



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 Safety Manager

IN THIS ISSUE

Director's Desk	3
Fundraising News	4
Tabor Nutrition Center	6
Nutrition News	7-8
Menu	9
Activities Schedule	10
Activities	11-12
Services	13
Birthdays/Anniversaries	14
Membership News	15
Volunteer News	18-19
Upcoming Events	21

Dinner & Mirabile

Monday, May 15th
5:30-7:00pm

Limited Seating Available

Mirabile—8 women “of a certain age” (Mary Pat Bierle, LeaAnn Schramm, JoAnn Lambertz, Celia Miner, Linda Stevens, Jennifer Powell, Kathy Grow & Janine Tramp) will be Singing in the Summer”.

The meal will begin at 5:30pm and the entertainment will start at 6:15pm. This group (most of them trained musicians) will bring a program of music designed to welcome us to Summer and all that favorite season can mean. You'll hear music made famous by the Andrew Sisters and Manhattan Transfer, the Dixie Cups and so much more. Mirabile has been singing together for nearly 6 years and have a following of fans from their performances around the area.

Sign up in the office as soon as you can.
Early bird cost \$10 before May 10th and \$12 after.

Includes the meal and entertainment
Serving Mandarin Chicken Breast, Parslied Potatoes,
Tossed Salad, Broccoli and Dessert



Dixie Conner pictured with Meals on Wheels Volunteers Henry Petersen and Sheriff Jim Vlahakis. The sheriff was a substitute driver and told Henry that he had so much fun, he would be interested in doing it again. Henry always states “what better way to start your week out on Monday with helping someone else”.

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!

PARTNER AGENCY

LIVE UNITED



The Center is proud to be a United Way Agency

Volunteer of the Year



Don & JuLee Werkmeister were named the 2016 Volunteers of the Year

at the annual Volunteer Appreciation Dinner in which we served 161 volunteers. Don & JuLee are both very active at The Center, volunteering at nearly every pancake feed, helping at evening meals, with bingo and delivering Meals on Wheels. Don recently finished a 6 year term on the Board of Directors. He also works with the Feeding America Program weekly, securing additional food to help keep our meal costs low. Thank you Don & JuLee for all you do for The Center, its Members and the entire community.

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



2016-2017 Board of Director's



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.



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

One Board Position Open Starting in September (3 year term)

Center By-Laws state that all nominations be presented to the Board of Directors and published in the newsletter for two months prior to the Annual meeting in September. Nominations must be received by June 1st to be published in the July newsletter. Inquire in the office for a board member job description.

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

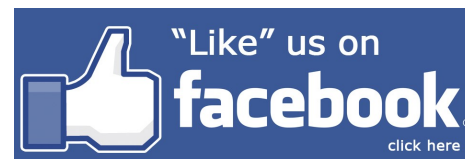
First Chiropractic Center

Dr. Thomas D. Stotz
 Dr. James C. Fitzgerald
 Dr. Sheila K. Fitzgerald
 Dr. T.J. Stotz

2507 Fox Run Parkway
 Yankton, SD 57078
 605-665-8073
 800-404-1123

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

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

LEWIS & CLARK

Orthopedic & Sports Therapy

2525 Fox Run Parkway, Suite 100 · 605-260-0918

OPEN LATE! MONDAY - FRIDAY 8AM - 6PM



Funeral & Cremation Services

- Monuments · Sympathy Shoppe
- Laser Etching · Scattering Gardens



Goglin Funeral Homes
Yankton • Tyndall • Scotland • Tripp

807 W. 31st, Yankton • 605-665-4414 • 1-866-615-2906

www.goglinfh.com



Jimmy Goglin
Funeral Director
CFSP



Cheyenne Schroeder
Funeral Director



Celebrating Birthdays: Gladys Ryken (April 2nd)
Ruth Pearson and Florence Eide (April 23)

**Easter Egg Game
Prizes Given To Many**

We had great fun with our Easter Egg Game. Members purchased eggs for 25¢ and there were far more winners than rotten eggs. We gave away over \$300 in prizes and collected \$140. We plan to continue to have games and giveaways to make your Center experience fun!

Director's Desk



My favorite event of the year has come and gone, our Annual Volunteer Appreciation event. It was our best attended event ever, serving 161 individuals, most of which were volunteers. We had a wonderful day and with all of our programs combined we served 257 meals. I would like to congratulate all of our Volunteers of the Month and our Volunteers of the Year, Don and JuLee Werkmeister. As I said at our banquet, we would not have a sound successful organization if it weren't for our volunteers. They are the foundation of everything we do. I would like to thank First Dakota National Bank for partnering with The Center to sponsor our event. I hope all of our volunteers know how much they are appreciated. Thank you for sharing your time, talent and resources with us so we continue our mission.

I sure enjoy this time of year with the buds on the trees, blooming flowers and the moderate relaxing temperatures, (usually not too hot or too cold). I appreciate having our snowbirds back, we sure miss them when they are gone. We have many exciting programs coming up in May and hope you will participate and bring your friends and family along for the ride. Now that we have paid tribute to our volunteers, we are getting geared up to pay tribute to our Moms. We hope you join us for our Mothers' Day Tea on May 5th, sponsored by Walnut Village and our Mothers' Day meal on May 12th. We are also hosting another excursion to the Worthing Dinner Theater on May 5th. This would be a great event to invite a daughter or granddaughter to celebrate Moms' Day. Don't miss out on our last pancake feed of the season on May 10th. We are very excited to have the group Mirabile perform on May 15th. This will be the first time this gifted group of women will be performing at The Center. Come and join us for a delicious meal and first class entertainment. Stop by for our first Ice Cream Social of the year on May 16th, sponsored by Opsahl Kostel Funeral Home & Crematory. Wrap up the month of May with our Evening Meal on May 24th, serving roast beef. We served 112 individuals at our April meal. Bring the whole family and enjoy. Yes another busy month. (Worthing Dinner Theater, Mothers' Day Tea, Pancake Feed, Anniversary Dinner, Mothers' Day Dinner, Dinner and Entertainment by Mirabile, Ice Cream Social, Birthday Dinner and Evening Meal). We continue to step things up, bringing you more opportunities. We want you to come out and have fun. The games, jokes and special activities and events are going to keep coming. In fact, for those Mothers who attend the Mothers Day Dinner, you will receive a free cookie. On May 15th we are celebrating Older Americans Day and for those who are over the age of 65, you will get a free cookie. If you aren't 65 yet, you have a couple of weeks to get a fake ID ☺ We love to hear laughter and joy in The Center. Our goal is to expand on the warm and inviting atmosphere of The Center. We want everyone to feel welcome and to be a part of what I frequently refer to as—a member of The Center family. This is or can be a tremendous extension to what you already have in your network of family and friends.

Through our Meals on Wheels program, I had the golden opportunity last week to receive the emotional reward that comes from offering a little compassion and hospitality to people who are greatest in need. It had been almost 20 years since I delivered a full route of meals. I used to take my 3 & 4 year old kids, Greg & Heather with me and I delivered for Sacred Heart Church. The rewards then for the kids and me were plentiful. But the rewards now are so meaningful. I understand the intricacies of running a program that does so much for so many. It certainly does not come without challenges (financial, manpower, coordination). I will say one thing, just completing our Volunteer Appreciation Dinner, our community is **RICH** because of the people in it. I am humbled by their willingness to serve. We have so many who are completely committed to our Meals on Wheels program and The Center. Your willingness to serve makes our professional staff dig deep to give more. You motivate me to be the best Director that I can be and I thank you for that. We have yet another opportunity to step up and serve while continuing our partnership with The Banquet. I hope you consider helping with this great mission on June 1st. This will be our 5th year and I think, **no I know**, we have the goulash perfected. Dagmar always sees to that! Join me for some fun and fellowship in serving yet another great mission.

Join me in remembering all of our fallen soldiers and military personnel this Memorial Day. Lifting their families up in prayer as I also pray for you and the losses you have endured. We will all be together again.

God Bless You, Christy

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 Last one of the Season

(all you can eat)

Wednesday - May 10th - 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 171 in April!

Season expanding from September through May

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.

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

GRANITE • MARBLE • BRONZE



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

Thank You For Your Monetary Donation

Steve & Deb Murray
Bill & Lois Kerr
Bonnie Johnson (Taxes)
Lorraine Taylor (Taxes)
Maury Ekeren (Taxes)
Eagle Eye Ride

Your generous support is greatly appreciated!

Innovation. It's Right



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

Live better. Live balanced. **Avera**

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

Upcoming Events

May 5	Mothers' Day Tea	2:00pm-4:00pm
May 5	Worthing Dinner Theater	5:00pm-11:00pm
May 9	Dementia Caregiver Group	10:00am-11:00am
May 9	Christy on KYNT Radio	7:40am & 12:20pm
May 10	Pancake Feed	4:30pm-7:00pm
May 10	Mix It Up Seating	11:30am-12:30pm
May 11	Anniversary Dinner	11:30am-12:30pm
May 15	Dinner & Mirabile	5:30pm-7:00pm
May 16	Ice Cream Social	2:00pm-3:30pm
May 17	Chair Massages	1:40pm-3:50pm
May 18	Birthday Dinner	11:30am-12:30pm
May 19	Commodities	1:00pm-3:00pm
May 23	Christy on KYNT Radio	7:40am & 12:20pm
May 24	Evening Meal	5:00pm-6:30pm
May 29	Memorial Day - Center Closed	

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...



On The Menu

Act One

Dinner Roll
Chicken Wild Rice Soup
Dinner Salad with Candied Pecans
(choice of dressing)

Act Two

(choice of one of the following)
Steak with Creamy Peppercorn Sauce
Chicken with Choron Sauce
Skewered Garlic Shrimp

PROPS

Parmesan Roasted Potatoes
Peas with Pearl Onions

FINALE


Spring Lemon Layer Cake



**Lanning & Fran Mollet,
Eileen Leshar and Priscilla Mazourek
enjoying the Volunteer Appreciation Dinner**

W
WINTZ & RAY
FUNERAL HOME and
CREMATION SERVICE

*Sharing your Grief, Honoring Memories
Celebrating Life, Helping you Heal*




Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com

WALNUT VILLAGE

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



Assisted & Independent
Apartments

24 Hour Staff for Your
Safety and Peace of Mind

Medication Management

605-664-4220




Thank you Dennis,
Joe & Romaine for
keeping the silverware
wrapped. Otherwise
we would have to use
our fingers.



“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.

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!
Lewis & Clark Realty
605 • 660 • 6679
605 • 660 • 5352

Meals On Wheels



Jan Gill, Center Member and
Meals On Wheels participant



Betty O'Malley receives Meals On Wheels
by volunteer driver, Henry Petersen



Meals On Wheels participants,
Lucille Schmidt and Betty O'Grady



Ready to head out to deliver a route is Volunteer
& Board Member Cee Sorenson

Tabor Nutrition Center

May 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.

May 2	Chicken & Dressing
May 3	Pizza
May 4	Swiss Steak
May 9	Meatloaf
May 10	Baked Steak/Mushroom Gravy
May 11	Creamed Turkey (Volunteer Dinner)
May 16	Roast Beef (Evening Meal)
May 17	Chicken Fried Steak
May 18	Stroganoff Casserole
May 23	Steak & Tater Stew
May 24	Hamburger
May 25	BBQ Chicken (Birthday Dinner)
May 30	Liver & Onions
May 31	Pork Cutlet

May Birthdays

- May 1st
Ron Hovorka
- May 5th
Verda Sykora
- May 27th
Ev Kloucek



Volunteer Appreciation Dinner Thursday, May 11th, 11:30am

The Tabor Nutrition Center would like to extend an invitation to all of their Tabor Center volunteers to come dine May 11th, courtesy of **CorTrust Bank** in Tabor. We are serving Creamed Turkey over Mashed Potatoes. Call 463-2505 for reservations.

Sponsored By:



Tabor News

Hello everyone, it is that time again already. Spring has arrived. Although we have had some cold, rainy days, we have also had some very warm days. The farmers have been anxious to get in the fields.

Our April evening meal was well attended. We love to see those who cannot make it at lunch time.

Czech days will be here before we know it. The baking of kolaches has started as well as the noodle making.

Thank you to the **Bargain Shoppe** in Tyndall for your **\$500** donation to the Tabor Nutrition Center. We really appreciate your continued support.

Take Care all, hope to see you dining with us Tuesdays, Wednesdays & Thursdays.

Vee Horner
Site Coordinator

Tabor Wish List

- Coffee
- Paper Towels
- Laundry Soap
- Hand Soap
- Small Paper Plates
- Candy
- Napkins

Get Well Cards

- Clarence Bartunek
- Elanor Mikolash

Sympathy Cards

- Leonard Cimpl Family



Gary Baltzer, Stan Varilek & Steve Walloch

Volunteer Appreciation

We honored our Center Volunteers last month at our annual appreciation dinner. Our Board of Directors served 161 (last year we served 146) of our volunteers a wonderful meal sponsored by First Dakota National Bank. Each volunteer received a token of gratitude from The Center and we named our Volunteer of the Year, Don & JuLee Werkmeister. Last year, our volunteers logged nearly **7,200** hours. That is a pay equivalent to over **\$62,000**. Thank you to each and every one of our Volunteers who share their time and talents with us!



Volunteers of the year, Don & JuLee Werkmeister being interviewed by KYNT's Scott Kooistra



2016 Volunteers of the Month



Rose Townsend, Norma Anderson, Marillyn Obr, Jack Halstad and Sandy Taggart



Delphine Peterson, Cheryl & Chuck Leiferman



Thank you to First Dakota National Bank for hosting the meal for each one of our volunteers!

Left: Bill & Pat Cerny
Right: Dave Abbott



Volunteer News



Volunteer of the Month

Marge Becker is our April Volunteer of the month. Marge has been involved at The Center for many years. Her lead volunteer role is with the SHIINE (Medicare Part D)

Program. Last Year our SHIINE volunteers saved Yankton County Seniors **\$249,646** in pharmaceutical costs. Marge is also a member of the Activities Committee and helps with the Ice Cream Socials, Dances and other events throughout the year. Thank you Marge 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.



hatch
FURNITURE & FLOORING
Your Home's Best Friend

109 E 3rd St, Yankton, SD 57078
Phone: (605) 665-4416
Fax: (605) 665-0168

Adjustable Beds & Lift Chairs

www.hatchfurniture.com

RSVP volunteers are age 55 and over and 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 local non-profits and public agencies. By enrolling in RSVP, you will receive benefits including supplemental insurance, which covers you while you are volunteering.

The RSVP has many upcoming volunteer opportunities in our community. There are volunteer opportunities ranging from helping with mass mailings to volunteering in elementary schools or feeding programs to name just a few.

People living in Yankton, Clay or Bon Homme counties can contact your local RSVP office at 610 West 23rd Street, Yankton, SD or call 260-3100 for questions or to enroll in RSVP.

Deb Overseth
RSVP Coordinator
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.

Meals on Wheels Drivers

Wine & Dine Fundraiser

Pancakes

Dances

Bingo

Kitchen Helpers

Site Council

Office Help

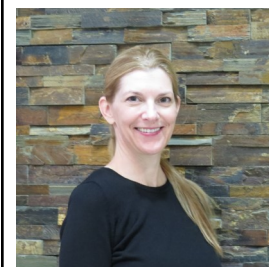
Rummage Sale

Special Events

Receptionists

Committee Work-Behind The Scenes

Nutrition News



Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; and includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, salt (sodium) and added sugars. Eating right doesn't have to be complicated. Start with these recommendations from the Dietary Guidelines for Americans:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.

Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats). Switch from solid fats to oils when preparing food.

Add Physical Activity: Balancing physical activity and a healthful diet is the best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day — this can even be broken into three 10-minute sessions throughout the day.

For someone who is currently inactive, it's a good idea to start with a few minutes of activity, such as walking, and gradually increase this time as they become stronger. And always check with a health-care provider before beginning a new physical activity program.

Have a Happy & Safe Memorial Day everyone!
Emily Vanderhule—Nutrition Coordinator



Just a reminder that we have frozen meals available for you to have on hand for evenings and weekends.



"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

March 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1589 (69 per day)	436 (19 per day)	357 (12 per day)	224 (16 per day)	2606 (113 per day)
Home Delivered	1562 (68 per day)	N/A	N/A	102 (7 per day)	1664 (72 per day)

Evening Meal

Wednesday, May 24th

5:00pm-6:30pm

Serving

Roast Beef

Mashed Potatoes & Gravy

Corn

Banana

Chocolate Pudding

Roll & Butter, Milk & Coffee

Suggested Donation \$5.00

Call 665-1055 for reservations

May Kitchen Volunteers

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

May 1	JuLee Werkmeister
May 2	Barb DeJager
May 3	Mary Garoutte
May 4	Delphine Peterson
May 5	Brooke VanDerhule
May 8	Dorothy Gobel
May 9	Alma Logdahl
May 10	Geri Loecker
May 11	Jan Kirschenman
May 12	Heidi Marsh
May 15	Cathy Orton
May 16	JuLee Werkmeister
May 17	Katie Hunhoff
May 18	Geri Loecker
May 19	Dan Kolberg
May 22	Sandra Kreber
May 23	Sylvia Coulson
May 24	Mary Garoutte
May 24	JuLee Werkmeister (Evening)
May 24	Bill Cerny (Evening)
May 24	Delphine Peterson (Evening)
May 25	Dorothea Hoebelheinrich
May 26	Brooke VanDerhule
May 29	Center Closed
May 30	Chuck Schild
May 31	Malena Diede

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)

Potpourri

Making People Feel Welcome

We want to make everyone who comes to The Center feel welcome. If you see a new member or a new diner, please welcome them to your table or offer up some conversation of what we do at The Center. We as members should all be ambassadors of what a great place we have.

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.

The Banquet

The Center will be hosting **THE BANQUET** on Thursday, June 1st at the United Church of Christ.

Dinner is at 6:00pm and we are serving Goulash. We are in need of workers, food supplies and donations. Stop by the office to sign up. This is the **5th consecutive year**

The Center and The Banquet have partnered together to serve the needs of the Yankton Community.

Open House

Denis & Dolores Feilmeier will be celebrating their 65th Anniversary with an Open House at The Center on Sunday, May 21st from 2-4pm. Everyone Welcome!

Total Joint Replacement

Successful Rehab

On The Road Again

Peloton
Physical Therapy Morgen Square
605.260.5003

Potpourri

Morning Coffee Show with Scott Kooistra

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

Tuesday, May 9th

Tuesday, May 23rd

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.



Let's Mix It Up

We are going to mix it up again on
Wednesday, May 10th. 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**

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.

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 Hy-Vee menus which are
approved by the state of South Dakota.



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.

*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
- Medication Reminders
- Light Housekeeping
- Transportation
- Meal Assistance
- And much more!

Vermillion: (605) 624-5900
Yankton: (605) 655-5900


Toll Free: 877-624-5900 • www.HeartPrintHomeCare.com

May Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chop/Onion & Herbs Baked Potato California Blend Orange Cookie	2 Cheeseburger Pie Glazed Carrots Tomato Spoon Salad Jell-O w/Fruit	3 French Dip Sandwich Potato Salad Spinach Salad Cranberry Orange Bar	4 Pork Roast Mashed Potatoes/Gravy Carrots Tapioca Pudding	5 Spaghetti & Meat Sauce Italian Vegetables Tossed Salad Peaches
8 Grilled Chicken Sandwich Tossed Salad Angel Food Cake Peaches	9 Salisbury Steak Boiled Potatoes/Gravy Squash Cranberry Crunch Salad	10 Pork Cutlet Dumpling/Sauerkraut Boiled Potatoes/Gravy Carrots Tapioca Pudding	11 ANNIVERSARY DINNER Lasagna Peas Chinese Coleslaw Rhubarb Bar	12 MOTHERS' DAY DINNER Meatloaf Oven Browned Potatoes Green Beans Jell-O w/Fruit
15 Chicken Parmesan Scalloped Potatoes Green Beans Tropical Fruit Chocolate Pudding	16 Swiss Steak Mashed Potatoes Spinach Salad Jell-O w/Fruit	17 Liver & Onions or alternate meat Baked Potato Green Beans w/Onions Cranberry Crunch Salad	18 BIRTHDAY DINNER BBQ Chicken (Dark Meat) Parslied Potatoes Broccoli Cake & Ice Cream	19 Tater Tot Casserole Tossed Salad Squash Banana
22 Ham Loaf Baked Sweet Potatoes Green Beans Orange	23 Beef Tips & Gravy Mashed Potatoes Spinach Salad Jell-O w/Topping	24 Grilled Hamburger Company Potatoes Parslied Carrots Tossed Salad Evening: Roast Beef	25 Chicken Fried Steak Mashed Potatoes/Gravy Peas Apricots Vanilla Pudding	26 Baked Chicken Creamed Potatoes Baked Squash Mandarin Oranges
29 Memorial Day Center Closed No Meals on Wheels	30 Cider Braised Pork Chop Macaroni Salad Broccoli/Cauliflower Baked Apples	31 Ham Baked Potato Corn Peaches	Evening Meal - Wednesday, May 24th 5:00pm-6:30pm Roast Beef Mashed Potatoes & Gravy Corn Banana Chocolate Pudding	

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.

May Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	2 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3	4 Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 1:00	5 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9 Worthing Dinner Theater 5:00pm-11:00pm
8 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	9 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9 No Nurse Today	10 Billiards 8:30 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	11 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm	12 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bingo 7-9
15 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00 Mirabile & Dinner 5:30pm-7:00pm	16 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 SHIINE 12:30-6 Pinochle 12:45 Bingo 7-9 Ice Cream Social 2:00pm-3:30pm	17 Billiards 8:30 Line Dancing 9:30 Site Council 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 SHIINE 1-3 Chair Massage 1:40	18 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	19 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Commodities 1-3 Bridge 1:00 Bingo 7-9
22 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Cribbage 1:00 Hand & Foot 1:00	23 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	24 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P Bridge 12:45 SHIINE 1-3 Evening Meal 5:00pm-6:30pm	25 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	26 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
29 Memorial Day Center Closed No Meals on Wheels 	30 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9 No Nurse Today	31 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P Bridge 12:45 SHIINE 1-3	Dinner & Mirabile Monday, May 15th Mandarin Chicken Breast Parslied Potatoes Tossed Salad Broccoli Dessert	

Membership News

Welcome Members
Brooke Thury - Yankton
Ken Brunick - Yankton
Ross & Brooke VanDerhule - Yankton

Thank You for Your Donation

Magazines & Cards	Betty Adam
Napkins & Paper Plates	Rose Kabeiseman
Coffee & Kleenex	Beth Ashley
Coffee	Theresa Arens
Prizes	Dorothy Stallman
Coffee	Arlene McHenry
Ziplocs	Charles & Beth Nyquist
Coffee	Gerri Loecker
Coffee, Magazines, Laundry Soap	Ed Gleich
Magazines	Rose Robinson
Coffee	Maury Ekeren
Catfood, Kleenex, Ziplocs	Shari Persinger-Hovland
Magazines	Deb Bodenstedt
Greeting Cards	Dave Parry
Catfood, Candy, Magazines	Fran & Sandy Johnson
Books & Magazines	Darwin & LaVila Tessier
Playing Cards	Bill & Pat Cerny
Magazines	Bill & Lois Kerr
Tea Bags	Darwin & LaVila Tessier
Rhubarb	Doris Gall



Get Well Cards

Susie Hofmann

Sympathy Cards

Minnie Schenkel Family
 Janet Saylor - Loss of Aunt

Memorials

In Memory of Minnie Schenkel

Pat & Christy Hauer

In Memory of Karoline Richard

Chuck & Leta Levinger

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



Get a free Market Analysis of your home, no strings attached! Call 605-670-1222 or email jill@igotvision.com.
 Licensed in SD and NE!



Jill Ward
 Associate Broker

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



April Birthdays & Anniversaries

May 1	Russ Gorsett	May 13	Alma Logdahl	May 24	Susan Fanta
May 1	Joyce List	May 14	Phyllis Erickson	May 24	Natalie Frick
May 2	Deanna Bertrand	May 15	Rudy Gerstner	May 24	Elsie Gurney
May 2	Amanda Johnson	May 16	Lillie Kirschenman	May 24	Dick Hudson
May 4	Dick Abild	May 16	Sally Welter	May 25	Deb Kramer
May 4	Joyce Boeckman	May 18	Dorothy Hejl	May 26	Sharon List
May 4	Michelle Flannery	May 19	Alice Gensch	May 26	Cheryl Nagy
May 5	Bill Kerr	May 19	Lucille Masten	May 26	Doug Nelson
May 6	JoAnn Frasch	May 20	Phyllis Dingman	May 26	Dulare Ramse
May 7	Kathie Gerstner	May 20	JoAnn Smith	May 26	Chuck Tienken
May 7	Paul Harens	May 21	Joseph Reynolds	May 26	Mae Tienken
May 7	Caroline Weisser	May 21	Donna Schaefer	May 27	JoAnn Huitema
May 8	Marilyn Gorsett	May 22	Gloria Becker	May 28	Brian Cwach
May 8	Ronald Hunhoff	May 23	Ken Blumer	May 29	Fran Johnson
May 9	Tim Fanta	May 23	Duane Frick	May 29	Vonnie O'Hara
May 9	Aldine Mayer	May 23	Loretta Kohles	May 29	Alice Slate
May 10	Marcella Kudrna	May 23	Carol Pickner	May 30	Patty Johnson
May 10	Eunice Ries	May 23	Steve Wentworth	May 30	John Jonas
May 12	Evelyn Timm	May 24	Carolyn Becker	May 30	Lucille Schmidt
				May 30	Dorothy Stallman

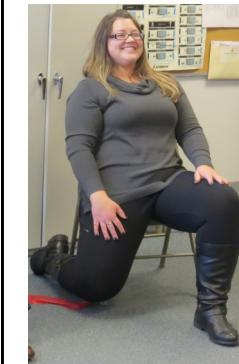
Activities

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

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

Celebrating Older Americans Month

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

We are going to pay tribute to our older Americans. On Monday, May 15th, everyone over the age of 65 is going to be honored with a free cookie.

Join us for Chicken Parmesan, call 665-1055 for reservations.

May Anniversaries

May 2	Larry & Debbie VanderPoel
May 3	Don & Jackie Olson
May 7	Pat & Christy Hauer
May 19	Denis & Dolores Feilmeier
May 20	Lyle & Jane Malone
May 22	Bill & Kate Shoemaker
May 25	Jim & Barb Black
May 26	Ken & Marsha Bertsch
May 26	Duane & Natalie Frick
May 28	Glenn & Bernita Mannes
May 29	Fran & Sandy Johnson

Step Into The NuStep

Getting in shape doesn't necessarily mean losing weight, but rather toning and becoming more heart healthy. The NuStep combines a natural sitting position with a smooth stepping motion and works all major muscle groups, giving an effective cardiovascular workout in a comfortable seated position. In fact, most that have cardiac issues are encouraged to use the NuStep. Stop in the office today to schedule your time slot and purchase your NuStep punch card.

Only \$15 for 20 sessions, plus unlimited daily use of the fitness equipment.

2100 Broadway • Yankton
665-3412
Floral 665-0662 • Pharmacy 665-8261
Wine & Spirits 665-7808

Walking Group



The weather is warming up and we would like to get a walking group together. We would go w for a walk one time per week for 30 minutes. If you are interested, stop in the office and let us know.

Ice Cream Social

Tuesday, May 16th • 2:00pm-3:30pm



Join us for root beer floats or ice cream sundaes.

Members: \$1.00
 Non-Members: \$1.50

Ice Cream Socials Sponsored by:



Activities

Pinochle News

March 20, 2017—Double Pinochle

Karen Domogalski & Diane Nicholson

March 23, 2017—Double Pinochle

Pat Highland & Glenna Anderson

March 30, 2017—Double Run

Jeanne Laffey & John Swensen

April 24, 2017—Double Pinochle

Diane Nicholson & Wes Cimpl

Pinochle Start Time (May 18th - 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 18th.
Thank you for your cooperation.



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.

Wii Bowling News

Tuesday League

March 28, 2017

Dory Ahern had a 651 series
Karen Gran picked up a 5-10 split
Mary Haberman picked up a 5-7 split
Elaine List picked up at 4-5-10, 4-7-9 & 5-10 split, 4 times

April 4, 2017

Mary Law had a 606 series
JoAnn Huitema picked up a 5-7 split
Mary Haberman picked up a 5-10 split

Thursday League

March 30, 2017

Marillyn Obr had a 667 series
Dorothy Gobel picked up a 5-10 & 2-6-7 split

April 6, 2017

Marillyn Obr had a 671 series
Sharon Tronek picked up a 5-10 split
Sandra Kreber picked up a 4-5-7 & 5-10 split
Jeanne Laffey picked up a 5-7 split

Tournament Winners

1st	Marillyn Obr	848
2nd	Jeanne Laffey	815
3rd	Audrey Smith	773
4th	Elaine List	734
5th	Karen Gran	733
6th	Mary Haberman	729

Partnership Bridge News

March 29, 2017

1.	Muriel Stach & Beth Nohr	Score: 5260
2.	Mae Crawford & Char Erickson	Score: 4550
3.	Margie Eddie & LaVila Tessier	Score: 4460
4.	Loraine McNeely & MaryAnn Anderson	Score: 4030

April 5, 2017

1.	Sally Welter & George Flevares	Score: 6020
2.	Fran Mollet & Marilyn Weverstadt	Score: 6010
3.	Rose Kabeiseman & Dee Hatch	Score: 4770

Slams: Darwin Tessier & Glenn Mannes

April 12, 2017

1.	Rose Mather & Dan Miller	Score: 5320
2.	Glenn Mannes & Darwin Tessier	Score: 4520
3.	Rose Kabeiseman & Mae Crawford	Score: 4140

April 19, 2017

1.	Fran Mollet & Marilyn Weverstad	Score: 5690
2.	Mae Crawford & Char Erickson	Score: 5460
3.	Margie Eddie & LaVila Tessier	Score: 5090
4.	MaryAnn Anderson & Loraine McNeely	Score: 4670

Slams: Fran Mollet, Marilyn Weverstad, Char Erickson, Rose Mather & Dan Miller



Looks like Dan Miller is up to his Bridge Game Shenanigans again

Services

Commodity Program **Friday, May 19th - 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. (May 19th)** 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 (**May 9th**) from 10:00am to 11:00am at The Center. Please call 665-4685 for more information.

Chair Massages

Wednesday, May 17th - 1:40pm-3:50pm
\$12 Members - \$15 Non-Members
(15 minutes)

Stop by the office and make your appointment today

Protect Yourself Against Scams **Wednesday, June 7 - 10:30-11:30am**

The price of scams against Seniors is much more than financial. Find out why Seniors are targeted, the toll it can take on your health and how to protect yourself. Presented by Matt Koehler, a licensed Humana Sales Agent. Stay for lunch after, presentation is open to the public.

THE CENTER
RECREATION • SOCIALIZATION • NUTRITION

Rent Our Beautiful Facility

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

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

Call 665-4685 • 900 Whiting Dr., Yankton

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