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900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 January 2018 • Volume 17 • Issue 1



Board of Directors

- | | |
|-----------------|--|
| Joleen Smith | Senior Advisor Business Planning
First National Bank |
| David Hosmer | Financial Advisor, JD and AAMS
Raymond James Financial |
| Kara Payer | Vice President of Mission
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| Heather Olson | Assistant Principal
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| John Harper | Self Employed Contractor & Homebuilder |
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| Diane Reese | Retired Nurse |
| John Swensen | Retired Salesman |
| Cee Sorenson | Retired Nurse |
| Steve Wentworth | Retired Safety Manager |

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2018 Membership Renewal Due

Individual - \$35 Couple - \$63
 Lifetime Individual - \$315 Couple - \$567
 Renew today to continue all the benefits of
 being a member of The Center



Paul Pietila renewing his membership with Kriss Thury

- 24 page monthly newsletter
- Discounted pricing on events like our BBQ, Dances, Ice Cream Socials and Building Rental
- Mount Marty Basketball and Volleyball tickets
- Lifetime membership to YSD activities (65 and over)
- Unlimited use of exercise facility and access to all activities
- Many special programs and services



Dan Miller has his Bridge players up to some fun and games again. Terry Crandall, Marlene Larsen, Charlie Gross and Nadean Auch

Pancake Feed

(Second Wednesday Every Month)
Wednesday, January 10th
 4:30pm-6:30pm

All you can eat pancakes and French toast, a serving of eggs and bacon or sausage and coffee. The perfect meal on a cold Winter night. Bring the whole family!

Only \$5.00 per person.



Volunteers Dorothea Hoebelheinrich and Millie Zimmerman. We can always use more volunteers for our evening functions. Call Colleen if you are interested.

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!

Dinner & A Movie

(Third Wednesday Every Month)
Wednesday, January 17th
 4:30pm-6:00pm(meal)

"Fried Green Tomatoes":

On one of trapped housewife, Evelyn Couch's Wednesday nursing home visits, she encounters Ninny Threadgoode, a colorful old woman who brightens Evelyn's outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law, Ildgie, and the bond Ildgie shared with her friend Ruth, Evelyn gains the confidence to change her own life for the better.

Suggested Donation \$6.00

- Serving:**
- Salisbury Steak
 - Mashed Potatoes/Gravy
 - Squash
 - Brownie
 - Dinner Roll, Butter, Milk & Coffee
- Call to RSVP 665-4685**

Evening Meal

(Fourth Wednesday Every Month)
Wednesday, January 24th
 4:30pm-6:30pm

Tim's Famous BBQ Ribs

Our evening meal is open to the public, so bring family, bring your friends and enjoy a delicious home cooked meal.

Suggested Donation \$5.00

- Serving:**
- BBQ Ribs
 - Cheesy Hashbrowns
 - Green Beans
 - Fruit
 - Banana Bar

Call to RSVP 665-4685

Board of Director's



The Board of Director's helped with distributing gifts to everyone at our Christmas Party.



Above Left: Joleen Smith drawing names for our door prizes.

Above Middle: David Hosmer

Above Right: Kara Payer

Right: John Swensen and wife Vicki

2017-2018 Officers		
Joleen Smith (President); David Hosmer (Vice President) Heather Olson (Secretary); and Kara Payer (Treasurer)		
Board of Director's Terms		
Joleen Smith/President	2nd Term	2014-2020
David Hosmer/Vice-President	1st Term	2015-2018
Kara Payer/Treasurer	2nd Term	2014-2020
Heather Olson/Secretary	1st Term	2015-2018
John Harper	1st Term	2015-2018
Bob Kellen	1st Term	2015-2018
Velma Kuchta	2nd Term	2014-2020
Chris Nelsen	1st Term	2015-2018
Cee Sorenson	1st Term	2016-2019
Diane Reese	1st Term	2016-2019
John Swensen	1st Term	2016-2019
Steve Wentworth	1st Term	2017-2020

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.



Check Out Our Web Page www.thecenteryankton.net

You can access our monthly newsletter, menu, activity calendar, upcoming events, programs, services, volunteer opportunities, fundraising updates pictures and so much more.

CHECK IT OUT !

Log into Facebook and type **The Center** in the search box



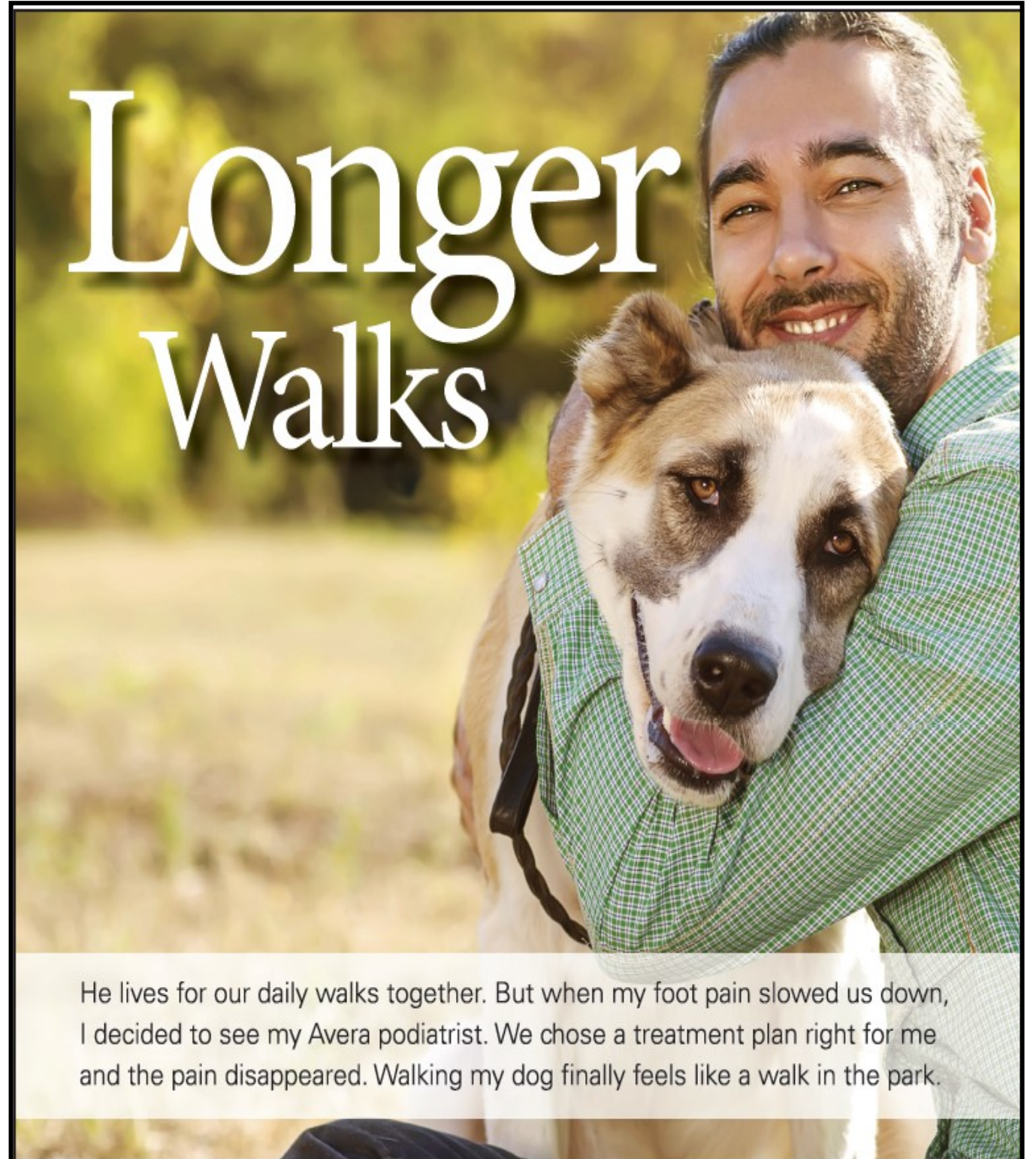
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Longer Walks



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

Bonnie Strnad is our December Volunteer of the Month. Bonnie has been volunteering at The Center for over 4 years now. She helps each month as a kitchen volunteer and can also be seen at pancake feeds, dinner and a movie and our evening meals doing a variety of jobs. Bonnie also comes over every month to help fold newsletters. Thank you Bonnie for all you do for The Center

Enjoy your special parking spot.



Thank you to our pancake volunteers!
Board Member John Harper and Member John Jonas volunteered at our December Feed.

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**.

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

We have heard there are many out there that are able to volunteer but have not been contacted. If you are interested, please call our Volunteer Coordinator, Colleen and she can schedule you as a receptionist, kitchen helper, at a pancake feed, evening meal. We have many opportunities available, let us know what interest you.

Director's Desk



Another year has come and gone. As we get older it really is shocking how fast time flies. We often take for granted the gifts God has given us, with our health being at the cornerstone. We have had many members afflicted with health issues over the past year. We continue to lift them up in prayer and are praying for all our members for improved health in 2018.

As I said we often take things and people for granted. With another year behind us, I want all of our volunteers to know we would not exist without you. I try to show my appreciation to all but often times I don't feel it is enough. So I want to assure you that I do appreciate what you bring to The Center with your energy, enthusiasm and ideas. We need more ideas and input and if you currently aren't volunteering, I would encourage you to consider it. What a wonderful New Year's resolution it would be to give back, to donate your time and talents, if not to The Center, to any organization. The rewards are immense when you have a sense of accomplishment, knowing you are helping others.

That's what we do each and every day is help others. The impact we make on the community is profound, through our Meals On Wheels Program, Commodities—Supplemental food given to low income Seniors, Pet Food Assistance, Medicare Part D assistance saving Seniors \$195,000 in pharmaceutical costs, tax assistance program completing over 300 individual tax returns at no charge, our delicious affordable nutrition program offering meals onsite at Hy-Vee and Sunrise Apartments, not to mention the many opportunities for socialization and recreation to keep the mind, body, and spirit fit. This past year has been a year of growth and success.

Not only does it take an empire of volunteers to do what we do, but it is critical to have a happy and healthy staff. We have had some adversity in funding continuity in a few staff positions. But as I always like to see the glass half full, I also feel, we have strength and stability in many of our key staff positions. Over the past year we have struggled to find a Nutrition coordinator. The past 2 hires had to leave due to medical issues. We are looking for a candidate who is computer savvy, has some management experience, is organized, and can manage their time wisely. We want someone who values customer service and wants to make a difference. If you know of anybody please direct them to The Center. I appreciate how hard our staff works and the added difficulties and work load that all share when there is a vacancy. My New Years resolution is to find more balance with my workload. The key is for me to find the right nutrition coordinator. If you can help let me know.

We wrapped up 2017 with many fun-filled events at The Center. It was such a joy to watch 200 members unwrap Christmas gifts. The building was so beautiful with all the Christmas decorations and the lovely poinsettias donated by Jay Gurney. Chuck Schild graced us with his appearance as Santa Claus. Our staff had a great time at our annual Christmas party playing games, yummy food at Murdo's and disclosing our secret Santa's. In December we set a new evening meal record severing 190 individuals ribs in 1 1/2 hours. Our SHIINE volunteers wrapped up their assistance helping hundreds of individuals save thousands of dollars in pharmaceutical costs. Each year I am eager to learn the impact of that service. At the time this was published the New Year's Eve party had not happened, but I am sure it will be a resounding smash. In the upcoming year we have so much to look forward to. I look forward to partnering with you as a member, a volunteer and as a donor. I hope this year you introduce The Center to others. I hope you will dine with us more and use the Hyvee program. I hope you will volunteer and donate. I am hopeful we are on a steady course of continued growth and financial stability. I need your help to make The Center the best it can be.

I am praying for a Happy and Healthy 2018 for you and yours,
Happy New Year Christy

Our mission is "to respond to the ever-changing needs of all adults and their families; provide opportunities and resources in the areas of physical and mental health, nutrition, recreation and education, and to positively affect their quality of life and assist in maintaining their independence."

Fundraising News

Soupless Soup Kitchen

As of December 19th - **3,963.69 of \$8,000 goal**

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!**

***Those in bold denote a donation of \$100 or more.**

- | | | |
|--------------------------------|--|------------------------------------|
| Carmelita Alonzo | David Hosmer & Stephanie Tamisiea | Diane Reese |
| Norma J Andersen | Cathy Huchtmeier | Gladys Ryken |
| Beth Ashley | Dorothy Johansen | Nick & Arlys Saoi |
| Nadean Auch | Rodger & Mary Johnson | Margaret Sarringar |
| Marge Becker | John & JoAnn Jonas | Jean Schaecher |
| Elma Block | Rose Kabeiseman | Victor & Darlene Schaeffer |
| Deb Bodenstedt | Delores Kafka | Peggy Schiedel |
| Mary Broders | Sandra Kreber | Colleen Schild |
| Clint & Joan Burt | Mandi Lampman | Lucille Schmidt |
| Norman & Ethel Campbell | Bev Larsen | MaryAnn Schonebaum |
| Delano & Marilyn Christensen | Chuck & Cheryl Leiferman | Peggy Schurman |
| Sylvia Coulson | John & Sharon Leinen | George & JoAnn Smith |
| Mae Crawford | Eileen Leshar | Randy & Joleen Smith |
| Bob Curtice | Elaine List | Cecelia Sorenson |
| JoAnne Dickinson | Sharon List | David Souhrada |
| Bob & Malena Diede | Margrit Lock | Ed & Therese |
| Maury Ekeren | Mary Loecker | Bill & Barb Specht |
| Sharon Fiedler | Charles & Alma Logdahl | Dan Steiner |
| Jean Fitzgerald | Terry Makings | John & Vicki Swensen |
| Fran Fox | Jody McCord | Darwin & LaVila Tessier |
| Don & JoAnn Frasch | Tim McFarland | Brooke Thury |
| Duane & Natalie Frick | Loraine McNeely | Kriss Thury |
| Bob & Lois Furdeck | Don Munson | Monica Tielke |
| Dorothy Gobel | Marlene Nebola | Ray & Lorna Uken |
| Duane & Carol Grimme | Bob & Janet Neibergall | Janet Waggoner |
| Glenn & Phyllis Grossheusch | Kay Nickles | Jim & Mary Walloch |
| Elsie Gurney | Marilyn Obr | Don & JuLee Werkmeister |
| LaVonne Halvorsen | Chris O'Brien | Joe & Romaine Wieseler |
| Pat & Christy Hauer | Doug & Cathy Orton | Art Winckler |
| Ken & Irene Hirsch | Delight Paulsen | George & Floris Woodhouse |
| MaryJane Hisek | Ralph & Sara Paulsen | Marge Wuestewald |
| Dorothea Hoebelheinrich | Kara Payer | Arlene Young |
| | Lois Reade | Mildred Zimmerman |

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.

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.

Morning Coffee Show with Scott Kooistra

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

Tuesday, January 9th
Tuesday, January 23rd

Tune in to hear about upcoming events and activities at The Center.



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

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.

No tricks up our sleeves...

But our results are Magic!

Peloton
Physical Therapy

Morgen Square
605.260.5003

Potpourri

With Gratitude

We would like to extend an enormous amount of gratitude to all those who have donated food to our organization. We thank the Kiwanis Club for their donation of Turkey and all the fixings from their Annual Harvest Dinner. The Feeding America Program for their donations of meat, the Pepperidge Farms Company for all the specialty bread we have received and the many others who help us sustain a balanced budget.

WE APPRECIATE IT!

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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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.




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Dr. Sheila K. Fitzgerald

Dr. T.J. Stotz

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Fundraising News



Every Tuesday & Friday (7pm)

(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.

Thank You For Your Monetary Donation

Mary Broders ▪ Pet Food Donation
Floortec ▪ Christmas Giving
Jeff & Amy Jones ▪ Christmas Giving
Steve & Janet Heine ▪ Christmas Giving
Barb Olson ▪ Christmas Giving
Steve & Amanda Klug ▪ Christmas Giving
Linda Richards ▪ Christmas Giving
Steve & Deb Murray ▪ Annual Fund

Your generous support is greatly appreciated!

Pancake & French Toast Feed

Wednesday, January 17th

(Second Wednesday Every Month)

4:30pm-6:30pm

All you can eat pancakes and french toast a serving of eggs, bacon or sausage and coffee for only **\$5.00 per person.**

Bring the whole family!

(Volunteers needed, call Colleen)



Saturday, March 3, 2018

Live & Silent Auction

Serving

Chicken Cordon Bleu

Twice Baked Potatoes

Vegetable

Dessert

Tickets on sale now - \$35.00

Prizes secured to date:

Admission/Henry Dorley Zoo
Admission/Launch Pad Children's Museum
Admission/Washington Pavilion
American Flag Afghan
Applebee's
Avera Planet Heart Screening
Avera Wellness Center Membership
Creighton Blue Jays Baseball
Creighton Blue Jays Volleyball
Fox Run Golf Course
Grand Falls Casino
Hillcrest Golf & Country Club
Jolene Steffen Print
Joslyn Art Museum
Mall of America
Tranquility Massage
Yankton School District
Yankton Therapeutic Massage

Tabor Nutrition Center

Tabor News

Now that the holidays are past, we can relax and remember the good times the holidays brought us and reflect on the joy of the season. I hope everyone had an opportunity to be with family and friends.

We will resume our Evening Meal on January 16th. We are serving Roast Pork this month, which is a favorite for everyone.

As our Winter proceeds, lets make sure everyone remains safe. Have emergency contacts in place and remember our site closes when the Bon Homme School District is closed (due to weather).

Enjoy the new year with positive thoughts!

Happy New Year!
Gail Hovorka—Site Coordinator

Meal Donation Increase

The Board of Director's voted to raise the suggested donation from \$3.75 to \$4.25. This is in line with other small communities in the state. The immediate goal is for the participant to pay a little more, effective February 1, 2018, with a long term goal to ask businesses and individuals in the community to donate to the Tabor Nutrition Program, which focuses on feeding Seniors.

January 2018 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. Serving times are 11:30am-12:30pm. Menu is subject to change. Meals are served with whole wheat bread and 1% milk.

January 2	Sloppy Joe
January 3	Ham
January 4	Porcupine Meatballs
January 9	Meatloaf
January 10	Goulash
January 11	Oven Fried Chicken
January 16	Roast Pork (Evening Meal)
January 17	Hamburger
January 18	Pizza
January 23	Liver & Onions
January 24	BBQ Chicken Breast
January 25	Roast Beef (Birthday Dinner)
January 30	Beef Cabbage Soup
January 31	Pork Cutlet
February 1	Baked Chicken



Tabor Christmas Dinner
Darlene Ireland, Adeline Merkwan, Doris Baltzer

Tabor Wish List

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

January Birthdays

January 13
Irene Kocer

January 18
Loretta Kortan

Thank you for your donations!

Paper Plates, Coffee, Butter, Cream Cheese	Louie Ruman
Coffee, Beef Broth, Stuffing Mix	Delores Kokes
Flour, Sugar, Paper Plates	Dan & Kathy Kortan
Flour & Sugar	Eve Kloucek
Liver	Dale & Marlene Pechous
Paper Plates & Bowls	Patty Eggers
Ice Cream	Bob Koletzky
Relish Tray, Dinner Rolls, Brown Sugar, Flour, Juice, Pickles	Ron & Gail Hovorka
Peppermint Candy, Stuffing Mix, Greeting Cards, Sugar, Flour, Coffee, Paper Plates	Walmart/Vermillion

Christmas Party



Left: Cheryl Leiferman, Betty Thomas, Cathy & Paul Reh fuss, Bob & Lois Furdeck, Bob & Janet Neibergall, Marge Becker.

Below Left: Ruth Pearson & Bonnie Strnad

Below right: Alma Logdahl and Santa (Chuck Schild)



Thank You

Thank you to all the businesses who donated Christmas presents and to Andy & Barb DeJager, Cathy Orton and Diane Reese for picking them up and to Paty Davies for wrapping over 200 of them. Thank you to Chuck Schild for serving as a jolly Santa. The pointsiettas donated by Jay Gurney Greenhouse put everyone in the holiday spirit.

You are all appreciated.



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Trips

Worthing Dinner Theater
Thursday, January 4, 2018 - 5:00pm-11:00pm
\$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”

Upcoming Events

Jan 1	Center Closed	Happy New Year
Jan 4	Nail Clinic	10:00am-11:00am
Jan 4	Worthing Dinner Theater	5:00pm-11:00pm
Jan 8	Craft Class	10:30am-11:30am
Jan 9	Dementia Caregiver Group	10:00am-11:00am
Jan 9	Christy on KYNT Radio	7:40am & 12:20pm
Jan 10	Pancake Feed	4:30pm-6:30pm
Jan 11	Anniversary Dinner	11:30am-12:30pm
Jan 17	Dinner And A Movie	4:30pm-6:30pm
Jan 18	Birthday Dinner	11:30am-12:30pm
Jan 19	Commodities	1:00pm-3:00pm
Jan 23	Christy on KYNT Radio	7:40am & 12:20pm
Jan 24	Evening Meal	4:30pm-6:30pm
Mar 3	Wine & Dine	

Nutrition News

8 Healthy Eating Habits



Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks.

- 1. Make half your plate fruits and vegetables.** Choose red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli. Add fruits to meals as part of your main or side dishes or dessert. The more colorful you make your plate, the more likely you are to get vitamins, minerals and fiber your body needs to be healthy.
- 2. Make half the grains you eat whole grains:** For example, eat whole wheat bread instead of white bread. Read product labels that list whole grain ingredients first, like, whole wheat, brown rice, bulgur, or buckwheat.
- 3. Switch to fat free or low fat (1%) milk.** Both have the same amount of calcium and other essential nutrients as whole milk, but have fewer calories and less saturated fat.
- 4. Choose a variety of lean protein foods.** Meat, poultry, seafood, dry beans or peas, eggs, nuts and seeds are considered part of the protein group. Select leaner cuts of ground beef, turkey breast or chicken breast.
- 5. Compare sodium in foods.** Use the nutritional facts label to choose lower sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled “low sodium”, “reduced sodium” or “no salt added”.
- 6. Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Try adding a slice of lemon, lime or watermelon or a splash of 100% juice to your glass of water for flavor.
- 7. Eat some seafood.** Seafood includes fish and shell fish. Seafood has protein, minerals and omega-3 fatty acids (heart-healthy fat).
- 8. Cut back on solid fats.** Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies and other desserts (often made with butter, margarine or shortening), pizza, processed fatty meats and ice cream.

Happy New Year Everyone. Keep in mind we always have frozen meals on hand for you to take home for the evening or weekend.

Mandi Lampman—Meals on Wheels Coordinator

“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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Call Sally & Terry Today!

Lewis & Clark Realty

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 605 • 660 • 5352

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. If you need to cancel your reservation, please call us as well.

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.



Thank you to the Children at the Boys and Girls Club who made Christmas cards for MOW clients

Nutrition News

November 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1468 (73 per day)	292 (15 per day)	278 (9 per day)	230 (12 per day)	2268 (113 per day)
Home Delivered	1353 (68 per day)	N/A	N/A	53 (4 per day)	1406 (70 per day)

January Kitchen Volunteers

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

Jan 1	Center Closed
Jan 2	Barb DeJager
Jan 3	Eileen Leshner
Jan 4	Joyce Kollars
Jan 5	Bonnie Strnad
Jan 8	Dorothy Gobel
Jan 9	Alma Logdahl
Jan 10	Gerie Loecker
Jan 11	Janice Kirschenman
Jan 12	Cathy Orton
Jan 15	Joyce Kollars
Jan 16	JuLee Werkmeister
Jan 17	Cathy Orton
Jan 18	Gerie Loecker
Jan 19	Bonnie Strnad
Jan 22	JuLee Werkmeister
Jan 23	Alma Logdahl
Jan 24	Sandra Kreber
Jan 25	Dorothea Hoebelheinrich
Jan 26	Eileen Leshner
Jan 29	JuLee Werkmeister
Jan 30	Mary Garoutte
Jan 31	Malena Diede

Evening Meal

Wednesday, January 24th

(Fourth Wednesday every month)

4:30pm-6:30pm

Suggested Donation is only \$5

Our evening meal is open to the public, so bring your friends and family to enjoy a delicious home-cooked meal.

Serving: BBQ Ribs

We hit a new record for our November Evening Meal, serving 190 people BBQ Ribs!



Yankton Nutrition Staff with Santa

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.

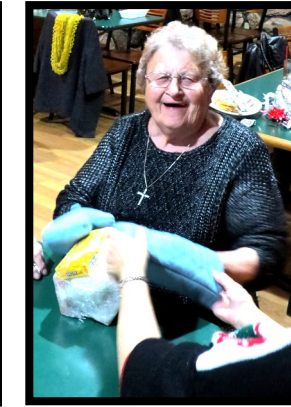
Avera.org/sacred-heart

Live better. Live balanced. **Avera**

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

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.

Staff Christmas Party



Once again we had a successful Christmas Party. We had wonderful food, great fellowship and a lot of fun playing games and singing Christmas carols. Thank you to Christy and the Board of Director's for treating us all.

Tabor Nutrition Center Christmas Dinner



Ed & Janet Sykora



Irene Hovorka, Rita Varilek, Angie Kortan



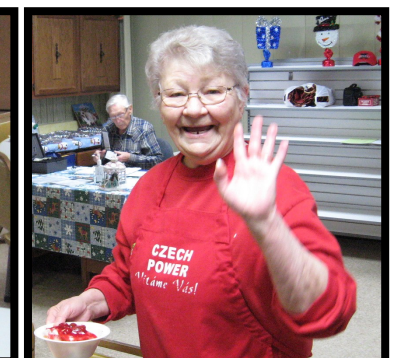
Don Mudloff & Darlene Holec



Ernie Merkwan



Franklin Hron & Ron Hovorka



Gloria Merkwan

Beadle School & Missouri Valley Christian Academy



Center Christmas Dinner



Jim Goglin, Duane Frick & Mike Healy



Christy Hauer & Bob Kellen



Santa with Jeanette Johnson and Lucille Masten



Cathryn Rehfuss



Santa greeting Gene List

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Year	2 Spaghetti & Meat Sauce Italian Blend Vegetables Pears Chocolate Pudding	3 BBQ Chicken Parslied Potatoes Creamed Peas Baked Apples	4 Meatloaf Baked Potato Green Beans Mandarin Oranges	5 . Pork Roast Boiled Potatoes/Gravy Cranberry Sauce Glazed Carrots Jell-O
8 Ham Loaf Sweet Potato Green Beans Mandarin Oranges	9 Breaded Chicken Breast Cheesy Hash browns Peas Spinach Salad Pears	10 Sloppy Joe Potato Wedges Baked Beans Fruit	11 Roast Beef Mashed Potatoes/Gravy Parslied Carrots Jell-O/Fruit	12 Chicken & Noodles Broccoli Peaches Tapioca Pudding
15 Mandarin Chicken Breast Parslied Potatoes California Blend Pears Chocolate Pudding/Topping	16 Ham Baked Potato/ Sour Cream Corn Tossed Salad Peaches	17 Potato Soup Egg Salad Sandwich Fruit	18 Chicken Fried Steak Mashed Potatoes/Gravy Peas Cake & Ice Cream	19 Swedish Meatballs Brown Rice Creamed Cabbage Fruit
22 Beef Tips & Gravy Mashed Potatoes Broccoli Peaches	23 Pork Cutlet/Gravy Boiled Potatoes Dumpling/ Sauerkraut Brownie	24 Goulash Vegetable Applesauce	25 Parmesan Chicken Scalloped Potatoes Seasoned Spinach Fruit Slush	26 Tater Tot Casserole Corn Tossed Salad/Dressing Tropical Fruit
29 French Dip Sandwich Sweet Potato Fries Baked Beans Fruit	30 Lasagna Italian blend Vegetables Chinese Coleslaw Fruit Slush	31 Cider Braised Pork Chop Country Time Mac Salad Cauliflower Baked Apples	Dinner & Movie Salisbury Steak Mashed Potatoes/Gravy Squash Brownie	Evening Meal BBQ Ribs Cheesy Hash browns Green Beans Fruit Banana Bar

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.**

January Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed No Meals on Wheels	2 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 SHIINE 12:30-6 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3	4 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	5 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
8 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	9 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 4-6 Bingo 7-9 No Nurse Today	10 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Pancake Feed 4:30pm-6:30pm	11 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 Anniversary Dinner 11:30am-12:30pm	12 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
15 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:00 Pinochle 1:00 Hand & Foot 1:00	16 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-3 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	17 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Dinner & Movie 4:30pm-6:30pm	18 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	19 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 Bingo 7-9
22 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	23 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	24 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 SHIINE 1-3 Evening Meal 4:30pm-6:30pm	25 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	26 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
29 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	30 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00	31 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 SHIINE 1-3		

Membership News

Welcome New Lifetime Members
Deb Bodenstedt

Welcome New Members

Jeannette Leeper - Yankton

Lyle & Jean Hauger - Irene

Mary Armin - Yankton

David Ehresmann - Yankton

Steve & Nancy Hermanson - Yankton

Memorials

In Memory of Art Becker

Marge Becker

Pat & Christy Hauer

Cee Sorenson

Jean Schaecher

Rose Kabeiseman

Jean Fitzgerald

Mark & Sharlotte Peterson

John & Vicki Swensen

Chuck & Cheryl Leiferman

Sharon Fiedler

Vernon & Sandy Arens

Paul Nielson

Ethel Goeden

Don Munson

Roger & Pam Hamilton

Jeff & Deanna Branaugh

Mildred Zimmerman

John & Marvellyn Willcockson

Randy & Sandra Kramer

Dan & Julie Gergen

Theresa Arens

Collen Schild

Kriss Thury

In Memory of Marlys Bakke

Pat & Christy Hauer

Margaret Sarringar

Carol Sarringar

In Memory of Dale Oare

Fran Fox

In Memory of Lucille Schmidt

Pat & Christy Hauer

Thank You for Your Donation

Coffee & Magazines

Dog Food

Napkins

Books

Popcorn Bags

Magazines

Christmas & Greeting Cards

Walkers

Cell Phone

Cat Food

Greeting Cards

Coffee

Batteries

Tissues & Coffee

Napkins/Baggies

Coffee

Cards & Magazines

Napkins

Coffee

Christmas Cards

Toilet Paper

Coffee

Christmas Cards

Dog Food

Pens

Napkins

Paper Plates

Batteries, Magazines,

Toilet Paper & Coffee

Candy, Cat Food,

Toilet Paper, Kleenex

Andy & Barb DeJager

Marie Schrempp

Marillyn Obr

Lucille Schmidt

Bob & Malena Diede

Ken & Peggy Doering

Betty Adam

Betty Collen

Marlys List

Dorothy Gobel

Dagmar Hoxsie

Diana Spence

Jeanette Johnson

Beth Ashley

Mary Jane Hisek

Diane Reese

Deb Cardon

Rose Kabeiseman

Darwin & LaVila Tessier

Nancy Bauder

Cordy & Diane Rasmussen

Darold & Geri Loecker

Marlene Johnson

Ana Bailey

Nadean Auch

Eileen Leshar

Charles & Beth Nyquist

Ed Gleich

Shari Persinger-Hovland

Get Well Cards



Lloyd Haarberg

Edla Aune

Gail Bartunek

Gert Andersh

Sylvia Coulson

Wes Cimpl

Dorothy Gobel

Dorothy Johnson

Sympathy Cards

Marlys Bakke Family

Marge Becker - Loss of Husband

Joleen & Randy Smith - Loss of Father

Lucille Schmidt Family

Evelyn Timm - Loss of Sister

Happy Birthday

Jan 1	Lynette Goehring	Jan 11	Dennis Janousek	Jan 17	Ruth Pearson
Jan 1	Jacqueline Olson	Jan 11	George Smith	Jan 18	Maynard Vrbka
Jan 2	Vicki Swensen	Jan 11	Dawn Stoner	Jan 19	Gary Palmer
Jan 2	Dianne Wubben	Jan 12	April Bodden	Jan 20	Joyce Behl
Jan 3	Andy DeJager	Jan 12	Monica Tielke	Jan 20	Rose Kabeiseman
Jan 3	Charles Huntley	Jan 12	Roy Wilcox	Jan 20	Randy Kramer
Jan 4	Martina Warvarovsky	Jan 12	Jim Carlson	Jan 20	Russ Weller
Jan 4	Sandra Huether	Jan 13	Velma Bennett	Jan 22	Jim Black
Jan 4	Mike Koupal	Jan 13	Bonita Hendrix	Jan 24	Michael Stevens
Jan 5	Paty Davies	Jan 13	Troy Pickner	Jan 25	Kenneth Jorgensen
Jan 5	Terry Makings	Jan 16	Delores Bohlman	Jan 25	Norma Anderson
Jan 5	Jacquelyn Green	Jan 16	Dorcas Mason	Jan 25	Phyllis Christiansen
Jan 5	Relda Trout	Jan 16	Judy Olson	Jan 25	Jean Salvatori
Jan 6	Wilbur Goehring	Jan 16	Paul Pietila	Jan 27	Duane Grimme
Jan 7	Leta Levinger	Jan 17	Margaret Hunhoff	Jan 29	Sandi L. Kreber
Jan 9	Shirley McKee	Jan 17	Bernita Mannes	Jan 30	Janice DeJong
Jan 10	Lois Varvel	Jan 17	Roger Smith	Jan 31	Bud Merkwan

Happy Anniversary

Jan 6	Bill & Barb Specht
Jan 6	Ronald & Sundra Hunhoff
Jan 21	Gary & Patricia Lien
Jan 24	Larry & Rosie Delaney
Jan 29	Doug & Cathy Orton

Center Wish List

in order of priority

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



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



Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com

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 (Wed)	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
Meals On Wheels	Mandi Lampman	665-1055
Partnership Bridge (Wed)	Dan Miller	689-0254
Pinochle (Mon & Thurs)	Joyce Kollars	665-4410
Pinochle (Tues)	Don & JuLee Werkmeister	665-1518
Table Tennis (Tue & Thurs)	Dan Miller	689-0254
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

Exercise Class With Judi O'Connell



Low impact chair exercises with Judi every Monday, Wednesday & Friday at 11:00am, \$20 for 10 classes.

CARDS MAY BE PURCHASED IN THE FRONT OFFICE



Christy's son, Greg stopped by today to challenge Dan Miller and of course, his Mom to a game of table tennis.

Dan, Bob & Chuck are looking for a couple more players for table tennis. They play Tuesdays and Thursdays.



Wii Bowling

Tuesday League

November 28, 2017

JoAnn Huitema had a high series of 559
Malena Diede had a high game of 214
Dory Ahern picked up a 5-10 split
Darlene Pokorney picked up a 4-10 split
Elaine List picked up a 2-5-7-8 & 5-10 split twice

December 5, 2017

Marilyn Obr had a high series of 628 & high game of 220
JoAnn Huitema picked up a 5-10 & 4-5-10 split
Mary Haberman picked up a 5-10 split
Dory Ahern picked up a 5-10 split
Karen Gran picked up a 4-5-7 & 5-7 split twice
Karen Gran picked up a 5-10 split three times

Malena Diede won the league

Thursday League

November 30, 2017

Jeanne Laffey had a high series of 581
Bev Larsen had a high game of 211
Diane Nicholson picked up a 5-10, 4-5 & 4-5-10 split
Bev Larsen picked up a 4-6 split

December 7, 2017

Marilyn Obr had a high series of 607 & high game of 224
Diane Nicholson picked up a 2-7-8 split
Joan Haberman had a 4-6-10 split
Beth Nyquist had a 4-5-7 split
Dorothy Gobel had a 5-10 split

Bev Larsen won the tournament

Tournament Winners

1st	Bev Larsen	784
2nd	Sharon Tronek	775
3rd	Karen Gran	768
4th	Mary Law	750
5th	Joan Haberman	745
6th	Elaine List	739
6th	Jeanne Laffey	739

Activities

Pinochle News

November 28, 2017—Double Pinochle
Don Werkmeister & Betty Herrboldt

November 30, 2017—Double Pinochle
Gladys Ryken & Elsie Gurney

December 4, 2017—Double Pinochle
Donald Naber & Ruth Pearson

December 7, 2017—Round Robin
David Souhrada & Don Naber

December 14, 2017—Round Robin
Amanda Stewart & Dorothy Nielson

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, January 18th (**Birthday Dinner**) so our birthday guests do not feel rushed. Thank you for your cooperation.

Attention Card Players

If card players are unable to play it is **their responsibility** to find a replacement. Ask Card Coordinator for a substitute list.

Craft Class

Monday, January 8th
10:30-11:30am

Anyone can craft. Come check out our newly formed craft class to be held on the second Monday each month. This month Cathy will instruct on a Valentine's Day craft to take with you. The cost will be \$5 per person to cover the cost of supplies. **Stay for lunch!**

Please sign up in the office so we know how many supplies to buy.



Friday Bridge

December 1, 2017

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 6300 |
| 2. Toots Marchand & Leta Levinger | Score: 5400 |
| 3. Shirley McKee & Betty Adam | Score: 1600 |

December 8, 2017

- | | |
|-----------------------------------|-------------|
| 1. Janet Ausdemore & Judy Kistler | Score: 4590 |
| 2. Jeannie Gustad & Beth Nohr | Score: 4240 |
| 3. Toots Marchand & Leta Levinger | Score: 3510 |

Partnership Bridge News

November 29, 2017

- | | |
|------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes | Score: 5370 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 5100 |
| 3. Beth Nohr & Muriel Stach | Score: 4960 |

Slams: Fran Mollet & Marilyn Weverstad
Beth Nohr & Muriel Stach

December 6, 2017

- | | |
|-----------------------------------|-------------|
| 1. LaVila Tessier & Margie Eddie | Score: 5230 |
| 2. Judy Kistler & Janet Ausdemore | Score: 5160 |
| 3. Rose Mather & Dan Miller | Score: 4970 |
| 4. Mae Crawford & Char Erickson | Score: 4420 |

Slam: Loraine McNeely & Maysel Goltz

December 13, 2017

- | | |
|---------------------------------------|-------------|
| 1. Loraine McNeely & MaryAnn Anderson | Score: 5350 |
| 2. Jean Fitzgerald & Jean Schaecher | Score: 4730 |
| 3. Rose Mather & Dan Miller | Score: 4600 |

December 20, 2017

- | | |
|-------------------------------------|-------------|
| 1. Glenn Mannes & Darwin Tessier | Score: 7850 |
| 2. Muriel Stach & Beth Nohr | Score: 6440 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 5280 |

"Duece Prize" Marilyn Weverstad & Fran Mollet
Slams: Fran Mollet & Marilyn Weverstad
Muriel Stach & Beth Nohr



Services/Education

Commodity Program

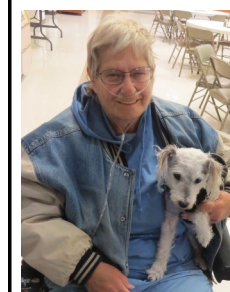
Friday, January 19th
1:00pm-3:00pm

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 (January 19th)** each month in the Southeast parking lot.

Commodities are on a first come first serve



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.

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 Avera and you must bring your own clippers.

Stop in the office to schedule an appointment.

Sound The Alarm Results

From October 30th through November 20th, Volunteers, Firefighters and Red Crossers visited **158** homes and installed **424** smoke alarms for free. This has made homes safer for over **350** people including **129** who were **17** years old or younger, **70** were **65** or older, **22** who identified themselves as having a functional access need or disability and **23** who identified themselves as being a military member or family member. The Volunteers found **255** alarms in homes, but only **120** of those were in working condition (**less than 50%**). Of the **158** homes visited, **85** had no working smoke alarms. Thank you to the American Red Cross for keeping those in need of new alarms safe.

Dementia Caregiver Group

Tuesday, January 9th • 10:00am-11:00am

The Dementia Caregiver group meets the second Tuesday (January 9th) of every month. **Everyone is welcome to attend.**

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.

