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Nelsen Farms
- Diane Reese Retired Nurse
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- Cee Sorenson Retired Nurse
- Steve Wentworth Retired Safety Manager

900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 February 2018 • Volume 17 • Issue 2



Auction Items

(As of 1-26-18)

- 30 Minute Flight
- American Flag Afghan
- Artwork
- Boat Rental
- Car Care/Detailing
- Carpet Cleaning
- Casino Packages
- Center Caramel Rolls
- Center Cookies
- Decorative Rock
- Def Leppard/Journey Concert Tickets
- Desserts for 6 months by Fran Fox
- Dinner for 8 Hosted by Barb Rezac
- Fitness Memberships
- Golf Outings
- Guided Fishing Trip
- Hair Care Packages
- Homemade Kolaches & Kuchens
- Indoor/Outdoor Storage
- Jewelry
- Lawn Care Package
- Mall of America
- Massages
- Minneapolis Overnighter
- Museums
- Newspaper Subscriptions
- Office Party
- Omaha Trips
- Pet Care
- Pie A Month/Year
- Pizza A Month/Year
- Planet Heart Screening
- Restaurant Outings
- Ribeye Loins
- Seed Corn
- Sioux City Day Trips
- Sioux Falls Day & Overnight Trips
- Sports Packages



11th Annual Event

Saturday, March 3rd • 5:30pm-8:30pm
 \$35 per person

- Wine Tasting • 5:30pm
- Dinner • 6:30pm
- Silent Auction • 5:30-7:30pm
- Live Auction • 8:00pm

Serving

- Chicken Cordon Bleu
- Twice Baked Potatoes
- Vegetable
- Dessert

Only 200 tickets, contact a Board Member
 or stop in the office.



New Year's Eve 2017

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!

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**Another Great Year
(2016-2017)**

Annually our Volunteers and Staff facilitate numerous services that make a difference in many lives

- We served **44,659** nutritious home cooked meals
 - **14,643** meals were delivered to those who are homebound through our Meals on Wheels program
- **4,536 free meals** were served to low income Seniors
 - Over **300** individuals and families of all ages received tax assistance at no charge
- **The SHINE**, Medicare Part D, assistance Program saved Yankton County residents **\$195,240** in prescription drug costs
- **2,280** boxes of supplemental food, weighing **57,596** pounds and valued at **\$87,546** were distributed to Seniors that are well below the poverty level
 - **150** disbursements of pet food were given to low income families of all ages
- **1,346** individuals participated in meals, activities and events
- We have **750** members and over **300** volunteers
- We are grateful to be supported by the United Way and the City & County of Yankton

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

- 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

Our By-Laws state that if annual dues are not paid by February 28th, the memberships expires and the March Newsletter will not be mailed.



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

2017-2018 Officers

Joleen Smith (President); David Hosmer (Vice President)
Heather Olson (Secretary); and Kara Payer (Treasurer)



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**

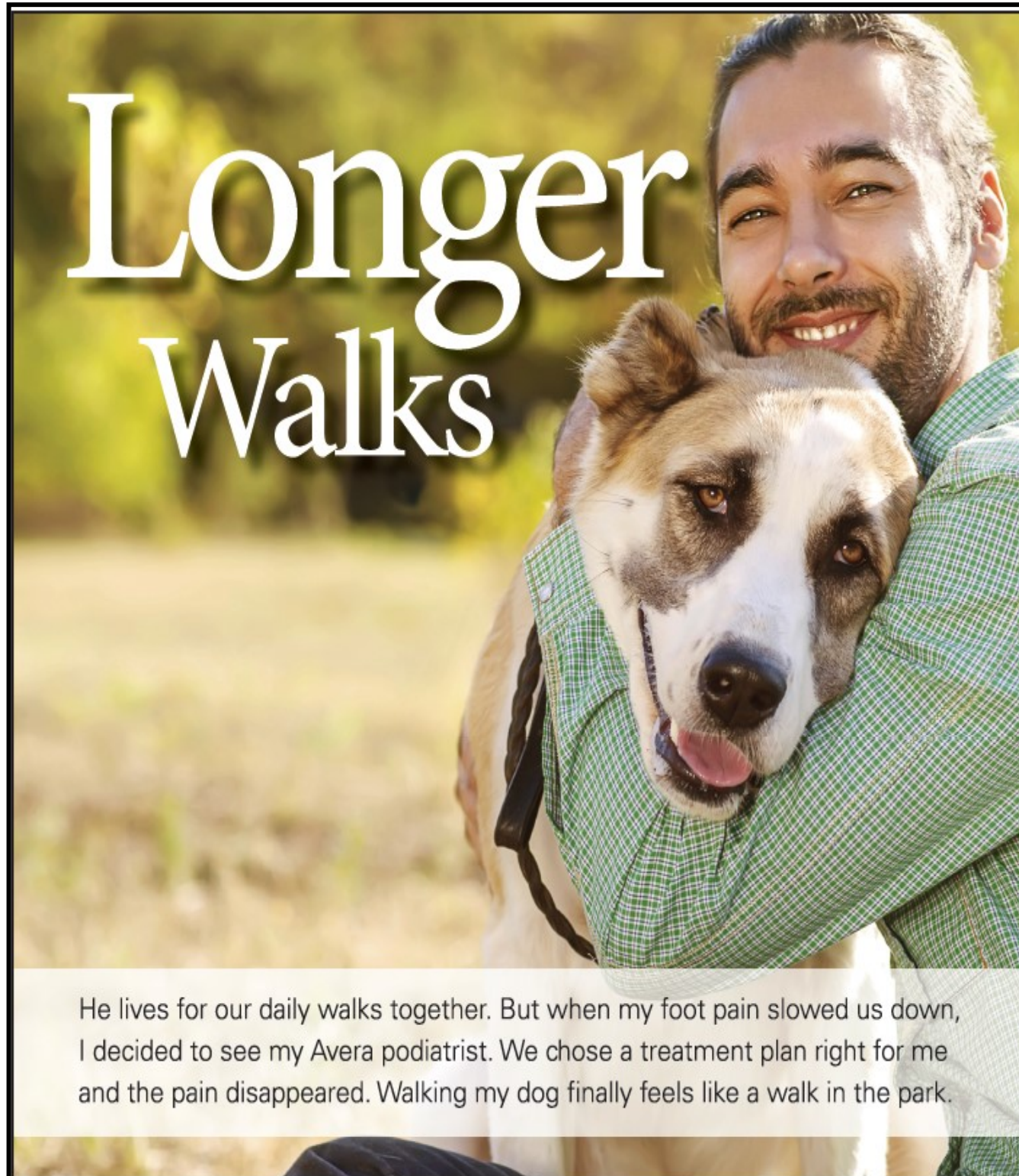
You can access our monthly newsletter, menu, activity calendar, upcoming events, programs, services, volunteer opportunities, fundraising updates, pictures and so much more.

CHECK IT OUT !

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



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

Alma Logdahl is our January Volunteer of the Month. Alma helps out regularly in the kitchen, pouring milk and water at lunch, she sets up tables each month at our pancake feeds and also helps with several of our evening functions. **Thank you Alma for all you do!** Enjoy your special parking spot.



Karissa Wuestewald, Alexis Hojen & Jim & Cindi Filips Volunteered at our evening meal where we served **212** people BBQ Ribs.



It takes an army of volunteers to pull off a pancake feed.



Mandi Lampman & JuLee Werkmeister (Yes, Mandi cooks!)

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**.

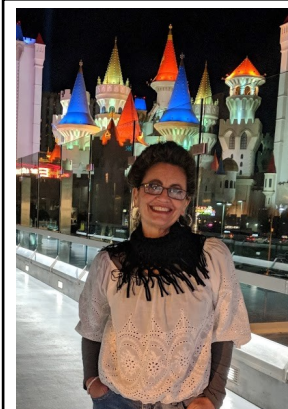
Volunteer Opportunities

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
- Rummage Sale
- Special Events
- Receptionists
- Committee Work-Behind The Scenes

We have been approached by many who have been offended that they are not asked to volunteer. We are trying to spread the jobs around. There are several opportunities and we need you. It is challenging for Colleen to keep track of who has been asked and who has served. So please contact Colleen if you want to volunteer.

Director's Desk



It was very nice to be able to get away for a few days. I bet you didn't even know I was gone! We went to Las Vegas with some friends and were blessed to be able to take in some wonderful Las Vegas style entertainment. We saw a Cirque du soleil show The Beatles, enjoyed Terry Fator, the singing ventriloquist who won America's Got Talent, had some laughs at The Laugh Factory, rode the loopity loop upside down roller coaster at New York-New York, flew thru the air on the zipline over Fremont Street and capped off the trip seeing Absinthe a variety and talent show production under the big top. Not only did I get to enjoy good friends, exceptional entertainment, but managed to escape reality for a bit in the city that doesn't sleep as well as escaping 11" of snow. Timing is everything isn't it?

I sure do appreciate the staff stepping up to take on more responsibility in my stead. I also appreciate each of you stepping out to enjoy an evening of ribs setting an all-time meal service record providing 212 meals. I know that our ribs are delicious. But maybe what you don't know is our food is delicious every day. We must keep the sodium down but outside of that every meal we serve is homemade. I always mention that you will likely get lumps in your mashed potatoes because they are the real deal, along with our tangy homemade gravies, meatloaf, lasagna, roast beef, salisbury steak, pork cutlets and dumplings and so much more. You name it, we do it and we do it well. We sure would encourage you to come in more often. Whether you are in the workplace or retired, everyone should have lunch. I have people tell me all the time, I didn't think I could eat there because I am not old enough. Firstly, you only must be 18 years or older to be a member of The Center. Our meals are open to the public, but if you are 60 or older you are given a discount. Spread the word to your friends, family, neighbors, colleagues that The Center offers delicious home cooked meals daily and all that we ask is for you to call to make a reservation. (call 665-1055). One final recommendation if you have time to socialize and relax, consider coming in early or sticking around after lunch to play cards, dominos, Wii bowling, line dancing, bible study, and craft or exercise class. If you have the time come in for lunch at 11:30 and make a day of it. If you are rushed to get back to work or have other commitments come in any time between 12 and 12:30 and most days you will be served immediately. If diners are under the age of 60 the meal is only \$6.50. Again, help us spread the word so we can continue to serve more individuals with nutritious healthy options.

We also need your help to participate in and promote our 11th annual Wine and Dine event on March 3rd. Our very own Kelly Brown has been working many hours to secure amazing prizes and our board is securing sponsors and selling tickets. How can you help? You could secure a new event sponsor or prize, buy a ticket (**\$35**) or host a table (**\$280**). Or you can plan to come and have fun, enjoy a first-class meal and spend some money bidding on auction prizes. Hopefully you will win some prizes that are useful or maybe some which are frivolous. Perhaps you have a family member or friend who cannot attend but would like to donate or remotely bid on a prize. Don't miss out on helping us plan a successful event. The board has chosen an aggressive goal to raise \$30,000 net. The funds raised will help us continue our charity work while providing recreation, socialization and nutrition to all. There are many moving parts and financial resources are needed to keep our organization thriving.

Just a few reminders, as we get geared up for our March Madness. Don't miss the Wine and Dine event on March 3rd, the Rock-A-Thon on March 16th, as we will have many Rockin Rockers grace our doors raising funds to support our March for Meals campaign. Support your favorite Rocker by making a donation in their name, there will be buckets found up front and in the office. We will have many dignitaries volunteer their time throughout March participating in the Community Champions event. Visit with them and make them feel welcomed. Once again we get the joy of having our school students volunteer and we must take the opportunity to thank them for volunteering and for spearheading coin drives in their respective schools.

Please don't forget to pay your dues and renew your membership. There aren't many organizations you can be a member of for only \$35 a year, particularly one with so many rewards and benefits. If you aren't an active member note that your generous support helps those who are.

Bear down for March Madness, it will most assuredly be MADD! 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

Soupless Soup Kitchen

As of January 26th - **\$4,824.69** 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!**

Carmelita Alonzo
 Norma J Andersen
 Theresa Arens
Beth Ashley
 Nadean Auch
Marge Becker
 Elma Block
 Deb Bodenstedt
 Mary Broders
 Clint & Joan Burt
 Norman & Ethel Campbell
 Delano & Marilyn Christensen
 Wes & Evelyn Cimpl
 Sylvia Coulson
Mae Crawford
 Bob Curtice
 Will & Shirley Dangler
 JoAnne Dickinson
Bob & Malena Diede
 Maury Ekeren
 Sharon Fiedler
 Jim & Cindy Filips
Jean Fitzgerald
 Fran Fox
 Don & JoAnn Frasch
 Duane & Natalie Frick
 Bob & Lois Furdeck
 Doris Gall
Dorothy Gobel
 Duane & Carol Grimme
 Glenn & Phyllis Grossheusich
Elsie Gurney
 LaVonne Halvorsen
Pat & Christy Hauer
 Ken & Irene Hirsch
 MaryJane Hisek
 Dorothea Hoebelheinrich
 Rheiny & Susie Hofmann

David Hosmer & Stephanie Tamisiea
 Cathy Huchtmeier
Dorothy Johansen
 Rodger & Mary Johnson
Fran & Sandy Johnson
 Dorothy Johnson
John & JoAnn Jonas
Rose Kabeiseman
 Dolores Kafka
 Sandra Kreber
 Mandi Lampman
Bev Larsen
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 Marlene Nebola
 Bob & Janet Neibergall
 Kay Nickles
 Marillyn Obr
 Chris O'Brien
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 Kara Payer
Dolores Peitz
 Shari Persinger-Hovland

Lois Reade
 Diane Reese
Paul & Cathy Rehffuss
 Gladys Ryken
 Nick & Arlys Saoi
 Margaret Sarringar
Jean Schaecher
 Victor & Darlene Schaeffer
 Peggy Schiedel
 Colleen Schild
 Lucille Schmidt
 MaryAnn Schonebaum
 Peggy Schurman
 George & JoAnn Smith
 Randy & Joleen Smith
 Georgene Snook
 Cecelia Sorenson
 David Souhrada
 Gladys Souhrada
 Ed & Therese Soukup
 Bill & Barb Specht
 Dan Steiner
 John & Vicki Swensen
Darwin & LaVila Tessier
 Brooke Thury
 Kriss Thury
 Monica Tielke
 Evelyn Timm
 Ray & Lorna Uken
 Janet Waggoner
Jim & Mary Walloch
Don & JuLee Werkmeister
 Bonnie Whatling
 Joe & Romaine Wieseler
 Art Winckler
 George & Floris Woodhouse
 Marge Wuestewald
 Arlene Young
 Mildred Zimmerman

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

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, February 13th

Tuesday, February 27th

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

I want to thank everyone who sent me a birthday card. It made my 90th birthday so special.
Thank you again!

George Smith

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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Fundraising News

Pancake & French Toast Feed
Wednesday, February 14th
 (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!

Celebrate Valentine's Day and bring your sweetheart, or stop by before or after church.



Volunteers Bonnie Strnad & Sandy Johnson



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.

MARCH FOR MEALS CAMPAIGN
 Next month we will be hosting many activities to support our campaign.



4th Annual Rock-A-Thon
 (Friday, March 16th)



Shamrock Raffle



Community Champions Event



School Coin Drives



Thank You For Your Monetary Donation

Steve & Deb Murray
 Benedictine Sisters
 Day Spring Group
 Bon Homme County
 Willcockson Eye Employees
 Rodney & Marlys Kaiser

Your generous support is greatly appreciated!

Tabor Nutrition Center

Tabor News

Hello from the Tabor Nutrition Center.

One winter blizzard is behind us and hopefully there will be no more like that this year; as we are halfway through winter.

We have been seeing some new faces at lunch the past couple of weeks. How wonderful is that?

Our February Evening Meal is on the **20th**. We will be serving Pork Chops and Dumplings, always a favorite in Tabor.

Happy Valentine's Day to everyone! Spring is coming!

Gail Hovorka—Site Coordinator

Birthdays

February 3	Darlene Holec
February 4	Don Mudloff
February 5	Clarence Bartunek
February 6	Gary Baltzer
February 20	Ernie Merkwan
February 24	Clarence Sykora



Tabor Nutrition Center Staff

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

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.

February 2018 Menu

Suggested donation is \$4.25 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.

February 1	Baked Chicken
February 6	Beef Tips in Gravy
February 7	Hamburger
February 8	Dill Soup
February 13	Salisbury Steak
February 14	Breaded Fish (Ash Wednesday)
February 15	Porcupine Meatball/Gravy
February 20	Pork Chop (Evening Meal)
February 21	Cream of Potato Soup
February 22	BBQ Chicken (Birthday Dinner)
February 27	Chicken Fried Steak
February 28	Baked Steak/Mushroom Gravy

Tabor Wish List

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

Thank you Marie & John Mogck for your donation of meals.



Kenny Hansen's Grandson, Jeremiah dug up some treasures in Christy's Treasure Chest.



You are never too young to be taught the value of volunteering. Mandi Lampman's Daughters Adrieaunna & Ahleesia Evans Kriss Thury's Daughter, Brooke & Granddaughter Sydney delivering Meals on Wheels.



Heather Hauer brought a couple cuties, Julian & Henry Delforge, in to raid the treasure chest.



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Trips

Worthing Dinner Theater “Nana’s Naughty Knickers”

Friday, March 16, 2018 - 5:00pm-11:00pm
\$62.00 per person
Includes transportation, dinner and theater

Bridget and her grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer, quickly turns into an experience she'll never forget. It seems her sweet grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!

Upcoming Show
 May 2018 “The Marvelous Wonderettes”

Upcoming Events

February 8	Anniversary Dinner	11:30am-12:30pm
February 12	Craft Class	10:30am-11:30am
February 13	Dementia Caregiver Group	10:00am-11:00am
February 13	Christy on KYNT Radio	7:40am & 12:20pm
February 14	Pancake Feed	4:30pm-6:30pm
February 15	Birthday Dinner	11:30am-12:30pm
February 16	Commodities	1:00pm-3:00pm
February 21	Dinner & A Movie	4:30pm-6:30pm
February 27	Christy on KYNT Radio	7:40am & 12:20pm
February 28	Evening Meal	4:30pm-6:30pm
March 3	Wine & Dine Event	5:30pm-8:30pm
March 16	Worthing Dinner Theater	5:00pm-11:00pm

Nutrition News

Tips To Boost Your Nutritional Health



As you make food choices to improve your nutrition, keep these tips in mind:

- **Stick to healthy fats.** Choose healthy fats found in seeds, nuts, avocados, fatty fish, and vegetable oils rather than saturated fats and trans fats.
- **Drink up.** Water, of course. To stay hydrated, drink a lot of water and non-caffeinated beverages and eat foods with high water content (like soups, cucumbers, grapes, and melons) unless instructed otherwise by your doctor.
- **Opt for whole grains.** These fiber and nutrient rich foods will help your digestion and protect your heart. Choose brown rice, whole grain cereals, and whole wheat bread instead of white bread and refined grains.
- **“Rough up” your diet.** Include a variety of high fiber foods every day, such as raw fruits and vegetables and whole grains. These foods help provide the vitamins, minerals, fiber, and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems. If you’re not sure you’re getting enough fiber, talk to your doctor about supplements.
- **Pack in protein.** Power your body with lean proteins like beans, eggs, chicken and fish, lean meats, and nuts.
- **Remember that calcium is critical.** Everyone needs calcium to protect bone health, so bone up on calcium-rich foods like low-fat dairy products. A calcium supplement, usually paired with vitamin D — its partner in bone building — can also help you get what you need.
- **Shop for B12.** Older adults should look for foods, like cereals, that are fortified with vitamin B12. Because of the body’s decreased ability to absorb B12, getting more through diet and supplements will ensure that you meet your requirements. Now that you know what to do, you can make the necessary changes to your diet and a real commitment to your health. It’s fine to start gradually. Exchanging junk foods for healthier options is a good first step, but try to make changes every day that will bring you closer to your goal of a healthy diet and a healthy life.

Happy Valentine’s Day - Mandi Lampman, Meal 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

605 • 660 • 6679
 605 • 660 • 5352

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.

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.

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)

Nutrition News

December 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1348 (67 per day)	302 (15 per day)	236 (8 per day)	223 (19 per day)	2109 (105 per day)
Home Delivered	1382 (69 per day)	N/A	N/A	68 (6 per day)	1450 (73 per day)

February Kitchen Volunteers

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

February 1	Joyce Kollars
February 2	Bonnie Strnad
February 5	JuLee Werkmeister
February 6	Barb DeJager
February 7	Geri Loecker
February 8	Jan Kirschenman
February 9	Cathy Orton
February 12	Dorothy Gobel
February 13	Alma Logdahl
February 14	Cathy Orton
February 15	Geri Loecker
February 16	Eileen Leshner
February 19	Joyce Kollars
February 20	Mary Garoutte
February 21	Sandra Kreber
February 22	Dorothea Hoebelheinrich
February 23	Bonnie Strnad
February 26	JuLee Werkmeister
February 27	Alma Logdahl
February 28	Malena Diede

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.

Evening Meal

(Fourth Wednesday Every Month)

Wednesday, February 28th
4:30pm-6:30pm

Salisbury Steak
Mashed Potatoes & Gravy
Corn
Mandarin Oranges
Dessert

(Last month we served 212)

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

Suggested Donation \$5.00
Must call for reservations, 665-1055

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16 Specialties

1 Focus

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www.YanktonMedicalClinic.com

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605-665-7841

Dinner & A Movie

(Third Wednesday Every Month)

Wednesday, February 21st - 4:30pm-6:00pm(meal)
Suggested Donation \$6.00

"Little Heroes" Former tobacco company employee Harry Burton prepares to leave for Washington to testify against his former employer in a lawsuit that could deliver a serious blow to the cigarette industry. Two hired thugs sneak into the house and grab Harry's son so he will alter his testimony, but the thugs plans are quickly thwarted by their 2 dogs. Through a hilarious battle of obstacles and traps, the dogs turn the tables on the thugs, saving the son and allowing Harry to give his testimony.

Serving:

Parmesan Chicken
Scalloped Potatoes
Seasoned Spinach
Fruit & Dessert
Dinner Roll, Butter, Milk & Coffee



Call to RSVP 665-1055

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- Emergency Call System
- No Steps
- On-site Beauty Shop

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2015 Green St, Yankton
Office Hours Mon - Fri 8:30am- 4:30pm

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New Year's Eve



Left:
The Activities
Committee & Board
serving up NYE lunch.

Right:
Board Members
Chris Nelsen and
Bob Kellen



Deb Bodenstedt & LaVonne Halvorsen



Gary Kuchta & Board Member, John Harper



Gert Andersh



Duane, Natalie, Mark & Beth Frick



Auld Lang Syne



Fran Fox & Darold Adamson



Board Members Diane Reese & Velma Kuchta



February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Breaded Chicken Breast Cheesy Hash Browns Peas Spinach Salad Pears	Beef Tips in Gravy Mashed Potatoes Broccoli Peaches
			8	9
5	6	7	ANNIVERSARY DINNER Ham Sweet Potato Corn Peaches Chocolate Pudding	Turkey Breast Stuffing Mashed Potatoes/Gravy Green Beans Tropical Fruit
BBQ Chicken Baked Potato Baked Beans Fruit Cocktail	Roast Beef Mashed Potatoes/Gravy Glazed Carrots Jell-O/Fruit	Chicken Fettuccini Alfredo Italian Blend Vegetables Tossed Salad Mandarin Oranges (National Fettuccini Day)		
			15	16
12	13	14	BIRTHDAY DINNER Meatloaf Baked Potato Green Beans Cake & Ice Cream	Potato Soup Egg Salad Sandwich Cole Slaw Applesauce
Chef's Choice (Surprise)	Pork Roast Boiled Potatoes/Gravy Glazed Carrots Cranberry Sauce Jell-O	Macaroni & Cheese Corn Tossed Salad Valentine's Cookie Ash Wednesday-Pancakes		Lenten
			22	23
19	20	21	Pork Loin Sweet Potato Fries Brussel Sprouts Cranberry Crunch Salad	Breaded Fish/Hamburger Cheesy Hash Browns Tomato Spoon Salad Tropical Fruit
Hot Beef Sandwich Mashed Potatoes/Gravy Green Beans Peaches Tapioca Pudding	Lasagna Italian Blend Vegetables Chinese Coleslaw Fruit Slush	Sloppy Joe Potato Wedges Baked Beans Vanilla Pudding Dinner & Movie		Lenten
			28	
26	27	28	Dinner & Movie(21st) Parmesan Chicken Scalloped Potatoes Seasoned Spinach Fruit Dessert	Evening Meal(28th) Salisbury Steak Mashed Potatoes/Gravy Corn Mandarin Oranges Dessert
Chicken Fried Steak Mashed Potatoes & Gravy Peas Jell-O/Fruit	Mandarin Chicken Breast Parslied Potatoes California Blend Vegetable Pears Chocolate Pudding	Goulash Broccoli and Cauliflower Applesauce Evening Meal		

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.**

February Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wine & Dine Event Saturday, March 3rd (5:30-8:30pm) Serving: Chicken Cordon Bleu (\$35) Live & Silent Auction (Only 200 tickets)			1 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	2 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
5 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	6 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Wii Bowling 1:00 Pinochle 12:45 Bingo 7-9	7 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	8 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	9 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
12 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	13 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Dementia Grp 10:00 Bible Study 10:30 SHIINE 12:30-3 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9 No Nurse Today	14 Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	15 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	16 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 Bingo 7-9
19 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:00 Pinochle 12:45 Hand & Foot 1:00	20 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	21 Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 Dinner & Movie 4:30pm-6:30pm	22 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00	23 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
26 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	27 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Bible Study 10:30 Nurse 12:30 Pinochle 12:45 Wii Bowling 1:00	28 Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 Evening Meal 4:30pm-6:30pm	Rock-A-Thon/Rockin' For Meals Friday, March 16th (10am-2pm) Donate to your favorite rocker Serving: Corned Beef & Cabbage St. Patty's Day Fun	

Membership News

Welcome New Members

Charlie Gross ▪ Yankton
 Richard & Ellen Slowey ▪ Yankton
 Marilyn Broker ▪ Yankton
 Jean Christenson ▪ Yankton
 Charmaine Pelton ▪ Yankton
 Leonard Hejl ▪ Yankton

Memorials

In Memory of Gail Bartunek

Pat & Christy Hauer
 Kriss Thury
 MaryAnn Schonebaum

In Memory of Jennie Kilburn

Pat & Christy Hauer

In Memory of Sandi L. Kreber

Pat & Christy Hauer
 Kay Nickles
 Margrit Lock

In Memory of Art Becker

MaryJane Hisek
 Will & Shirley Dangler

In Memory of Lucille Schmidt

Cee Sorenson
 Delight Paulsen

In Memory of Dale O'Hare

Sherry O'Hare

In Memory of Ed Lammers

Pat & Christy Hauer

Get Well Cards

Pat Raab Jean Fitzgerald
 Dorothy Johnson Steve Wentworth
 Doris Albrecht Charles Huntley
 Arlys Saoi Donna Kaiser
 David Chase Dory Ahern

Thank You for Your Donation

Laundry Soap, Coffee, Magazines	Ed Gleich
Pens	Nadean Auch
Coffee	Theresa Arens
Kleenex	Bonnie Strnad
Batteries, Napkins, Coffee, Magazines	Fran & Sandy Johnson
Greeting Cards	Jerald & Jane Rames
Towel Rack, CD's, Greeting Cards	Paul & Kathy Harens
Commode	Loran Tramp
Coffee	Alma Zweber
Coffee	MaryJane Hisek
Batteries & Napkins	Marge Becker
Coffee	Darold & Geri Loecker
Napkins & Toilet Paper	Gary & Velma Kuchta
Coffee	Ray & Lorna Uken
Mints	Marillyn Obr
Books	Bob & Lois Furdeck
Napkins	Charles & Alma Logdahl
Puzzles/Candy Bars	Alice Gensch
Coffee, Napkins	Diana Spence
Calendars	Maurice Newman
Books	Jon Mathrole
Pens	LouElla Machin
Napkins, Dog & Cat Food, Kleenex, Toilet Paper	Shari Persinger-Hovland



Mary Law & Dory Ahern
Volunteering
at our
Pancake Feed

Sympathy Cards

Gail Bartunek Family
 Jennie Kilburn Family
 Sandi L. Kreber Family
 Marge Becker (Loss of Brother-In-Law)
 Chuck & Cheryl Leiferman (Loss of Nephew)
 Deb Bodenstedt (Loss of Father)
 Mark Gleich (Loss of Father)
 Ed Lammers Family

Happy Birthday

February 1	Marlene Gellerman	February 9	Delano Christensen	February 17	Phyllis Grosshuesch
February 1	Jane Malone	February 9	Gladys Tacke	February 17	Kathleen Lee
February 1	Jackie Sandstedt	February 9	Gloria Keiser	February 17	Dan Wentworth
February 3	Paul Rehfluss	February 11	Sandra Bezug	February 18	Luree Boersma
February 3	Tom Olson	February 11	Alma Zweber	February 18	Kathy Harens
February 3	Wesley Rye	February 12	Peggy Schiedel	February 18	Conley Stanage
February 3	Ava Tucker	February 12	Mary Fran Thompson	February 18	Caroline Walsh
February 5	Bob Diede	February 12	Violet Schaeffer	February 19	Bonnie Hevrin
February 5	Monsignor Carlton Hermann	February 13	Jane Mordhorst	February 20	Mildred Zimmerman
February 5	Alberta Allard	February 14	Marilyn Huntley	February 21	Bonnie Taggart
February 7	Kay Kasulka	February 14	Elaine List	February 22	Joan Haberman
February 7	John Kudrna	February 14	Dennis Stibril	February 22	Georgine Suing
February 7	Beth Nyquist	February 15	Terry Crandall	February 22	Christy Hauer
February 7	Darlene Jensen	February 15	Dorothy Johnson	February 24	Michael Andrews
February 8	Pat Highland	February 15	Doris Albrecht	February 24	Therese Soukup
February 8	Dennis Sundleaf	February 15	Mildred Cameron	February 26	Florence Lee
February 9	Charles Bender	February 17	Gladys Johnson	February 28	James May

Happy Anniversary

February 10	Robert & Darlene Kolda
February 14	George & JoAnn Smith
February 24	Rheiny & Susie Hofmann
February 25	Jerald & Jane Rames
February 29	Wendell & Mary Renken
February 29	John & Diane Nicholson

Center Wish List

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



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Celebrating Life, Helping you Heal*



Directors: Jim, Steve, Jerry and Paul Wintz

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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.
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Wii Bowling

Tuesday League

January 2, 2018

Margrit Lock had a high series of 655 and a high game of 254
Karen Gran & Elaine List picked up a 4-5-7 split
Dory Ahern picked up a 5-10 split
Mary Haberman picked up a 5-7 split

January 9, 2018

Dory Ahern had a high series of 604 and a high game of 227
Darlene Pokorney picked up a 5-10 split, twice

January 16, 2018

Dory Ahern had a high series of 570 and a high game of 206
Mary Haberman picked up a 5-8-10 split
Elaine List picked up a 5-10 split
Karen Gran picked up a 5-6-10 split
Dory Ahern picked up a 5-10 & 4-5-7 split

Thursday League

January 4, 2018

Marilyn Obr had a high series of 584 and a high game of 215
Sharon Tronek picked up a 4-5-7 & 2-7-8 split

January 11, 2018

Janice Olson had a high series of 548
Dorothy Gobel had a high game of 225
Joan Haberman picked up a 5-7 split
Janice Olson picked up a 4-6-10 split

January 18, 2018

Marilyn Obr had a 673 series and a high game of 258
Jeanne Laffey picked up a 5-6 split
Sharon Tronek picked up a 3-9-10 split

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- Small & Large Groups (up to 150)
- Clean Facility - plenty of parking
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- \$150/member • \$175/non-member

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

Call 665-4685 • 900 Whiting Dr., Yankton

Activities

Pinochle News

Double Run—January 16, 2018

Bob Neibergall & Norma Andersen

Double Pinochle—January Drawing

Bud Gustad & Dorothy Nielson

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, February 15th (**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, February 12th - 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 St. Patrick's Day craft to take with you. The cost will be \$5 per person to cover the cost of supplies. **Stay for lunch! (Chef's Choice)** So there is enough crafting supplies on hand it is very important that you sign up in the office so Cathy knows how many supplies to buy.



Last month a Valentine's Craft was made with 8 people in the group.

Friday Bridge

January 5, 2018

- | | |
|-----------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 4440 |
| 2. Jeanne Gustad & Beth Nohr | Score: 3770 |
| 3. Char Erickson & Jean Schaecher | Score: 2270 |

January 12, 2018

- | | |
|-----------------------------------|-------------|
| 1. Jeanne Gustad & Toots Marchand | Score: 4590 |
| 2. Char Erickson & Jean Schaecher | Score: 4100 |
| 3. Muriel Stach & Beth Nohr | Score: 3210 |

January 19, 2018

- | | |
|---------------------------------|-------------|
| 1. Toots Marchand & Nadean Auch | Score: 5850 |
| 2. Muriel Stach & Beth Nohr | Score: 2890 |

Small Slam: Toots Marchand & Nadean Auch



Partnership Bridge News

January 3, 2018

- | | |
|------------------------------------|-------------|
| 1. Beth Nohr & Muriel Stach | Score: 5350 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 5210 |
| 3. Margie Eddie & LaVila Tessier | Score: 4540 |
| 4. Marilyn Halsey & Toots Marchand | Score: 4290 |

January 10, 2018

- | | |
|-------------------------------------|-------------|
| 1. Rose Kabeiseman & Mae Crawford | Score: 6960 |
| 2. Jean Fitzgerald & Jean Schaecher | Score: 4850 |
| 3. Muriel Stach & Beth Nohr | Score: 4580 |

Slam: Rose Kabeiseman & Mae Crawford
Muriel Stach & Beth Nohr

January 17, 2018

- | | |
|--------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 5530 |
| 2. Judy Kistler & Janet Ausdemore | Score: 4690 |
| 3. MaryAnn Anderson & Jeannie Gustad | Score: 4550 |

Slam: Jean Fitzgerald & Jean Schaecher

January 24, 2018

- | | |
|------------------------------------|-------------|
| 1. Glenn Mannes & Darwin Tessier | Score: 5280 |
| 2. Rose Mather & Dan Miller | Score: 4950 |
| 3. Marilyn Weverstad & Fran Mollet | Score: 4190 |

Slam: Glenn Mannes & Darwin Tessier
Marilyn Weverstad & Fran Mollet
Maysel Goltz & MaryAnn Anderson

Services/Education



Commodity Program

**Friday, February 16th
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 (February 16th)** each month in the Southeast parking lot. Please contact 665-4685 for more information

Commodities are on a first come first serve basis.

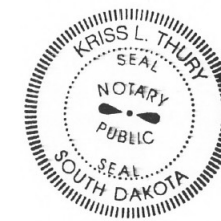
Toe Nail Clinic

A reminder that the contract nurse is here the 1st Thursday each month to trim toenails. The cost is \$20 made payable to Avera and you must bring your own clippers.

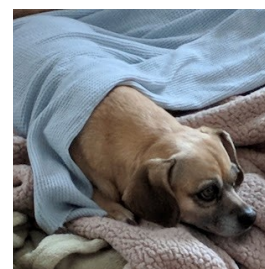
Stop in the office to schedule an appointment.

Notary On Site

Members have another service available to them at no charge. Kriss Thury is a Notary Public of South Dakota. If you have documents that need notarization, Kriss is in the office Monday through Thursday from 7:30-4:00pm and Fridays from 7:30-2:30pm.



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.

Dementia Caregiver Group

Tuesday, February 13th - 10:00am-11:00am

The Dementia Caregiver group meets the second Tuesday (**February 13th**) of every month. **Everyone is welcome to attend.**

AARP Tax Assistance Available

AARP Tax Aides will begin the tax season on Tuesday, February 13th and continue until April 12th.

Appointment times are limited on Tuesday, Wednesday & Thursday mornings. You must bring with you last year's tax return, a picture ID, social security card and checking/routing number.

This service is for Seniors and those who are low income.

Call The Center, 665-4685 to schedule your appointment today.



Volunteer Nurse On Site

Just a reminder that we have a volunteer nurse on site the 2nd and 3rd Thursday each month from 10:30-11:30am. Our volunteers Jackie Sandstedt and Marilyn Christensen are available to take your blood pressure and answer some of your health questions. Stop in the nurses office and say hello.

Effective March 1st, Susan Thorson will no longer be available on Tuesday's at The Center. A special thank you to Susan for promoting healthy lifestyles at The Center.

EMPLOYEE OWNED

2100 Broadway • Yankton
665-3412

Floral 665-0662 • Pharmacy 665-8261
Wine & Spirits 665-7808