



## 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 &amp; Streit &amp; 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 &amp; Stevens Law</i>
Cee Sorenson	Retired Nurse
Steve Wentworth	Retired Educator

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## March For Meals Campaign

The goal of the campaign is two-fold. To create awareness about the real problem of Senior hunger and to eradicate it. We are asking you to help fund the 5,500 meals which are given to Seniors who are well below the poverty level. You can attend the Wine & Dine Event and bid on some auction items. If you are unable to attend and want to bid on some items, let us know. You can donate to your favorite Rockers through the Rock-A-Thon. You can purchase shamrocks and be eligible for raffle prizes. We need our members to support our March For Meals Campaign just as local businesses and individuals are stepping up.

Our **3rd Annual Rock-A-Thon** will be on Friday, March 17th. Please support your favorite rocker from 10:30-1:00pm, as donation buckets will be set up until the day of the event. Join us for lunch, corned beef and cabbage.

Our **Shamrock Raffle** starts March 1st. Purchase a shamrock for **\$1.00**, write your name on it and we will display all the shamrocks. At the end of the month we will draw for some exciting prizes. Buy one everyday for more chances to win.



### Beadle Elementary School Students Volunteer on March 9th:

Every year the Beadle Bugs raise money in support of our March for Meals Campaign. The friendly coin drive competition between the boys and girls begins March 1st.

### Lincoln Elementary School Students Volunteer on March 14th:

The Lincoln Leaders are the new kids on the block this year, but don't let that fool you. Paul Struck may have his Leaders leading the pack.

### Yankton Middle School Students Volunteer on March 16th:

YMS Assistant Principal, Heather Olson has her students all pumped up for a successful fundraising effort for March for Meals.

### Stewart School Students Volunteer on March 22nd:

The Stewart Stars are kicking off their 2nd year of supporting the March for Meals campaign.



### Our Community Champions Campaign will run throughout the month of March:

City Officials will be volunteering their time to show their support of The Center and our Meals on Wheels Program.



Kay Nickles enjoying pancakes with her son, Larry Nickles and daughter-in-law Jody Johnson

## 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!**



The Center is proud to be a United Way Agency



## 10th Annual Event Saturday, March 4th \$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

# 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

## Thank you to our Wine & Dine Sponsors (as of 2/24/17)

- Avera Sacred Heart Hospital
- Brian Nielsen Memorial Fishing Tournament
- Edward Jones Investments
- Farm Credit Services
- First Dakota National Bank
- First National Bank
- Henry Petersen
- Johnson, Miner, Marlow, Woodward & Huff
- Knights of Columbus
- Kolberg Pioneer
- Lance Anderson Construction
- Larry's Heating & Cooling
- Lewis & Clark Realty
- Lewis & Clark Specialty Hospital
- Marquardt Transportation
- Nationwide Mobile Homes
- NuStar
- Peloton Physical Therapy
- M.T. & R.C. Smith Insurance
- Slowey Construction
- Solid Metals
- Welf Construction
- Wintz & Ray Funeral Home
- Yaggie's Feed & Grain
- Yankton Medical Clinic
- Yankton Redi-Mix

### 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.

### 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 !**

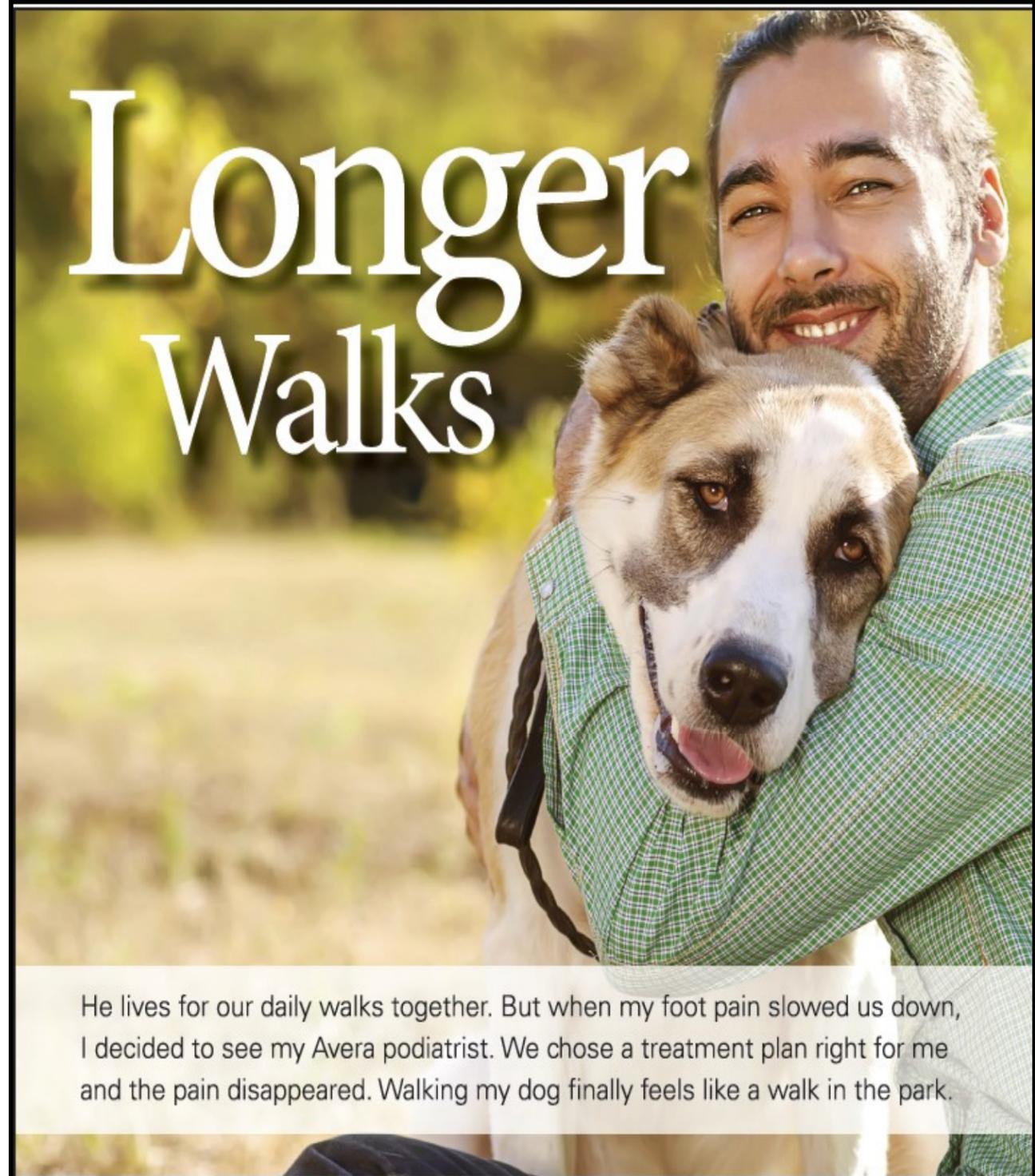
[www.thecenteryankton.net](http://www.thecenteryankton.net)



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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 Yankton, SD 57078

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With Exceptional Service**

**DON'T BE SURPRISED**

It's hard to think about cost when you need funeral services now. That's why pre-arrangement is very important.

**DON'T PAY MORE AT A TIME LIKE THIS**

We will honor your prearranged funeral plans from other funeral homes.



**807 W. 31st, Yankton • 605-665-4414**

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Avera Sacred Heart Hospital keeps care local for you and your family. We offer comprehensive services through skilled physicians and care teams in a technologically advanced clinical setting.

Innovation lives right here.

[Avera.org/sacred-heart](http://Avera.org/sacred-heart)



Cancer Care • Women's Health • Ear, Nose and Throat  
Orthopedics • Cardiology • Pulmonology

16-ASCH-2109



**Director's Desk**



Our staff and volunteers have been working very hard over the past month for what in the basketball world is referred to as March Madness. Let me assure you, that is an appropriate depiction for what is about to come in the weeks ahead. Although the preparation for our March campaign is a lot of work, it is also very exciting. Not only will our March For Meals campaign be high energy, with a lot of excitement and enthusiasm, but the campaign will generate a lot of attention for The Center. In fact, on a National scope, the goal of the campaign is to raise money and raise awareness regarding the plight of Senior hunger. This is a very real concern among Yankton County Seniors.

The Center provides over 5,500 meals a year at no cost to low income Seniors. As individuals in our community have become aware of our need, they have stepped up to support our efforts. We have had more business sponsors for our Wine & Dine event than ever before. We have nearly all of our schools raising funds for our Meals on Wheels program. The students come to our facility to check out what we do, inspiring them to go back and motivate other students to raise money for the cause. We also have many City officials come to our building in March to volunteer. This enables us to spread our message. Our Rock-A-Thon event is a fun way to raise funds and get more people involved with and engaged in our mission.

Thanks to the local radio stations and print media we are able to spread our annual success stories and the outcome of our March Madness. Our outreach and impact is substantial. Just the other day I attended a funeral for a member who had passed. The daughters spoke with me and told me if it weren't for the Meals on Wheels program their mom would have had to go into a nursing home far sooner than she did. Thanks to our SHIINE Medicare Part D volunteers, we saved Yankton County Seniors **\$249,646** in pharmaceutical costs. **(A quarter of a million dollars)** That is amazing. A few months ago we had a couple who had a joint monthly income of \$749 and they applied for commodities. Of course, they qualified, and upon telling them that, they were more than touched and ever so grateful. We are so blessed to have our volunteer tax assistants preparing taxes for those who need it, at no charge. I am just so proud of all our programs and free services and the volunteers who help us deliver their blessings. If it weren't for those who financially support our efforts, the City & County of Yankton, United Way, churches, businesses, service clubs, students, our members, and individuals, we wouldn't be able to make such a sweeping impact. I want to thank all of our volunteers and those who financially contribute, which enables our volunteers to deliver quality programs and services.

I am often out in the community talking about how you can become a member if you are 18 years or older. I am proud to welcome Center Lifetime Members, Dan & Deb Specht, Doyle & Carolyn Becker and Roy & Linda Wilcox. I would encourage you, if you haven't already, to renew your membership. Maybe consider becoming a Lifetime Member and/or recruit a new member. Bring a friend to lunch, a pancake feed, an evening meal, a movie, invite them to play cards or try out an exercise class or line dancing. Share our beautiful facility with others.

Enjoy this Lenten Season with love and gratitude.

God Bless you,  
Christy Hauer, Executive Director



Enjoying our Members  
(Beth Ashley)

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

**Ask for us.**



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.

**Physical Therapy Services:**

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- Pediatrics • Vestibular Rehab
- Pelvic Floor Rehab • Employment Screens

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**OPEN LATE! MONDAY - FRIDAY 8AM - 6PM**



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



John Jonas created a special pancake for our Executive Director

## Pancakes & French Toast

(all you can eat)

Wednesday - March 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 137 in February!

# 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

First United Methodist Church  
Steve & Deb Murray  
Bon Homme County  
Denim Days—Willcockson Eye Associates  
Bill & Lois Kerr  
Sacred Heart Monestary  
Wes & Arlys Rye  
Darold & Geri Loecker  
Yankton Rexall Drug (Rock-A-Thon)  
Vision Care Associates (Rock-A-Thon)

## Our Impact: Why Donate?

- We served **47,388** nutritious home cooked meals
  - **17,004** meals are delivered to those who are homebound through our Meals on Wheels program
- Over **5,500** meals were served to low income Seniors
  - **300+** individuals and families of all ages receive tax assistance at no charge
- The **SHIINE** Medicare Part D program saved Yankton County Seniors **\$249,646** in prescription drug costs.
  - 2,268** boxes of supplemental food, weighing **61,000** pounds and valued at **\$102,000** were distributed to Seniors that are well below the poverty level
- **18** Seniors have their sidewalks removed of snow through the Scoop It Program
- **120** disbursements of pet food to low income families of all ages
- **1,140** individuals participated in activities and events
  - We are **750** members and over **300** volunteers strong

We are proud to be a United Way Agency

## Upcoming Events

March 4	Wine & Dine Event	5:30pm-8:30pm
March 8	Pancake Feed	4:30pm-7:00pm
March 9	Beadle School Volunteers	11:30am-12:30pm
March 9	Anniversary Dinner	11:30am-12:30pm
March 12	Movie Sunday	2:00pm
March 14	Lincoln School Volunteers	11:30am-12:30pm
March 14	Dementia Caregiver Group	10:00am-11:00am
March 14	Christy on KYNT Radio	7:40am & 12:20pm
March 15	Chair Massages	1:40pm-3:50pm
March 16	Yankton Middle School Volunteers	11:30am-12:30pm
March 16	Birthday Dinner	11:30am-12:30pm
March 17	Rock-A-Thon	10:30am-1:00pm
March 17	Commodities	1:00-3:00pm
March 22	Evening Meal	5:00pm-6:30pm
March 22	Stewart School Volunteers	11:30am-12:30pm
March 27	Paint & Sip	6:00pm-8:00pm
March 28	Christy on KYNT Radio	7:40am & 12:20pm
March 31	Semi Automated Collection Info	11:00am-11:30am
April 2	Board Game Day	2:00pm

## 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....

## Paint & Sip

Monday, March 27th

6pm-8pm - Cost: \$35.00

(Includes Paint, Easels, Supplies)

Partnering with Yankton Area Arts to provide this fun and exciting activity. Part of the registration fee will be donated to the March for Meals campaign.

Thank you Yankton Area Arts.



No artistic ability needed, just the ability to have fun.

**HeartPrint Home Care**

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
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**Happy St. Patrick's Day**

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When you’re not sure what to do...downsize, rent, own...Call Sally & Terry to schedule a private, confidential visit to learn what options work best for you.



**Sellers** will have our full attention to your needs and we will answer all your questions honestly.

**Buyers** can expect us to fully research listings to find the perfect property at a fair market price.

Call Sally & Terry Today!  
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605 • 660 • 5352

**Fundraising News**

**“ROCKIN FOR MEALS”**

Scott Kooistra from KYNT Radio will be broadcasting, March 17th at The Center



**“ROCK-A-THON” MARCH 17TH • 10:30AM-1PM**

Brittney LaCroix (City Event Coordinator)	10:30am—10:45am vs	Officer Kyler Pakarek (Yankton Police Department)
Kim Braunesreither (Boomers)	10:45am—11:00am vs	Brooke Thury Ben’s Brewing
Jeff Otterman (Trinity Lutheran Church)	11:00am—11:15am vs	John Cooke (Discovery Church)
Josh Svatos (RTEC)	11:15am—11:30am vs	Jericho Osborne (Mount Marty College)
Larry Ness (First Dakota National Bank)	11:30am—11:45am vs	Ken Jones (Retired)
Bill Holst (WNAX)	11:45am—12:00pm vs	Randy Hammer (KVHT)
Sertoma Club	12:00pm—12:15pm vs	Tom Jeffers (Fox Run Golf Course)
David Cassanova (Northtown Auto)	12:15pm—12:30pm vs	Brandon Tiechrow (Lewis & Clark Ford)
Kenny Hansen (Center Member)	12:30pm—12:45pm vs	Jim Goglin (Center Member)
Margaret Sarringar (The Center)	12:45pm—1:00pm vs	Mandi Lampman (The Center)



The Battle of the Rockers begins March 1st and will continue through the Rock-A-Thon. Each rocker will have their own “Battle” Jar. You can donate to one or all of your favorite rockers leading up to the final battle on March 17th. Just look for the jar with your favorite rockers face on it and donate. Let’s have some fun, raise some money and create awareness!

# Tabor Nutrition Center

## March 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.**

Mar 1	Baked Fish (Ash Wednesday)
Mar 2	Roast Pork
Mar 7	Swiss Steak
Mar 8	Pork Cutlet
Mar 9	French Dip Sandwich
Mar 14	BBQ Chicken Legs
Mar 15	Goulash
Mar 16	Chicken Fried Steak
Mar 21	Corned Beef & Cabbage (Evening Meal)
Mar 22	Chili
Mar 23	Parmesan Chicken
Mar 28	Creamed Turkey
Mar 29	Roast Beef
Mar 30	Swedish Meatballs (Birthday Dinner)

As I sit and write my article, it is like a Summer day out here, but later this week, we are expected to get quite a snowstorm. Spring is just around the corner though.

We had a nice crowd for our evening meal in February. With the weather now starting to look a lot more like Spring we are looking forward to seeing many more people at lunch.

We celebrated Don Mudloff's 75th Birthday last month. Don's sister, Marie Mogck brought in a cake for all of us to enjoy.



Take care all.  
Vee Horner  
Site Coordinator

## Tabor Wish List

Coffee  
Paper Towels  
Bleach  
Laundry Soap  
Get Well Cards



### Tabor Nutrition Center Staff

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

## March Birthdays

March 28  
Vee Horner

March 30  
Francis Honner



## Get Well Cards

Maxine Kronaizl

# Volunteer News

The Retired Senior Volunteer Program of South Central SD offers individuals 55 and over the opportunity to use their talents and skills to address challenges and needs in their communities.

RSVP volunteers are placed in volunteer opportunities according to your interests, skills and availability. Enrolling is easy and you will receive an orientation to the RSVP. Our volunteers are placed in volunteer opportunities with non-profits and public agencies. By enrolling in RSVP, you will receive various benefits including supplemental insurance which covers you while volunteering.

When you volunteer, you're not just helping others, you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

The RSVP in Yankton is currently seeking volunteers for tutoring children and the Clothing Closet. Vermillion RSVP is in need of a volunteer to answer phones at their senior meal site on Tuesdays.

People living in Yankton, Clay or Bon Homme county can contact your local RSVP office at 610 West 23<sup>rd</sup> Street, Suite #11, Yankton, SD or call 260-3100 for questions about RSVP or to enroll.

Deb Overseth  
RSVP Coordinator  
605-260-3100  
doverseth@iw.net



## 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

Barb DeJager is our February Volunteer of the Month. Barb has been volunteering at The Center for several years. She helps with pancake feeds, our

rummage sale and newsletters every month as well as helps in the kitchen.

Thank you Barb for all you do.

**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.

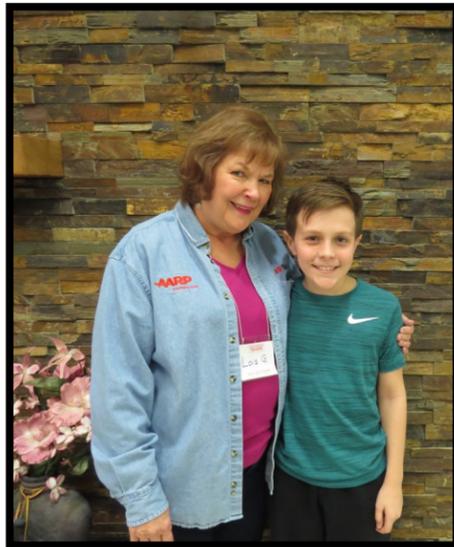


## Volunteer Appreciation Dinner

**Monday, April 24th - 11:30am**

Join us for lunch as we recognize all of our wonderful volunteers and name our 2016 Volunteer of the Year.

**Event Sponsored by:  
First Dakota National Bank  
And The Center**



Lois Gregoire with Grandson Mason Gregoire



Motorcycle weather is just around the corner for Member Marilyn Christensen



Scott Kooistra says The Center has the best tables in town and one of the few snooker tables in the state. Member JoAnn Bartlett regularly enjoys the billiard room.



Center Members Fran Fox and Darold Adamson

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- Pre-op Exercise Regimen
- Post-op Rehabilitation
- Treatment plans individually tailored
- Convenient front door parking
- Friendly and experienced staff

**Peloton Physical Therapy**

605.260.5003

Morgen Square

Back Row: Tracie, Matt, Amber  
Front Row: Rachel, Kelsey

# Nutrition News

## March is National Nutrition Month

Making small changes to dietary and lifestyles can prevent diseases before they occur. During National Nutrition Month and beyond, make healthier food choices one forkful at a time.

Dieticians encourage everyone to eat more of these foods:

- ◆ Vegetables, including dark green, red, and orange, beans, peas,
- ◆ Fruits, especially whole fruits
- ◆ Whole Grains, Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
- ◆ Protein foods including seafood, lean meats, poultry, nuts, soy products, beans, and peas
- ◆ Oils including canola, corn, olive, peanut, sunflower and soy.

It's important to create an eating style that includes a variety of your favorite, healthful foods. Innovative ways of using herbs and spices offers a real flavor advantage, especially if your goal is to cook with less fat and sodium. Make easy to follow nutrition changes to meet your life style and preferences as well as health related needs. Stop in and dine with us daily. We have a very busy March and would love to see you. Our meals are home cooked and nutritious. Where could you get a meal like the one pictured for the suggested donation of only \$3.75? You can also take home extra meals for the weekend.

Happy St. Patrick's Day  
Julie Greenfield, Nutrition Coordinator



**"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

## January 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1167 (61 per day)	343 (18 per day)	272 (9 per day)	167 (15 per day)	1949 (103 per day)
Home Delivered	1233 (65 per day)	N/A	N/A	89 (8 per day)	1322 (70 per day)

### Evening Meal

Wednesday, March 22nd

5:00pm-6:30pm

#### Serving

BBQ Ribs  
 Potato Wedges  
 7 Layer Salad  
 Green Beans  
 Acini de Pepe Salad

**Suggested Donation \$5.00**  
**Call 665-1055 for reservations**

### 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)

### March 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.

Mar 1	Bonnie Strnad
Mar 2	Carol Wynia
Mar 3	Alex Suriani
Mar 6	Sandra Kreber
Mar 7	Barb DeJager
Mar 8	Mary Garoutte
Mar 9	Geri Loecker
Mar 10	Alex Suriani
Mar 13	Dorothy Gobel
Mar 14	Janice Kirschenman
Mar 15	Alma Logdahl
Mar 16	Cathy Orton
Mar 17	Alex Suriani
Mar 20	Carol Wynia
Mar 21	Joyce Kollars
Mar 22	Alma Logdahl
Mar 22	JuLee Werkmeister (Evening)
Mar 22	Alex Suriani (Evening)
Mar 22	Cathy Orton (Evening)
Mar 22	Sandi L. Kreber (Evening)
Mar 23	Dorothea Hoebelheinrich
Mar 24	Malena Diede
Mar 27	Sandra Kreber
Mar 28	Geri Loecker
Mar 29	Mary Garoutte
Mar 30	Bonnie Strnad
Mar 31	Carol Wynia

# March Birthdays & Anniversaries

Mar 1	JoAnn Jonas	Mar 15	Arlys Saoi
Mar 1	Linda Schroeder	Mar 16	Lorraine McNeeley
Mar 1	Mary Garoutte	Mar 16	Lloyd Seger
Mar 2	Marie Schrempp	Mar 17	Pat Raab
Mar 4	Delores Feilmeier	Mar 19	Merle Keiser
Mar 5	David Chase	Mar 19	Priscilla Mazourek
Mar 7	Jane Rames	Mar 19	Marjorie Macy
Mar 8	Donna Steckler	Mar 22	Marjorie Becker
Mar 9	Harold Diede	Mar 22	Cathy Rehffuss
Mar 10	Nadean Auch	Mar 24	Alitha Peterson
Mar 10	Cee Sorenson	Mar 25	Lloyd Haarberg
Mar 10	Delaine Kuestermeyer	Mar 25	Lois Reade
Mar 11	Jim Filips	Mar 25	Carol Ramse
Mar 11	Francis Laffey	Mar 26	Ken Jones
Mar 11	Ray Monfore	Mar 26	MaryLou Deuschl
Mar 13	Joseph Hejl	Mar 26	Jerry Koch
Mar 13	Jeanette Johnson	Mar 29	Doyle Becker
Mar 13	Janice Miller	Mar 30	David Gellerman
Mar 13	Bonnie Strnad	Mar 31	Velma Lane
Mar 15	Lorraine Kressig		

Mar 4	Delano & Marilyn Christensen
Mar 13	Charles & Beth Nyquist
Mar 22	Kendall & Dorothy Blumer
Mar 24	Ron & MaryLou Deuschl
Mar 27	Dan & Jane Miller
Mar 27	George & Floris Woodhouse

### 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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# Potpourri

## Morning Coffee Show with Scott Kooistra

We are on radio **KYNT1450AM** at 7:40am & 12:20pm  
**Tuesday, March 14th**  
**Tuesday, March 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.



## 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.**

## Let's Mix It Up

We are going to mix it up on Tuesday, March 21st. Everyone that comes for lunch will draw a number and sit at the table number they have drawn. We have had several people request we do this more often. It is an opportunity to meet new people.

MAKE NEW FRIENDS



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

# March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<b>Evening Meal - Wednesday, March 22nd</b> 5:00pm-6:30pm BBQ Ribs Potato Wedges 7 Layer Salad Green Beans Acini de Pepe Salad	<b>ASH WEDNESDAY</b> Breaded Baked Fish Or Roast Beef Parslied Potatoes Glazed Carrots Vanilla Pudding/Oranges	Lasagna Peas Chinese Coleslaw Fruit Slush Garlic Bread	Homemade Tomato Soup Grilled Cheese Sandwich Spinach Salad Banana
6	7	8	9	10
Chicken Parmesan Scalloped Potatoes Green Beans Tropical Fruit	Pork Chop/W/ Chutney Baked Potato California Blend Veggies Chocolate Pudding Topping	Baked Steak Mushroom Gravy Parslied Potatoes Baked Squash Berry Fruit Salad	<b>ANNIVERSARY DINNER</b> Ham Baked Potato Corn Peaches Cookie	Macaroni & Cheese Stewed Tomatoes Green Beans Butterscotch Pudding
13	14	15	16	17
Meatloaf Oven Brownd Potatoes Green Beans & Carrots Tapioca Pudding/Topping	Turkey & Dressing Mashed Potatoes/Gravy Brussel Sprouts Cranberry Sauce Apricots	Autumn Chicken Baked Sweet Potato Harvard Beets Mandarin Oranges	<b>BIRTHDAY DINNER</b> Chicken Fried Steak Mashed Potatoes/Gravy Peas Cake & Ice Cream	<b>ST. PATRICK'S DAY</b> Corned Beef/Cabbage or Salmon Loaf Parslied Potatoes Pistachio Pudding/Topping
20	21	22	23	24
Pork Loin Roast Parslied Potatoes Broccoli Cranberry Crunch Salad	Beef Tips & Gravy Mashed Potatoes Spinach Salad Jell-O w/Pears	Chili Baby Carrots Cinnamon Roll Orange	Hot Beef Sandwich Mashed Potatoes/Gravy Corn Sunshine Salad	Breaded Baked Fish or Hamburger Company Potatoes Stewed Tomatoes Tropical Fruit
27	28	29	30	31
Chicken Alfredo Italian Vegetables Tossed Salad Fruit Crisp	Ham Loaf Baked Sweet Potato Green Beans Orange	Pork Chop/Celery Sauce or Liver & Onions Mashed Potatoes/Gravy Green Bean Casserole Tropical Fruit	Swiss Steak w/Tomatoes & Onions Baked Potato Oriental Blend Veggies Peaches	Tuna & Noodles or Chicken & Noodles Seasoned Spinach Tapioca Pudding Banana

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.

# March Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Billiards 8:30 Line Dancing 9:30 Taxes 9-11 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00
6	7	8	9	10
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 12:30-3:30 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3 Antique Auto 7:00 <b>Pancake Feed 4:30pm-7:00pm</b>	Table Tennis 8:30 Taxes 9-11 Billiards 8:30 Wii Bowling 10:00 Nurse 10-12 Pinochle 12:45 Dominos 1:00 <b>Anniversary Dinner 11:30am-12:30pm</b>	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
13	14	15	16	17
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Cribbage 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9 <b>No Nurse Today</b>	Billiards 8:30 Site Council 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3 Chair Massage 1:40	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 <b>Birthday Dinner 11:30am-12:30pm</b>	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Commodities 1-3 Bridge 1:00 Bingo 7-9
20	21	22	23	24
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Bible Study 10:30 SHIINE 12:30-3:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 SHIINE 1-3 <b>Evening Meal 5:00pm-6:30pm</b>	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Card Making 1-2:30 Bingo 7-9
27	28	29	30	31
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00 <b>Paint &amp; Sip 6:00pm-8:00pm</b>	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	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 SHIINE 1-3	Table Tennis 8:30 Taxes 9-11 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9

# Membership News

## Welcome Lifetime Members

**Dan & Deb Specht - Yankton**  
**Doyle & Carolyn Becker - Yankton**

\*\*\*\*\*

## Welcome New Members

Janice Olson - Irene, SD  
Ellen Rodenberg - Yankton, SD  
Clarita Varilek - Yankton, SD  
Karen Schoenfelder - Yankton, SD  
Darla Archer - Yankton, SD  
Alice Thomsen - Yankton, SD  
Randy Christensen - Yankton, SD  
Doug & Lynne Nelson - Yankton, SD  
Darlene Knecht - Yankton, SD

## Memorials

### In Memory of MaryAnn Barnes

Pat & Christy Hauer

### In Memory of Layton Ferwerda

Pat & Christy Hauer

### In Memory of Mike Taylor

Pat & Christy Hauer

### In Memory of Ona Holmgren

Pat & Christy Hauer

### In Memory of Dorothy Schmidt

Pat & Christy Hauer

### In Memory of Dorothy List

Lyle & Jane Malone

### In Memory of Agnes Hagen

Ken Hagen

## Thank You for Your Donation

Coffee	Gerie Loecker
Playing Cards	Linda Dietrich
Paper Plates, Cups, Napkins	JoAnn Huitema
Coffee	Jill Huetig
Magazines	Fran & Sandy Johnson
Batteries, Paper Plates, Kleenex, Baggies	Bonnie Strnad
Batteries, Kleenex, Books & Coffee	Beth Ashley
Coffee	Andrew & Barb DeJager
Coffee, Paper Plates, Pet Food	Chuck & Beth Nyquist
Walker, Canes, Bath Seats	Mike Ferwerda
Magazines, Toilet Paper, Baggies	Ed Gleich
Magazines	Dorothy Johansen
Coffee	Theresa Arens
Bread	Randy Gleich
Note Pads, Calendars	Natalie Frick
Eggs	Mike Hood
Coffee Creamers	Dorothy Hillerson
Magazines & Cards	Janet Zimmerman
Paper Plates, Cups, Napkins	Rose Kabeiseman
Greeting Cards	Phyllis Grosshuesch

## Get Well Cards



Joe Wieseler  
Joleen Smith  
Mike Koupal

## Sympathy Cards

**Layton Ferwerda Family**

**MaryAnn Barnes Family**

**Mike Taylor Family**

**Helmuth Holmgren**

(Loss of Wife)

**Dorothy Schmidt Family**

**Jim Huisman**

(Loss of Brother)

## Services

### Semi Automated Collection

March 31st - 11:00am

In efforts to make the City of Yankton as clean and green as possible, starting Spring 2017, every resident on the city solid waste collection and participating businesses will begin using a new method to collect household garbage and single stream recycling. The City will start using Semi Automated Collection, which is where the picker operates a mechanical tipper on the back of the garbage truck that is made to load a specially designed refuse cart into the body of the truck.

Mary Robb with the City of Yankton Public Works Department will be at The Center on March 31st at 11 am to talk to anyone who has questions about the new system and will have a cart along for you to checkout.

### 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**

### 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.**



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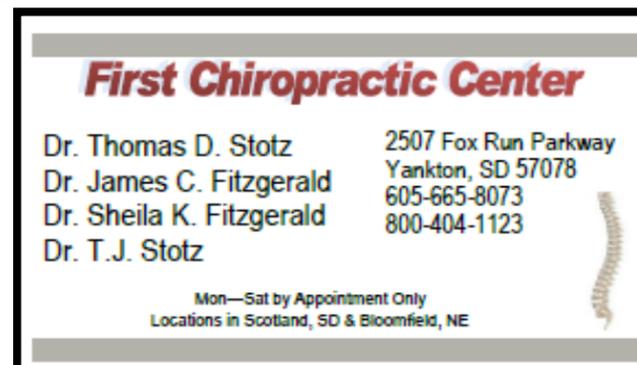


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Dr. Sheila K. Fitzgerald  
Dr. T.J. Stotz

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800-404-1123

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## 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)	<b>NEED VOLUNTEER</b>	665-7210
Wii Bowling	Jeanne Laffey	665-2774

### Movie Sunday

March 12, 2017 - 2:00pm

Showing: "The Pacifier"

Lt. Shane Wolfe is a tough-as-nails Navy S.E.A.L. who has controlled military operations in every corner of the globe. Now the ultimate test comes when he's assigned to protect the home front – as in a house loaded with five out-of-control kids! But even when he trades combat gear for diapers and juice boxes, it's not just a babysitting job – it's an adventure!



As always, the movie is free  
**Popcorn is \$.75**

### Exercise Class With Judi O'Connell

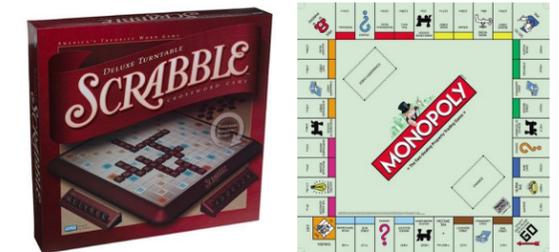


Exercise class is every Monday, Wednesday & Friday at 11:00am. Judi teaches low impact chair exercises, working the arms and legs. Join in the fun, the cost is only \$20 for 10 classes.

**CARDS MAY BE PURCHASED IN THE FRONT OFFICE**

### Board Game Day Sunday, April 2nd - 2:00pm

The Center activities committee invites you to come play your favorite board games at The Center. We will have Monopoly, Boggle, Scrabble, Rummikub. Sign up at the front desk, bring a friend and bring your favorite game.



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# Activities

## Pinochle News

### Double Pinochle—January 30, 2017

Don Werkmeister & Marilyn Obr

### 1000 Aces—January 30, 2017

Diane Nicholson & Wes Cimpl

### Round Robin—February 2, 2017

Diane Nicholson & Ray Pravacek

### Round Robin—February 6, 2017

Diane Nicholson & Velma Lane

### Double Pinochle—February 23, 2017

### Attention Card Players

**We need a card coordinator for Tuesday Pinochle.  
Please see the office if interested.**

If card players are unable to play it is  
**their responsibility** to find a replacement.  
Ask Card Coordinator for a substitute list

## Partnership Bridge News

### February 1, 2017

- |  |             |
|--|-------------|
| 1. Darwin Tessier & Glenn Mannes       | Score: 7650 |
| 2. Lyle Malone & Nadean Auch           | Score: 5950 |
| 3. Loraine McNeeley & MaryAnn Anderson | Score: 5120 |
| 4. Margie Eddie & LaVila Tessier       | Score: 4990 |

**Grand Slam:** Darwin Tessier & Glenn Mannes

**Small Slam:** Lyle Malone & Nadean Auch  
Loraine McNeeley & MaryAnn Anderson

### February 8, 2017

- |  |             |
|--|-------------|
| 1. Loraine McNeeley & MaryAnn Anderson | Score: 4780 |
| 2. Sally Welter & George Flevaras      | Score: 4650 |
| 3. Rose Mather & Dan Miller            | Score: 4210 |

**Slam:** Evelyn Cimpl & Judy Kistler

### February 15, 2017

- |                                  |             |
|----------------------------------|-------------|
| 1. Rose Mather & Dan Miller      | Score: 5140 |
| 2. Nadean Auch & Lyle Malone     | Score: 4730 |
| 3. Glenn Mannes & Darwin Tessier | Score: 4670 |
| 4. Marilyn Halsey & Maysel Goltz | Score: 4530 |

**Slam:** Nadean Auch & Lyle Malone  
Margie Eddie & LaVila Tessier  
Marilyn Halsey & Maysel Goltz

## Pinochle Start Time (March 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  
2-7-17

Mary Haberman had a 610 series  
Dory Ahern picked up a 5-10 split, 3 times  
Karen Gran picked up a 5-7 & 5-10 split  
Mary Haberman picked up a 4-5-7 & 4-5-10 split  
Elaine List picked up a 7-8 & 5-10 split  
Darlene Pokorney picked up a 5-7 split

2-14-17

Mary Law had a 604 series  
Mary Haberman picked up a 5-10 split  
Janice Kirschenman picked up a 4-5-7 split  
Karen Gran picked up a 4-5-7 split  
Elaine List picked up a 5-10 & 6-8-10 split

Thursday League

2-2-17

Marilyn Obr had a 652 series  
Bev Larsen picked up a 5-7 split  
Marilyn Obr had a 610 series

2-9-17

Malena Diede picked up a 5-10 split  
Jim Huisman picked up a 4-5-10 split  
Marilyn Obr had a 749 series (a 300 game)  
Sandra Kreber picked up a 4-5-10 & 5-7-8 split

2/16/17



**Marilyn Obr showing off her 300 game**

## Make Your Own Greeting Cards

**Friday, March 24th - 1-2:30pm**

If you are interested in making greeting cards, join us on the 4th Friday each month from 1-2:30pm. A small donation is requested to cover the cost of paper and supplies.

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!**

# Services

## Commodity Program

**Friday, March 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. (March 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.**  
Photo: Peytyn Medricky (Great Granddaughter of John & JoAnn Jonas) and her pot bellied pig Sven

## 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, Tuesdays, Wednesdays and most Thursdays from 9am to 11:30am, through April 12th. Items you **must** bring: last years tax return, picture ID, social security card, check-

ing 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 (**March 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 Marlyns Bakke



**Chair Massages**  
**Wednesday, March 15th**  
**1:40pm-3:50pm**

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

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