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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
John Swensen	Retired <i>Salesman</i>
Cee Sorenson	Retired Nurse
Steve Wentworth	Retired Safety Manager

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Pancakes & French Toast (2nd Wednesday)
Wednesday, November 8th • 4:30pm-6:30pm
 Join us for (All You Can Eat) Pancakes & French Toast, a single serving of eggs, bacon or sausage and coffee. All for only **\$5.00!**
 Bring the whole family. In October we served **144**

Dinner And A Movie (3rd Wednesday)
Wednesday, November 15th • 5:00pm-8:00pm
Featuring: "The Intern"
 Academy Award winner Robert DeNiro stars as Ben Whittaker, a 70 year old widower who gets the chance to work as a senior intern at an online fashion start-up founded and run by the ambitious Jules Ostin, played by Academy Award winner, Anne Hathaway. As the two generations collide, they also find friendship and someone to count on—each other.
 We feature a dinner, movie and popcorn for the low suggested donation of \$6.00
Serving: Lasagna, Chinese Coleslaw, Italian Vegetables, Garlic Bread & Fruit Slush
Call 665-1055 to make reservations.



Sheriff Jim Vlahakis stopped by to help Henry Petersen deliver Meals on Wheels.

Hours of Operation
Mon, Wed & Thurs (8am-4pm)
Tues & Fri (8am-9pm)
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!



Evening meal volunteers: Chuck Schild, JuLee Werkmeister, Bill Cerny & Cook, Tim McFarland

Effective October 25th, dine in suggested donation is \$5.00, carry out is \$6.00

Evening Meal
Wednesday, November 29th • 5:00pm-6:30pm
(Please note date change due to the Holiday)
 Don't miss out on **Tim's Famous Ribs**. The suggested donation is only **\$5.00**.
Bring the whole family, just call 665-1055 for reservations.
Serving: BBQ Ribs, Baked Potato, California Blend Vegetables, Banana, Chocolate Pudding, Roll, Coffee and Milk.

Board of Director's



2017-2018 Board of Director's

Members elected a new slate of officers, Joleen Smith (President); David Hosmer (Vice President); Heather Olson (Secretary); and Kara Payer (Treasurer).

In our Annual Report we list all of our donors on the back page. We apologize that we missed donations from Randy & Joleen Smith. They should have been listed as donors in the \$500.00-\$750.00 category.

Thank you Randy & Joleen for your support.



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.

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

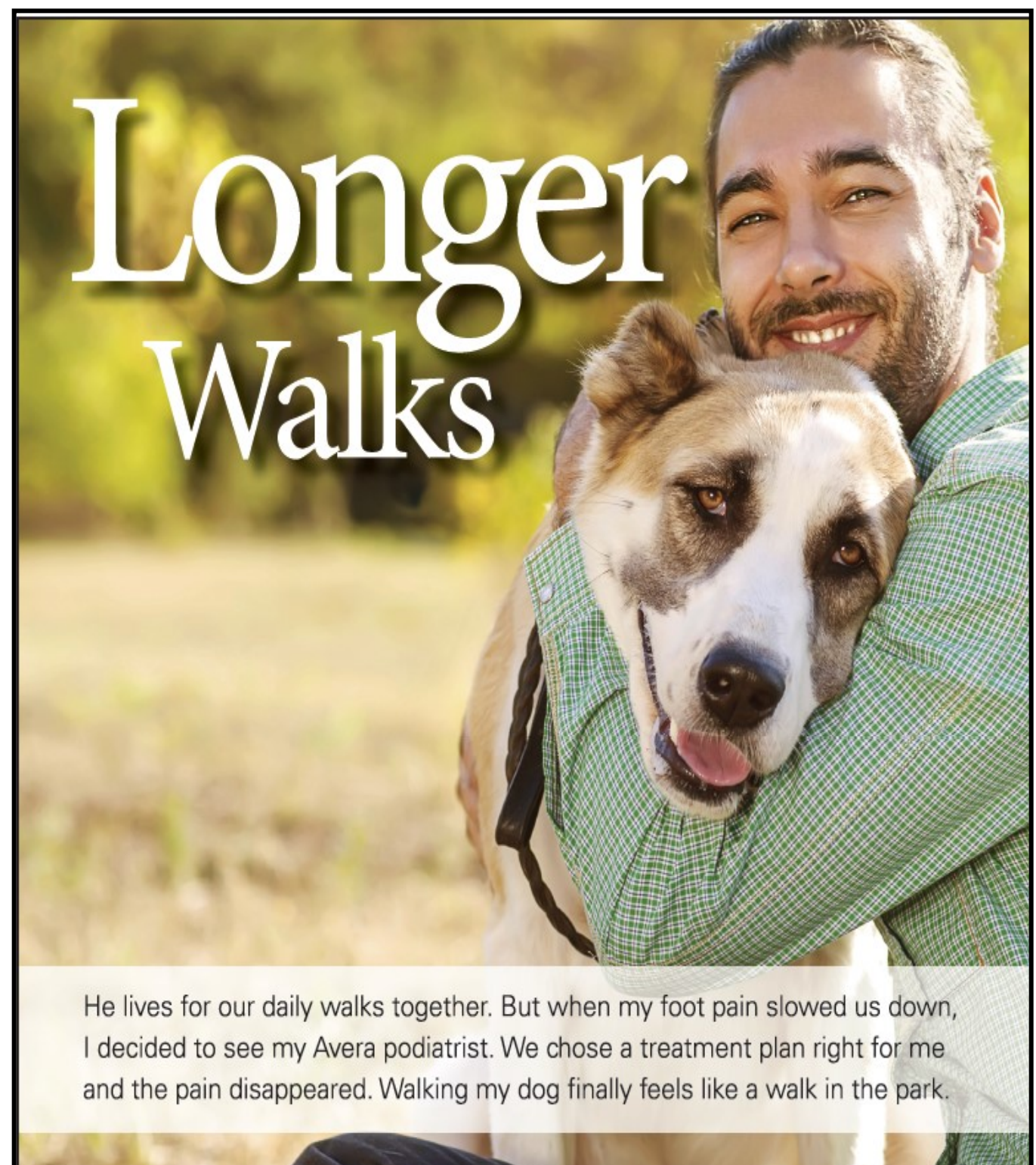
The Center will be closed Thursday & Friday, November 23rd & 24th for the Thanksgiving holiday. There will be no Meals on Wheels.

If you would like frozen meals for the holiday weekend, please call 665-1055 to place an order.



A couple of Board members stopped by for lunch with us. Kenny Hansen, Mandi Lampman, Board Member, Steve Wentworth, Christy Hauer, Henry Petersen, Kriss Thury and Board Member, Bob Kellen.

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



Fran and Sandy Johnson have been named our October Volunteers of the Month. The Johnson's volunteer their time in many different areas of The Center as well as support The Center financially.

Fran & Sandy can be seen delivering Meals on Wheels, helping with the pancake feeds and other evening functions and Sandy stops by monthly to help fold our newsletter.

Thank you Fran and Sandy for all you do!

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

It is with much sadness and a heavy heart I have to inform you of the termination of the South Central South Dakota Retired Senior Volunteer Program in Clay, Yankton and Bon Homme counties. The sponsoring organization of this project, the City of Mitchell, has relinquished the RSVP program effective January 1, 2018.

I want to thank The Center and their nutrition program and all of the stations where the RSVP volunteers were engaged for your continued support over the past 16 years.

I am so proud to have been a part of RSVP where volunteers have so faithfully committed their time and talents to help non-profits and public agencies in our community!

I will sincerely miss you all.

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**.

We are in need of volunteers to deliver commodities. If you are able to help, please contact Mandi at 665-1055.

Director's Desk



The Fall is a bittersweet time for me. I love the beauty of the changing colors. I enjoy walking the trails and paths in the lake area, while taking in the magnificent colors of the season. Fall is my least favorite season for many reasons. First and foremost, we have to bid farewell to our many snowbirds. Every year I dread seeing them leave, but am, of course, happy for them. I also dread the colder weather that is in store for us. Until we get used to the temperature changes, it seems the transition period between seasons is the difficult part. But together, nestled in front of our decadent fireplace we will endure our upcoming South Dakota Winter. Those down South won't have the same opportunity, who know, maybe we can roast some marshmallows. (LOL)

Another bittersweet experience is when we begin preparation for our Memorial Program, which will be November 13th. We are faced with the challenge of formally saying goodbye to 31 of our members. But, we remind ourselves that this is truly a beautiful time for us to come together as a Center family to celebrate the lives of these extraordinary people. I would encourage you to come to our celebration. I am so proud and thankful for our long and rewarding relationship with Wintz and Ray Funeral Home. Paul Wintz works closely with us to assure our celebration is the best it can be. When you are out in the community please thank Paul for his continued support and sponsorship.

One program we host throughout the month of November is sweet, sweet and oh so sweet. It is our Medicare Part D assistance program. A special thank you to Marge Becker, Wilbur Goehring, Lynette Bruening, Romaine Wiebelhaus, Debbie Keegan and Chuck Ditmar for their dedication and support of the SHIINE program. Last year these angels (and I say that literally) collectively donated 342 hours, helped 575 people, in which they saved Yankton County Seniors \$195,240. Now many low income Seniors do not have to chose between food and their needed medications. I am so overwhelmed and humbled by the commitment of these volunteers and the profound impact they make on so many lives. If you are over the age of 65, I would encourage you to call The Center and make an appointment to make sure you are on the most affordable pharmaceutical plan for you. I would also like to thank our staff, receptionists and volunteers who answer the phones and schedule the appointments, it to is a tremendous undertaking. (scheduling over 500 appointments a year).

I am so proud to be an American. I get choked up when the colors are presented. At events I enjoy singing along with the National Anthem (and yes I know the words) I am in awe when the Blue Angels fly over. But what I admire more than anything are the men and women who serve and have served our country in the military. So many have sacrificed so much to provide us the freedom we enjoy. I am excited to once again have our board member David Hosmer present a program in honor of Veteran's Day on November 10th from 11-11:30. Please call to make reservations for dinner. I can promise you, Dave will educate, entertain and make you feel even prouder to be an American. Last year that was the affect his program had on me.

God Bless You, God Bless Our Harvest and God Bless America,

Christy Hauer, Executive Director

Veteran's Day Program Friday, November 10th 11:00am-11:30am

Join us as we honor our Vets. Board member, David Hosmer will be here to share short tales about young men in WWII. (Wear Red, White & Blue to the Program)



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."



Row 1: Mardell Antes, MaryAnn Barnes, Rosella Brady, Theresa Burstall, Joanne Christensen & Florence Eide
 Row 2: JoAnn Flow, Layton Ferwerda, Daniel Gill, Agnes Hagen, Delores Hatch, Florence Heine
 Row 3: James Hohn, Helmuth Holmgren, Ona Holmgren, Elenore Kappel, Colleen Lefler & Martha List
 Row 4: Roger Messler, Vonnie O'Hara, Marilyn Pates & Geraldine Pederson
 Row 5: Minnie Schenkel, Dorothy Schmidt, Audrey Smith, Mike Taylor
 Row 6: Garland Timm, Bob Titus, Christine Vellek & Caroline Weisser
 Not Pictured: Bill DeWiitt

Memorial Program
Monday, November 13th
 Lunch 11:30am
 Program 12:00-1:00pm

Serving: Chicken Fried Steak
 Mashed Potatoes & Gravy
 Mixed Vegetables
 Fruit
 Angel Food Cake

Call 665-1055
 to make reservations

Program is sponsored by:
 Wintz & Ray Funeral
 Home & Cremation Services

Potpourri

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.

Morning Coffee Show with Scott Kooistra

We are on radio KYNT1450AM at 7:40am & 12:20pm
Tuesday, November 14th
Tuesday, November 28th
 Tune in to hear about upcoming events and activities at The Center.



A special THANK YOU to Riverfront Broadcasting for their support of The Center.

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.

First Chiropractic Center

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

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Potpourri



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. **We appreciate your feedback.**



Scoop It Program

The Scoop It Program is a service for elderly or disabled people who need their sidewalks shoveled, who are unable to financially afford it and have no family or friends who can assist them. If you would like to apply for this program, please stop in the office to get an application.

Guidelines to Qualify

- ◆ Monthly income of **\$1,307** or less for a 1 person household or **\$1,760** for a 2 person household.
- ◆ Must be over 60 years of age and/or disabled.

Snowfall removal is initiated if we receive 2 or more inches of snow, and shoveling will not start until snowfall is completed. Snow removal is done by the Yankton Trustee Unit and may take up to 48 hours to scoop. **Snow will only be removed to allow for a vehicle to get in and out of a garage or driveway, but may not clear the whole driveway.**



Winter Weather Information

With the Winter season here, we would like to remind everyone that when the Yankton School District closes due to inclement weather, The Center will also be closed and there will be **NO Meals on Wheels.** Please listen to: KYNT 1450AM, WNAX 570AM or KVTK 1570AM for closing information.

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Fundraising News

Souless Soup Kitchen November 1st—December 31st

We need your help! Our goal this year is \$8,000. Your monetary donation helps us operate throughout the year in many different areas such as Meals on Wheels, equipment costs and repairs, staff support and day to day operations of The Center. Stop in the office today and make your donation.

THANK YOU!

Jean Schaecher
Dorothy Johansen
Sylvia Coulson

Those in bold, denotes a donation of \$100 or more



Thank You For Your Monetary Donation

Steve & Deb Murray
Bill & Lois Kerr

Your generous support is greatly appreciated!

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BINGO

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7:00pm

(Open to the public)

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6	20	38	51	68
7	22	FREE	54	69
12	23	39	57	72
15	27	44	60	75

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.

****NO BINGO ON FRIDAY, NOVEMBER 24TH****

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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.

Call 665-4685 • 900 Whiting Dr., Yankton

Tabor Nutrition Center

Tabor News

Happy Harvest,
It's that time of year, all the farmers are busy getting their crops harvested and to market. Be safe and keep a watchful eye for the semi's and other equipment on the road.

We had a good turnout for our evening meal. Roast pork and dumplings are certainly a favorite for all.

We will have our Holiday Evening Meal for November on Tuesday, the 14th. We are serving a traditional turkey dinner with all the fixings.

We will be closed on Thursday, November 23rd for the Thanksgiving holiday. Enjoy the day with all your family and friends.

With friendship,
Gail Hovorka—Tabor Site Coordinator

November 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.

November 1	Porcupine Meatballs
November 2	Chicken Parmesan
November 7	Macaroni & Cheese w/Chicken
November 8	Chicken & Dressing
November 9	Hamburger Patty
November 14	Roast Turkey (Holiday/Evening Meal)
November 15	Hot Turkey Sandwich
November 16	Goulash
November 21	Salisbury Steak
November 22	Beef Barley Soup
November 23	Center Closed - Happy Thanksgiving
November 28	Autumn Chicken
November 29	Swiss Steak
November 30	BBQ Ribs (Birthday Dinner)



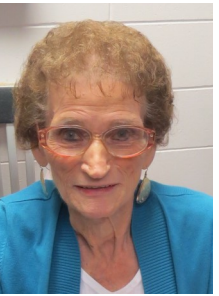
Tabor Nutrition Center Staff
Ilene Sternhagen, Gail Hovorka,
Lillian Bartunek, and Gladys Hamberger

Upcoming Events

November 1-30	Soupless Soup Kitchen	
November 8	Pancake Feed	4:30pm-6:30pm
November 8	Caramel Roll Order Deadline	
November 9	Anniversary Dinner	11:30am-12:30pm
November 10	Veteran's Day Program	11:00am
November 13	Memorial Program	11:30am-1:00pm
November 14	Dementia Caregiver Group	10:00am-11:00am
November 14	Christy on KYNT Radio	7:40am & 12:20pm
November 15	Dinner And A Movie	5:00pm-8:00pm
November 15	Caramel Roll Pickup	11:00am-4:00pm
November 16	Birthday Dinner	11:30am-12:30pm
November 17	Commodities	1:00pm-3:00pm
November 21	Memory Screening	1:00pm-3:00pm
November 28	Christy on KYNT Radio	7:40am & 12:20pm
November 29	Evening Meal	5:00pm-6:30pm
November 23 & 24	Center Closed-Happy Thanksgiving	

Open House

The Schild family would like to invite you to help celebrate Colleen Schild's 90th Birthday on Saturday, November 4th from 2:00pm-4:00pm at The Center. **No gifts please.**



November Birthdays

- November 9th ▪ Angie Kortan
- November 9th ▪ Elton Rokusek
- November 11th ▪ Adeline Merkwan
- November 21st ▪ Ruth Sternhagen



Tabor Wish List

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



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Trips

We are considering a trip to Pierre to see the Christmas Trees. Stop in the office if you are interested in going. If there is enough interest we will plan a trip. The sign up deadline will be December 1st.

**Worthing Dinner Theater - 5:00pm-11:00pm - January 2018
\$62.00 per person - Includes transportation, dinner and theater**

“A Tuna Christmas” In this hilarious sequel to *Greater Tuna*, it's Christmas in the third smallest town in Texas. Radio station news personalities, Thurston Wheelis and Aries Struvie, report on various Yuletide activities, including hot competition in the annual lawn display contest. In other news, voracious Joe Bob Lipsey's production of *A Christmas Carol* is jeopardized by unpaid electric bills. Many colorful Tuna denizens, some you will recognize from *Greater Tuna*, and some appearing here for the first time, join in the holiday fun. *A Tuna Christmas* is a total delight for this holiday season!

Upcoming shows we will travel to:

March 2018 “Nana’s Naughty Knickers”

May 2018 “The Marvelous Wonderettes”

“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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Nutrition News



Winter is just around the corner and as the temperatures drop, it can become more challenging to stay healthy and active. We are all prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood-booster, and eating healthy can help you feel strong enough to fight off those winter colds. Below are 5 easy ways to stay healthy during the winter months.

1. **Keep eating healthy.** During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than canned.
2. **Exercise outdoors safely.** If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. Be sure to dress in layers and wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sunglasses and protect yourself from windburn as well.
3. **Let the sunshine in.** Sunshine, and Vitamin D are key in battling the winter blues. Try your best to get fresh air and some natural light every day even if it’s to check the mail.
4. **Keep in touch.** We all often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make reservations for lunch at The Center, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis.
5. **Winter proof your home.** As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit. It’s always a great idea to have working carbon monoxide detectors in the home, especially if you use space heaters.

With a little planning and determination, winter can be truly enjoyed, rather than simply endured. Prioritize your health and well-being, body and mind, and you can make the most of the cold season. Happy Thanksgiving to you all!

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)

Thank You

We have been so happy with how far we have come with everyone calling in for meal reservations. Our numbers are nearly spot on, which in turn, means less waste.

We enjoy having you dine with us at The Center. We ask that you keep your nutrition account current by paying for your meals in advance, or use a pay as you go system. This minimizes the need for additional staff hours. Please check with Mandi if you need to know your current balance.



Karen Gran, JoAnn Huitema, Dory Ahern, Cee Sorenson, and Norma Andersen enjoying the BBQ Ribs

Nutrition News

September 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1463 (73 per day)	304 (15 per day)	288 (10 per day)	238 (20 per day)	2293 (115 per day)
Home Delivered	1330 (67 per day)	N/A	N/A	48 (4 per day)	1378 (69 per day)

November Kitchen Volunteers

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

November 1	Sandra Kreber
November 2	Chuck Schild
November 3	Cathy Orton
November 6	Joyce Kollars
November 7	Barb DeJager
November 8	Gerie Loecker
November 9	Jan Kirschenman
November 10	Bonnie Strnad
November 13	Dorothy Gobel
November 14	Alma Logdahl
November 15	Sandra Kreber
November 16	Gerie Loecker
November 17	Bonnie Strnad
November 20	JuLee Werkmeister
November 21	Mary Garoutte
November 22	Cathy Orton
November 23	Closed
November 24	Closed
November 27	Malena Diede
November 28	Alma Logdahl
November 29	Sandra Kreber
November 30	Joyce Kollars

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.



Bake Sale

Pre-Order by: Nov. 8th
 Pickup: Nov. 15th
 (11:00am-4:00pm)
 Members: \$.75 each
 Non-Members: \$1.00 each

Get your holiday orders in early.
 Fresh, baked caramel or cinnamon rolls.
 Sold individually or by the dozen.

The Center caramel rolls are so delicious, they make great gifts and are the perfect ending to your Thanksgiving meal.

Stop in the office today and place your order.

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

We had a full house at our Evening Meal, serving 172 people, "Famous" Tim's BBQ Ribs. They were 'Lip Smackin Good!'



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 Celebrating Life, Helping you Heal

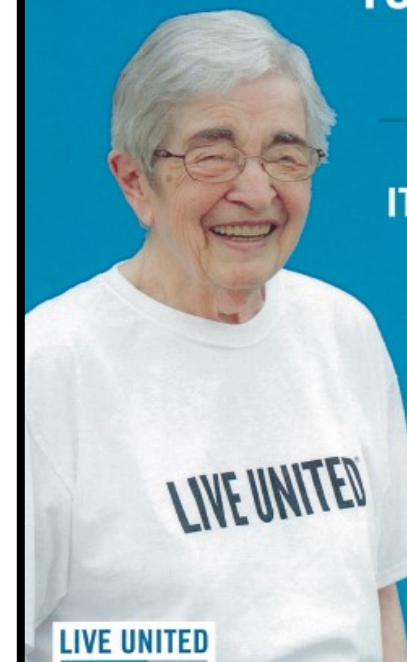


Directors: Jim, Steve, Jerry and Paul Wintz

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 TO UNITED WAY
 LOOK LIKE?

IT LOOKS LIKE ME.



A
 CHANGED
 LIFE
 MADE POSSIBLE BY
 you.



PLEASE GIVE TODAY!



Line Dancers: Priscilla Mazourek, Susie Koziol, Eileen Leshner, Joan Haberman, Gayle Hubert, Shelly Becker & Millie Zimmerman

Newsletter folders, Sandy Johnson, Cecelia Dean, Barb DeJager, Millie Zimmerman



George & JoAnn Smith holding hands



Doug Larson, Maynard Rempp, Bob Eddie & Dan Miller get together weekly for a competitive game of Snooker.



We wore pink in honor of Breast Cancer Awareness month.




November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dinner & Movie (11/15) Lasagna Chinese Coleslaw Italian Vegetable Blend Fruit Slush	Evening Meal (11/29) BBQ Ribs Baked Potato California Blend Vegetable Banana Chocolate Pudding	1 Autumn Chicken Baked Sweet Potato Harvard Beets Banana Bar	2 Meatloaf Scalloped Potatoes Parslied Carrots Jell-O w/Fruit	3 Sloppy Joe Cream of Broccoli Soup Fruit Chocolate Pudding/Topping
6 Beef Noodle Stroganoff Broccoli Peaches Cranberry Orange Bar	7 Citrus Chicken Herbed Diced Potatoes/Gravy Green Beans Orange (Wear Orange)	8 Pork Loin Boiled Potatoes/Gravy Squash Cranberry Crunch Salad Pancake Feed	9 ANNIVERSARY DINNER Salisbury Steak Mashed Potatoes/Gravy Corn Fruit Tapioca Pudding	10 Sweet & Sour Pork Brown Rice Oriental Vegetables Apricots Veteran's Day Program 11:00am, (Wear your Red, White & Blue)
13 Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Fruit Angel Food Cake	14 Cider Braised Pork Chop Oven Browned Potatoes Seasoned Spinach Baked Apples	15 Oven Baked Beef Stew Biscuits Peaches Chocolate Pudding Dinner & Movie: Lasagna	16 BIRTHDAY DINNER Baked Steak/Gravy Brown Rice Creamed Cabbage Fruit Cake & Ice Cream	17 Chicken & Noodles Broccoli Peaches Tapioca Pudding
20 THANKSGIVING DINNER Turkey Mashed Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Pie	21 Mandarin Chicken Breast Parslied Potatoes Broccoli Banana Chocolate Pudding/Topping	22 Cheeseburger Pie Sweet Potato Corn Tossed Salad/Dressing	23 Center Closed Happy Thanksgiving	24 Center Closed Happy Thanksgiving
27 Chicken Parmesan Scalloped Potatoes Seasoned Spinach Tropical Fruit	28 Liver & Onions (Ham-alt) Cheesy Hashbrowns Corn Peaches	29 Chili Cinnamon Roll Glazed Carrots Evening Meal - BBQ Ribs	30 Herbed Pork Chop Herbed Diced Potatoes Stuffing Fruit	1 BBQ Chicken Breast Baked Potato Glazed Carrots Fruit

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.**

November Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3	2 Table Tennis 8:30 Billiards 8:30 SHIINE 9-3:30 Wii Bowling 10:00 Nail Clinic 10:00 Pinochle 12:45 Dominos 1:00	3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 SHIINE 5-8 Bingo 7-9
6 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	7 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9 Color the World Orange Day— Wear Orange Clothing	8 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	9 Table Tennis 8:30 Billiards 8:30 SHIINE 9-3:30 Activity Mtg 10:00 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm	10 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 SHIINE 5-8 Bingo 7-9 Veteran's Day Program 11:00am, (Wear your Red, White & Blue)
13 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00 Memorial Program 11:30am-1:00pm	14 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10-11 SHIINE 10-6 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9 No Nurse Today	15 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Site Meeting 9:30 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Dinner & Movie 5:00pm-8:00pm	16 Table Tennis 8:30 Billiards 8:30 SHIINE 9-3:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	17 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 SHIINE 5-8 Bingo 7-9
20 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:00 Pinochle 12:45 Hand & Foot 1:00 Thanksgiving Dinner 11:30am-12:30pm	21 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	22 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00	23 Center Closed Happy Thanksgiving	24 Center Closed Happy Thanksgiving
27 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	29 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Halloween Par 11:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	29 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 Evening Meal 5:00pm-6:30pm	30 Table Tennis 8:30 Billiards 8:30 SHIINE 9-3:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	

Membership News

Welcome New Members

Justin & Heather Olson - Yankton
Delores Moore - Yankton
Robert & Lois Furdeck - Yankton
Joe Tacke - Yankton

Get Well Cards



Marlys Blaalid
Aldine Mayer
Dan Wubben
Sharon Leinen
Norma Anderson
Joyce List
John Swensen

Sympathy Cards

Florence Eide Family
JoAnn Flow Family
Bob Titus Family
John Swensen (Loss of Sister)

Memorials

In Memory of Florence Eide

Pat & Christy Hauer
Cee Sorenson

In Memory of Bob Titus

Pat & Christy Hauer
Dory Ahern
John & Linda Lichter
Doug & Lynn Nelson
Lynn & Jean Bennett
Dave & Carol Rockne
Bob & Marlys Shaff

Thank You for Your Donation

Coffee	Maury Ekeren
Books	Connie Burciaga
Coffee	Theresa Arens
Walker	Larry Rupiper
Kleenex	Beth Ashley
Coffee	Barb & Andy DeJager
Detergent/Batteries/Magazines	Gary & Velma Kuchta
Greeting Cards & Toilet Paper	Eileen Leshner
Candy	Sharon Tronek
Buns/Canned Goods/Chips	Shurco
Magazines	Rose Robinson
Craft Magazines	Jeanette Wieseler
Catfood/Toilet Paper/Kleenex	Shari Persinger-Hovland
Coffee	Darold & Geri Loecker
Coffee & Prizes	Diane Reese
Magazines	Dorothy Blumer
Christmas Cards	Sally Welter
Pet Food	Jill Huetig
Toilet Paper	Charles & Beth Nyquist
Coffee & Kleenex	Arlene Young
Coffee/Toilet Paper/Laundry Soap	Ed Gleich
Coffee/Toilet Paper	Fran & Sandy Johnson
Coffee	Nadean Auch
Greeting Cards	Dorothea Hoebelheinrich
Candy & Bingo Items	Cathy Orton
Books & Magazines	Darwin & LaVila Tessier



Thank you to all who
came to my
Open House to help
celebrate my
80th birthday.

Thank you for the gifts and cards.
God Bless You All,

Margaret Sarringar

Happy Birthday

Nov 1	Arlene McHenry	Nov 10	Jean Schaecher	Nov 23	Denis Feilmeier
Nov 1	Barb Specht	Nov 11	Lindsay Dirks	Nov 23	Clare Smith
Nov 2	Joan Burt	Nov 11	Delores Moore	Nov 23	Deb Specht
Nov 2	Mari Morgan	Nov 11	Don Simpson	Nov 24	Jim Neu
Nov 3	Sandra Arens	Nov 11	Georgene Snook	Nov 24	Tony Pierce
Nov 3	Karla Novotny	Nov 12	Dorothy Johansen	Nov 24	Jean Prater
Nov 3	Colleen Schild	Nov 12	David Souhrada	Nov 25	Loretta Albrecht
Nov 3	Arlene Young	Nov 13	Jim Huisman	Nov 25	Gail Bartunek
Nov 5	John Slowey	Nov 13	Donald Johnson	Nov 25	Larry Delaney
Nov 5	Ross Vanderhule	Nov 14	MaryLou Vietor	Nov 25	John Gregg
Nov 6	Joyce Hubner	Nov 15	Carol Hamvas	Nov 25	Darlene Pokorney
Nov 6	Fran Mollet	Nov 15	Robert Kolda	Nov 26	Frank Carter
Nov 6	Floris Woodhouse	Nov 15	Rose Schwartz	Nov 26	Robert Furdeck
Nov 7	Randy Christensen	Nov 16	Donald Schultz	Nov 26	Barb Stevens
Nov 7	Mavis Simek	Nov 18	Marilyn Christensen	Nov 26	Kathryn Vilen
Nov 8	Danny Lammers	Nov 19	Norma J. Andersen	Nov 28	Jane Slowey
Nov 8	Pat Lyons	Nov 20	Lois Kirschenman	Nov 29	Maynard Rempp
Nov 9	Elsie Huntley	Nov 21	Russell Peirce	Nov 30	Jean Fitzgerald
Nov 10	Lois Eli	Nov 23	Kenneth Doering	Nov 30	Phyllis Naber
Nov 10	MaryAnn Osborn				



Happy Anniversary

Nov 2	Bob & Janet Neibergall
Nov 3	Martin & Pat Raab
Nov 5	Donavon & Lorraine Kressig
Nov 7	Jim & Ida LeFort
Nov 7	Ralph & Sara Paulsen
Nov 11	John & Jane Slowey
Nov 12	Bud & Jeannie Gustad
Nov 12	Richard & Eileen Neubauer
Nov 25	Ken & Irene Hirsch
Nov 25	Jerome & Donna Steckler
Nov 26	Duane & Linda Schroeder
Nov 27	Bill & Pat Cerny
Nov 30	Wes & Arlys Rye

Center Wish List

- Regular Coffee
- Decaffeinated Coffee
- Napkins
- Kleenex
- Dog & Cat Food
- C, AA & AAA Batteries
- Toilet Paper
- Laundry Soap
- Fun Size Candy Bars

Thank You!

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)	Bev Larsen	665-5595
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

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.

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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

Wii Bowling

Tuesday League

October 3, 2017

Darlene Pokorney had a high game, 225 and a 587 series
Janice Kirschenman picked up a 4-5-7-10 split
Karen Gran picked up a 5-10 split
Dory Ahern picked up a 5-10 & 5-7-9- split
Elaine List picked up a 5-10 split

October 10, 2017

Darlene Pokorney had a high game, 205 and a 585 series
Dory Ahern picked up a 4-5, 4-10, 4-5-9 & 5-10 split, 3 times
Malena Diede picked up a 5-7 & 4-5-7 split
Elaine List picked up a 5-10 & 5-7-9 split

October 17, 2017

Dory Ahern had a high game, 203 and a 593 series
Mary Haberman picked up a 2-7-8 split
Malena Diede picked up at 5-7-8 split
Karen Gran picked up a 3-9-10 split
Elaine List picked up a 5-7-9- split

Thursday League

October 5, 2017

Jeanne Laffey had a high game, 254 and a 548 series
Beth Nyquist picked up a 5-10 & 5-9-10 split
Jeanne Laffey had a 5-7 & 4-7-10 split

October 12, 2017

Sandra Kreber had a high game, 215
Jeanne Laffey had a high series of 608
Sharon Tronek picked up an 8-10 split
Beth Nyquist picked up a 4-5-7 split

October 19, 2017

Jeanne Laffey had a high game, 254 and a 577 series
Sharon Tronek picked up a 5-7 split
Dorothy Gobel picked up a 4-6 split

Activities

Partnership Bridge News

October 4, 2017

- | | |
|-------------------------------------|-------------|
| 1. Leta Levinger & MaryAnn Anderson | Score: 8230 |
| 2. Char Erickson & Mae Crawford | Score: 6670 |
| 3. Rose Mather & Dan Miller | Score: 5910 |

Slams: Leta Levinger & MaryAnn Anderson
Rose Mather & Dan Miller
Jean Fitzgerald & Jean Schaecher

October 11, 2017

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 4920 |
| 2. Rose Mather & Dan Miller | Score: 4420 |
| 3. Darwin Tessier & Glenn Mannes | Score: 4380 |

Slams: Fran Mollet & Marilyn Weverstad

October 18, 2017

- | | |
|------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes | Score: 6700 |
| 2. Rose Mather & Dan Miller | Score: 5580 |
| 3. Loraine McNeely & Char Erickson | Score: 4610 |
| 4. MaryAnn Anderson & Kit Westling | Score: 4580 |

Slams: Darwin Tessier & Glenn Mannes

October 25, 2017

- | | |
|-------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 6040 |
| 2. Muriel Stach & Beth Nohr | Score: 5890 |
| 3. MaryAnn Anderson & Leta Levinger | Score: 5360 |
| 4. Loraine McNeely & Char Erickson | Score: 4480 |

Small Slam: Jean Fitzgerald & Jean Schaecher

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on
Monday, November 13th (**Memorial Dinner**) and
Thursday, November 16th (**BirthDay Dinner**).

(Please be patient)

It's not happy people who are thankful. It is thankful people who are happy

~ Author Unknown



Friday Bridge

September 29, 2017

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 6470 |
| 2. Judy Kistler & Janet Ausdemore | Score: 3800 |
| 3. Toots Marchand & Leta Levinger | Score: 3720 |

October 6, 2017

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 4680 |
| 2. Nadean Auch & Evelyn Cimpl | Score: 3630 |
| 3. Betty Adam & Shirley McKee | Score: 3170 |

October 15, 2017

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 5550 |
| 2. Judy Kistler & Janet Ausdemore | Score: 4700 |
| 3. Sally Welter & Evelyn Cimpl | Score: 4360 |

October 20, 2017

- | | |
|-----------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 6170 |
| 2. Beth Nohr & Muriel Stach | Score: 5440 |
| 3. Sally Welter & Evelyn Cimpl | Score: 4290 |

Pinochle News

September 28, 2017

Double Pinochle—Karen Domoglascki & Dorothy Nielsen

October 2, 2017

Round Robin—Glenna Andersen and Gladys Tacke

October 3, 2017

Double Pinochle—Bud Gustad & JoAnn Smith

October 16, 2017

Round Robin—Sharon Tronek & Gert Andersh

October 17, 2017

Round Robin—Sylvia Coulson & Elma Block
600 Queens—Paty Davies & MJ Gullikson

October 19, 2017

Round Robin—Millie Zimmerman & David Souhrada

October 26, 2017

George Woodhouse & Ruth Pearson

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.

Services/Education

Medicare Part D Open Enrollment

Open Enrollment for 2018 Medicare coverage has begun and will continue through December 7. During this annual enrollment period you can make changes to various aspects of your coverage. You can switch from Original Medicare to Medicare Advantage, or vice versa. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the open enrollment, although a late enrollment penalty may apply.

Call The Center to make an appointment with Chuck Ditmar, Debbie Keegan, Lynette Bruening, Marge Becker, Romaine Wiebelhaus or Wilbur Goehring.

Advance Care Planning: It's About the Conversation! Thursday, December 7th - 11:00am-11:30am Meeting in Center Boardroom

Tweeter Henseler, Chaplain manager from Avera Sacred Heart Hospital will be providing information on Advance Care Planning. What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes?

Advance Care Planning is a process that helps you: think about your health care values and goals; consider health care choices you may have to make in the future; talk about your choices with your doctor and your loved ones; and make a written plan for the future (Advance Directive).

Join us in a thought provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a healthcare agent, explore goals for treatment, and take the first steps toward completing a Durable Power of Attorney for Healthcare.



Dementia Caregiver Group Tuesday, November 14th 10:00am-11:00am

The Dementia Caregiver group meets the Second Tuesday each month at the Center. Anyone is welcome to attend.

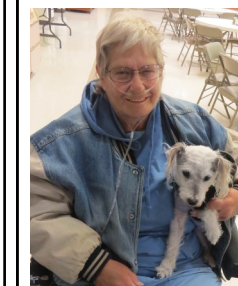
Memory Screening Tuesday, November 21st 1:00pm-3:00pm

Memory screenings make sense for anyone concerned about memory loss or experiencing the [warning signs](#) of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons. Stop in the office today to schedule your free memory screening.

Commodity Program Friday, November 17th 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 (**November 17th**) each month in the Southeast parking lot. **Commodities are on a first come first serve basis.** 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.

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.

