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900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 July 2017 • Volume 16 • Issue 7

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- 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
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- John Harper Self Employed Contractor & Homebuilder
- Bob Kellen Owner
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- Chris Nelsen Owner & Farmer
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- 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

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Our goal is to provide you with more evening opportunities. Enjoy & take part in all three this month.

Annual BBQ & Dance

Saturday, July 8th - 7:00pm - 10:00pm

Serving: BBQ Pork Sandwich,
Potato Salad, Coleslaw and a Cookie

Entertainment by: Julie & Mike Couch

A duo out of Norfolk, Nebraska. They enjoy playing Classic Country music and Country Gospel, along with a little nonsense. They will be playing some of your favorites: Crystal Chandeliers, Your Cheating Heart, Rose Garden, I Fall to Pieces, Heartaches by the Number, Silver Wings, You Ain't Woman Enough to Take My Man, Blue Skirt Waltz, Beer Barrel Polka, and more.

Tickets on sale now!

Sponsored by: Goglin Funeral Homes



Tara Bartekoske from United Way stopped by and visited with Dolores Peitz and Janet Saylor. The Center will be featured in the next United Way campaign video.

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

Dinner & A Movie

Wednesday, July 19th - 5:00pm-8:00pm

Serving:
Chicken Parmesan
Scalloped Potatoes
Brussel Sprouts
Strawberry Pretzel Dessert
Dinner Roll, Milk and Coffee

\$6.00 includes Dinner, Movie & Popcorn
Dinner at 5:00pm - Movie at 6:00pm

Showing: "Must Love Dogs"

Based on the novel by Claire Cook, a 40-year-old divorcee (Diane Lane), throws herself back into the dating scene after a two-year "dry spell." When her sister writes a personal ad for her that includes the criteria "must love dogs," the divorcee has to borrow a canine to support her sister's exaggeration. What she doesn't know is, her prospective date (John Cusack), is doing the same thing, because he doesn't own a dog, either. **Call 665-1055 to RSVP.**

Evening Meal

Wednesday, July 26th - 5:00pm-6:30pm

Serving:
BBQ Chicken
Parslied Potatoes
Broccoli
Sunshine Salad
Baked Apples
Dinner Roll, Milk and Coffee

Suggested Donation is only \$5.00

Bring the whole family!

Call 665-1055 to RSVP

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 ASAP to be published in the 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

We have been so thankful for the Pepperidge Farms bread donations this past couple of months. Please don't call, but rather come in for an activity or lunch to see if we have bread. We would like to remind you that we may or may not get bread weekly. Thank you.0

**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.

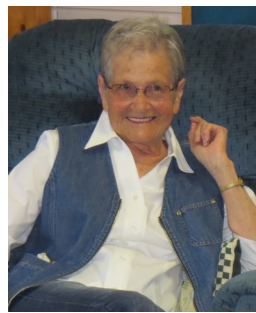
Talk to an Avera podiatrist if you have joint pain while:

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



409 Summit St., Suite 2600
Yankton, SD 57078

Volunteer News



Volunteer of the Month

Our June Volunteer of the Month is Gert Andersh. Gert has been filling in as the Tuesday Pinochle card coordinator now for some time and does a superb job doing it. We are so thankful for Gert to take on this task until a coordinator is found. Thank you for all you do and enjoy your special parking spot.

Volunteer Opportunities

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

- 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

The Retired Senior Volunteer Program/Senior Corps volunteers have used their lifetime of skills and experience to meet community needs in Yankton. Today, approximately 200 volunteers age 55+ are serving through RSVP.

RSVP volunteers have been making a powerful impact in this community, and their service is more important now than ever. So far this year, volunteers have served 12,100 hours providing critical services in our community. With so many community needs, senior volunteers are making a difference in the lives of children, veterans, and elderly.

In addition to helping others, older volunteers are also helping themselves by living active, healthy lives through volunteering. A growing body of research points to mental and physical health benefits associated with volunteering, including lower mortality rates, increased strength and energy, decreased rates of depression, and fewer physical limitations.

With nearly one in every five Americans projected to be age 60 or older by 2030, a great opportunity exists for older Americans to engage in service to meet critical community needs while contributing to longer, healthier lives.

It is time to get involved with the Retired Senior Volunteer Program! You can enroll now by contacting Deb at 605-260-3100 or stopping by the office at 610 West 23rd Street, Suite #11 in Yankton, SD.

**You are invited to attend
"Programs With A Purpose"**
A coffee featuring information about
Liberty Mobility Now, Senior Companions of SD and Retired Senior Volunteer Program. It will take place on Wednesday, July 26 at 10:00 a.m. at the Avera Pavilion Amphitheater.



Senior Companions Needed

Are you **55 or older** and like helping others? Could you use a little **extra income**? Are you looking for a way to **get involved** in your community? Consider becoming a Senior Companion. It's a wonderful volunteer opportunity for older adults. As a Senior Companion, you would **help people remain independent** in their own homes or apartments. Activities might include conversation, assistance with reading and writing, preparation of meals, help with shopping or other tasks that are essential for independent living. If you or someone you know would be **interested in becoming a Senior Companion, call toll free 1-888-239-1210.**



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Director's Desk



Cali here we come

On June 19th, I celebrated 5 years at The Center. I look back on the 5 years with tremendous pride and joy. I have been so blessed to have met so many wonderful people on this journey. I have learned so much and am eager to continue to learn and grow. One of the things I am the most proud of is that we have had a balanced budget throughout my tenure. We have eliminated waste without impacting quality. We have done our research, planned appropriately and not spent what we don't have. We have been good stewards of our resources. (I learned all about that up on the hill-Thank You Sisters). I am also very proud and humbled by how much support we have received from the Community. All we needed to do was ask. Our churches, service clubs, schools, businesses, individuals all care about our mission. Over the past 5 years, they have stepped up volunteering their time and financial resources making my job so much easier. I will tell you who else makes my job so much easier and that is our hundreds of phenomenal volunteers, my amazing board members and my supportive and talented staff. We have accomplished much in the past 5 years and I am eager to see what the future holds. Please know that I am a Director that always has my door open (even when it's not). I want and need your feedback. (the good, the bad and the ugly). Together we can help so many more people and do so many more great things.

It is a bit ironic that each year around this time we anticipate things slowing down a bit, where we can breathe with ease and even take some well needed vacation time. We are breathing alright, almost panting because we are out of breath trying to keep up. This is bittersweet for the staff and me. We are very excited that we are trying new things and those things are being well received. But our staff works very hard and everybody needs a break. I am very excited to be able to take a break this July. I am taking my 20 year old daughter, Heather, to California for the first time. She and I are going to be a couple of beach bums exploring Southern California. Everything I do in my personal and professional life is planned out to the letter. I like the security that comes with planning & knowledge. We have decided we are going to be a couple of vagabonds with no plans of where we are going to go, what we are going to do or where we are going to stay. We have airline tickets and a rental car, the rest will soon be history. Am I crazy nervous about this plan or should I say lack of plan. Heck ya! Spontaneity isn't my forte. Pray for me as I hope I land on my feet. I will be gone July 12-19th, and I am really looking forward to having some girl time with my beautiful daughter.

As I mentioned we have some wonderful opportunities for you to take advantage of in July. We start out the month with our BBQ and Dance on July 8th. A special thank you to Jim and Goglin Funeral Home for sponsoring our event. Thanks to their sponsorship we are able to keep the cost to attend very reasonable. It is going to be an entertaining evening with great fellowship and delicious food.

We are offering another fun evening event on July 19th, our Dinner and a Movie. Last month we had nearly 100 individuals enjoy a hot home cooked meal followed by a great movie on our big screen and some yummy, buttery popcorn. I had many people approach me thankful for the evening and in awe of what they received for just \$6. Come and check it out. We have a professional grade projection system thanks to the generosity of the Otto Ullrich Trust. Our popcorn machine makes delicious popcorn, and of course our cooks know their way around a kitchen, to provide you an outstanding meal. This month we are serving one of my favorites, Chicken Parmesan. All you need to do is register for the event and "We'll see you at the Movies".

We will wrap up our month with our final evening opportunity, our Evening Meal on July 26th featuring BBQ Chicken. Last month we served 165 people. Bring the whole family, friends, neighbors and don't forget the little ones. Introduce them to The Center and the delicious food that we prepare. The little ones can also enjoy rummaging thru my treasure chest for candy and prizes.

We know that our members have busy demanding schedules. Many of you still work and it's hard to break away and enjoy The Center. I am told from many, that retirement is more work than working. You are busy volunteering, taking care of grandchildren, traveling and more. Fitting The Center into your daily routine may be challenging. That is why I am so proud to be offering 3 evening event opportunities in July. Don't miss out on our BBQ and dance, Dinner and a Movie and our Evening Meal. We want to continue to evolve as an organization to serve your needs and interests. Stop by the office and register for these events. It is going to be a fun, exciting and busy month. Somewhere in the middle of it this vagabond will be out exploring the Southern California countryside. Wish me Luck!

Proud to be an American, "Happy Fourth"
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

Thank You For Your Monetary Donation

Steve & Deb Murray River Rat Marathon

Your generous support is greatly appreciated!

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.

BINGO

Rummage/Craft & Bake Sale

Friday, August 4th ▪ 10:00am-1:00pm ▪ Members Only
Friday, August 4th ▪ 3:00pm-6:00pm ▪ Open to public
Saturday, August 5th ▪ 9:00am-1:00pm ▪ Open to public

Many items include bookcase, tables, kitchen items, dishes, books, embroidered towels, crocheted items and a ton of miscellaneous items.

We are still accepting donations, but please no clothing, shoes or books.



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Orthopedics • Cardiology • Pulmonology

Upcoming Events

July 3	Fourth of July Dinner	11:30am-12:30pm
July 4	Center Closed	
July 6	Toe Nail Clinic	10:00am-11:30am
July 8	BBQ & Dance	7:00pm-10:00pm
July 11	Dementia Caregiver Group	10:00am-11:00am
July 11	Christy on KYNT Radio	7:40am & 12:20pm
July 13	Activity Committee Meeting	10:00am-11:00am
July 13	Anniversary Dinner	11:30am-12:30pm
July 17	Ice Cream Social	2:00pm-3:30pm
July 19	Chair Massages	1:40pm-3:50pm
July 19	Dinner & A Movie	5:00pm-8:00pm
July 19	Site Council Meeting	9:30am-10:30am
July 20	Birthday Dinner	11:30am-12:30pm
July 21	Commodities	1:00pm-3:00pm
July 25	Christy on KYNT Radio	7:40am & 12:20pm
July 26	Evening Meal	5:00pm-6:30pm
August 4	Rummage Sale (Members Only)	10:00am-1:00pm
August 4	Rummage Sale (Open to public)	3:00pm-6:00pm
August 5	Rummage Sale (Open to public)	9:00am-1:00pm

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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.

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

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Trips

Vermillion Trip: Monday, August 14th
9:30am-4:00pm
Early bird fee is \$25.00 per person
After August 1st cost is \$30.00 per person



We will leave The Center at 9:00am. Our first stop will be the National Music Museum, followed by lunch and wine tasting at Valiant Vineyards and we will complete our trip with a stop at the WH Over Museum. Price includes transportation, wine tasting and museums.
Lunch will be on your own.



Fall Show "Buying The Moose"
 Dates available soon.
 Cost will be \$62 to include transportation, dinner and theater.

Rummage Donations Needed

We are still accepting donations for our rummage sale. We accept gently used small furniture, knick knock, dishes, cookware and other household items. Please no books, shoes or clothing. We are also in need of donations for baked goods. Please call Colleen, 665-4685 if you can make some treats.



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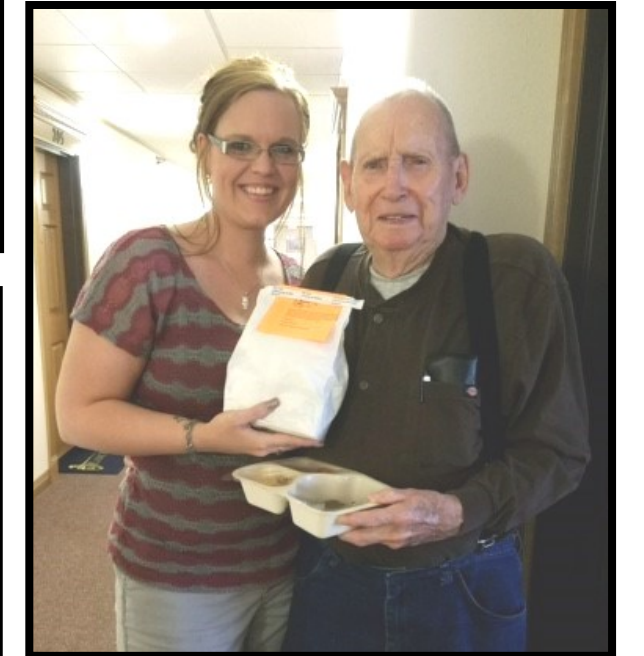
Visit us at www.wintzrayfuneralhome.com

Meals On Wheels



Brooke Thury, our youngest member at age 23 delivered Meals on Wheels to our oldest member, Lucille Schmidt at age 101 and her dear sister Evelyn Timm.

The Meals on Wheels Program can be the difference for many Seniors of remaining in their homes or needing to relocate to a long term care facility. The Center provides a nutritious meal, friendly visit and safety check to help cope with three of the biggest threats of aging: hunger, isolation and loss of independence. It costs less to provide a Senior, Meals on Wheels for an entire year than it costs to spend one day in the hospital or six days in a nursing home.



Mandi Lampman, Meals on Wheels Coordinator, delivered meals to Dave Parry.

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Meals on Wheels Volunteer, Henry Petersen with Jean Christenson



Meals On Wheels volunteer Margie Eddie with Janeanne Steinberg

Tabor Nutrition Center

Tabor News

Hello from the Tabor Nutrition Center. I would like to introduce myself as the new Site Coordinator. I am Gail Hovorka, a resident of Tabor for the past 40 years. I am active in many organizations in town and I have been employed at the site for over 2 years now. I am looking forward to my new role and continuing on growing the nutrition program here.

We had a full and busy Czech Days last month. There was plenty of food, kolaches and beverages. The streets were full of visitors—young and old alike. The weather was very good with only a small amount of rain on Saturday night, which cleared in time for the Queens coronation and Beseda Dancers.

Again, I am looking forward to my new role and filling the shoes that Vee left for me. I wish her the best in her retirement.

Gail Hovorka
Site Coordinator



Tabor Nutrition Center Staff

Ilene Sternhagen, Gail Hovorka,
Lillian Bartunek, and Gladys Hamberger

July 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.

July 4	Center Closed
July 5	Sloppy Joe
July 6	Chicken & Dressing
July 11	Mushroom Steak/Gravy
July 12	Chicken Fried Steak
July 13	Porcupine Meatballs
July 18	Meatloaf
July 19	Swiss Steak
July 20	Roast Beef
July 25	Tater Tot Casserole
July 26	Pork Roast
July 27	BBQ Ribs (Birthday Dinner)
July 31	Chicken Parmesan

July Birthdays



- Donavon Dean ▪ July 22nd
- Gail Hovorka ▪ July 25th
- Janet Sykora ▪ July 27th

Tabor Wish List

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

Fun At The Center



People having fun at a Center dance.
Don't miss our BBQ/Dance on Saturday, July 8th



Betty Thomas' grandchildren got to raid the Director's treasure chest.



Ted Mickelson, Henry Petersen, Bob Kellen and Mark Keehr joined us for a Pancake feed



Susie Hofmann & Cathy Orton folding newsletters.



Christy gave Margaret a ride home in the convertible, she said her hair never looked so good.



Bridge Players: Margie Eddie, Jean Fitzgerald, LaVila Tessier & Jean Schaecher

Fun At The Center



Center Staff
MaryJane Hisek & Margaret Sarringar



Center Volunteer, Mary Garoutte



Exercise Fun: Janet Waggoner, Janet Saylor, Doris Gall & Jean Fitzgerald




“Pop is on sale” - thank you Duane Frick for always keeping the pop cabinet stocked up.



Happy faces all around

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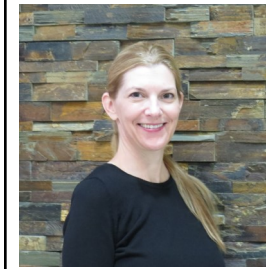
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Nutrition News



We had a couple days last month where we served brown rice. Did you know that brown rice is a highly nutritious grain, it's good for the heart, aids digestion and may reduce the risk of cancer, diabetes and high cholesterol.

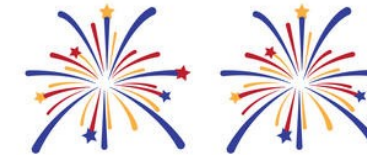
Rice is a food staple and primarily crop grown all over the world. There are several different types of rice — including long-grain basmati, black rice, white rice and sticky (or glutinous) rice — but in terms of health benefits, not all are created equal. Brown rice is one of the healthiest and most-studied types of rice.

Some of the benefits of eating brown rice:


- ◆ Brown rice is instrumental in seeking weight control for the people combating with obesity. It contains manganese which helps to synthesize the body fats.
- ◆ Germinated brown rice helps in the prevention of neurodegenerative complications such as Alzheimer's disease.
- ◆ Sprouted brown rice contains healthful components which helps in the inhibition of a harmful enzyme called prolylendopetidase, which is associated with Alzheimer's disease. It is also beneficial for other cerebral-related disorders such as dementia and amnesia.
- ◆ Brown rice is a healthy staple which can be added to the daily diet for keeping a healthy digestive system. Brown rice is rich in selenium which is beneficial for a healthy heart. Consumption of whole grains such as brown rice helps reduce the blockage of arteries due to plaque buildup.
- ◆ For diabetic and hyperglycemic individuals. It has a low glycemic index which is helpful in reducing insulin surges and assists in the stabilization of blood sugar levels in the body.

If you know of anyone who may need Meals on Wheels, please give us a call at 665-1055 and we can get you set up.

Happy Fourth of July All!
Emily VanDerhule
Nutrition Coordinator



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




GREAT PLAINS
THERAPY

“Evaluation and treatment for balance and falls; consider Otago.”

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

Leaves are meant to fall, not people! Medicare covers Physical Therapy for Fall Prevention.



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

801 Summit St.
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605-665-3861

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Vermillion, SD 57069
605-624-7246

Nutrition News

May 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1602 (73 per day)	353 (16 per day)	279 (9 per day)	305 (23 per day)	2539 (115 per day)
Home Delivered	1367 (62 per day)	N/A	N/A	49 (4 per day)	1416 (64 per day)

Evening Meal

Wednesday, July 26th - 5:00pm-6:30pm

Serving

BBQ Chicken
Parslied Potatoes
Broccoli
Sunshine Salad
Baked Apples
Roll, Milk & Coffee

Suggested Donation \$5.00
Call 665-1055 for reservations

July Kitchen Volunteers

July 3	Sandra Kreber
July 4	Center Closed
July 5	Sandra Kreber
July 6	Chuck Schild
July 7	Pat Cerny
July 10	Dorothy Gobel
July 11	Alma Logdahl
July 12	Mary Garoutte
July 13	Jan Kirschenman
July 14	Bonnie Strnad
July 17	Geri Loecker
July 18	Sylvia Coulson
July 19	Mary Garoutte
July 20	Shirley Dangler
July 21	JuLee Werkmeister
July 24	Joyce Kollars
July 25	Delphine Peterson
July 26	Geri Loecker
July 27	Dorothea Hoebelheinrich
July 28	Chuck Schild
July 31	Bonnie Strnad

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

We could use a few more volunteers to help pour milk and water each day. Please stop and talk with Emily if you are interested in volunteering.

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

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

Thank you to The Center and members for the get well cards and calls to see how I was doing. I still have pain, but am doing much better.



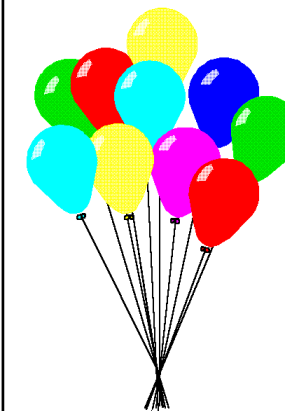
Thank You!

"The Center is always like home, the staff actually care about their members and don't treat them like just another paying customer."

Jim Huisman

Reminder Phone Call or Email

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



Open House

Elsie Gurney will be celebrating her 90th birthday on Sunday, July 2nd from 1:00p-4:00pm at The Center. Everyone is welcome to attend. **No gifts please.**

Thank You

I would like to thank everyone so much for showing many acts of kindness during my accident. Thank you for the cards, food and visits at Sister James and my home. It is greatly appreciated. God Bless You.

Marillyn Obr



Potpourri

Morning Coffee Show with Scott Kooistra

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



Let's Mix It Up

We are going to mix it up!
(the day will be a surprise)
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**

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.



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.






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July Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BBQ DANCE (7/8) BBQ Pork Sandwich Potato Salad Cole Slaw Cookie	DINNER & MOVIE (7/19) Chicken Parmesan Scalloped Potatoes Brussel Sprouts Strawberry Pretzel Dessert	EVENING MEAL (7/26) BBQ Chicken Parslied Potatoes Broccoli Sunshine Salad Baked Apples	
3 4TH OF JULY DINNER Sweet & Sour Chicken Oven Baked Brown Rice Mandarin Oranges Patriotic Cake	4 CENTER CLOSED NO MEALS ON WHEELS 	5 Pork Cutlet Mashed Potatoes Glazed Carrots Cranberry Crunch Salad	6 Citrus Chicken Breast Parslied Potatoes Broccoli Banana Chocolate Pudding	7 Beef Stroganoff Over Noodles Green Beans 7-Layer Salad Fruit
10 Grilled Ham & Cheese Sand Potato Wedges Baby Carrots Tapioca Pudding	11 Meatloaf Oven Baked Potato Italian Vegetables Jello-w/Peaches	12 Chicken & Dressing Mashed Potatoes/Gravy Brussel Sprouts Cranberry Sauce Apricots	13 ANNIVERSARY DINNER Herbed Pork Chop Potato Salad Mixed Vegetables Banana Bar	14 Cheeseburger Pie Baked Sweet Potato Green Beans Berry Fruit Salad
17 Beef Tips & Gravy Mashed Potatoes Harvard Beets Dinner Salad Vanilla Pudding/Topping	18 Turkey Ala King Mashed Potatoes Green Beans Cranberry Sauce Upside-Down Cheese Cake	19 Tater Tot Casserole Spinach Salad Tomato Spoon Salad Tropical Fruit	20 BIRTHDAY DINNER Chicken Fried Steak Potato Wedges Creamed Peas Birthday Cake & Ice Cream	21 Pork Roast Baked Potato Broccoli Patio Salad Fruit
24 Ham Loaf Sweet Potatoes Green Beans Fruit	25 Liver & Onions or Alternate Meat Baked Potato Parslied Carrots Tossed Salad Fruit Cocktail	26 Hamburger Company Potatoes Tossed Salad Pears	27 Roast Beef Philly Sandwich Potato Salad Fruit Cranberry Orange Bar	28 Chicken & Noodles Broccoli Tossed Salad Banana
31 Lasagna Peas Chinese Coleslaw Fruit Slush				

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.

July Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	4 Center Closed Happy Independence Day	5 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3	6 Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 1:00	7 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
10 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	11 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9 No Nurse Today	12 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3	13 Table Tennis 8:30 Billiards 8:30 Activity Mtg 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm	14 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
17 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Ice Cream Social 2:00pm-3:30pm	18 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	19 Billiards 8:30 Line Dancing 9:30 Site Mtg 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Chair Massage 1:40 Dinner & Movie 5:00pm-8:00pm	20 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	21 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Commodities 1-3 Bridge 1:00 Bingo 7-9
24 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 12:45 Hand & Foot 1:00	25 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	26 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Evening Meal 5:00pm-6:30pm	27 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	28 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
31 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	 Bible Study will be held each Tuesday at 10:30am in the craft room.		Don't forget the BBQ & Dance on Saturday, July 8th from 7:00pm-10:00pm	

Membership News

Welcome Lifetime Member

Gary Palmer

Welcome New Members

Dan Kolberg ▪ Yankton

Brett Hargan ▪ Yankton

Mary Alice Halverson ▪ Yankton



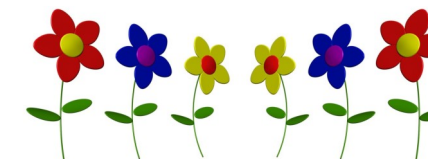
Get Well Cards

Mae Crawford

Jim Huisman

Ted Mickelson

MaryJane Gullikson



Thank You for Your Donation

Cookies	Ross & Brooke VanDerhule
Hearing Aid Batteries	Marilyn Messler
Coffee	Theresa Arens
Vegetables	Contact Center
Coffee	Joan Haberman
Magazines	Roger Shreve
Plates, Coffee, Magazines	Fran & Sandy Johnson
Magazines	Ruby Stotz
Baggies, Napkins, Cat Food	Shari Persinger-Hovland
Candy Bars	Matthew Ohrazda
Tomato Plants	Ana Bailey
Baggies, Batteries	Bonnie Strnad
Batteries	Marge Becker
Framed Painting	Marge Weniger
Copy Paper	Diane Nicholson
Napkins, Paper Plates	Rose Kabeiseman
Napkins	Gary & Velma Kuchta
Napkins	Sally Welter
Greeting Cards	Toots Marchand
Greeting Cards	Eileen Leshar
Playing Cards	Fran Fox
Magazines	Deb Bodenstedt

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Sympathy Cards

Jim Hohn Family

Florence Heine Family

Delores Brown (Loss of Aunt)

Andrew & Barb DeJager (Loss of Nephew)

Kenny Hansen (Loss of Niece)

Bev Larsen (Loss of Sister-In-Law)

David Souhrada (Loss of Step Son)



Memorials

In Memory of Sister Pierre Roberts

Pat & Christy Hauer

In Memory of Jim Hohn

Pat & Christy Hauer

In Memory of Florence Heine

Pat & Christy Hauer

In Memory of George Schneeberger

Margaret Sarringar

In loving memory

July Birthdays

July 1 Delores Brown
 July 1 Don Frasch
 July 1 Jeannie Gustad
 July 1 Rose Mutziger
 July 1 Cordy Rasmussen
 July 1 Marilyn Weverstad
 July 2 Donna Alberts
 July 3 Maxine Fischer
 July 4 Loren Anderson
 July 5 Ted Mickelson
 July 6 Richard Neubauer
 July 6 Janice Olson
 July 6 Betty Reynolds
 July 6 David Vinson
 July 7 Rosie Delaney
 July 7 Burdette Meyer
 July 8 Doug Orton
 July 8 Gladys Souhrada
 July 9 Darla Archer
 July 12 Bill Dayhuff
 July 13 Jan Gill

July 13 Daniel Gergen
 July 13 MaryAnn Larsen
 July 13 Dan Miller
 July 14 Wayne Kindle
 July 14 Bernard Kubal
 July 15 Deb Bodenstedt
 July 15 Diane Nicholson
 July 15 Henry Petersen
 July 16 Adeline Lowe
 July 16 Helen Patterson
 July 17 Robert Boe
 July 18 Kenny Ackerman
 July 18 Darwin Tessier
 July 18 Mary Uhrich
 July 19 Colleen Palmer
 July 20 Peggy Schurman
 July 21 Sandy Taggart
 July 22 Sherrill Collier
 July 22 Mary Law
 July 22 Lanning Mollet

July 22 Lucille Musil
 July 23 Larry Celmer
 July 23 Robert Mason
 July 23 John Swensen
 July 24 Ed Lammers
 July 25 Merlin Johnson
 July 25 Judy Kistler
 July 26 Pat Cerny
 July 26 Marlene Nebola
 July 26 John Schaefer
 July 27 Roger Girard
 July 27 Jim LeFort
 July 28 Jennie Kilburn
 July 28 Jeanne Laffey
 July 28 Rose Mather
 July 28 Mary Sathe
 July 30 Odilia Ellis
 July 31 Yvonne Little
 July 31 Don Naber
 July 31 Patrick O'Hara

Center Wish List

Decaffeinated Coffee
 Cat Food
 Kleenex
 AA & AAA Batteries
 Fun Size Candy Bars
 Toilet Paper
 Napkins
 Laundry Soap

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 promoting our great organization.

July Anniversaries

July 1 Bob & Cheryl Nagy
 July 2 Bill & Janet Ausdemore
 July 3 Vernon & Sandy Arens
 July 3 John & Barbara Schneider
 July 7 Art & Marge Becker
 July 7 Paul & Kathy Harens
 July 8 Bill & Lucille Dayhuff
 July 9 Brian & Roxann Hunhoff
 July 11 Don & Lois Kirschenman
 July 18 Walt & Susie Koziol
 July 20 Roy & Linda Wilcox
 July 21 Dennis & Jean Stibral
 July 24 Gary & Velma Kuchta
 July 25 Joe & Barb Rezac
 July 29 Ken & Sandra Huether
 July 30 Tom & Judy Olson

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



Walking Group

We would like to get a walking group together. We would walk on Thursdays from 3-3:30pm. If you are interested, stop in the office and let us know.

Bicycling Group

If anyone has any interest in biking on Wednesday mornings, please let us know.

Seeking Committee Members

The Center Activities Committee is seeking 2 members. Our committee meets on the second Thursday each month at 10:00am. The committee is responsible for planning activities and helping with special events throughout the year. If you are interested, please stop in and talk to Kriss.

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

Value Added Membership

We are proud yet to offer another perk of being a member. Unlimited use of the fitness room is now a part of your membership. For the month of July the equipment will be utilized on a first come, first serve basis. This includes the use of the NuStep machine.

The goal of The Center is to continue to add value to your membership. Enjoy. No refunds will be given for cards already purchased. Thank you.



Ice Cream Social Monday, July 17th 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

June 1, 2017—Round Robin
Amanda Stewart & Delvonna Moser

June 26, 2017—June Drawing
Duane Frick & Bud Gustad

Pinochle Start Time (July 20th - 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.

Thank you for your cooperation.



Partnership Bridge News

May 31, 2017

1. LaVila Tessier & Margie Eddie Score: 7790
2. Rose Mather & Dan Miller Score: 5770
3. Nadean Auch & Lyle Malone Score: 5480
4. Judy Kistler & Janet Ausdemore Score: 5180

Slam: LaVila Tessier & Margie Eddie

June 7, 2017

1. Darwin Tessier & Glenn Mannes Score: 6560
2. Loraine McNeely & Maysel Goltz Score: 5490
3. Fran Mollet & Marilyn Weverstad Score: 4580
4. Leta Levinger & MaryAnn Anderson Score: 4440

Slam: Rose Mather & Dan Miller

Slam: Loraine McNeely & Maysel Goltz

June 14, 2017

1. Nadean Auch & Lyle Malone Score: 5140
2. Loraine McNeely & Maysel Goltz Score: 5040
3. MaryAnn Anderson & Leta Levinger Score: 4680
4. Darwin Tessier & Margie Eddie Score: 4290

Slam: Muriel Stach & Beth Nohr

June 21, 2017

1. Fran Mollet & Marilyn Weverstad Score: 5870
2. Marilyn Halsey & Toots Marchand Score: 4720
3. Judy Kitsler & Dan Miller Score: 4280

Slam: Fran Mollet & Marilyn Weverstad

Friday Bridge

June 23, 2017

1. Jean Fitzgerald & Char Erickson Score: 4990
2. Kay Reaney & Leta Levinger Score: 4000
3. Judy Kistler & Janet Ausdemore Score: 3100

Services

Commodity Program **Friday, July 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. (July 21st)**



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

Dementia Caregiver Support Group **Coffee With Char & Lois**

The group meets the second Tuesday each month (**July 11th**) from 10:00am to 11:00am at The Center. Please call 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: Colleen Schild's great grandchildren, Nicholas & Lauren from Paris

Chair Massages

Wednesday, July 19th - 1:40pm-3:50pm

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

Stop by the office and make your appointment today

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.

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.



Free Hearing Screening **Monday, July 17th - 10:00am-3:00pm**

Midwest Hearing Care Solutions will be at The Center conducting free hearing screenings. Hearing screenings are just as important as vision and heart screening. Studies have proven that hearing loss leads to debilitating diseases such as dementia and Alzheimer's. We will also be able to clean and check your current hearing aids, so remember to bring them with you. You must set up an appointment in the front office.

Limited time slots are available.

Attention Card Players

We need a card coordinator for Tuesday Pinochle.

Please stop by 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.



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



Center Tidbits

In December 1977 the City Commission decided the Wallbaum property on Whiting Drive would be most suitable for the location of the Senior Citizen Center.

The new building was completed in March 1979 at a cost of \$424,410.75.

The building was dedicated on April 7, 1979.