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 57078

Board of Directors

- | | |
|-----------------|--|
| Joleen Smith | Senior Advisor Business Planning
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Raymond James Financial |
| Kara Payer | Vice President of Mission
Avera Sacred Heart Hospital |
| Heather Olson | Assistant Principal
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| John Harper | Self Employed Contractor & Homebuilder |
| Bob Kellen | Owner
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| Chris Nelsen | Owner & Farmer
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| John Swensen | Retired Salesman |
| 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

 March 2018 • Volume 17 • Issue 3



In This Issue

Director's Desk	3
Fundraising News	4-5
Tabor Nutrition Center	6
Nutrition News	7-8
Menu	9
Activities Schedule	10
Activities	11-12
Services/Education	13
Birthdays/Anniversaries	14
Membership News	15
Upcoming Events	19
Volunteer News	22

MARCH FOR MEALS CAMPAIGN

The goal of our campaign is to create awareness about the real problem of Senior hunger and eradicate it. We are asking you to help fund the 4,500 meals which are given to Seniors who are well below the poverty level. You can attend the **Wine & Dine Event** on **March 3rd** and bid on some items. If you are unable to attend and want to bid, just let us know and we can bid for you. You can donate to your favorite Rockers through the **Rock-A-Thon on March 16th**. You can purchase Shamrocks all month and be eligible for raffle prizes. We need our members to support our March For Meals Campaign just as local businesses and individuals are stepping up.

Our **4th Annual Rock-A-Thon** will be on **Friday, March 16th**. Come in and support your favorite rocker from 10:15am-12:45pm, as donation buckets will be set up until the day of the event. Join us for a fabulous Irish lunch of Corned Beef & Cabbage and green beer.

Our **Shamrock Raffle** starts March 1st. Purchase a shamrock for \$1.00, write your name on it and we will display all the shamrocks. We will draw for some exciting prizes on Monday, April 2nd at 12:00pm. Buy one or more each day for more chances to win.



SCHOOL COIN DRIVES

Last year, our schools raised \$4,366.05.

 Participating Schools—WE THANK YOU!

- Webster School—volunteering March 20th
- Beadle School—volunteering March 21st
- Stewart School—volunteering March 22nd
- Yankton Middle School
- Tabor School



COMMUNITY CHAMPIONS EVENT

March 13th—29th (March for Meals)

 Mayors Proclamation on March 12th

 City Commission Meeting starts at 7pm



City officials will be volunteering their time to shine a light on Senior hunger and to show their support of The Center and our Meals on Wheels Program.



2017 Wine & Dine attendees, Marti & Jeff Dayhuff, Lawrence Leon & Amy Nelson, Bill & Lucille Dayhuff

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!



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.

Board of Director's



2017-2018 Board of Director's

Row 1: Kara Payer, Heather Olson, Diane Reese, John Swensen
 Row 2: David Hosmer, Joleen Smith, Velma Kuchta, Bob Kellen, John Harper
 Not Pictured: Chris Nelsen, Cee Sorenson, Steve Wentworth

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

Thank You to our Wine & Dine Sponsors (as of 2/19/18)

Avera
 Brian Nielsen Memorial Fishing Tournament
 Dakota Plains Agriculture
 Edward Jones Investments
 Ehresmann Engineering
 Farm Credit Services
 First Dakota National Bank
 First National Bank
 Henry Petersen
 Jason Nelson & Jill Sternquist
 Kaiser Heating & Cooling
 Kolberg-Pioneer Inc.
 Lance Anderson Construction
 Larry's Heating & Cooling
 Lewis & Clark Realty
 M.T. & R.C. Smith Insurance
 Marquardt Transportation
 Northern Extrusion Tooling, Inc.
 NuStar
 Opsahl Kostel Funeral Home & Crematory
 Peloton Physical Therapy
 Raymond James Financial
 Slowey Construction
 Solid Metals
 Welfl Construction
 Yaggie's Feed & Grain
 Yankton Medical Clinic
 Yankton Redi-Mix



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!

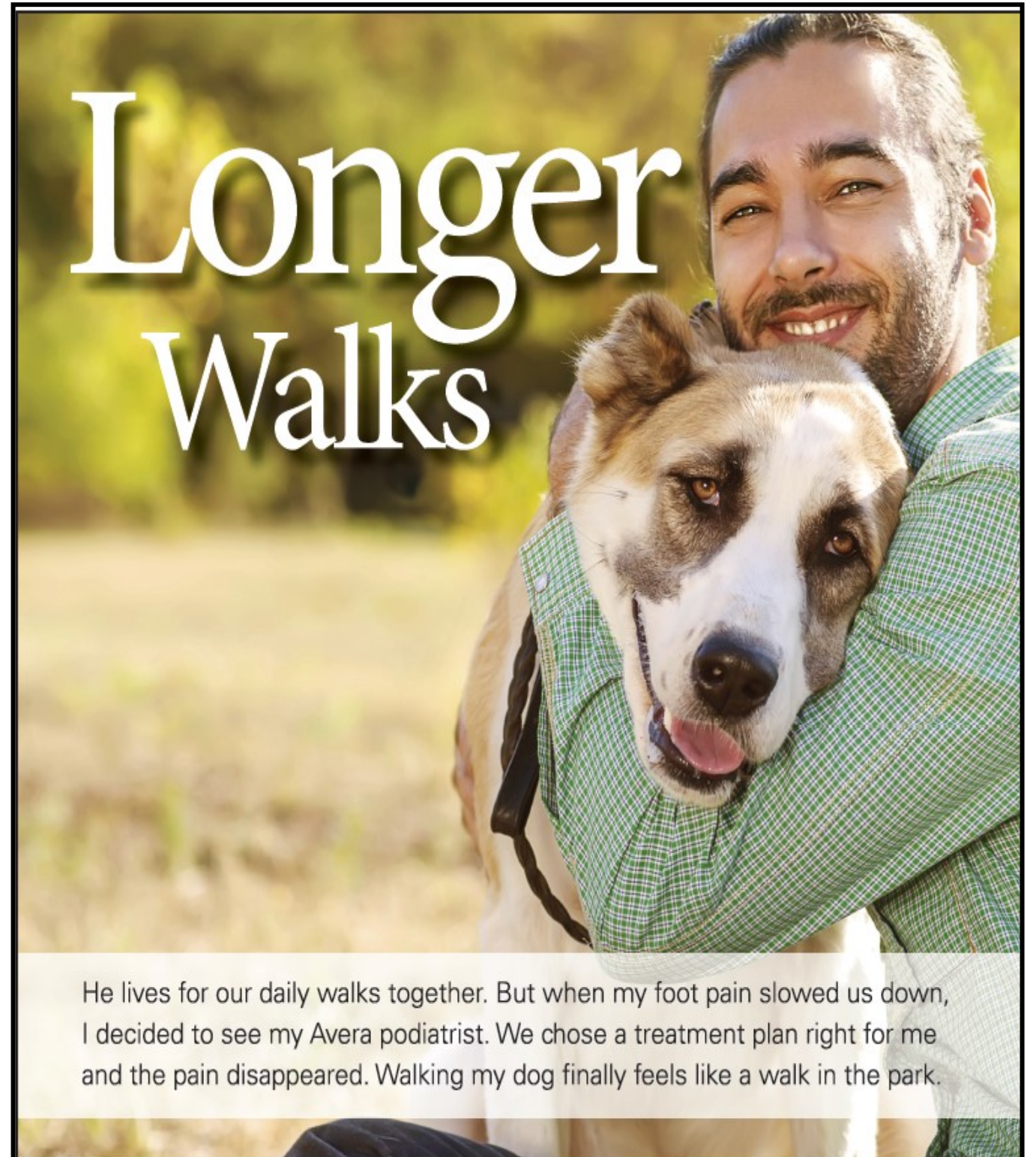
Log into Facebook and type
 The Center in the search box



Happy

St. Patrick's Day

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

Avera
 Medical Group
 Podiatry
 Yankton

409 Summit St., Suite 2600
 Yankton, SD 57078

Volunteer News

CONGRATULATIONS!

Bob Kellen is our March volunteer of the month. He is in his third year on the Board of Director's.

He has put in numerous hours helping with pancake feeds, evening meals, tending bar at dances and is an active member of the Wine & Dine committee. Just this year, Bob sold



26 tickets, secured auction prizes and many event sponsorships. Thank you Bob for all you do for The Center.

Enjoy your special parking spot!

National Volunteer Appreciation Week (April 15-21)

**Center Recognition Dinner
Monday, April 16th - 11:30am
Thank you for your service.**

**All Center Volunteers will receive a gift.
2017 Volunteer of the Year will be announced.**



Mayor Jake & Sandy Hoffner delivering Meals on Wheels

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



Our staff and volunteers have been working very hard over the past month for what in the collegiate basketball world is referred to as March Madness. Let me assure you, that is an appropriate depiction for what is about to come in the weeks ahead. Although the preparation for our March campaign is a lot of work, it is also very exciting. Not only will our **March for Meals** campaign be high energy, with a lot of excitement and enthusiasm, but the campaign will generate a lot of attention for The Center. In fact, on a National scope, the goal of the campaign is to raise money and raise awareness regarding the plight of Senior hunger. This is a very real concern among Yankton County Seniors. The Center provides over 4,500 meals a year at no cost to low income Seniors. As individuals in our community have become aware of our need, they have stepped up to support our efforts. The saying if you build it they will come. That is precisely what we have done is build a reputation of being good stewards of our resources while making a profound impact in the lives of many. In fact, we have had more business sponsors for our **Wine and Dine** event than ever before. Nearly all our schools are raising funds for our **Meals on Wheels** program. The students come to our facility to check out what we do, inspiring them to go back and motivate other students to raise money for the cause. We also have many City officials come to our building in March to volunteer and see first-hand what we are all about, enabling us to spread our message. Our **Rock-A-Thon** is a fun way to raise funds and awareness about the degree of Seniors in need, as well as getting more people involved and engaged in our mission.

Thanks to the local radio stations and print media we are able to spread our annual success stories and the outcome of our March Madness. Our outreach and impact is substantial. Thanks to our **SHINE Medicare Part D** volunteers, we saved Yankton County Seniors **\$195,240** in pharmaceutical costs. Each year I am beyond amazed by the results of this service. We are blessed to have our volunteer tax assistants preparing taxes for those in need at no cost. I am just so proud of all the programs and free services and the volunteers who help us deliver these blessings. If it weren't for those who financially support our efforts, the City & County of Yankton, United Way, churches, businesses, service clubs, students, our members, and individuals, we wouldn't be able to make such a sweeping impact. I want to thank all of our volunteers and those who financially contribute. Our volunteers and donors make it all possible.

I am often out in the community talking about how you can become a member if you are 18 years or older. How true it is. Just about a year ago Doyle and Carolyn Becker joined The Center as lifetime members. The Becker clan made it just in time to enjoy pink pancakes courtesy of Chuck Schild and French toast on Valentine's Day. More recently, we had Mayor Jake Hoffner, Larry and Jane Rupiper and Deb Bodenstedt become lifetime members. I would encourage you, if you haven't already, to renew your membership, consider becoming a Lifetime Member and/or recruiting a new member. Bring a friend to lunch, a pancake feed, an evening meal, a dinner and a movie, or invite them to play cards, try out an exercise class or line dance. We hope to see you more often and encourage you to share our beautiful facility with others.

Enjoy this Lenten Season with love and gratitude.

God Bless You, Christy Hauer-Executive Director



Doyle & Carolyn Becker & Family

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

Pancake & French Toast Feed Wednesday, March 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!



Mary Garoutte, Chuck Schild & Dianne Wubben served up pink pancakes for Valentine's Day.



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.

NO BINGO FRIDAY, MARCH 2ND DUE TO THE WINE AND DINE EVENT
NO BINGO ON FRIDAY, MARCH 30TH DUE TO GOOD FRIDAY

Thank You For Your Monetary Donation

- Steve & Deb Murray
- Benedictine Sisters
- Glenn & Phyllis Grosshuesch—Tax Donation
- Janice Wendte—Tax Donation
- Bernie & Myrna Hunhoff
- Paul Nielsen—Soupless Soup Kitchen**
- Alma Zweber—Soupless Soup Kitchen
- Char Bland—Soupless Soup Kitchen
- Robert & Marge Eddie—Soupless Soup Kitchen**
- Martin & Pat Raab—Soupless Soup Kitchen
- Maxine Fischer—Soupless Soup Kitchen
- Conley & Dorothy Stanage—Soupless Soup Kitchen

Those in bold donated \$100 or more
Your generous support is greatly appreciated!

Another Great Year (2016-2017)

Annually our Volunteers and Staff facilitate 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 **SHIINE**, 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 are grateful to be supported by the United Way and the City & County of Yankton

BECOME A MEMBER, VOLUNTEER OR DONATE

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, March 13th
Tuesday, March 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.



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.

Thank You!



Greg & Violet Dangel getting a work out.

Thanks to the Otto Ulrich Memorial. Duane Frick and Dick Kulbel this NuStep was possible. As a member, you have unlimited use of the NuStep and exercise Room

Happy St. Patrick's Day

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. Jay Fitzgerald, Dr. Lindsey Sivertsen

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and Bloomfield & Hartington, NE



"ROCK-A-THON"

MARCH 16TH • 10:15AM-12:45PM



St. Patty's Day Party, Games, Prizes & Green Beer

Corned Beef & Cabbage or Tuna & Noodles (Lenten Special),

Meal service 11:15-12:45pm, call for reservations: 665-1055

Over 60 (suggested donation \$3.75) Under 60 (\$6.50)

"BATTLE OF THE ROCKERS" who are "ROCKIN FOR MEALS"

Officer Jason Foote	10:15am — 10:30am	Amy Keppen
Yankton Police Department	vs	Yankton Court Services
Rod Veldhuzen	10:30am — 10:45am	Rick Slattery
Fire Chaplain	vs	Police Chaplain
Brooke Thury	10:45am — 11:00am	Kyle Ussery
Ben's Brewery	vs	Rounding 3rd
Braunesreither's	11:00am — 1:15am	Healy's
Sister's	vs	Husband & Wife
Bill Holst/Jim Reimler	11:15am — 11:30am	Randy Hammer
WNAX	vs	KVHT
Rob Stephenson	11:30am — 11:45am	Jeff Jones
First Dakota Bank	vs	First National Bank
	Lynn Peterson / Cortrust Bank	
Jake Hoffner	11:45am — 12:00pm	Mystery Rocker
Mayor & MOW Driver	vs	
Stephanie Moser	12:00pm — 2:15pm	Jim Huisman
Sertoma Club	vs	Kiwanis Club
Chef Staci	12:15pm — 2:30pm	Chef Kasey
Hy-Vee	vs	Hillcrest
Margaret Sarringar	12:30pm — 2:45pm	Gail Hovorka
The Center/Cook	vs	Tabor Center/Cook



Each rocker will have a Donation Jar at The Center. You can stop by to help support your favorite rocker and in doing so you are helping to support the Meals On Wheels Program. Let's have some fun and raise some money and awareness, so we can help to eradicate Senior hunger.

You can help end senior hunger.



MARCH FOR MEALS



Grateful and proud to be a United Way Agency

Poor Balance got you

We Can Help!



Falling Down?

Peloton
Physical Therapy

Morgen Square
605.260.5003

Rock-A-Thon Through The Years

2015



1st Annual \$8,102: Wayne Kindle (\$1,253); Marge Becker (\$1,040) & Barb Rezac (\$1,012)



2016



2nd Annual \$14,713

Top 3 Rockers were Bill Holst (\$3,598); Duane Frick (\$2,335) & Rob Stephenson (\$1,245)
Rob will be rocking again in this years Rock-A-Thon. Drop a donation in his bucket so he can surpass his 2016 amount!



2017



Joe Morrow, City of Yankton poured the green beer for our rockers and guests.

3rd Annual \$19,887

Top 3 Rockers were Larry Ness (\$3,160); Bill Holst (\$3,054) & Ken Jones (\$2,824)

4th Annual Rock-A-Thon is on March 16th, 10:15am-12:45pm
Corned Beef & Cabbage or Lenten special is Tuna & Noodles served from 11:15am to 12:45pm
Meal reservation call 665-1055. Green beer, games, door prizes-must be present to win.

Upcoming Events

March 1-March 16	Christy of KVHT w/Randy Hammer	Mornings
March 1-March 31	Shamrock Raffle	All Day
March 13-March 29	Community Champions Event	Noon Meal
March 3	Wine & Dine Event	5:30pm-8:30pm
March 8	Anniversary Dinner	11:30am-12:30pm
March 13	Dementia Caregiver Group	10:00am-11:00am
March 13	Christy on KYNT Radio	7:40am & 12:20pm
March 14	Pancake Feed	4:30pm-6:30pm
March 15	Birthday Dinner	11:30am-12:30pm
March 16	Commodities Distribution	1:00pm-3:00pm
March 16	Worthing Dinner Theater	5:00pm-11:00pm
March 16	Rock-A-Thon	10:15am-12:45pm
	(Corned Beef & Cabbage/Tuna & Noodles)	11:15am-12:45pm
March 21	Dinner & A Movie	4:30pm-6:30pm
March 27	Christy on KYNT Radio	7:40am & 12:20pm
March 28	Evening Meal	4:30pm-6:30pm
March 30	Good Friday	Center Closes at 1:00pm
March 30	No Bingo/Good Friday	
April 2	Shamrock Raffle Drawing	12:00pm

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Yankton: (605) 655-5900
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807 W. 31st, Yankton • 605-665-4414

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”



There are still some seats available to travel to Worthing. Stop in the office soon and sign up.

Nutrition News

March Is National Nutrition Month



Eating a variety of foods from all food groups can help supply the nutrients a person needs. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, salt (sodium) and added sugars. Eating right doesn't have to be complicated. Start with these recommendations from the Dietary Guidelines for Americans:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats). Switch from solid fats to oils when preparing food.
- Add some physical activity. Balancing physical activity and a healthful diet is the best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day — this even can be broken into three 10-minute sessions throughout the day.

For someone who is currently inactive, it's a good idea to start with a few minutes of activity, such as walking, and gradually increasing the time as you become stronger. And always check with a health-care provider before beginning a new physical activity program.

Spring is right around the corner!

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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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

January 2017 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1,363 (65 per day)	331 (16 per day)	232 (8 per day)	240 (17 per day)	2,166 (103 per day)
Home Delivered	1,488 (71 per day)	N/A	N/A	78 (6 per day)	1,566 (75 per day)

March Kitchen Volunteers

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

March 1	Geri Loecker
March 2	Bonnie Strnad
March 5	JuLee Werkmeister
March 6	Barb DeJager
March 7	Sandra Kreber
March 8	Jan Kirschenman
March 9	Cathy Orton
March 12	Dorothy Gobel
March 13	Alma Logdahl
March 14	Community Champion
March 15	Community Champion
March 15	Geri Loecker
March 16	Community Champion
March 19	Joyce Kollars
March 20	JuLee Werkmeister
March 21	Community Champion
March 22	Dorothea Hoebelheinrich
March 23	Cathy Orton
March 26	Malena Diede
March 27	Alma Logdahl
March 28	Cecelia Dean
March 29	Joyce Kollars
March 30	Eileen Leshar

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, March 28th

4:30pm-6:30pm

**BBQ Ribs
Baked Potato
Glazed Carrots
Fruit Crisp**

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**

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.

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1 Focus

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1104 West 8th St., Yankton, SD 57069
605-665-7841

Dinner & A Movie

(Third Wednesday Every Month)

Wednesday, March 21st - 4:30pm-6:00pm(meal)

Suggested Donation \$6.00

"Shall We Dance" Despite having a great career and a loving family, lawyer John Clark (Richard Gere) is missing something in his life as he meanders listlessly from day to day. On his commute back home one night, Clark notices a stunning woman (Jennifer Lopez) in a dance studio and decides on a whim to join a class for ballroom dancing. While Clark finds a new spark in his life, his wife, Beverly (Susan Sarandon), grows suspicious of his frequent absences, since he decides to keep his dancing a secret

Serving

Hot Beef Sandwich
Mashed Potatoes/Gravy
Green Beans
Peaches
Tapioca Pudding



Call to RSVP 665-1055

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Tabor Nutrition Center

Tabor News

Hopefully we only have a few more snowfalls to overcome before the weather starts warming up.

We had a fantastic turnout for our evening meal where we served a Center favorite, Pork Chops and Dumplings. The Happy Memories band came in and played some music for us during the meal. We thank them so much for joining us.

Our March evening meal (March 20th) will be Corned Beef and Cabbage. Hope you can join us. We are all looking forward to Spring.

Keep Smiling!
Gail Hovorka—Site Coordinator

Birthdays

Vee Horner - March 28th
Frances Honner - March 30th



Rock-A-Thon

Tabor Cook vs Yankton Cook
Friday, March 16th
The Center - Yankton

Show your support for Gail Hovorka as she **ROCKS** her way in supporting the **March for Meals Campaign**. Gail is rocking against Yankton's cook, Margaret Sarringar. Gail will have a bucket available each day for you to show your support financially to the Tabor Center. The cook with the most donations & pledges will be declared the winner of the matchup. Come on over to Yankton on the 16th for the **4th Annual Rock-A-Thon**. Cheer on Gail, have some Corned Beef & Cabbage, Green Beer and don't forget to call 665-1055 for a meal reservation.

Tabor Nutrition Center

138 North Lidice
Tabor, SD 57063
605-463-2505

Hours of Operation

Tues, Wed, & Thurs
11:30am-12:30pm
Meal Donation \$4.25

All through March, the Tabor School kids are holding a coin drive for our **March for Meals campaign**. Thank you to the Tabor School students, Principal Mike Duffek and Yolie Hall for all your efforts coordinating the drive for the Tabor Nutrition Center.

Community Champions Volunteer in Tabor
Mayor, Laverne Schieffer - March 8th.
Firemen Roger Dvoracek & Ron Hovorka - March 13th

March 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. Menu is subject to change.

March 1	Roast Pork
March 6	Meatloaf
March 7	Chili
March 8	Chicken Parmesan
March 13	Roast Beef
March 14	Oven Fried Chicken
March 15	French Dip Sandwich
March 20	Corned Beef & Cabbage (Evening Meal)
March 21	Beef Barley Soup
March 22	Swiss Steak
March 27	Chicken & Dressing
March 28	Sweet & Sour Pork
March 29	BBQ Ribs (Birthday Dinner)

Meals are served with bread, milk and coffee.

Tabor Wish List

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

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dinner & Movie(21st) Hot Beef Sandwich Mashed Potato w/Gravy Green Beans Peaches Tapioca Pudding	Evening Meal(28th) BBQ Ribs Baked Potato Glazed Carrots Fruit Crisp		1 Ham Sweet Potato Corn Peaches	2 Tomato Soup Grilled Cheese Sandwich Spinach Salad Brownie
5 Spaghetti w/Meat Sauce Broccoli & Cauliflower Tossed Salad/ Dressing Fruit	6 Chicken Parmesan Scalloped Potatoes Green Beans Tropical Fruit	7 Pork Cutlet Boiled Potatoes Dumplings/Sauerkraut Jell-O/Fruit	8 ANNIVERSARY DINNER Baked Steak Mashed Potatoes/Gravy Baked Squash Dessert	9 Salmon Loaf or Ham Loaf Creamed Potato Peas Baked Apples
12 Meatloaf Sweet Potatoes Green Beans Tapioca Pudding/Topping	13 Turkey & Dressing Mashed Potatoes/Gravy Brussel Sprouts Cranberry Sauce Jell-Ow/ Pears	14 Swiss Steak Baked Potato Oriental Veggies Chocolate Pudding Pancakes	15 BIRTHDAY DINNER Chicken Fried Steak Mashed Potatoes/Gravy Peas Cake & Ice Cream	16 Corned Beef & Cabbage or Tuna Noodle Casserole Parslied Potatoes Fruit Pistachio Pudding/Topping ROCK-A-THON
19 Pork Loin Roast Boiled Potatoes/Gravy Glazed Carrots Pears Cookie	20 Lasagna Tossed Salad/ Dressing Winter Mix Veggies Fruit Slush	21 Tator Tot Casserole Seasoned Spinach Tropical Fruit Dinner & Movie	22 Baked Chicken Cheesy Hash Browns Broccoli Cranberry Crunch Salad	23 Broccoli Cheese Soup Egg Salad Sandwich Chocolate Pudding/Topping
26 Cider Braised Pork Chop Baked Potato Seasoned Spinach Baked Apples National Spinach Day	27 Salisbury Steak Mashed Potatoes/Gravy California Blend Veggies Peaches	28 Grilled Chicken Panini Spinach Salad w/Dressing Banana Angel Food Cake Evening Meal	29 Roast Beef Mashed Potatoes/Gravy Corn Jell-O w/ Mand Oranges	30 Breaded Baked Fish Or Hamburger Cheesy Hash Browns Tomato Spoon Salad Tropical 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.**

March 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) Community Champions Event, March 13th-29th			1 Table Tennis 8:30 Billiards 8:30 Taxes 9:11 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	2 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00
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 Taxes 9-11 Bible Study 10:30 Wii Bowling 1:00 Pinochle 12:45 Bingo 7-9	7 Billiards 8:30 Taxes 9-11 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 Taxes 9-11 Wii Bowling 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 March For Meals Mayoral Proclamation Commission Meeting 7pm	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	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 Rock-A-Thon 10:15am-12:45pm
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 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 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	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	29 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	30 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Good Friday Center Closed 1:00pm NO BINGO

Membership News

Thank You for Your Donation

Napkins	Marilyn Obr
Napkins	Victor & Darlene Schaeffer
Napkins	Gary & Velma Kuchta
Cat Food	Dorothy Gobel
Greeting Cards	Connie Burciaga
Coffee	Beth Ashley
Cat /Dog Food & Magazines	Fran & Sandy Johnson
Coffee & Magazines, Toilet Paper	Ed Gleich
Coffee	Theresa Arens
Magazines	Betty Adam
Kleenex & Napkins	Janet Saylor
Cat/Dog Food, Candy & Sandwich Bags	Shari Persinger-Hovland
Books	Bill & Ruth Hickerson
Coffee	Deb Bodenstedt
Napkins	Eileen Leshner
Wheelchair & Walker	Pat O'Hara & Family



Welcome New Lifetime Members

Larry & Jane Rupiper - Yankton

Welcome New Members

Jeff & Amy Jones - Yankton
Sherry Oare - Yankton
Erwin Kaup - Yankton
Jerry Keeley - Mission Hill
Linda Tronvold - Yankton
Marianna Gergen - Yankton
Connie Heying - Yankton
Shirlene Scott - Yankton
Leah Smith - Yankton
Lelia Elder - Yankton
Must be 18 to be a member

Memorials

In Memory of Dale Oare

Sherry Oare

In Memory of Relda Trout

Pat & Christy Hauer

In Memory of Carmelita Alonza

Pat & Christy Hauer

In Memory of Ed Lammers

LouElla Machin

Get Well Cards

Sally Welter
 Wilbur Goehring
 Jackie Olson
 Darla Archer
 Kathleen Lee

Sympathy Cards

Relda Trout Family
 Carmelita Alonzo Family



Christy must have said something funny to Bonnie Johnson & Maury Ekeren



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

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Happy Birthday

March 1 JoAnn Jonas
 March 2 Nancy Hermanson
 March 4 Dolores Feilmeier
 March 7 Jane Rames
 March 8 Donna Steckler
 March 10 Nadean Auch
 March 10 Cee Sorenson
 March 11 Francis Laffey
 March 13 Jeanette Johnson
 March 13 Janice Miller
 March 13 Sherry Oare
 March 13 Bonnie Strnad
 March 15 Lois Furdeck
 March 15 Lorraine Kressig
 March 15 Arlys Saoi
 March 16 Lorraine McNeely

March 16 Lloyd Seger
 March 17 Pat Raab
 March 18 Jean Hauger
 March 19 Merle Keiser
 March 19 Priscilla Mazourek
 March 19 Celestine Johansen
 March 22 Marjorie Becker
 March 22 Cathy Rehfluss
 March 25 Lois Reade
 March 25 Carol Ramse
 March 26 Mary Lou Deuschl
 March 26 Ken Jones
 March 27 Darrel Johansen
 March 29 Doyle Becker
 March 30 David Gellerman
 March 31 Velma Lane

Happy Anniversary

March 4 Delano & Marilyn Christensen
 March 13 Charles & Beth Nyquist
 March 22 Kendall & Dorothy Blumer
 March 24 Ron & Mary Lou Deuschl
 March 27 Dan & Jane Miller
 March 27 George & Floris Woodhouse

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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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

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Wii Bowling

Tuesday League

1-23-2018 Mary Law had high series of 581. Mary Haberman had high game of 227. Dory Ahern picked up 4-5-7 & 5-10 split twice. Elaine List picked up 5-10 split.
1-30-2018 Elaine List had a high series of 565. Mary Law had high game of 214. Karen Gran picked up 4-5 split. Mary Haberman picked up 5-10 split. Elaine List picked up 5-7 & 5-10 split 3 times.
2-6-2018 Mary Law had high series of 645 & high game of 224. Malena Diede picked up 2-5-7 split. Karen Gran picked up 4-7-8 split. Elaine List picked up 4-5-7 split. Darlene Pokorney picked up 5-10 & 6-7 split.
2-13-2018 Margrit Lock had high series of 664 & high game of 245. Darlene Pokorney picked up 4-5 & 4-6-7 split. Karen Gran picked up 4-5-7 split.

Thursday League

1-25-2018 Jeanne Laffey had high series of 623 & high game of 235. Sharon Tronek picked up 3-9-10 split. Dorothy Gobel picked up 2-8-10 split. Sandra Kreber picked up 5-6-7 split.
2-1-2018 Jeanne Laffey had high series of 603 & high game of 212. Sharon Tronek picked up 9-10 split. Beth Nyquist picked up 5-10 split.
2-8-2018 Jeanne Laffey had high series of 532. Beth Nyquist had high game of 213. Joan Haberman & Sharon Tronek picked up 5-7-9 split. Bev Larson & Jeanne Laffey picked up 5-7 split.
2-15-2018 Sandra Kreber had high series of 543. Joan Haberman had high game of 205. Sharon Tronek picked up 4-5-7 split. Sandra Kreber picked up 2-7-8 split. Dorothy Gobel picked up 5-6-10 split.

Activities

Pinochle News

Double Pinochle—January 16, 2018

David Souhrada & Norma Andersen

Double Pinochle—January 29, 2018

Sharon Tronek & David Souhrada

Round Robin—February 20, 2018

John Swensen & Bob Neibergall

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, March 15th (Birthday Dinner) so our birthday guests do not feel rushed. **Thank you for your cooperation.**



Board Member, Diane Reese and Member Beth Ashley

Craft Class

Monday, March 12th - 10:30-11:30am

Come check out our newly formed craft class held on the second Monday each month. Each month is something different. In March Cathy will have an Easter craft.

The cost will be \$5 per person to cover the cost of supplies. **Stay for lunch!**

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.

Friday Bridge

February 9, 2018

- | | |
|-------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 4630 |
| 2. Janet Ausdemore & Marlene Larsen | Score: 4240 |
| 3. Beth Nohr & Muriel Stach | Score: 4090 |
| 4. Toots Marchand & Nadean Auch | Score: 2900 |



Partnership Bridge News

January 31, 2018

- | | |
|-----------------------------------|-------------|
| 1. Rose Mather & Dan Miller | Score: 6890 |
| 2. Lyle Malone & Nadean Auch | Score: 5310 |
| 3. Judy Kistler & Janet Ausdemore | Score: 5185 |

Slams: Rose Mather & Dan Miller
Lyle Malone & Nadean Auch
Judy Kistler & Janet Ausdemore
Beth Nohr & Muriel Stach

February 7, 2018

- | | |
|------------------------------------|-------------|
| 1. Marilyn Weverstad & Fran Mollet | Score: 8660 |
| 2. Glenn Mannes & Darwin Tessier | Score: 5820 |
| 3. Lyle Malone & Nadean Auch | Score: 5700 |

Slams: Marilyn Weverstad & Fran Mollet
Nadean Auch & Lyle Malone
Char Erickson & Mae Crawford

February 14, 2018

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 4920 |
| 2. Muriel Stach & Dan Miller | Score: 4000 |

Slams: Muriel Stach & Dan Miller
Loraine McNeely & MaryAnn Anderson

February 21, 2018

- | | |
|--------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5370 |
| 2. Marilyn Halsey & Toots Marchand | Score: 4600 |
| 3. Glenn Mannes & Darwin Tessier | Score: 4150 |
| 4. MaryAnn Anderson & Jeannie Gustad | Score: 3760 |

Slam: Jeannie Gustad & MaryAnn Anderson

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.

Services/Education



Commodity Program

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

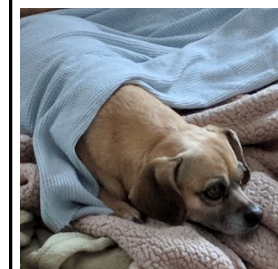
Commodities are on a first come first serve basis.

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, March 13th
10:00am-11:00am**

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

AARP Tax Assistance Available

AARP Tax Aides began the tax season on and will continue through 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.

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.