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900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 September 2017 • Volume 16 • Issue 9

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

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National Senior Center Week: "Masters of Aging"

September 11th - September 15th

Stop in and celebrate this years theme, "Masters of Aging". We will have many different activities, games, prizes. Sweet treats for those who dress up.

Monday, September 11th (Sports Team Day)	Exercise Class w/Judi FREE CANDY	11:00am-11:30am
Tuesday, September 12th (Pajama Day)	3 Sharps & A Flat (Music) FREE POPCORN	10:45am-11:25am
Wednesday, September 13th (Hat Day)	Line Dancing Activity FREE COOKIE	11:00am-11:30am
Thursday, September 14th (Scarf & Tie Day)	Table Tennis Tournament FREE ROOTBEER FLOATS	4:30pm-6:00pm
Friday, September 15th (Red & Black Day)	FREE ICE CREAM	

Free items offered between 11:00am-12:30pm

We will play games daily....Become the "Master" of Trivia, the "Master" of Dice, the "Master" of Plinko, or the "Master" of Spin the Wheel!

Sponsored by:

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Center Members, Marilyn & Delano Christensen arrive at The Center for a noon meal.

Hours of Operation

Mon, Wed & Thur 8:00am - 4:00pm
 Tues & Fri 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

Board of Director's Annual Meeting

Monday, September 18th at 12:00pm.

All members are encouraged to attend. Serving: Swiss Steak



All You Can Eat Pancakes & French Toast

Wednesday, September 13th - 4:30pm-7:00pm



Becker Family & Scott Kooistra

It's the season opener and we are excited to see all those familiar faces as well as new ones. Join us on the second Wednesday every month for **All You Can Eat Pancakes & French Toast**, a single serving of eggs and bacon or sausage.

All for only \$5.00 per person.

Bring the whole team!

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



Board members in action: Mike Stevens, Chris Nelsen & Bob Kellen

Log into Facebook and type
The Center in the search box



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

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

Dennis Janousek is our August Volunteer of the Month. Dennis can be seen every day at The

Center making sure we always have silverware wrapped and ready to go.

We especially count on him for our evening events. We appreciate everything you do Dennis!

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.

Daily, weekly or monthly opportunities are available.

Meals on Wheels Drivers

Wine & Dine Fundraiser

Pancakes

Dances

Bingo

Kitchen Helpers

Site Council

Office Help

Rummage Sale

Special Events

Receptionists

Committee Work-Behind The Scenes

**Congratulations to
Dagmar Hoxsie and the
Yankton Banquet on your
20 year milestone.**

RSVP is America's largest volunteer network for people age 55 and over. Join RSVP and join nearly 300,000 volunteers across the country who are tackling tough issues in their communities.

With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones.

RSVP offers a full range of opportunities; delivering Meals on Wheels, packing Sack Packs, mentoring children, helping children read and many more opportunities in our community.

Contact your local RSVP office at 260-3100 or stop by 610 West 23rd Street, Suite #11 to join RSVP.

Deb Overseth
RSVP Coordinator
Yankton, SD



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**.

Director's Desk



It is surprising that Summer is nearly behind us. It seems like when we are younger we stroll through life, and as we get older, it's a foot race that's hard to keep up with. Just recently my 20 year old daughter said "Mom, the years are passing by faster and faster." How true it seems. We stay so busy here at The Center that many days we wish we had more hours in the day, and without a doubt, it keeps passing by faster.

We have had a wonderful Summer chalked full of activities. So many people come out to play cards, table tennis, billiards, board games, exercise classes, wii bowling, bible study, and so much more. Our daily routine is to sit back and enjoy watching people enjoy themselves. What a wonderful part of my day. Just today I dined with several members and one said to me how much she looks forward to having lunch daily at The Center. She appreciates the quality of the food, affordability and the joy that comes from the socialization and interaction with others. I told her how much I appreciated her remarks and I would also appreciate yours. We need your feedback so we can grow as an organization. It is important for us to hear about areas we need to grow in and improve. It is equally important for us to hear about what is going well. How wonderful would it be for a member to acknowledge Kriss for the marvelous job she does on the newsletter or Mandi for her organization of the Meals on Wheels program. Often times the cooks are patted on the back for providing a delicious meal. Let me tell you, they all deserve that pat. I acknowledge the staff often, but I think it is sweeter coming from a member. We are a member organization and our staff serves at the pleasure of our members. Our goal is to serve our members and the community with programs and services that will enrich lives. It is a great business to be in...enriching lives. I hope you feel like your life has been enriched through your association with The Center. If you don't, then maybe you haven't utilized the programs and services that we offer. I would encourage you to read your newsletter cover to cover. There really is something for everyone. As mentioned before, we have all of our daily activities. We offer tax assistance, SHIINE, commodities, pet food, educational programs and support groups. We are also excited to offer numerous evening opportunities from our monthly dinner and a movie event, our pancake feed and evening meal. We host bingo every Tuesday & Friday night with nice jackpots. The Center is here to serve the needs of adults of all ages.

Recently a member visited with me about the ease of dining at The Center. He told me that he appreciated how quickly he can be served and within 20 minutes back to his day. I told him I wished that those in the workplace who had a lunch break would check out what we have to offer. A quick, home cooked, affordable meal.

Join us for a delicious swiss steak dinner at our Annual Meeting on Monday, September 18th as we welcome John Swensen to The Center Board of Director's. We are proud to announce that Joleen Smith, Velma Kuchta and Kara Payer are interested and willing to serving a 2nd three year term. They have all done so much for our organization and I am humbled to have the opportunity to work with each of them for three more years. The Annual Meeting is always bittersweet as we look forward to working with new members of the board and at the same time we say goodbye with deep seated appreciation to those who have served their term. Mike Stevens is no exception to the rule. He came to the board at a time when our organization really needed him. His knowledge and expertise guided us in a direction of hope and optimism for the future. This is the second time Mike has served on The Center's Board of Director's. I want to thank Mike for his leadership and support. I hope to see you all at our Annual Meeting.

Christy Hauer, Executive Director

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

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

Thank You For Your Monetary Donation

Steve & Deb Murray
Northwestern Energy
Bill & Lois Kerr

Your generous support is greatly appreciated!

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

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**

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Orthopedics • Cardiology • Pulmonology

Upcoming Events

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

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- And much more!

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Yankton: (605) 655-5900

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

Game Day every Monday in September (for those who dine at The Center)

Sept 4	Labor Day - Center Closed	
Sept 11	Sports Team Day	
Sept 12	Pajama Day	
Sept 12	Dementia Caregiver Group	10:00am-11:00am
Sept 12	Christy on KYNT Radio	7:40am & 12:20am
Sept 13	Hat Day	
Sept 13	All You Can Eat Pancakes	4:30pm-7:00pm
Sept 14	Scarf & Tie Day	
Sept 14	Anniversary Dinner	11:30am-12:30pm
Sept 15	Red & Black Day	
Sept 15	Commodities	1:00pm-3:00pm
Sept 18	Annual Meeting	12:00pm
Sept 19	Falls Prevention Screening	1:00pm-3:00pm
Sept 20	Dinner & A Movie	5:00pm-8:00pm
Sept 21	Birthday Dinner	11:30am-12:30pm
Sept 21	Massages	12:30pm-2:30pm
Sept 26	Christy on KYNT Radio	7:40am & 12:20am
Sept 26	National Dumpling Day	(Eat Dumplings)
Sept 27	Evening Meal	5:00pm-6:30pm
Sept 28	National Beer Drinking Day	(Drink Beer)
Oct 5	Worthing Dinner Theater	5:00pm-11:00pm
Oct 30	Mystery Dinner Theater	5:30pm-8:30pm

Center Tidbit

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.

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Floral 665-0662 • Pharmacy 665-8261
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Trips

Worthing Dinner Theater - Thursday, October 5th - 5:00pm-11:00pm
\$62.00 per person - Includes transportation, dinner and theater

“Buying The Moose”: Rob’s wife picked the most inconvenient moment to come home from a business trip. She excitedly enters the house to find her husband in an awkward situation. She assumes the worst and turns to her sister-in-law, Cheryl, for comfort while his brother, Greg, comes over to set him straight. This hilarious fallout brings two brothers and two couples closer together. **Sign up in the office today.**

Upcoming shows we will travel to:
January 2018 “A Tuna Christmas”
March 2018 “Nana’s Naughty Knickers”
May 2018 “The Marvelous Wonderettes”

Mystery Dinner Theater - Monday, October 30th - 5:30pm-8:30pm
Early Bird Registration: \$10.00 After September 30th: \$15.00

Join us at The Center for another Mystery Dinner Theater starring Betts Pulkrabek and her gang. Mystery and Dinner will be announced at a later date.
Sign up today to get the early bird discount for this Spooktacular Halloween Mystery!

“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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 605 • 660 • 5352

Meals On Wheels



Celebrating their 10th birthdays by delivering Meals on Wheels are Mandi Lampman’s twin girls, Adrianaunna & Ahlesesia. Also sharing the same birthday as the twins is Kriss Thury.



Waiting to deliver Meals On Wheels are volunteers Beth Nyquist, Jack Halstad, Delores and Loran Moore.

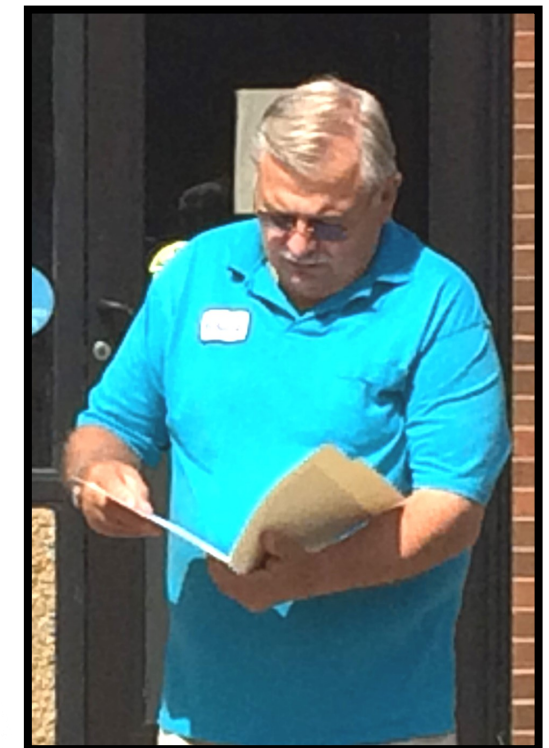


Left: Meals On Wheels Volunteers Bob & Cheryl Nagy, Fran Fox.



Noah Kleinsasser is ready for his route.

Right: Chuck Mutziger, recruits and coordinates Meals On Wheels drivers from Sacred Heart & St. Benedict’s Church.



Contact Mandi Lampman at 665-1055 if you are interested in delivering Meals on Wheels, or if you know of someone in need. They must be over the age of 60 and homebound.

Tabor Nutrition Center

September 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.

Sept 5	Bean & Ham Soup
Sept 6	Roast Turkey
Sept 7	Sweet & Sour Pork
Sept 12	Hamburger Casserole
Sept 13	BBQ Chicken Breast
Sept 14	Roast Beef
Sept 19	Pork Chops (Evening Meal)
Sept 20	Chili
Sept 21	Sausage Gravy/Biscuits
Sept 26	Sloppy Joe
Sept 27	Sierra Turkey Casserole
Sept 28	Baked Chicken (Birthday Dinner)

Tabor News

Hello & Happy Fall,

September means Fall is here. County & State fairs are over and school is in full swing. We all need to be alert when driving and watch out for the children going to school.

Gardens have been plentiful and we have enjoyed an abundance of fruit and vegetables donated to us. They have been very delicious. Thank you to all those that brought their fresh produce in.

Our evening meal will start this month (**September 19th**). We are serving Pork Chops and dumplings. The evening meal is the third Tuesday of the month.

I will be travelling to Alaska this month for 7 days and I will tell you all about it next month. Enjoy the beautiful Fall colors, weather and bountiful harvest.

With friendship,

Gail Hovorka
Site Coordinator

September Birthdays



September 12
Vernon Dvorak

September 17
Bob Kortan

September 25
Gladys Hamberger

Tabor Wish List

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



Tabor Nutrition Center Staff

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

Games, Games & More Games



Come and clown around, play some games and win some prizes. You never know when we will pull out the huge foam dice, the Plinko board, the wheel of fortune or the giant playing cards. We will play a game every Monday in September.



Paul Foss



Diane Nicholson



JoAnn Smith & Christy Hauer



“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!

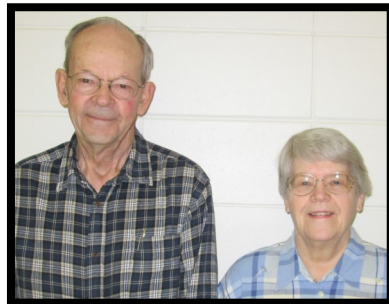
Leaves are meant to fall, not people! Medicare covers Physical Therapy for Fall Prevention.

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.



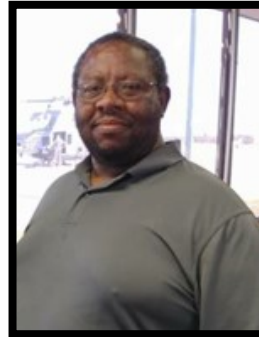
Thank You

A very heartfelt Thank You to these two volunteers. Dan & Dianne Wubben have been delivering between 40 and 50 commodity boxes each and every month for the past 10 years. This is no easy task, as these boxes each weigh nearly 35 pounds.

The Wubben's have been our Volunteer of the Month in 2009, 2012 and 2016 and were chosen as our Volunteer of the Year in 2012.

I am sure our Commodity clients will miss seeing you each month. We appreciate your volunteerism for so many years and wish you a happy retirement.

Let us also welcome our new volunteer Willie Russaw. Mandi recruited him to deliver commodities and he started in August.



The United Way is kicking off their fundraising campaign on September 12th. The Center is blessed to be an agency under the United Way umbrella. Please consider making a donation.

WHAT DOES YOUR GIFT TO UNITED WAY LOOK LIKE?

IT LOOKS LIKE ME.

LIVE UNITED

A CHANGED LIFE
MADE POSSIBLE BY you.

PLEASE GIVE TODAY!



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Medication Management

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Nutrition News

Healthy Eating Habits to Fall Into This Autumn



It's that time of year when it starts to get dark early. By the time we finish work it seems like it is ten o'clock at night, when it is really only five. Fall will soon be here, and Winter is just around the corner. Besides getting darker earlier, and colder by the minute, something else starts to happen, we start to feel more hungry, and we start to eat more and more. While the reasons for this occurrence varies across the board, studies have consistently shown that like clockwork, people generally increase their meal size and eat more around the beginning of November, resulting in a greater caloric consumption. So what can we do?

Besides watching your calories and what specific foods you are eating more closely, there are a few other ways to curb your hunger. Here are some of the top foods to keep you full for longer, while adding that extra nutritional boost to your body. **Chestnuts** are incredibly low in calories and contain more fiber than walnuts, pecans and pistachios. This nut is considered a low glycemic index food, and will therefore keep blood sugar levels under control. So grab a handful of chestnuts, whether they are raw or "roasted on an open fire". **Pumpkin & Squash Seeds** are 2 Fall signature foods. These seeds are an excellent source of Omega 3. The mix of this healthy fat combined with its impressive high protein content make these seeds one of the top filling seeds to snack on this Fall or for that matter, any time of the year. When it comes to nutritionally dense foods, **almonds are certainly a winner**. They are packed with essential nutrients. In fact, they contain over 6 grams of protein per ounce and are an ideal addition to any meal if you are looking to boost your protein content.

While Sleep doesn't fall under any list of top ranking foods to curb your appetite, sleep deprivation is the number one cause of excess snacking and caloric intake. Sleep deprivation causes the body to produce more of the hormone ghrelin, which results in an increased hunger feeling. Keep your caloric intake down and get plenty of sleep.

Mandi Lampman, Meals on Wheels Coordinator

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)

Center Wish List

- Decaffeinated Coffee
- Cat Food
- C, AA & AAA Batteries
- Toilet Paper
- Laundry Soap

thank you

Join us on September 26th for dumplings to celebrate **National Dumpling Day** and later in the week, on the 28th have a taste of beer to celebrate **National Beer Drinking Day**.

Nutrition News

July 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1414 (70 per day)	290 (15 per day)	307 (15 per day)	254 (23 per day)	2265 (113 per day)
Home Delivered	1268 (63 per day)	N/A	N/A	37 (3 per day)	1305 (65 per day)

Dinner & A Movie

Wednesday, September 20th - 5:00pm-8:00pm

Featuring: The Sons of Katie Elder (John Wayne)

Serving

Roast Beef
Mashed Potatoes & Gravy
Green Beans
Upside Down Cheesecake
Dinner Roll, Milk & Coffee

Showing: "The Sons of Katie Elder" starring John Wayne & Dean Martin. Katie Elder bore 4 sons. The day she is buried they all return home to Clearwater, Texas, to pay their last respects. John Wayne is the eldest and toughest son, the gunslinger. Tom is good with a deck of cards and good with a gun when he has to be. Matt is the quiet one, nobody ever called him yellow twice. Bud is the youngest.

Any hope for respectability lies with them.

Suggested Donation \$6.00
Includes meal, movie and popcorn
Call 665-1055 for reservations

Evening Meal

Wednesday, September 27th - 5:00pm-6:30pm

Serving

BBQ Ribs
Baked Potato
Corn
7 Layer Salad
Mandarin Oranges
Dinner Roll, Milk & Coffee

Suggested Donation \$5.00
Call 665-1055 for reservations

September

Kitchen Volunteers

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

Sept 1	Gerie Loecker
Sept 4	Center Closed
Sept 5	Alma Logdahl
Sept 6	Sandra Kreber
Sept 7	Chuck Schild
Sept 8	Cathy Orton
Sept 11	Dorothy Gobel
Sept 12	Sylvia Coulson
Sept 13	Gerie Loecker
Sept 14	Jan Kirschenman
Sept 15	Bonnie Strnad
Sept 18	JuLee Werkmeister
Sept 19	Delphine Peterson
Sept 20	Mary Garoutte
Sept 21	Shirley Dangler
Sept 22	Cathy Orton
Sept 25	Joyce Kollars
Sept 26	Alma Logdahl
Sept 27	Malena Diede (Noon)
Sept 27	JuLee Werkmeister (Evening)
Sept 27	Delphine Peterson (Evening)
Sept 27	Sylvia Coulson (Evening)
Sept 28	Dorothea Hoebelheinrich
Sept 29	Cathy Orton

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.

Potpourri

Flu Season Is Upon Us

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Massage Therapist

Ethelyn Schaeffer will be doing 15 minute massages at The Center on Thursday, September 21st from 12:30-2:30pm. The cost is \$10 for members and \$15 for non-members.

Ethelyn's specialty is pain relief. She has developed some principles regarding pain relief that have had great results at any age. Schedule your appointment and learn the secret to having less pain.

Ethelyn believes pain is delete-able!

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

Poor Balance
got you

We Can
Help!



Falling
Down?

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, September 12th

Tuesday, September 26th

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.



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.

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.

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.

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September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dinner & Movie Roast Beef Mashed Potatoes/ Gravy Green Beans Upside Down Cheesecake	Evening Meal BBQ Ribs Baked Potato 7 Layer Salad Corn Mandarin Oranges			1 Spaghetti/Meat Sauce Corn Fruit Chocolate Pudding/Topping
Labor Day Center Closed No Meals On Wheels	4 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Peaches	5 BBQ Chicken Baked Potato/Sour Cream Glazed Carrots Applesauce	6 Roast Turkey Mashed Potatoes/Gravy Harvard Beets Spinach Salad/Oranges Cranberry Orange Bar	7 Cheeseburger Pie Baked Sweet Potato Green Beans Tossed Salad/Dressing Baked Apples
8 Baked Chicken Company Potatoes Coleslaw Watermelon	9 Beef Tips & Gravy Mashed Potatoes Broccoli Fresh Cantaloupe	10 Citrus Chicken Herb Diced Potatoes Green Beans Jell-O Orange	11 Anniversary Dinner Meatloaf Oven Browned Potatoes Creamed Peas Dessert	12 Sweet & Sour Pork Brown Rice Oriental Blend Vegetables Chocolate Pudding/Topping
13 Swiss Steak Mashed Potatoes/Gravy Broccoli Peaches Banana Bar	14 Lasagna Peas Chinese Coleslaw Fruit Slush	15 Chicken Parmesan Scalloped Potatoes Seasoned Spinach Mandarin Oranges	16 Birthday Dinner Pork Roast Boiled Potatoes/Gravy Peas & Carrots Cranberry Sauce Cake & Ice Cream	17 Hamburger Company Potatoes Baked Squash Baked Apples
18 Oven Fried Chicken Diced Herb Potato Green Beans Jell-O w/Strawberries	19 Pork Cutlet/Gravy Boiled Potatoes Dumpling/Sauerkraut Spinach Salad/Dressing Fruit Slush	20 Sloppy Joe Macaroni & Cheese Tapioca Pudding Orange	21 French Dip Sandwich 1/2c Potato Salad 1/2c Peaches Cranberry Orange Bar	22 Tatertot Casserole Seasoned Spinach Tossed Salad Tropical Fruit

Evening Meal, Wednesday, September 27th, 5:00pm-6:30pm.

We are serving : BBQ Ribs, Baked Potato, Corn, 7 Layer Salad, Mandarin Oranges, Dinner Roll, Milk & Coffee.

Suggested donation is only \$5.00 - Call 665-1055 for reservations.

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.


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CREMATION SERVICE


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



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September Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Game Day Every Monday in August. 	Senior Week September 11th—15th Monday Sports Team Day Tuesday Pajama Day Wednesday Hat Day Thursday Scarf & Tie Day Friday Red & Black Day			1 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
4 Labor Day Center Closed No Meals on Wheels	5 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 12:30-6 Bingo 7-9	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3	7 Table Tennis 8:30 Billiards 8:30 Activity Mtg 10:00 Wii Bowling 10:00 Nail Clinic 10:00 Pinochle 12:45 Dominos 1:00	8 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
11 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Sports Team Day	12 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Wii Bowling 1:00 Bingo 7-9 Pajama Day No Nurse Today	13 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Hat Day Pancakes 4:30pm-7:00pm	14 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Activity Mtg 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Scarf & Tie Day Anniversary Dinner 11:30am-12:30pm	15 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 Bingo 7-9 Red & Black Day
18 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Annual Mtg 12:00 Pinochle 1:00 Hand & Foot 1:00	19 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Falls Prev. Scr 1:00 SHIINE 12:30-6 Bingo 7-9	20 Billiards 8:30 Line Dancing 9:30 Site Meeting 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Dinner & Movie 5:00pm-8:00pm	21 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	22 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
25 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	26 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 Evening Meal 5:00pm-6:30pm	27 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 SHIINE 1-3	28 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	29 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9

Membership News

Welcome New Members

Tom & Mary Reiners ▪ Yankton
 Neta Thompson ▪ Yankton
 Darold Werkmeister ▪ Yankton
 Jon & MaryJane Mathrole ▪ Yankton
 Darrel Johansen ▪ Yankton, SD
 Celestine Johansen ▪ Yankton, SD
 Diana Spence ▪ Utica
 Edward & Kathleen Marceau ▪ Yankton
 Vivian VanEssen ▪ Yankton
 Verne Hull ▪ Yankton

Memorials

In Memory of George Schneeberger

Elizabeth Schneeberger

In Memory of Brenda Palmer

Margrit Lock

In Memory of Audrey Smith

Pat & Christy Hauer

Thank You for Your Donation

Coffee	Darold & Geri Loecker
Magazines	Jim Huisman
Toilet Paper	Charles & Beth Nyquist
Shower Chair	Chris O'Brien
Kleenex	Rose Kabeiseman
Toilet Paper	Cordy & Diane Rasmussen
Coffee & Kleenex	Fran & Sandy Johnson
Coffee	Theresa Arens
Magazines	Darwin & LaVila Tessier
Kleenex & Candy Bars	Sharon Tronek
Candy Bars	Dennis Lampman
Toilet Paper & Batteries	Gary & Velma Kuchta
Coffee	Barb & Andy DeJager
Magazines	Darlene Kolda
Magazines	Gary & Velma Kuchta
Magazines	Ramona Bagstad
Kleenex & Candy Bars	Shari Persinger-Hovland
Cat Food & Toilet Paper	

Get Well Cards

Delphine Peterson
 Diane Nicholson

Sympathy Cards

Chris O'Brien
 Loss of Mother
 Audrey Smith Family



Members enjoying an afternoon of Pinochle.

Left: Sylvia Coulson, Delphine Peterson, Cathy Huchtmeier and Cee Sorenson

Right: Sharon Tronek, Bob Neibergall, Millie Zimmerman and Delvona Moser



September Birthdays

September 1	Mark Frick	September 11	Gertrude Wiepen	September 23	Arlys Rye
September 1	Lynda Healy	September 12	Darlene Kolda	September 23	Darlene Schaeffer
September 1	Susie Koziol	September 12	Romaine Wieseler	September 23	Peg Wittmeier
September 1	Marlene Larsen	September 13	Linda Nickles	September 24	Pearl Lyons
September 1	Charles Nyquist	September 13	Chuck Schild	September 24	Jim Walloch
September 2	Bradie Hendrix	September 14	Gayle Hubert	September 24	Linda Wilcox
September 2	Joanne Weimer	September 14	Betty Thomas	September 25	Will Dangler
September 3	Gert Andersh	September 15	Donna Stengle	September 25	Gladys Hamberger
September 3	Martin Raab	September 16	Sharon Knorr	September 25	Jerald Rames
September 3	MaryAnn Schonebaum	September 16	Lynne Nelson	September 25	Alice Thomsen
September 4	Peggy Olson	September 18	Gertrude Bowers	September 26	Janene Cabalka
September 5	Brett Hargan	September 18	Kaye Cwach	September 26	Joyce Kollars
September 5	Barbara Schneider	September 18	Betty Drotzman	September 26	Paul Nielson
September 5	Dorothy Stanage	September 18	Gerrie Healy	September 26	Brooke VanDerhule
September 6	Wes Cimpl	September 18	Lois Lenling	September 26	Armond Wiebelhaus
September 6	Raymond Pravacek	September 18	Sharon Thoene	September 27	Bill Arens
September 7	Gary Lien	September 20	Bill Kennedy	September 27	Gail Fiedler
September 7	Larry VanderPoel	September 20	Sara Paulsen	September 27	Karen Gran
September 8	Ethel Campbell	September 21	Dorothy Blumer	September 27	Errol Johnson
September 8	Bill Cerny	September 21	Karen Domogalski	September 27	Linda Stevens
September 8	Maysel Goltz	September 21	Brian Hunhoff	September 28	Mary Broders
September 9	Kirt Flannery	September 21	Dorothy Wurtz	September 28	Glenn Mannes
September 9	Ken Huether	September 22	Carol Fountain	September 28	Mary Reiners
September 9	Judy Ray	September 22	Beverly Lowe	September 28	Janeane Steinberg
September 10	Mary Haberman	September 23	Alberta Bender	September 29	Bev Larsen
September 10	Bob Nagy	September 23	Shari Persinger-Hovland	September 30	Bonnie Whatling
September 10	Marillyn Obr				

September Anniversaries

September 1	Darold & Geri Loecker
September 3	Will & Shirley Dangler
September 6	Norman & Ethel Campbell
September 7	Doyle & Carolyn Becker
September 8	Robert & Dorcas Mason
September 15	Don & Amanda Johnson
September 15	Rodney & Judy Woerner
September 16	Greg & Peg Wittmeier
September 19	Bob & Delores Nelsen
September 26	Andy & Barb DeJager
September 26	Joe & Romaine Wieseler
September 30	Joseph & Dorothy Hejl



Celebrating Anniversaries, Paul Nielson with Barb & Andy DeJager, John & Sharon Leinen and Leslie & Sharon Knorr.

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 have a small group that has started to walk. There is room for many more. The group gets together every Thursday from 3-3:30pm. You can walk at a fast or slow pace. When the weather starts getting colder we can walk inside the building.

If you are interested, stop in the office and let us know.

All afternoon activities on Monday, September 18th will start at **1:00pm or later** due to the Annual Meeting.

Exercise Class With Judi O'Connell



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

CARDS MAY BE PURCHASED IN THE FRONT OFFICE

There will be **NO CLASSES** on Wednesday, September 13th, 20th, 27th or Wednesday, October 4th.

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. 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.

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.

Activities

Pinochle News

July Drawing

Jeanne Laffey & Joyce Kollars

Double Pinochle—July 31, 2017

John Swensen & Janice Olson

Double Pinochle—August 1, 2017

Sylvia Coulson & Delphine Peterson

1000 Aces—August 1, 2017

Gert Andersh & Sandra Kreber

Double Pinochle—August 28, 2017

Amanda Stewart & Ruth Pearson

Double Pinochle—August 29, 2017

Millie Zimmerman & Bob Neibergall

Pinochle Start Time (1:00pm)

Pinochle will at 1:00pm on Monday, September 18th (Annual Meeting) and Thursday, September 21st (Birthday Dinner). This change is so our birthday guests don't feel rushed to leave.

Thank you for your cooperation.



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.

Partnership Bridge News

August 2, 2017

- | | |
|-------------------------------------|-------------|
| 1. Leta Levinger & MaryAnn Anderson | Score: 5710 |
| 2. Char Erickson & Mae Crawford | Score: 4850 |
| 3. Sally Welter & Rose Kabeiseman | Score: 4120 |
| 4. LaVila Tessier & Margie Eddie | Score: 4050 |

August 9, 2017

- | | |
|-------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5910 |
| 2. Muriel Stach & Beth Nohr | Score: 5690 |
| 3. Judy Kistler & Evelyn Cimpl | Score: 4180 |
| 4. Jean Fitzgerald & Jean Schaecher | Score: 3730 |

Slams: Jean Fitzgerald & Jean Schaecher
Beth Nohr & Muriel Stach
Fran Mollet & Marilyn Weverstad
Darwin Tessier & Glenn Mannes

August 16, 2017

- | | |
|-------------------------------------|-------------|
| 1. Leta Levinger & MaryAnn Anderson | Score: 6050 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 6000 |
| 3. Mae Crawford & Char Erickson | Score: 5060 |
| 4. Judy Kistler & Janet Ausdemore | Score: 4860 |

Slam: Mae Crawford & Char Erickson

August 23, 2017

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5750 |
| 2. Glenn Mannes & Darwin Tessier | Score: 5280 |
| 3. Jeanne Gustad & Dan Miller | Score: 4720 |
| 4. Margie Eddie & LaVila Tessier | Score: 4400 |

Slam: Margie Eddie & LaVila Tessier

Friday Bridge

July 28, 2017

- | | |
|-----------------------------------|-------------|
| 1. Evelyn Cimpl & Sally Welter | Score: 4830 |
| 2. Char Erickson & Jean Schaecher | Score: 4780 |
| 3. Muriel Stach & Beth Nohr | Score: 3980 |
| 4. Janet Ausdemore & Judy Kistler | Score: 3540 |

August 4, 2017

- | | |
|-----------------------------------|-------------|
| 1. Leta Levinger | Score: 4550 |
| 2. Janet Ausdemore & Judy Kistler | Score: 3620 |

August 11, 2017

- | | |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 6710 |
| 2. Judy Kistler & Janet Ausdemore | Score: 4370 |
| 3. Darwin Tessier & LaVila Tessier | Score: 3440 |

August 18, 2017

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 6040 |
| 2. Sally Welter & Evelyn Cimpl | Score: 4050 |
| 3. Jean Fitzgerald & Char Erickson | Score: 3470 |

Small Slam: Judy Kistler & Janet Ausdemore

Wii Bowling

Tuesday League starts September 5th at 1:00pm.

Thursday league started August 31st at 10:00am. We need bowlers for

Thursday League. If you are interested, please call Jeanne Laffey at 665-2774.



Services/Education



Commodity Program

Friday, September 15th

1:00pm-3:00pm

The Commodity Supplemental Food Program is for those who are 60 and older 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. Stop in the office if you are interested in applying.

Commodities are distributed on the 3rd Friday (**September 15th**) each month in the Southeast parking lot. Commodities are on a first come first serve basis. 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.

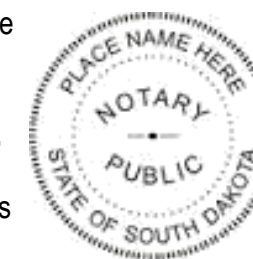
Stop by the office today to complete an application.

Hearing Aid Batteries

We have several hearing aid batteries that have been donated. **Free:** Size 312, 13, 13A & 12. If you would like some, please stop in the office and pick them up.

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 meets the second Tuesday each month (**September 12th**) from 10:00am to 11:00am at The Center.

Please call 665-4685 for more information.



Falls Prevention Screening

Tuesday, September 19th - 1:00pm-3:00pm



Falls are among the most common and serious problems facing older people. Susan Thorson, RN will be available to screen for fall prevention on Tuesday, September 19th from 1-3pm.

Schedule your appointment in the front office.

Long Term Care Presentation

Friday, October 20th - 10:30am

Learn the answers to your questions during this **FREE** education session about long term care; including how long term care works, how much it costs, what Medicare and Medicaid pay for, how to plan ahead and what to look for in a long term care insurance plan.

Presented by:

Kathi Skoglund with the South Dakota Department of Social Services