run our operation without you.

Come dine with us every Tuesday, Wednesday & Thursday, we like to see everyone.

In March we will need your support with the March For Meals Campaign. Help the Tabor Schools with their Coin Drive as they raise money for March for Meals.

Vee Horner
Site Coordinator

Tabor Wish List

**Coffee Napkins
Small Paper Plates
Laundry Soap
Paper Towels
Get Well Cards**



Tabor Nutrition Center Staff

Gail Hovorka, Ilene Sternhagen, Vee Horner, Lillian Bartunek, Gladys Hamberger

February Birthdays

Feb 3	Darlene Holec
Feb 4	Don Mudloff
Feb 5	Clarence Bartunek
Feb 6	Gary Baltzer
Feb 20	Ernie Merkwan
Feb 24	Clarence Sykora



Volunteer News

The Retired Senior Volunteer Program matches volunteers that are 55 years and over with volunteer opportunities for non-profits and public agencies in the community. We are always seeking new volunteers to join RSVP. Studies show that there are many benefits to volunteering. Volunteers agree that volunteering helps them lead healthier lives. Volunteering appears to correspond with higher levels of life satisfaction – including a greater sense of meaning and purpose and higher levels of optimism. According to a survey, 96 percent of volunteers agreed that volunteering makes people happier.

Volunteers are always needed in our community especially in our focus areas of Disaster Services, Economic Opportunity, Education, Environmental Stewardship, Healthy Futures and Veterans and Military Families. Contact me if you have an interest in any of these areas and I will find a volunteer opportunity to fit your life.

Deb Overseth/RSVP Coordinator
605-260-3100



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.

Meals on Wheels Drivers

Wine & Dine Fundraiser

Pancakes

Dances

Bingo

Kitchen Helpers

Site Council

Office Help

Rummage Sale

Special Events

Receptionists

Committee Work-Behind The Scenes



Volunteer of the Month

Our January Volunteer of the Month is Deb Bodenstedt. Deb has been coordinating the AARP Tax Program for several years at The Center. The service is invaluable to many in the Yankton community.

Deb and her tax aide volunteers serve nearly 300 individuals annually with free tax preparation services.

Thank you to Deb for all your hard work.

Enjoy your reserved parking spot!

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**, please call toll free 1-888-239-1210.



Pancake Volunteers, Bonnie Strnad, Chuck Schild & Betty Thomas

New Year's Eve



Delano & Marilyn Christensen dancing a waltz



Connie & Bob Miles at the New Year's Dance



Chuck & Cheryl Leiferman



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Nutrition News



You have probably noticed lately that Kriss, Christy, Mandi and myself have been seen walking around the building several times a day. For the next 12 weeks we have dedicated ourselves to promote a healthy lifestyle by competing in the **YankTON Challenge**. We have named ourselves "**The Center Glamour Girls**". We have even made a contest out of it. Each week when we weigh in, we put \$1.00 in the pot for every pound we've lost, but if we gain, we have to put in \$5 for every pound gained. At the end of the challenge, the one who has lost the most weight will win the pot of money. We are all excited about **losing the pounds** and gaining a healthier lifestyle. Wish us luck!

For many of us, life gets better—easier, as we get older. We get more comfortable and confident in our own skin. We weed out what doesn't work for us and invite more of what does work into our lives. There's a certain clarity that inspires us not to sweat the small stuff so much and to keep the big picture in mind. If only exercise, healthy eating, and weight loss fell into that "it gets easier with age" category. Instead, dropping pounds can often feel harder than ever. After all, that stiff back that keeps you from bounding out of bed in the morning can make it less inspiring to go to the gym. A busy schedule can prompt you to eat on the run, and those 10 pounds you gained in your 40s can become an extra 20 pounds in your 50s and, well, you get the idea. Yet experts agree it's important to focus on achieving your healthy weight no matter the number of candles on your birthday cake this year. It's more important than ever to actually follow the advice and to talk to your doctor before beginning any new exercise regimen. Medical problems, such as heart disease and metabolic disease, become more common after age 60, so it becomes much more important to have a medical checkup before attempting a weight loss plan. Then there's the fact that over the age of 60, your oxygen intake may be reduced by as much as one-third of what it was when you were 25, causing you to have a tougher time taking deep breaths when you're exercising at a moderate to high intensity, and making it crucial to ease in to a new plan. Finally, this is the decade when your hips, knees, and other key joints are more likely to develop arthritis, workouts may include swimming and/or gentle walking plans. Other tips to follow: drink plenty of water, load up on protein, add strength to your training and stretch yourself. Think about joining Judi's exercise classes every Monday, Wednesday & Friday at 11:00am to add strength and stretching to your daily routine.

Remember we always have extra meals for you to take for evening and weekends and Hy-Vee for breakfast, lunch & dinner.

Julie Greenfield-Fitch, Nutrition Coordinator

GREAT PLAINS THERAPY

"Evaluation and treatment for balance and falls; consider Otago."

Call us if you have fallen in the past year or have muscle weakness/balance problems!

Leaves are meant to fall, not people! Medicare covers

Physical Therapy for Fall Prevention.



801 Summit St.
Yankton, SD 57078
605-665-3861

1407 E. Cherry St.
Vermillion, SD 57069
605-624-7246

Otago is an Evidenced-based Exercise Program covered by Medicare Part B.

Nutrition News

December 2016 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1494 (71 per day)	342 (16 per day)	254 (8 per day)	269 (21 per day)	2359 (112 per day)
Home Delivered	1418 (68 per day)	N/A	N/A	93 (7 per day)	1511 (72 per day)

Evening Meal

Wednesday, February 22nd

5:00pm-6:30pm

Serving

Pork Cutlet

Dumplings/Sauerkraut

Boiled Potatoes

Tossed Salad

Vanilla Pudding/Topping

Suggested Donation \$5.00

Call 665-1055 for reservations

February Kitchen Volunteers

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

Feb 1	Bonnie Strnad
Feb 2	Carol Wynia
Feb 3	Alex Suriani
Feb 6	Sandra Kreber
Feb 7	Barb DeJager
Feb 8	Mary Garoutte
Feb 9	Geri Loecker
Feb 10	Alex Suriani
Feb 13	Dorothy Gobel
Feb 14	Janice Kirschenman
Feb 15	Alma Logdahl
Feb 16	Cathy Orton
Feb 17	Alex Suriani
Feb 20	Carol Wynia
Feb 21	Joyce Kollars
Feb 22	Alma Logdahl (Noon)
Feb 22	JuLee Werkmeister (Evening)
Feb 22	Alex Suriani (Evening)
Feb 22	Sandi Kreber (Evening)
Feb 22	Sandra Kreber (Evening)
Feb 23	Dorothea Hoebelheinrich
Feb 24	Malena Diede
Feb 27	Sandra Kreber
Feb 28	Geri Loecker

Site Council Members Needed

We are looking for members to be a part of this active committee. Meetings are held on the third Wednesday at 9:30am. The Site Council reviews the monthly menu and creates treats for several special occasions. If you are interested, please contact Julie for more information.

Enjoy Breakfast, Lunch and Dinner At Hy-Vee

You must be 60 or older to qualify. If you don't have a scan card, please stop in the office to get one (for \$1) and show your card at Hy-Vee. You may also pay The Center the suggested donation of \$3.75 for your meals.

Breakfast

(Serving 6am-11am)

- 2 Eggs, Hash Browns & Toast
- 2 Eggs, Bacon or Sausage & Toast
 - 2 Egg Omelet & Toast (2 choices of ham, bacon, sausage, onions, mushrooms, peppers or cheese)
 - English Muffin Sandwich (Egg & Cheese—choice of ham, bacon or sausage)

All breakfast meals are served with coffee and juice or milk

Lunch/Dinner

(Serving 11am-8pm)

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

Meals are served with potato, 2 fruits or 2 vegetables or 1 fruit & 1 vegetable, Coffee and milk

(NO SUBSTITUTIONS)

February Birthdays

February 1	Marlene Gellerman	February 9	Charles Bender	February 17	Kathleen Lee
February 1	Jane Malone	February 9	Gladys Tacke	February 17	Dan Wentworth
February 1	Jacqueline Sandstedt	February 9	Delano Christensen	February 18	Kathy Harens
February 3	Tom Olson	February 9	Gloria Keiser	February 18	Luree Boersma
February 3	Wesley Rye	February 11	Adeline Burton	February 18	Conley Stanage
February 3	Paul Rehfluss	February 11	Sandy Bezug	February 18	Caroline Walsh
February 5	Elizabeth Fiedler	February 11	Alma Zweber	February 19	Bonnie Hevrin
February 5	Alberta Allard	February 12	Violet Schaeffer	February 20	James Hohn
February 5	Bob Diede	February 12	Peggy Schiedel	February 20	Mildred Zimmerman
February 5	Monsignor Carlton Hermann	February 12	MaryFran Thompson	February 21	Patty Schoenfelder
February 7	Connie Burciaga	February 13	Jane Mordhorst	February 22	Christy Hauer
February 7	Darlene Jensen	February 14	Elaine List	February 22	Roger Stock
February 7	Beth Nyquist	February 14	Dennis Stibril	February 22	Georgene Suing
February 7	Kay Kasulka	February 15	Doris Albrecht	February 24	Therese Soukup
February 7	John Kudrna	February 15	Dorothy Johnson	February 24	Lucille Wysuph
February 8	Pat Highland	February 17	Phyllis Grosshuesch	February 24	Michael Andrews
February 8	Dennis Sundleaf	February 17	Gladys Johnson	February 28	James May

February Anniversaries

February 10	Bob & Darlene Kolda
February 11	Elmer & Dorothy Neth
February 14	Brian & Deb Monaghan
February 14	George & JoAnn Smith
February 24	Rheiny & Susie Hofmann
February 25	Jerald & Jane Rames
February 29	John & Diane Nicholson
February 29	Wendell & Mary Renken



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Wine & Spirits 665-7808

Potpourri

Bake Sale

Freshly baked caramel or frosted cinnamon rolls will be available for purchase.

Pre-order by February 17th.

Pickup will on Wednesday, February 22nd.

\$.75 each
Order in the front office



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.

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 in the parking lot. You must display your handicapped sign in order to park in these spots.



Dining at Hy-Vee

To participate you must be over 60. You need to show your scan card at Hy-Vee, if you do not have one, please stop in the office to get one (\$1). You must also pay The Center the suggested donation of \$3.75 for your meals. Stop into The Center Office to get a Hy-Vee brochure listing the menu options.

There are **NO SUBSTITUTIONS** to any of the

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.

Morning Coffee Show with Scott Kooistra

We are on radio **KYNT1450AM** at 7:40am & 12:20pm

Tuesday, February 14th

Tuesday, February 28th

Tune in to hear about upcoming events and activities at The Center.

A special **THANK YOU** to Riverfront Broadcasting for their support of The Center.




When renting the facility, Beer & Wine licenses are \$5 each and are non-refundable and non-transferrable.

February Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January Evening Meal (Rescheduled) Wednesday, February 1st 5:00pm-6:30pm Salisbury Steak Mashed Potatoes/Gravy Parslied Carrots Angel Food Cake/Topping	1 Spaghetti w/Meat Sauce Broccoli Fruit Chocolate Pudding/Topping (Evening Meal-Salisbury Steak)	2 Chicken Parmesan Scalloped Potatoes Corn O'Brian Tropical Fruit	3 Pork Roast Mashed Potatoes/Gravy Harvard Beets Baked Apples	
6 Ham Baked Sweet Potato Broccoli Chocolate Pudding/Topping	7 Hamburger Company Potatoes Parslied Carrots Jell-O W/Fruit	8 Hot Beef Mashed Potatoes/Gravy Oriental Veggies Vanilla Ice Cream	9 Anniversary Dinner Citrus Chicken Baked Potato Peas Acini di Pepe/Pineapple	10 Beef Stroganoff Over Noodles Stewed Tomatoes Pears
13 Swiss Steak/Gravy Parslied Potatoes Winter Blend Veggies Tapioca Pudding/Topping	14 Valentine's Dinner Chicken Fried Steak Mashed Potatoes/Gravy Green Bean Casserole Sugar Cookie	15 Ham Loaf Diced Potatoes w/Parsley Cooked Cabbage Apricots	16 Birthday Dinner Cider Braised Pork Chop Macaroni Salad California Blend Veggies Cake & Ice Cream	17 Rotini w/Italian Chicken Baked Squash Tossed Salad/Dressing Orange
20 BBQ Chicken Baked Potato Glazed Carrots Fruit Cocktail	21 Meatloaf Oven Brown Potatoes Seasoned Spinach Jell-O W/Fruit	22 Oven Baked Beef Stew Spinach Salad/Dressing Peach Crisp	23 Beef Tips & Gravy Mashed Potatoes Corn Pears	24 Sloppy Joe on a Bun Cream of Broccoli Soup Chocolate Pudding/Topping
27 Chicken & Dressing Mashed Potatoes/Gravy Broccoli Cranberry Sauce Mandarin Oranges	28 Liver & Onions or Alternate Meat Company Potatoes Parslied Carrots Peaches	Evening Meal (2/22/17) Pork Cutlet Dumplings/Sauerkraut Boiled Potatoes Tossed Salad Vanilla Pudding/Topping		

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.

February Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bake Sale Reminder Pre-Order by Friday, February 17th Pick Up on 2/22		1 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3 January Evening Meal	2 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	7 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 12:30-3:30 Bingo 7-9	8 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3 Pancake Feed 4:30pm-7:00pm	9 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm
13 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Cribbage 1:00 Hand & Foot 1:00	14 Table Tennis 8:30 Billiards 8:30 Taxe 9-11:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9 No Nurse Today Valentine's Dinner 11:30am-12:30pm	15 Billiards 8:30 Taxes 9-11:30 Line Dancing 9:30 Site Council 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3 Mystery Dinner Theater 6:00pm-8:00pm	16 Table Tennis 8:30 Billiards 8:30 Taxes 9-11:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	17 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Commodities 1-3 Bridge 1:00 Bingo 7-9
20 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	21 Table Tennis 8:30 Billiards 8:30 Taxes 9-11:30 Bible Study 10:30 SHIINE 12:30-3:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	22 Billiards 8:30 Taxes 9-11:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 SHIINE 1-3 February Evening Meal 5:00pm-6:30pm	23 Table Tennis 8:30 Billiards 8:30 Taxes 9-11:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	24 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Card Making 1-2:30 Bingo 7-9
27 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	28 Table Tennis 8:30 Billiards 8:30 Taxes 9-11:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	 <p>Attention Card Players If you are unable to play it is your responsibility to find a replacement. Ask Card Coordinator for a substitute list</p>		

Membership News

Welcome Lifetime Members

Roy & Linda Wilcox

Welcome New Members

Richard & Eileen Neubauer ▪ Yankton, SD
 Karla Novotny ▪ Yankton, SD
 Elsie Jensen ▪ Yankton, SD
 Bonnie Johnson ▪ Yankton, SD
 Ronald Zimmerman ▪ Yankton, SD
 Karen Domogalski ▪ Yankton, SD

Memorials

In Memory of Roger Messler

Marilyn Messler
 Pat & Christy Hauer

In Memory of Annie Nelsen

Margaret Sarringar

In Memory of Pat Alder

Carol Sarringar

In Memory of Earl Reese

Pat & Christy Hauer
 Art & Marge Becker

In Memory of Joanne Christensen

Pat & Christy Hauer

In Memory of Andrew Baily

Pat & Christy Hauer

In Memory of Agnes Hagen

Pat & Christy Hauer

Thank You for Your Donation

Calendars	Cathy Huchtmeier
Aloe Vera Plants	Malena Diede
Ziploc Bags	MaryJane Hisek
Ziploc Bags	Margaret Sarringar
Coffee & Magazines	Geri Loecker
Pointsettias	First National Bank
Books	Gary & Velma Kuchta
Toilet Risers	Avera
Wrapping Paper	Kelly Brown
Walker	Emma Laird
Dog, Cat Food, Kleenex, Ziplocs	Shari Persinger-Hovland
Craft Books	Janet Waggoner
Coffee	Theresa Arens
Calendars & Birthday Cards	Phyllis Christiansen
Coffee, Toilet Paper, Laundry Soap	Ed Gleich
Magazines	Fran & Sandy Johnson
Coffee	Barb & Andy DeJager
Magazines	Sue Wieseler
Easter Decoration	Rose Kabeiseman
Magazines	Jim Huisman
Paper Products	JoAnn Huitema

Thank You!

Get Well Cards



Gloria Becker
 Donald Johnson
 Barb Specht
 Bill Arens
 Lorraine Kressig
 Velma Kuchta

Sympathy Cards

Lois Varvel
 (Loss of Husband)

Diane Reese
 (Loss of Husband)

Joanne Christensen Family

Bonnie Hevrin
 (Loss of Sister)

Norma J. Andersen
 (Loss of Mother)

Wayne Kindle
 (Loss of Father-In-Law)

Ken Hagen
 (Loss of Wife)

Services

Scoop It Program

The Scoop It Program is a service for elderly or disabled people who need their sidewalks shoveled, who are unable to financially afford it and have no family or friends who can assist them. If you would like to apply for this program, please stop in the office to get an application.

Guidelines to Qualify

- ◆ Monthly income of **\$1,287** or less for a 1 person household or **\$1,736** for a 2 person household.
- ◆ Must be over 60 years of age and/or disabled.

Snowfall removal is initiated if we receive 2 or more inches of snow, and shoveling will not start until snowfall is completed. Snow removal is done by the Yankton Trustee Unit and may take up to 48 hours to scoop.

Snow will only be removed to allow for a vehicle to get in and out of a garage or driveway, but may not clear the whole driveway.

Winter Weather Information

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

Just a reminder that you can get extra frozen meals in the event that The Center is closed. Contact Mandi to order your meals.

For Closings please listen to:

**KYNT 1450AM
WNAX 570AM
KVTK 1570AM**

Activities

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 (Mon)	Phyllis Christiansen	668-0659
Dominos (Thurs)	Dory Ahern	665-2579
Exercise/NuStep (M-W-F)	Office	665-4685
Hand & Foot (Mon)	Margrit Lock	664-0975
Line Dancing (M-W-F)	Eileen Leshner	664-6548
Pinochle (Mon)	Joyce Kollars	665-4410
Meals On Wheels	Mandi Lampman	665-1055
Partnership Bridge (Wed)	Dan Miller	689-0254
Table Tennis (Tue & Thurs)	Dan Miller	689-0254
Pinochle (Thurs)	Joyce Kollars	665-4410
Trips/Tours	Office	665-4685
Pinochle (Tues)	Delores Brown	665-7210
Wii Bowling	Jeanne Laffey	665-2774

Dinner & A Movie - Sunday, February 12th
Movie 3:30pm - Dinner 5:00pm
\$5.00 per person—Reservations Required

We will be serving Lasagna, Tossed Salad, Vegetable & Garlic Bread

Where can you go and get dinner, a movie and popcorn for \$5.00? You can at The Center. The Activities Committee along with the Nutrition Staff will be hosting a Valentine's Dinner at The Center.

Please call 665-4685 to make your reservations.

We will be showing "The Notebook"

In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

Dinner, Movie & Popcorn - \$5.00



Valentine's Day Trivia

The Center Activities Committee is hosting Valentine's Trivia. Fun facts will be posted on the lunch tables from February 1st through the 14th. Study these trivia facts

with your table, then on the 14th we will have a trivia quiz for you. All completed trivia quizzes will be put into a drawing for prizes.

You must be present to win.



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- On-site Beauty Shop

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2015 Green St, Yankton

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Exercise Class With Judi O'Connell

Exercise class is every Monday, Wednesday & Friday at 11:00am. Judi teaches low impact chair exercises, working the arms and legs. Join in the fun, the cost is only \$20 for 10 classes.

CARDS MAY BE PURCHASED IN THE FRONT OFFICE



Activities

Pinochle News

December 29, 2016—Double Pinochle

Chuck Schild & Delores Brown

January 3, 2017—1000 Aces

Alma Logdahl & Marilyn Obr

January 3, 2017—Double Run

Joyce Kollars & Sharon Tronek

January 10, 2017—Round Robin

Sharon Tronek & Pat Highland

January 10, 2017—1000 Aces

Don Naber & Bud Gustad

January 26, 2017—Round Robin

Don Naber & JuLee Werkmeister

January 26, 2017—Double Pinochle

Ray Pravecek & Don Naber

Partnership Bridge News

January 4, 2017

- | | |
|---------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 8060 |
| 2. Loraine McNeely & MaryAnn Anderson | Score: 5210 |
| 3. Marilyn Halsey & Toots Marchand | Score: 5130 |

Slams

Fran & Marilyn - 2
Loraine & MaryAnn
Mae Crawford & Char Erickson
Lyle Malone & Nadean Auch

January 11, 2017

- | | |
|------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes | Score: 6370 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 5590 |
| 3. Judy Kistler & Evelyn Cimpl | Score: 5400 |

Slam

Nadean Auch & Lyle Malone

January 18, 2017

- | | |
|---------------------------------------|-------------|
| 1. Loraine McNeely & MaryAnn Anderson | Score: 4860 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 4650 |
| 3. Mae Crawford & Char Erickson | Score: 4400 |

Slams

Nadean Auch & Lyle Malone
Mae Crawford & Char Erickson

Pinochle Start Time (February 16th- 1:00pm)

Pinochle will begin later each month on our birthday celebration. This change is so our birthday guests don't feel rushed to leave. This change will only affect Pinochle on 3rd Thursday each month.

Thank you for your cooperation.

Wii Bowling

Tuesday League

- 1-3-17: Karen Gran had a 599 split
Karen Gran picked up a 5-7 split
JoAnn Huitema picked up a 4-5-7-10 split
Darlene Pokorney picked up a 3-7 & 4-10 split
Dory Ahern picked up a 5-10 split twice
Elaine List picked up a 4-5-7 & 5-10 split
- 1-10-17: Dory Ahern had a 547 series
Elaine List picked up a 5-10 split
Karen Gran picked up a 4-5-10 split
- 1-17-17: Mary Law had a 567 series
Mary Haberman picked up a 4-5 split
Theresa Arens picked up a 6-10 split
Elaine List picked up a 4-7-8 & 5-10 split
Karen Gran, Darlene Pokorney & Dory Ahern all picked up a 5-10 split

Thursday League

- 1-5-17: Marilyn Obr had a 749 series
Bev Larsen picked up a 2-7 & 5-7 split
Jim Huisman picked up a 3-7 & 9-10 split
Dorothy Gobel picked up a 5-10 split
Sandra Kreber picked up 5-7-8 split
- 1-12-17: Jeanne Laffey had a 629 series
Jeanne Laffey picked up a 5-6 split
- 1-19-17: Marilyn Obr had a 780 series
Diane Nicholson picked up a 2-5-7-8 split

Make Your Own Greeting Cards

Friday, February 24th - 1-2:30pm

If you are interested in making greeting cards, join us on the 4th Friday each month from 1-2:30pm. Julie will instruct on how to create personalized birthday, get well, sympathy, wedding, baby, holiday or just about any card you may want. Each person will make 4 cards per month. A small donation is requested to cover the cost of paper and supplies. Sample cards will be on display as well. Everything will be cut and ready to go all you will need to do is put them together, do the stamping and most importantly have some fun!

Everyone is welcome! Thank you, Julie for sharing your creativity with our members.

Services

Commodity Program

Friday, February 17th - 1:00pm-3:00pm

The Commodity Supplemental Food Program is for those who are over 60 and have a gross income of **\$1,287** or less per month for a 1 person household or **\$1,736** gross or less for a 2 person household. This qualifies you to receive a box of food monthly from the Feeding South Dakota program. We are seeking individuals that qualify for this service. Stop in the front office for an application. Please remember to pick up your commodities in the southeast parking lot. Commodities are distributed each month on the **3rd Friday. (February 17th)**



There are **no exceptions** to this schedule. Please contact 665-4685 for more information.



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.**

Notary On Site

Members have another service available to them at no charge. 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 7:30-1:30pm.



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 the nurse and you must bring your own clippers.

Stop in the office to schedule an appointment.

AARP Tax Assistance Available

AARP Tax Aides are now taking appointments.

Aides will be here, starting on February 14th, Tuesdays, Wednesdays and Thursdays from 9am to 11:30am. Items you **must** bring: last years tax return, picture ID, social security card,

checking account and routing numbers.

Thank you Deb Bodenstedt and volunteers for coordinating this effort.



Dementia Caregiver Support Group

Coffee With Char & Lois

The group will meet the second Tuesday each month (**February 14th**) from 10:00am to 11:00am at The Center. Please call 665-4685 for more information.

Care group participants pictured below are:

Joyce Brandt, Jane Slowey, Char Herman and Marlys Bakke



Chair Massages

**Wednesday, February 15th
1:40pm-3:50pm**

**\$12 Members - \$15 Non-Members
(15 minutes)**

**Stop by the office and
make your appointment today**