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900 Whiting Drive • Yankton, SD 57078

chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 April 2017 • Volume 16 • Issue 4

Board of Directors

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

Volunteer Appreciation Dinner

Monday, April 24th • 11:30am

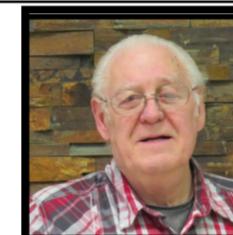
National Volunteer Appreciation Week is April 23th-29th.
 We are honoring all of our Center Volunteers on Monday, April 24th
 with a free lunch and a small token of appreciation.
 Please call 665-1055 for reservations.

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Carol Wynia



Chuck Schild



Floris & George Woodhouse



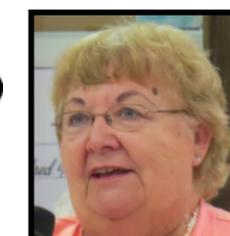
Dan & Dianne Wubben



Dave Abbott



Don & Julee Werkmeister



Del Petersen



Chuck & Cheryl Leiferman



Mike Stevens

Event Sponsored by
**First Dakota National Bank
 and The Center**



Betty Thomas

Hours of Operation

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

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



The Center is
 proud to be a
 United Way
 Agency



Thank You!



Thank you to all 3 radio stations for always promoting The Center.
 Randy Hammer, KVHT; Bill Holst, WNAX; Scott Kooistra, KYNT
 Pictured with Executive Director Christy Hauer

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.



March Fundraising Results

Wine & Dine Event

2017:	\$26,245
2016:	\$23,762
2015:	\$21,579
2014:	\$18,033
2013:	\$11,012
2012:	\$4,316
2011:	\$3,356

Rockin' For Meals

2017:	\$20,025
2016:	\$15,908
2015:	\$8,102

Top Rockers

Larry Ness:	\$3,210
Bill Holst:	\$3,054
Ken Jones:	\$2,774
Sarah Carda:	\$1,612

Our Rockers: Kim Braunesreither, Sarah Carda, David Cassanova, John Cooke, Jim Goglin, Randy Hammer, Kenny Hansen, Bill Holst, Jim Huisman, Ken Jones, Brittany LaCroix, Mandi Lampman, Jordan Nelson, Larry Ness, Jericho Osborne, Jeff Otterman, Kyler Pakarek, Margaret Sarringar, Josh Svatos, Brooke Thury, and Brandon Tiechroew. **(THANK YOU!)**

Check Out Our Web Page

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

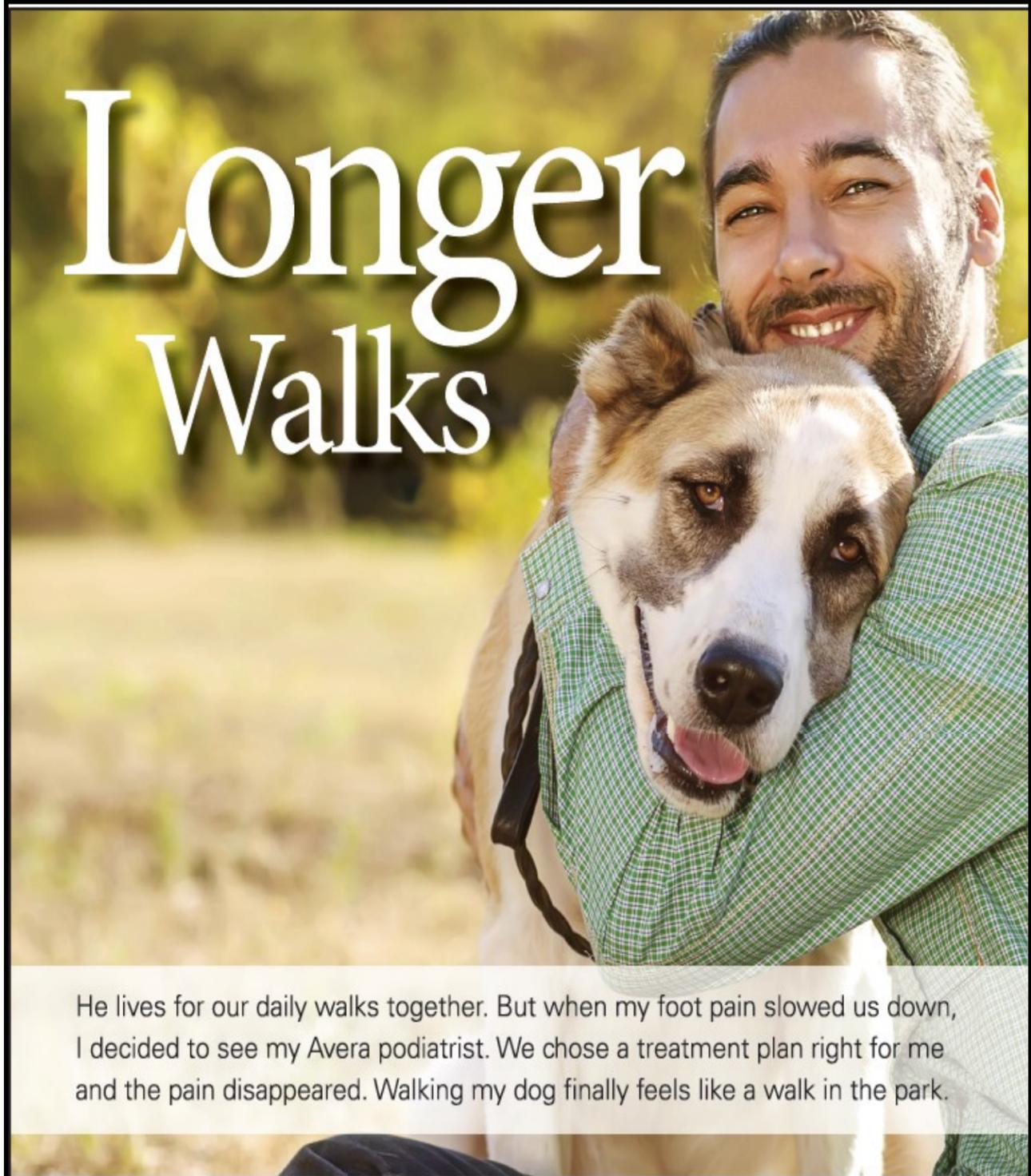
CHECK IT OUT !

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



409 Summit St., Suite 2600
Yankton, SD 57078

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:

- 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

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Happy Easter

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stay healthy?
They Eggercise



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Director's Desk



The madness is nearly over—or is it? March madness does occur at The Center because this time of year we are so busy with our fundraising efforts. Well, we survived March, but there is no sign of things slowing down, **nor would we want it to.** In April we are featuring our pancake feed on the 2nd Wednesday (April 12th) and our evening meal on the 4th Wednesday (April 26th). These evening events are a great opportunity for you to bring the whole family. We have our Easter meal on the 17th and my favorite event of the year, our Volunteer Appreciation dinner on the 24th. Volunteer leadership is at the core of everything we do. We have a beautiful facility and our mission continues to be shared with many, thanks to our volunteers.

We have the best of the best, and I am consistently in awe, by how our volunteers push themselves to keep giving more, sharing their time and talents. Join me on the 24th to celebrate our volunteers. A special thank you to First Dakota National Bank for hosting a free meal to our Center volunteers. Don't forget to mark your calendar for the Mothers Day Tea on May 5th as well as the Worthing Dinner Theatre. Also join us on May 15th for dinner and entertainment by Mirabile.

We get so much positive feedback regarding our pancake feeds. Many have approached me with why don't you extend the season, providing us another evening opportunity. Everyone's original response in this situation is, "because we have always done it this way". In an effort to listen to what our members want, we are going to add 2 more months to our all you can eat pancake and french toast meals. The new season will run September through May, taking off the three Summer months. I hope you take advantage of this offering and spend the second Wednesday evening of the month at The Center.

I believe people are finally understanding that The Center is a club for adults of all ages. We recently have gotten many new members, several of which have become lifetime members like PR & Karla Olson, Mike and Martina Warvarovsky, Brian & Kaye Cwach, Jake Hoffner, Dr. Wayne Kindle and Linda Stevens. This is so exciting for The Center that these people care and believe so much in what we are doing that they have committed their lifetime to our organization.

Thank you and welcome lifetime members.

March was an extraordinary month. Thanks to the local media, radio and print, The Center was showcased as a facility that has so much to offer. The real benefit of the March for Meals Campaign effort, is the fact that it shines a light on Senior poverty and hunger. Our campaign made the community aware of our many free services, programs and the profound impact we make through our nutrition operation, serving over 47,000 meals this past year-17,000 of which were home delivered.

Our Meals on Wheels program was showcased as a stellar program, which not only provides a Senior who is homebound with a healthy hot meal, but also a wellness check and a bit of socialization for many who are isolated and lonely. A special thank you to all the volunteers who deliver the meals as well as delivering a smile and a kind word. Our volunteers deliver meals in snow, rain and extremely cold and hot conditions. **They are saints.**

Our March for Meals campaign was a success. We raised over **\$26,000** with our Wine & Dine Event and over **\$20,000** with our Rock-A-Thon. Many people worked very hard securing sponsors, selling tickets and Rockers were out raising funds. Our schools all visited our facility to learn more about what we do. They were all very impressed and left The Center with a desire to help. **Help they did!** The schools all raised a lot of money to help us fund our Meals on Wheels Program. A special thank you to our Community Champions, who came to The Center and volunteered their time. This was again an effort to educate community leaders to the impact The Center makes on the community. Our goal is to bring more people into the building while introducing them to our many programs, services and outstanding nutrition program, which serves meals daily onsite from 11:30-12:30. Finally we are so thankful for the continued support we receive from the City, County and United Way.

Happy Easter, God Bless You, Christy Hauer

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

Pancakes & French Toast

(all you can eat)

Wednesday - April 12th - 4:30pm-7:00pm

Please join us 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 148 in March!

Season expanding from September through May



Beadle School raised \$989.64 for March for Meals.



Lincoln School raised \$305 for March for Meals.



Yankton Middle School raised \$2,181.31



Stewart School stopped by to play some pool.

Thank You For Your Monetary Donation

Steve & Deb Murray	Bill & Lois Kerr
Robert Gullikson	Marlene Nebola
Richard & Nancy Willert	Ron & Mary Pesek
Shirley Christensen	Pat Michels
Glenn & Phyllis Grosshuesch	Maxine Fischer
Dale & Garth Paulsen	Emma Laird

Your generous support is greatly appreciated!

Upcoming Events

Apr 11	Dementia Group	10:00am-11:00am
Apr 11	Christy on KYNT Radio	7:40am & 12:20pm
Apr 12	Pancake Feed	4:30pm-7:00pm
Apr 13	Anniversary Dinner	11:30am-12:30pm
Apr 14	Center Closes at 1:00pm	
Apr 14	Good Friday/No Bingo	
Apr 17	Easter Dinner	11:30am-12:30pm
Apr 19	Chair Massages	1:40pm-3:50pm
Apr 20	Birthday Dinner	11:30am-12:30pm
Apr 21	Commodities	1:00pm-3:00pm
Apr 24	Volunteer Dinner	11:30am-12:30pm
Apr 25	Christy on KYNT Radio	7:40am & 12:20pm
Apr 26	Evening Meal	5:00pm-6:30pm
May 5	Mothers' Day Tea	2:00pm-4:00pm
May 5	Worthing Dinner Theater	5:00pm-11:00pm
May 15	Dinner & Mirabile	5:30pm-7:00pm

Worthing Dinner Theater

Friday, May 5th 5pm-11pm

Cost: \$62.00

(Includes transportation, dinner & theater)

"Insane With Power"

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....

What do you call a rabbit with fleas? Bugs Bunny



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Mayor Charlie Gross with Center Member Fred Branaugh



Christy promoting March For Meals on KYNT with Dave Leonard

Rock-A-Thon (\$20,025 raised)



Jeff Otterman, Trinity Lutheran Church and John Cooke, Discovery Church



Center Member, Ken Jones



Larry Ness, First Dakota National Bank



Kyler Pakarek, Yankton Police Department & Brittany LaCroix, City Event Coordinator



Randy Hammer, KVHT Radio



Bill Holst, WNAX Radio

"It's All About You"

To us, "It's All About You" means that all our creative juices and long hours have one single goal. That goal is to obtain the best outcome for you, our client, whether you are buying or selling.

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Kim Braunesreither, Boomer's & Brooke Thury, Ben's



Sarah Carda, Sertoma Club & Jim Huisman, Kiwanis Club



Jim Goglin, Goglin Funeral Home & Kenny Hansen, Nationwide Mobile Homes



Margaret Sarringar & Mandi Lampman, Center Staff

Wine & Dine (\$26,245 raised)



Jake & Sandy Hoffner enjoying the Snacks and wine tasting at the Wine & Dine Event



Marti & Jeff Dayhuff, Larry Leon, Amy Nelson, Bill & Lucille Dayhuff at the Wine & Dine Event



Matt & Barb Hanson, Brian & Kaye Cwach, Doyle & Carolyn Becker at the Wine & Dine Event



Physical Therapist Students from the University of South Dakota kept the kitchen running smoothly

Sponsors

- Avera
- Brian Nielsen Memorial Fishing Tournament
- David Hosmer & Steph Tamisiea
- Doug Marquardt, Inc.
- Edward Jones Investments
- Farm Credit Services of America
- First Dakota National Bank
- First National Bank
- Jill Sternquist & Jason Nelson
- JMMWH Law Office
- Knights of Columbus
- Kolberg-Pioneer
- Lance Anderson Construction
- Larry's Heating & Cooling
- Lewis & Clark Realty
- M.T. & R.C. Smith Insurance
- Nationwide Mobile Home Sales
- NuStar Energy LP
- Peloton Physical Therapy
- Slowey Construction
- Solid Metals Manufacturing
- Yaggie's
- Yankton Medical Clinic
- Yankton Redi-Mix

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Volunteer News

The Retired Senior Volunteer Program offers volunteer engagement for all volunteers age 55 and over who want to find challenging, rewarding, and significant service opportunities in our community.

Volunteers are the heart of our communities! I would like to extend a **HUGE THANK YOU** to all volunteers this month as National Volunteer Week is April 23-29, 2017.

Your service to others is outstanding and appreciated! Last year 203 Yankton area RSVP volunteers provided almost 34,000 hours of service to public and private non-profit agencies. Volunteers are providing valuable services by helping children gain reading skills in schools, tutoring, mentoring, and feeding children in the Sack Pack Program and Food For Thought Food Pantry, feeding adults and disabled in the Senior Nutrition and Meals on Wheels programs, and providing many more volunteer services in the community. You can enroll in the Retired Senior Volunteer Program by calling 605-260-3100, email doverseth@iw.net or stop by the office at 610 West 23rd Street, Suite #11 in Yankton, SD for a registration form.



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Volunteer of the Month



Diane Reese is our March Volunteer of the Month. Diane serves on our Board of Directors and Activities Committee. She volunteers on Monday as our receptionist, helps at pancake feeds and evening meals. Diane was also instrumental in the Wine & Dine success selling 34 tickets and securing sponsorships. Thank you Diane for all you do for The Center!

Enjoy your reserved parking spot!



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.**

Free meal for all Center Volunteers
Call for reservations, 665-1055

Event Sponsored by:
First Dakota National Bank



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Jill Ward
Associate Broker

Thank You To Our Community Champions

Jim Arens	Engineering
Brad Bies	Code Enforcement
Ann Clough	Finance
Charlie Gross	Mayor
Adam Haberman	Public Works Director
Sue Hanson	Human Resources
Tanner Hanson	Wastewater
Jake Hoffner	City Commissioner
Ann Horton	Housing
Jody Johnson	Clerk of Courts
Tom Kurtenbach	Fire Chief
Brittany LaCroix	Special Events Coordinator
Todd Larson	Parks & Recreation Director
Susie Lippert	Library
Laurie Lockwood	Finance
Dave Mingo	Community Development
Joe Morrow	Community Development
Amy Nelson	City Manager
Larry Nickles	Fire Marshall
Matt Nighbert	Public Works Department
Sue O'Grady	Finance
Beth Parr	Finance
Brian Paulsen	Police Chief
Mary Robb	Public Works
Dana Schmidt	Library
Lisa Utech	Community Development
Al Viereck	Finance



Laurie Lockwood, Finance and Tanner Hanson, Wastewater



Brad Bies, Code Enforcement



Joe Morrow, Community Development served green beer during the Rock-A-Thon



Cecelia Dean, Center Member and Jody Johnson, Clerk of Courts

Nutrition News



With Spring in the air, it's time to shake off the winter doldrums. While many older people tend to slow down in Winter, experts say that keeping active all year is a key to good health.

Spring into shape with these tips:

- Walking at the mall – climate control and even surfaces make mall walking a great way to stay in shape.
- Taking the stairs – stair climbing exercises the same muscles necessary for keeping your balance while rising from a chair, so it is important to keep these muscles strong.
- Join Judi's Exercise class, get an exercise "buddy" – the support is helpful for staying on track.
- Swimming – check into the local YMCA, community colleges, fitness centers or gyms.

Be Safe while exercising. Wear shoes with rubber grips to prevent falls. Wear sunscreen and drink plenty of water to stay hydrated.

Eat better while eating less:

- We need fewer calories as we age, so the quality of the diet is even more important. Make every calorie count by including nutrient-rich foods: whole grains, lean protein, low-fat or non-fat dairy, healthy fats, and plenty of fruits and vegetables.
- Choose fiber rich foods such as whole grain breads and cereals, beans, fruits and vegetables to help control weight, keep you regular, and lower your risk of heart disease and diabetes.
- Aim for three servings of low-fat or non-fat milk or yogurt each day for bone strengthening calcium and vitamin D.
- Balance your plate by filling half your plate with vegetables, and the other half with moderate portions of starch like potatoes, pasta, or rice, and lean protein, such as fish, skinless chicken, or lean cuts of pork or beef.
- Add-in small amounts of healthy fats like nuts, seeds, or avocado to salads, yogurt, or cereal and cut back on unhealthy fats like bacon, butter, cream, and cream cheese.
- Rethink your drink. Choose water, diet, or low calorie beverages to save calories for weight loss.

Happy Spring! Happy Easter!
Mandi Lampman
Meals on Wheels Coordinator



Nutrition Coordinator Position

30-40 hours per week/no weekends or evenings.
Some benefits, vacation, sick leave and holiday pay.

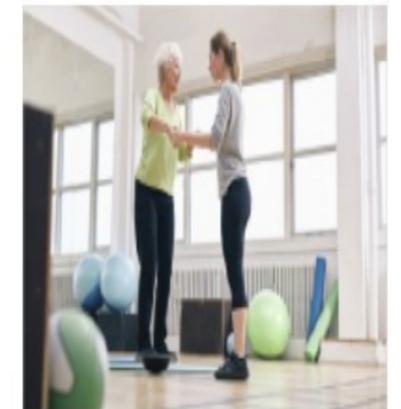
Inquire at the office or email:
chauer@thecenteryankton.org



"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

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605-624-7246

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

Nutrition News

February 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1289 (68 per day)	351 (18 per day)	283 (9 per day)	235 (20 per day)	2158 (114 per day)
Home Delivered	1168 (61 per day)	N/A	N/A	91 (8 per day)	1259 (66 per day)

Evening Meal

Wednesday, April 26th

5:00pm-6:30pm

Serving

Lasagna

Chinese Coleslaw

California Blend Veggies

Fruit Slush

Suggested Donation \$5.00

Call 665-1055 for reservations

April 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.

April 3	Bonnie Strnad
April 4	Barb DeJager
April 5	Mary Garoutte
April 6	Geri Loecker
April 7	Carol Wynia
April 10	Dorothy Gobel
April 11	Cee Sorenson
April 12	Bill Cerny
April 13	Chuck Schild
April 14	Cathy Orton
April 17	Cathy Orton
April 18	JuLee Werkmeister
April 19	Mary Garoutte
April 20	Joyce Kollars
April 21	Carol Wynia
April 24	Gary & Velma Kuchta
April 25	Alma Logdahl
April 26	Malena Diede
April 26	JuLee Werkmeister (Evening)
April 26	Bill Cerny (Evening)
April 26	Cathy Orton (Evening)
April 27	Dorothea Hoebelheinrich
April 28	Sylvia Coulson



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)

Tabor Nutrition Center

April 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.

April 4	Mushroom Steak
April 5	Chicken & Noodles
April 6	Hamburger Casserole
April 11	Oven Fried Chicken
April 12	Beef Tips & Gravy
April 13	BBQ Beef on a Bun
April 18	Ham Dinner (Evening Meal)
April 19	Spaghetti & Meat Sauce
April 20	Cabbage Beef Soup
April 25	BBQ Ribs
April 26	Hot Beef Sandwich
April 27	Pork Chop & Gravy (Birthday Dinner)

Tabor Wish List

Coffee
Paper Towels
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Get Well Cards
Napkins
Bleach



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Hello from Tabor,

I was hoping it would be a little warmer by now. The first day of Spring has sprung so we do have warmer weather to look forward to very soon.

The school kids have been busy raising money for the Meals on Wheels Program in Yankton & Tabor with a coin drive. They raised \$574.10. Thank you so much!

Take care all.

Vee Horner
Site Coordinator



Tabor diners Adeline Merkwan, Irene Hovorka, Angie Kortan, Doris Baltzer, Frances Honner and Rita Varilek.



Tabor Elementary School raised \$574.10 for our March For Meal Campaign

Potpourri



The Paint & Sip Event was a great time for our group of 15. We look forward to hosting another this summer.

Row 1: Melissa Pearson, Tracy Hamilton, Gail Bartunek, Diane Nicholson
 Row 2: Cathy Orton, Mandi Lampman, Sandra Kreber, Susie Lippert, Donita Brandt and Christy Hauer
 Not Pictured: Char Herman, Ellen Slowey, Jean Fitzgerald, Malena Diede, & Gladys Tacke

Morning Coffee Show with Scott Kooistra

We are on radio **KYNT1450AM** at 7:40am & 12:20pm
Tuesday, April 11th
Tuesday, April 25th

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.



Susie Lippert & Donita Brandt joined us for Paint & Sip

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 Wednesday, April 19th. 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.
This is an opportunity to meet new people.



This idea was brought forward by one of our lifetime members

First Chiropractic Center

Dr. Thomas D. Stotz 2507 Fox Run Parkway
 Dr. James C. Fitzgerald Yankton, SD 57078
 Dr. Sheila K. Fitzgerald 605-665-8073
 Dr. T.J. Stotz 800-404-1123

Mon—Sat by Appointment Only
 Locations in Scotland, SD & Bloomfield, NE

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Citrus Chicken Breast Herbed Diced Potatoes Green Beans Peaches	4 Ham Baked Potato Corn Fruit	5 Meatloaf Oven Browned Potatoes Creamed Peas Jell-O W/Fruit	6 Pork Chop/Onions & Herbs Baked Potato Broccoli Corn Bake Banana	7 Breaded Baked Fish or Hamburger Company Potatoes Stewed Tomatoes Tapioca Pudding
10 BBQ Chicken (Dark Meat) Baked Potato Glazed Carrots Orange	11 Pork Loin Roast Parslied Potatoes Green Beans/Onions Cranberry Crunch Salad	12 Baked Steak/Mushroom Gravy Brown Rice Creamed Cabbage Fruit	13 ANNIVERSARY DINNER Rueben Sandwich Baked Sweet Potato Fries Baked Beans Strawberries/Ice Cream	14 Tuna & Noodles Seasoned Spinach Banana Chocolate Pudding
17 EASTER DINNER Roast Beef Mashed Potatoes/Gravy Green Beans Strawberry Shortcake	18 Liver & Onions or Alternate Company Potatoes Parslied Carrots Tossed Salad/Dressing Berry Fruit Salad	19 Chicken Fried Steak Mashed Potatoes/Gravy Brussel Sprouts Tapioca Pudding	20 BIRTHDAY DINNER Pork Chop/Apple Chutney Baked Sweet Potato Corn Cake & Ice Cream	21 Beef Stroganoff Over Noodles Broccoli Peaches Vanilla Pudding
24 VOLUNTEER DINNER Roast Pork Boiled Potatoes/Gravy Peas & Carrots Cranberry Sauce Banana Bar	25 Chicken Parmesan Scalloped Potatoes Green Beans Jell-O w/Fruit	26 Grilled Ham Sandwich Potato Wedges Navy Bean Side Dish Pears (Evening Meal: Lasagna)	27 Beef Tips & Gravy Mashed Potatoes Broccoli Chocolate Pudding	28 Ham Loaf Baked Potato Winter Blend Veggies 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.

April Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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 12:30-6 Bingo 7-9	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
10	11	12	13	14
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 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 4-6 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 Pancake Feed 4:30pm-7:00pm	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	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Good Friday Center Closes at 1PM No Bingo
17	18	19	20	21
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 Cribbage 1:00 Hand & Foot 1:00 Easter Dinner 11:30am-12:30pm	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 SHIINE 12:30-6 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	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 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Commodities 1-3 Bridge 1:00 Bingo 7-9
24	25	26	27	28
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Cribbage 1:00 Hand & Foot 1:00 Volunteer Appreciation 11:30am-1:00PM	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 4-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P Bridge 12:45 SHIINE 1-3	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 Bingo 7-9

Membership News

Welcome Lifetime Members

PR & Karla Olson - Yankton
Mike & Martina Warvarovsky - Yankton
Brian & Kaye Cwach - Yankton
Jake Hoffner - Yankton
Wayne Kindle - Yankton
Linda Stevens - Yankton

Welcome New Members

Joan Haberman - Crofton, NE
Pat Wuebben - Yankton
Don & Ava Tucker - Yankton
Roger & Marilyn Huntley - Yankton

Thank You for Your Donation

Coffee	Jim & Ida LeFort
Candy, Coffee, Magazines	Gerri Loecker
Magazines & Books	Darwin & LaVila Tessier
Coffee & Magazines	Denis & Dolores Feilmeier
Plates, Coffee, Napkins, Magazines	Fran & Sandy Johnson
Coffee, Candy, Batteries	Marge Heckenliable
Napkins, Candy, Kleenex	Beth Ashley
Greeting Cards, Notepads	Marlene Johnson
Coffee, Tea	Ray & Lorna Uken
St. Patrick's Decorations	Cathy Orton
Pens, Paper, Cards, Wrapping Paper	Dan & Dianne Wubben
Medical Supplies	JoAnne Huitema
Napkins	Phyllis Christiansen
Batteries	Randy & Joleen Smith
Ziplocs, Candy	Charles & Beth Nyquist
Dog Food	Ron Hunhoff
Vanilla	Bill & Pat Cerny
Coffee	Theresa Arens
Magazines	Jim Huisman
Magazines	Duane & Carol Grimme
Magazines & Cards	Betty Adam
Cat Food	Connie Bitsos
Yard	Charlene Love



Get Well Cards

Duane Frick
Sandi L. Kreber
Dagmar Hoxsie

Thank You

A big thank you to everybody who supported us on the Rock-A-Thon. We appreciate it more than you know!



Margaret Sarringar & Mandi Lampman



We Appreciate You

Thank you to Marillyn Obr and her family for dying all of our Easter Eggs!

Also, thank you to Jessie Graves from Pepridge Farms for all the wonderful breads and to Connie Miles for delivering it to us.

Bill's Computer Repair

Windows A+ and Network+ Certified
and Android smart phones

Reasonable Rates and Senior Discount

605-730-4136

william.kistler@gmail.com



Center Wish List

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

April Birthdays & Anniversaries

April 1	Fred Branaugh	April 15	Charles Logdahl
April 1	Amy Nelson	April 15	Kay Nickles
April 2	Sandy Johnson	April 16	Toots Marchand
April 2	Gladys Ryken	April 17	Glenna Andersen
April 3	Mary Pietila	April 18	Mary Renken
April 4	Marlys Balaalid	April 19	Bill Hickerson
April 4	Marie Erickson	April 20	Art Becker
April 4	Carol Grimme	April 21	Cindy Filips
April 5	RuthAnn Dickman	April 22	Gale Erickson
April 5	Gary Kuchta	April 23	Florence Eide
April 5	Mary Walloch	April 23	Janet Waggoner
April 6	Mary Peirce	April 24	Ralph Paulsen
April 8	Don Kirschenman	April 24	Eugene Simek
April 8	Rich Robinson	April 25	Hazel Nelson
April 9	Dorothy Gobel	April 25	Cathy Orton
April 10	Rose Haynes	April 26	Edward Gleich
April 11	Leona Cwach	April 29	Karen Brazelton
April 13	Glenn Grosshuesch	April 29	Clarita Varilek
April 14	Shirley Dangler	April 29	Pat Wuebben
April 14	Bud Gustad	April 30	Mike Warvarovsky

Dinner & Entertainment Monday, May 15th - 5:30-7:00pm Featuring - Mirabile

Do you enjoy music from the 30's, 40's and 50's, Broadway tunes, folk, spiritual and hymns? Then join us for a special night of good food and entertainment. We will serve dinner at 5:30pm and **Mirabile** will perform at 6:15pm.

Guest performers will be the 8 **"women of a certain age"** who call themselves **Mirabile**, which means wonderful, because they think it's wonderful that they can sing together!

Sign up in the office as soon as you can.
Cost is only \$10 and includes the meal and entertainment!

April Anniversaries

April 1	Wilbur & Lynette Goehring
April 1	Paul & Mary Pietila
April 2	Leslie & Sharon Knorr
April 3	Bradie & Bonita Hendrix
April 4	Charles & Alberta Bender
April 4	Kenneth & Peggy Doering
April 7	Marvin & Connie Jensen
April 8	Bob & Janice DeJong
April 10	Vernon & Millie Schenkel
April 13	Edward & Therese Soukup
April 16	Butch & Gloria Becker
April 17	Tim & Susan Fanta
April 17	Troy & Carol Pickner
April 19	Dan & Dianne Wubben
April 20	John & Sharon Leinen
April 24	Jim & Cindy Filips
April 25	Charles & Elsie Huntley

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)	NEED VOLUNTEER	665-7210
Wii Bowling	Jeanne Laffey	665-2774



Dan Miller led Wednesday Bridge with a St. Patty's Day game. Every time you got a trick of 2 you had to wear the hat. This group looks like they enjoyed the fun.
Pictured: Jean Schaecher, Marge Eddie, Jean Fitzgerald and LaVila Tessier

The Center will close at 1:00pm on Friday, April 14th in honor of Good Friday. There will also be no Bingo.

Mothers' Day Tea

Friday, May 5th - 2:00-4:00pm

Grandmothers, Mothers and Daughters, please plan to attend our Mothers' Day Tea May 5th. Our program featuring the Victorian Dress era will be presented by Crystal Nelson. We will be serving teas, flavored coffees and snacks.

Sign up in the office today!

Event Sponsored by: Walnut Village

Exercise Class With Judi O'Connell



Tara Bartekoske from United Way

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



Enjoying some billiards: Alberta Allard, Dory Ahern, JoAnn Bartlett & JoAnne Huitema

Activities

Pinochle News

Double Pinochle—February 13, 2017

Don Werkmeister & John Swenson

February Drawing—February 27, 2017

Don Werkmeister & John Swenson

Double Pinochle—February 28, 2017

Gert Andersh & Dorothy Nielson

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.

Pinochle Start Time (April 20th & 24th - 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 affect Pinochle on the 20th and also on the 24th due to Volunteer Appreciation Dinner.
Thank you for your cooperation.

Partnership Bridge News

March 1, 2017

- | | |
|------------------------------------|-------------|
| 1. Marilyn Weverstad & Fran Mollet | Score: 5580 |
| 2. Rose Kabeiseman & Dee Hatch | Score: 4980 |
| 3. Margie Eddie & LaVila Tessier | Score: 4740 |
| 4. Maysel Goltz & MaryAnn Anderson | Score: 3950 |

Slam: Marilyn Weverstad & Fran Mollet

March 8, 2017

- | | |
|---------------------------------------|-------------|
| 1. Loraine McNeely & MaryAnn Anderson | Score: 5940 |
| 2. Rose Mather & Dan Miller | Score: 4510 |
| 3. Glenn Mannes & Darwin Tessier | Score: 4450 |
| 4. Fran Mollet & Marilyn Weverstad | Score: 3920 |

**Slam: Loraine McNeely & MaryAnn Anderson
Jean Fitzgerald & Jean Schaecher**

March 15, 2017

- | | |
|---------------------------------------|-------------|
| 1. Loraine McNeely & MaryAnn Anderson | Score: 6610 |
| 2. Darwin Tessier & Glenn Mannes | Score: 5350 |
| 3. Fran Mollet & Marilyn Weverstad | Score: 5120 |
| 4. Liz Aanning & Evy Anderson | Score: 5030 |

Slam: Loraine McNeely & MaryAnn Anderson

Wii Bowling

Tuesday League

March 7, 2017

JoAnn Huitema had a 610 series
Mary Law picked up a 3-7-10 split
Mary Haberman & Elaine List picked up a 5-10 split
Karen Gran picked up a 4-5-7-10 split
Dory Ahern picked up a 5-10 split
Theresa Arens picked up a 5-6-10 split

March 14, 2017

Dory Ahern had a 605 series
Dory Ahern picked up a 5-10 split
Elaine List picked up a 4-5-7, 2-5-7-8, 5-10 split
Karen Gran picked up a 4-5-7, 5-7, 5-10 split, twice

Thursday League

March 2, 2017

Marillyn Obr had a 722 series
Jim Huisman picked up a 4-5-7 split

March 9, 2017

Marillyn Obr had a 765 series
Jim Huisman picked up a 9-10 split

Movie Sunday

April 9th - 2:00pm

Showing:

“The Five People You Meet In Heaven”

In a heroic attempt to save a little girl from being killed by an amusement park ride that is about to fall, maintenance man, Eddie is killed and sent to heaven, where he encounters five people who had a significant impact upon him while he was alive.



**The movie is free
and popcorn
will be available for
\$.75**

Services

Commodity Program

Friday, April 21st - 1:00pm-3:00pm

The Commodity Supplemental Food Program is for those who are over 60 and have a gross income of **\$1,307** or less per month for a 1 person household or **\$1,760** 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. (April 21st)**



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.

Dementia Caregiver Support Group *Coffee With Char & Lois*

The group will meet the second Tuesday each month (**April 11th**) 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, April 19th

1:40pm-3:50pm

\$12 Members - \$15 Non-Members

(15 minutes)

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



Thank you to the Dakota Territory Girl Scout Troop for your donation of all those girl scout cookies.