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900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 April 2018 • Volume 17 • Issue 4



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Volunteer Appreciation Dinner Monday, April 16th • 11:30am

National Volunteer Appreciation Week is April 15th through the 21st. We will be honoring our Center Volunteers by hosting a free lunch and a token of our appreciation.

We are serving:

- Chicken Fried Steak
- Mashed Potatoes & Gravy
- Corn
- Chocolate Pudding

Please call 665-1055 for reservations.

Sponsored by First Dakota National Bank & The Center



2018 Wine & Dine Attendees: Amy Nelson, Lawrence Leon, Jim Fitzgerald, John Smith, Logan Smith and Jackie Smith

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!



2017 Volunteers of the Month

Deb Bodenstedt, Barb DeJager, Diane Reese, Marge Becker,
 Connie Miles, Gert Andersh, Arlys & Wes Rye, Dennis Janousek,
 Jean Fitzgerald, Jean Schaecher, Sandy & Fran Johnson

Volunteer of the Year will be announced.



Fundraising Results

March Fundraising Results

Wine & Dine Event

2011	\$3,356
2012	\$4,316
2013	\$11,012
2014	\$18,033
2015	\$21,779
2016	\$23,762
2017	\$26,245
2018	\$28,000

Rock-A-Thon

2015	\$6,992
2016	\$14,713
2017	\$19,887
2018	\$20,953

Top Rockers

Rob Stephenson (First Dakota)	\$2,804
Jeff Jones (First National)	\$2,628
Lynn Peterson (CorTrust)	\$1,930
Mike & Gerrie Healy (Husband/Wife)	\$1,849
Bill Holst/Jim Reimler (WNAX)	\$1,560
Stephanie Moser (Sertoma)	\$1,528
Randy Hammer (KVHT)	\$1,381
Margaret Sarringar (Center Cook)	\$1,305

Our 2018 Rockers:

Jenna Braunesreither, Chef Kasey, Chef Staci, Whitney Devine, Jason Foote, Randy Hammer, Mike & Gerrie Healy, Jake Hoffner, Bill Holst, Gail Hovorka, Jim Huisman, Jeff Jones, Amy Keppen, Stephanie Moser, Lynn Peterson, Jim Reimler, Margaret Sarringar, Rick Slattery, Chris Specht, Rob Stephenson, Brooke Thury, Kyle Ussery and Rod Veldhuzen (THANK YOU!)

Log into Facebook and type
The Center in the search box



Thank you to our Wine & Dine Event Sponsors

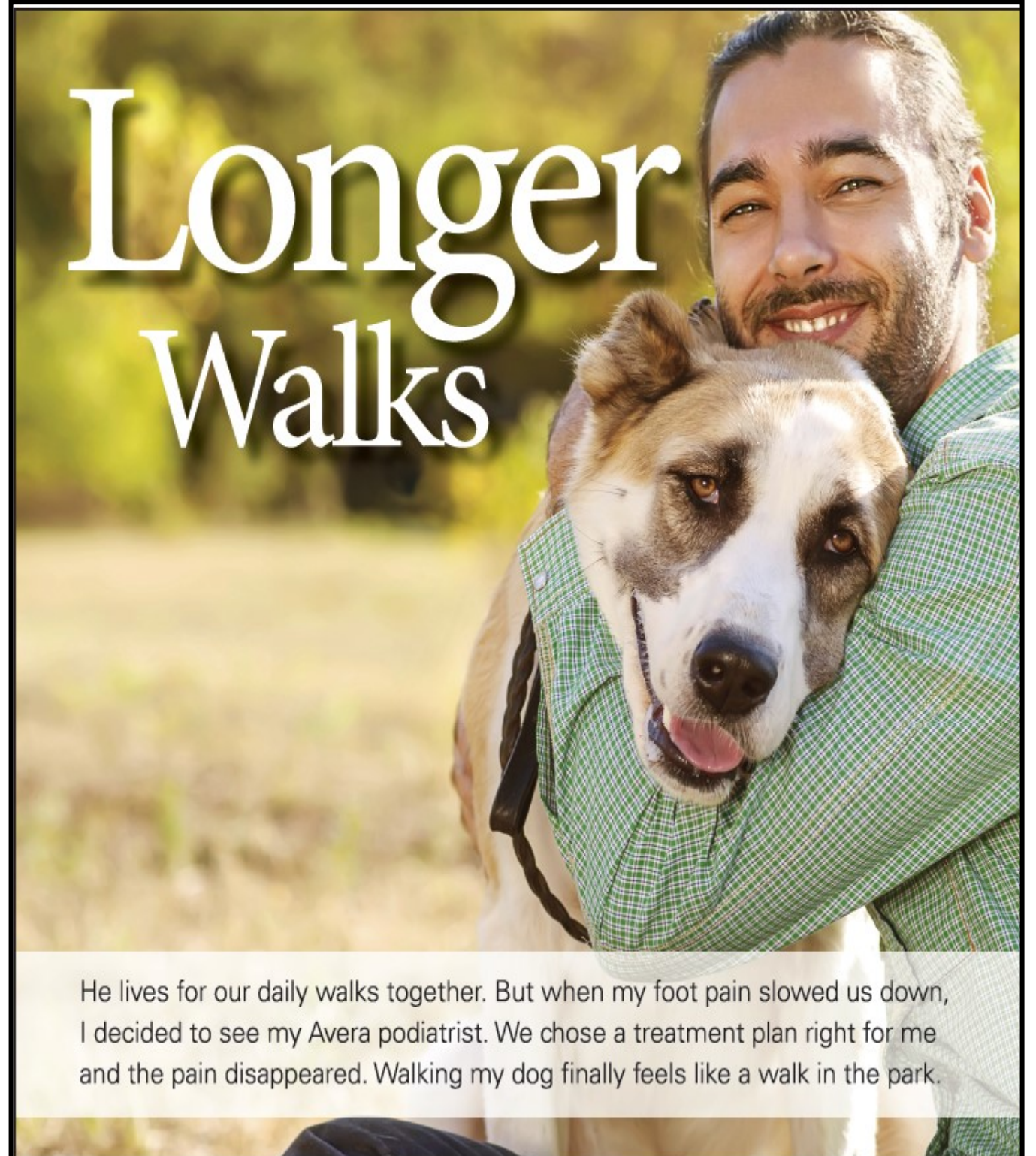
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Check Out Our Web Page www.thecenteryankton.net

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!

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



CONGRATULATIONS!

Eileen Leshner is our April Volunteer of the Month. Eileen has been the Line Dancing Coordinator for several years and is here nearly every Monday, Wednesday & Friday.

She also puts in many hours helping with pouring milk & water at lunch time, pancake feeds and other evening meal functions. Thank you Eileen for all you do for The Center.

Enjoy your special parking spot!



Webster School Volunteers



Stewart School Volunteers

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



This time of year is my favorite. As our March Madness concludes we can sigh with a breath of relief. We have all been scrambling for months to raise the needed funds to sustain our operation. It has been a team effort with our board of directors, volunteers and staff leading the way. Each year I am in awe of how many people in the community genuinely care about our mission and the impact we make on the community. A special thanks to all the businesses who sponsored and donated prizes to our Wine and Dine event. Thank you to those who attended, all 186 of you. I am humbled by the generosity of those who bid on auction prizes and made

donations. Not only did we have a record breaking year for our Wine and Dine event but our 4th annual Rock-a-thon raised more than ever before hitting over \$20K.

Our Rockers did such a nice job. They were all very committed to raising funds to support the Meals on Wheels program. A special thank you to all those who donated to our Rockers. This event would not be possible without our 25 Rockin Volunteers who went out and raised the funds prior to the event. We received exceptional support from our banks this year, First Dakota National, First National and Cortrust. Please reach out to them and thank Rob, Larry, Jeff and Lynn. Our radio stations continue to see the importance of raising awareness about Senior poverty and hunger. It is a very real issue in our community. We provide thousands of dollars of meals and food to Seniors who are well below the poverty level. Bill Holst and Jim Reimler from WNAX, Randy Hammer from KVHT, and Scott Kooistra from KYNT all provided airtime and financial support.

Our March Madness also included having great involvement from our Schools and our City Officials. Throughout the month we had Beadle, Webster, Stewart, Tabor and Yankton Middle Schools all participate in coin drives. The kids came to the building to volunteer and to learn about the significance of our programs and services. They worked very hard to raise many coins and always raise over \$5,000 for our Meals on Wheels program. Our school officials should be commended for teaching our kids the importance of volunteerism and giving back. Also to be commended is the support we receive from the city of Yankton and the manager's office. This year we had over 30 city officials come into the building to volunteer and deliver Meals on Wheels. This is a wonderful opportunity for them to see what we do and the lives that we change.

I managed to take a couple days of vacation and was blessed to be able to wrap up my March Madness with a trip to Omaha to participate in the Sweet 16 and Elite 8 NCAA basketball tourney with my son Greg who just turned 22 years old (tickets were the perfect bday gift). The games were exciting with 17,500 attending.

I must say though, our March Madness at The Center did compare. Not only has this month been exciting, because we get to talk about and educate others about our impact, but it has given us some room to breathe financially. Much of our equipment is aging and needs to be replaced. We are excited to continue to be able to take care our staff as they do such a nice job. We want to make our organization the best it can be for our members. Please note if you have any suggestions that will enhance your membership please let me know. I genuinely appreciate input.

I love the spring and all that comes with it. The rebirth of Christ, the birth of wildlife, flowers, grass and the wonderful smells as well as the sun in the sky and the warmer temperatures. I hope you enjoy this time of rebirth and have the opportunity to share Easter with family and friends. God Bless You and Thank You for all you do for The Center.

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

Pancake & French Toast Feed

Wednesday, April 11th
 (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!



Webster School Student Council raised \$610.30 in their coin drive.

Thank You For Your Monetary Donation

- Errol & Gladys Johnson—Soupless Soup Kitchen
- First United Methodist Church
- Steve & Deb Murray
- Merl Johnson—Tax Donation
- Dorothy Stallman—Soupless Soup Kitchen
- Marge Wuestewald—Soupless Soup Kitchen
- Robert & Lorraine Taylor—Tax Donation
- Joyce Wiepen—Tax Donation

Your generous support is greatly appreciated!



Beadle School Student Council volunteered at The Center last month. Their coin drive raised a record \$1545.05 for the March For Meals Campaign.



Stewart School volunteered last month and then ate lunch with us.



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.

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.

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!

Morning Coffee Show with Scott Kooistra

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

Tuesday, April 10th
Tuesday, April 24th

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.


Thank You

I would like to thank everyone near & far for your support of me in the **4th Annual Rock-A-Thon**. I raised **\$1,305** a new record for me. Thank you and God Bless you all.

Margaret Sarringar

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Center Wish List

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



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Wine & Dine Event (Raised: \$28,000)



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Poor Balance got you

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Rock-A-Thon (Raised: \$20,983)



Upcoming Events

April 2	Shamrock Drawing	11:30am-12:30pm
April 9	Craft Class	10:30am-11:30am
April 10	Dementia Caregiver Group	10:00am-11:00am
April 10	Christy on KYNT Radio	7:40am & 12:20pm
April 11	Pancake Feed	4:30pm-6:30pm
April 12	Anniversary Dinner	11:30am-12:30pm
April 16	Volunteer Appreciation Dinner	11:30am-12:30pm
April 18	Dinner & A Movie	4:30pm-6:30pm
April 19	Birthday Dinner	11:30am-12:30pm
April 20	Commodities	1:00pm-3:00pm
April 24	Christy on KYNT Radio	7:40am & 12:20pm
April 25	Evening Meal	4:30pm-6:30pm

Mothers' Day Tea Friday, May 11th - 2:00pm-4:00pm

Grandmothers', Mothers' and Daughters' - you are cordially invited to our Mothers' Day Tea.

We are featuring:

"Yvonne Hollenbeck-Patchwork of the Prairie". Yvonne has a historical and entertaining trunk show where she unfolds and shows approximately 40 quilts made on the prairies of South Dakota and Nebraska by 5 generations of members of her family. She will also have a slide show of photos of the makers, the homes they lived in (some sod) and matters surrounding their lives, including the feed store where much of the feed sack fabric in their quilts came from and stories about the lives of these hardy men and women.

Bring your own quilt along and share your story as well.

We will have coffee, flavored teas and many different sweet treats



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Trips

Worthing Dinner Theater

Friday, May 18th

5:00pm-11:00pm - \$62.00 per person

“The Marvelous Wonderettes”

This smash Off-Broadway hit takes you to the 1958 Springfield High School prom where we meet Betty Jean, Cindy Lou, Missy, and Suzy. Four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, the girls serenade us with classic 50s hits including "Lollipop," "Dream Lover," "Stupid Cupid," and "Lipstick On Your Collar." In act two, the Wonderettes reunite to take the stage and perform at their ten-year reunion. We learn about the highs and lows the girls have experienced in the past decade and are charmed to find that no matter what life throws their way, they will conquer it together. Featuring over 30 classic 50s and 60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane!

Includes Transportation, Dinner & Theater



We couldn't make it in March due to inclement weather, but we will attend in May. We have room, if you would like to go stop in the office.

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To us, “It's All About You” means that all our creative juices and long hours have one single goal. That goal is to obtain the best outcome for you, our client, whether you are buying or selling.

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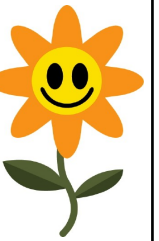
Nutrition News

Spring Has Sprung!



As you get older, your nutritional needs, appetite, and food habits can change in several ways. You may find you have less energy and more muscle or joint problems as you age. As a result, you may become less mobile and burn fewer calories through physical activity. You may also lose muscle mass. This causes your metabolism to slow down, lowering your caloric needs. If you're burning fewer calories through physical activity, eating less may not be a problem. However, you need to get enough calories and nutrients to maintain healthy organs, muscles, and bones. Not getting enough can lead to malnutrition and health problems. According to the National Resource Center on Nutrition, Physical Activity, and Aging, 1 in 4 older Americans has poor nutrition. Malnutrition puts you at risk of becoming overweight or underweight. It can weaken your muscles and bones. It also leaves you vulnerable to disease. To meet your nutritional needs, eat foods that are rich in fiber, vitamins, minerals, and other nutrients. Limit foods that are high in processed sugars, saturated and trans fats, and salt. You may also have to adjust your diet to manage chronic health conditions. Eating a well-balanced diet is an important part of staying healthy as you age. It can also lower your risk of developing chronic health conditions, such as heart disease and diabetes.

Don't forget, we will have our Shamrock drawing on Monday, April 2nd. You must be present to win. A reminder that we always have frozen meals available if you would like extras for the weekend.



**Happy Spring,
Mandi Lampman—Meals on Wheels Coordinator**

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

February 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1115 (56 per day)	274 (14 per day)	210 (8 per day)	249 (21 per day)	1848 (92 per day)
Home Delivered	1437 (72 per day)	N/A	N/A	95 (8 per day)	1532 (77 per day)

April Kitchen Volunteers

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

April 2	Joyce Kollars
April 3	Barb DeJager
April 4	Sandra Kreber
April 5	Joyce Kollars
April 6	Cathy Orton
April 9	Dorothy Gobel
April 10	Alma Logdahl
April 11	Bonnie Strnad
April 12	Jan Kirschenman
April 13	Eileen Leshner
April 16	JuLee Werkmeister
April 17	Mary Garoutte
April 18	Joan Haberman
April 19	Geri Loecker
April 20	Cathy Orton
April 23	Malena Diede
April 24	Alma Logdahl
April 25	Geri Loecker
April 26	Dorothea Hoebelheinrich
April 27	Bonnie Strnad
April 30	Sylvia Coulson

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, April 25th

4:30pm-6:30pm

Meatloaf
Cheesy Hash Browns
Green Beans
Salad
Dessert

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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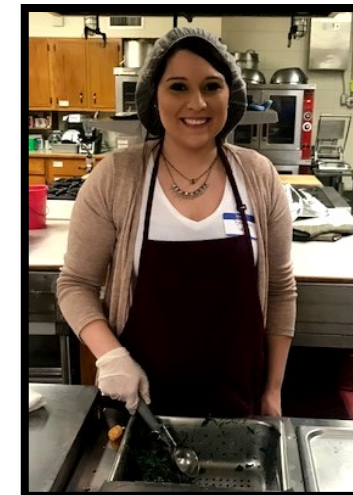
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Colleen Bailey	City Manager Office
Brad Bies	Code Enforcement
David Carda	City Commissioner
Ann Clough	Finance
Tonya Ferrell	Library
Brian Frick	Street Dept.
Kyle Goodmanson	Director of Environmental Services
Charlie Gross	City Commissioner
Adam Haberman	Public Works Director
Sue Hanson	Human Resources
Nathan Johnson	City Commissioner
Les Kirschner	Utilities Maintenance Worker
Brittany LaCroix	Special Events Coordinator
Todd Larson	Parks & Recreation Director
Laurie Lockwood	Finance
Dave Mingo	Community Development
Josh Monson	Waste Water Plant Operations
Joe Morrow	Community Development
Amy Nelson	City Manager
Larry Nickles	Fire Marshall
Matt Nighbert	Public Works
Mary Robb	Public Works
Dana Schmidt	Library
Al Viereck	Finance
Dylan Wilson	Police Officer
Kristin Yonke	GIS Analyst



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39 Physicians

16 Specialties

1 Focus

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605-665-7841

Tabor Nutrition Center

Tabor News

Hello & Happy Spring. It's official, Spring has arrived!
The tulips are up and the robins are singing.

It is time to rejoice.

Tabor will be busy in April. The elementary students are coming on **April 5th** to present us with the donations they have raised for March for Meals. We are serving pork chops, dumplings, sauerkraut and all the fixings as the Czech Ambassador will be visiting Tabor. The Czech Heritage Society will be dining with us that day, so everyone is encouraged to come break bread with them.

Call ahead of time for reservations.

It should be a very exciting day for us.

Our evening meal will be Tuesday, April 17th, serving Pork Roast.

I would also like to thank everyone who supported me in the March For Meals Rock-A-Thon. I raised \$375 to support the cause, **so that no senior goes hungry.**

Hope everyone had a wonderful Easter with family & friends.

Keep Smiling!
Gail Hovorka—Site Coordinator



Tabor Nutrition Center Staff

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

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

April 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.

April 3	BBQ Chicken
April 4	Salisbury Steak
April 5	Pork Chop/Dumplings
April 10	Liver & Onions
April 11	Hamburger
April 12	Beef Tips & Gravy
April 17	Roast Pork (Evening Meal)
April 18	Swedish Meatballs
April 19	Breaded Baked Fish
April 24	Turkey ala King
April 25	Oven Fried Chicken
April 26	Baked Steak/Gravy (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



Gail Rockin' for Meals with Chef Staci from Hy-Vee

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 EASTER DINNER Ham Baked Sweet Potato Green Bean Casserole Sugar Cookie	3 Sloppy Joe on Bun Macaroni Salad Winter Mix Veggies Peaches	4 Beef Stroganoff over Noodles Parslied Carrots Coleslaw Brownie	5 Chicken & Dressing Mashed Potatoes w/Gravy Baked Squash Vanilla Pudding	6 Herb Pork Chop Potato Salad Mixed Vegetables Fruit
9 BBQ Chicken Baked Potato Green Beans Applesauce	10 Spaghetti w/ Meat Sauce Broccoli & Cauliflower Tossed Salad w/Dressing Chocolate Pudding	11 Pork Cutlet Boiled Potato/Gravy Dumplings/Sauerkraut Spinach Salad	12 ANNIVERSARY DINNER Roast Beef Mashed Potatoes/Gravy Creamed Peas Fruit Salad	13 Mandarin Chicken Cheesy Potatoes California Blend Veggies Pears Tapioca Pudding
16 VOLUNTEER DINNER Chicken Fried Steak Mashed Potatoes w/Gravy Corn Chocolate Pudding	17 Chicken Fettuccini Alfredo Italian Blend Veggies Tossed Salad Peaches	18 Chili Cinnamon Roll Baby Carrots Fruit	19 BIRTHDAY DINNER Pork Loin w/Apple Chutney Baked Potato Brussel Sprouts Cake & Ice Cream	20 Porcupine Meatball Mashed Potatoes/Gravy Seasoned Spinach Baked Apples
23 CHEF'S CHOICE	24 Baked Steak w/Gravy Mashed Potatoes/Gravy Creamed Cabbage Chocolate Pudding/Topping	25 Beef Barley Soup Grilled Cheese Sandwich Tropical Fruit	26 Turkey & Dressing Mashed Potatoes/Gravy Creamed Peas Pears	27 Shepherds Pie Harvard Beets Tossed Salad/Dressing Peaches
30 Beef Tips w/Gravy Mashed Potatoes Broccoli Oatmeal Cookie National Oatmeal Cookie Day			Dinner & Movie (18th) Ham Loaf Baked Sweet Potato Creamed Cabbage Fruit Angel food Cake	Evening Meal (25th) Meatloaf Cheesy Hash Browns Green Beans Tossed Salad Fruit Slush

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.**

April Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Shamrock Drawing 11:30am-12:30pm	3 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Bible Study 10:30 SHIINE 12:30-6 Wii Bowling 1:00 Pinochle 12:45 Bingo 7-9	4 Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	5 Table Tennis 8:30 Billiards 8:30 Taxes 9:11 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00
9 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	10 Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Dementia Grp 10:00 Bible Study 10:30 Wii Bowling 1:00 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	11 Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	12 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm	13 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
16 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:00 Pinochle 1:00 Hand & Foot 1:00 Volunteer Dinner 11:30am-12:30pm	17 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	18 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Dinner & Movie 4:30pm-6:30pm	19 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	20 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 Bingo 7-9
23 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	24 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 4-6 Bingo 7-9	25 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 Evening Meal 4:30pm-6:30pm	26 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	27 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
30 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 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 4-6 Bingo 7-9	28 Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00	29 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	30 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9

Membership News

Thank You for Your Donation

Books	Bill & Ruth Hickerson
Coffee	Deb Bodenstedt
Napkins	Eileen Leshner
Toilet Paper/Magazines	Ed Gleich
Books	Jeannette Leeper
Napkins	Doris Gall
Toilet Seat/Cell Phone	Peggy Schiedel
Magazines/Laundry Soap	Fran & Sandy Johnson
Baggies	Jeannie Laffey
Coffee	Victor & Darlene Schaeffer
Dog/Cat Food, Baggies, Napkins	Shari Persinger-Hovland
Pet Food	Gene Hamilton
Batteries	Joyce Hubner
Magazines	Ramona Bagstad
Magazines	Rose Robinson
Napkins	Rose Kabeiseman
Greeting Cards	Sharon List
Magazines	Ken & Peggy Doering

Welcome New Lifetime Members

Jill Huetig - Yankton

Welcome New Members

Dr. Marcus & Lisa Long - Yankton

Linda K. Beulke - Yankton

Theresa Brandt - Yankton

Rita Wiese - Yankton

Tom & Helena Rezac - Yankton

Phyllis Oleson - Yankton

Larry Kjeldseth - Yankton

Betty Collen - Yankton

Gregg & Kayleen Ehresmann - Yankton

Glen Mechtenberg - Yankton

Jerry & Janet Melick - Yankton

Must be 18 to be a member

Memorials

In Memory of Ed Lammers

LouElla Machin

In Memory of Russ Gorsett

Pat & Christy Hauer

In Memory of Chuck Tienken

Pat & Christy Hauer

Warren & Carol Broderson

In Memory of Lloyd Haarberg

Pat & Christy Hauer

MaryAnn Schonebaum

In Memory of Patrick O'Hara

Pat & Christy Hauer

In Memory of David Chase

Pat & Christy Hauer

In Memory of Bill Kerr

Pat & Christy Hauer

In Memory of Roger Girard

Pat & Christy Hauer

In Memory of Patricia Bohlman

Warren & Carol Broderson



Get Well Cards

Theresa Arens
Ray Pravecek
Wes Cimpl
Dorothy Nielson
Aldine Mayer



Sympathy Cards

Russ Gorsett Family
Patrick O'Hara Family
Randy & Joleen Smith (Loss of Mother-In-Law)
Lois Kerr (Loss of Husband)
Mae Tienken (Loss of Husband)
David Chase Family
Victor & Darlene Schaeffer (Loss of Sister)
Karen Girard (Loss of Husband)
Lloyd Haarberg Family
Diane Nicholson (Loss of Brother)
Janene Cabalka (Loss of Son)

Happy Birthday

April 1	Fred Branaugh	April 9	Dorothy Gobel	April 21	Cindy Filips
April 1	Amy Nelson	April 9	Mary Schweitzer	April 22	Greg Dangel
April 2	Violet Dangel	April 10	Rose Haynes	April 22	Gayle Erickson
April 2	Sandy Johnson	April 11	Leona Cwach	April 22	Erwin Kaup
April 2	Gladys Ryken	April 11	Steve Hermanson	April 23	Janet Waggoner
April 3	Mary Pietila	April 13	Glenn Grosshuesch	April 24	Ralph Paulsen
April 4	Marlys Balaalid	April 14	Shirley Dangler	April 24	Eugene Simek
April 4	Marie Erickson	April 14	Bud Gustad	April 25	Jeff Jones
April 4	Carol Grimme	April 14	Tammy Matuska	April 25	Hazel Nelson
April 5	RuthAnn Dickman	April 14	Donna Mellem	April 25	Cathy Orton
April 5	Gary Kuchta	April 15	Charles Logdahl	April 26	Ed Gleich
April 5	Mary Walloch	April 15	Kay Nickles	April 26	Delores Nelsen
April 6	Mary Peirce	April 16	Toots Marchand	April 29	Karen Brazelton
April 8	Judy Gregg	April 17	Glenna Andersen	April 29	Francis Varilek
April 8	Verne Hull	April 18	Mary Renken	April 29	Clarita Varilek
April 8	Donald Kirschenman	April 19	Bill Hickerson	April 30	Larry Rupiper
April 8	Rich Robinson	April 20	Pat Wuebben	April 30	Mike Warvarovsky

Happy Anniversary

April 1	Wilbur & Lynette Goehring
April 1	Steve & Nancy Hermanson
April 1	Paul & Mary Pietila
April 2	Leslie & Sharon Knorr
April 3	Bradie & Bonita Hendrix
April 4	Charles & Alberta Bender
April 4	Ken & Peggy Doering
April 7	Marvin & Connie Jensen
April 8	Bob & Janice DeJong
April 13	Ed & Therese Soukup
April 14	Edward & Kathleen Marceau
April 16	Butch & Gloria Becker
April 17	Tim & Susan Fanta
April 17	Troy & Carol Pickner
April 19	Dan & Dianne Wubben
April 20	John & Sharon Leinen
April 24	Jim & Cindy Filips
April 25	Charles & Elsie Huntley



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Celebrating Life, Helping you Heal*



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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

2-27-18 JoAnn Huitema had a high series of 582. and a high game of 200.
Mary Law had a high series of 582.
Elaine List picked up a 4-5 & 5-10 split.
Karen Gran picked up a 4-5-7 split & 5-10 split.
Jan Kirschenman picked up a 5-7-9 split.

3-6-18 Dory Ahern had a high series of 619 and a high game of 235.
Mary Law picked up a 4-7-10 split.
Elaine List picked up a 5-10, 4-5-10 split.
Dory Ahern picked up a 7-8, 5-10 & 5-7 split.

Thursday League

3-1-18 Marillyn Obr had a high series of 627 and a high game of 215.
Joan Haberman picked up a 5-7-8 split.
Sandra Kreber picked up a 4-5-7-10 split.

3-8-18 Marillyn Obr had a high series of 645 and a high game of 223.
Joan Haberman picked up a 4-5-10 split.
Bev Larsen picked up a 2-4-8 split.

3-15-18 Marillyn Obr had a high series of 668 and a high game of 252.

3-22-18 Sandra Kreber had a high series of 664.
Beth Nyquist picked up a 3-9-10 split.
Sharon Tronek picked up a 5-7 split.
Sandra Kreber picked up a 5-7 split.



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2100 Broadway • Yankton
665-3412

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

Activities

Dinner & A Movie

(Third Wednesday Every Month)

Wednesday, April 18th - 4:30pm-6:00pm(meal)

"North Country" Charlize Theron portrays Josey, the searing story of women who broke the gender barrier laboring in hazardous Minnesota iron mines...and broke legal ground with the nation's largest first class-action sexual harassment lawsuit.

Serving

Ham Loaf
Baked Sweet Potato
Green Beans
Fruit
Angel Food Cake



Suggested Donation \$6.00 includes dinner, movie & popcorn
Call to RSVP 665-1055

Pinochle News

Double Pinochle—February 15, 2018

Elma Block & Floris Woodhouse

February Drawing

Paty Davies & Ray Pravecek

Round Robin—March 15, 2018

George Woodhouse & Janice Olson

Round Robin—March 26, 2018

David Souhrada & Joyce Kollars

Double Pinochle—March 26, 2018

MaryJane Gullikson & Don Naber

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Monday, April 16th (Volunteer Dinner) Thursday, April 19th (Birthday Dinner) so our 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.

Friday Bridge

March 2, 2018

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 4720 |
| 2. Judy Kistler & Janet Ausdemore | Score: 3250 |
| 3. Betty Adams & Shirley McKee | Score: 2730 |
| 4. Beth Nohr & Muriel Stach | Score: 1680 |

March 9, 2018

- | | |
|------------------------------------|-------------|
| 1. Darwin & LaVila Tessier | Score: 5880 |
| 2. Muriel Stach & Beth Nohr | Score: 4890 |
| 3. Jean Fitzgerald & Char Erickson | Score: 3340 |

March 23, 2018

- | | |
|------------------------------------|-------------|
| 1. Jeannie Gustad & Beth Nohr | Score: 6430 |
| 2. Toots Marchand & Nadean Auch | Score: 5760 |
| 3. Jean Fitzgerald & Char Erickson | Score: 5430 |

Partnership Bridge News

March 7, 2018

- | | |
|--------------------------------------|-------------|
| 1. Nadean Auch & Lyle Malone | Score: 6250 |
| 2. Janet Ausdemore & Judy Kistler | Score: 5450 |
| 3. MaryAnn Anderson & Jeannie Gustad | Score: 4730 |

Slams: Janet Ausdemore & Judy Kistler
LaVila Tessier & Margie Eddie

March 14, 2018

- | | |
|---------------------------------------|-------------|
| 1. Glenn Mannes & Darwin Tessier | Score: 4740 |
| 2. Loraine McNeely & MaryAnn Anderson | Score: 4220 |
| 3. Beth Nohr & Muriel Stach | Score: 6800 |

Loraine McNeely & MaryAnn Anderson won the gift cards

March 21, 2018

- | | |
|-----------------------------------|-------------|
| 1. LaVila Tessier & Margie Eddie | Score: 5210 |
| 2. Darwin Tessier & Glenn Mannes | Score: 4810 |
| 3. Rose Kabeisman & Jean Weller | Score: 4540 |
| 4. Judy Kistler & Janet Ausdemore | Score: 4200 |

Slams: Rose Kabeisman & Jean Weller

Craft Class

Monday, April 9th - 10:30-11:30am

Come check out our newly formed craft class held on the second Monday each month. Each month is something different. The cost will be \$5 per person to cover the cost of supplies. **Stay for lunch! We are serving BBQ Chicken.**

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.

Services/Education

Commodity Program

Friday, April 20th - 1:00pm-3:00pm

The Commodity Supplemental Food Program is for those who are 60 and older and have a gross income of **\$1,316** or less per month for a 1 person household or **\$1,784** gross or less for a 2 person household. This qualifies you to receive a box of food monthly from the Feeding South Dakota program.

New guidelines state that you must sign for your box each month, if there is not a signature, you will not receive a box the following month.

Stop in the office if you are interested in applying.

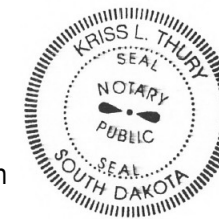
Commodities are distributed on the **3rd Friday (April 20th)** each month in the Southeast parking lot.

Please contact 665-4685 for more information

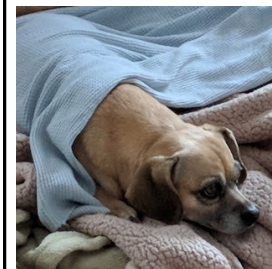
Commodities are on a first come first serve basis.

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.

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.

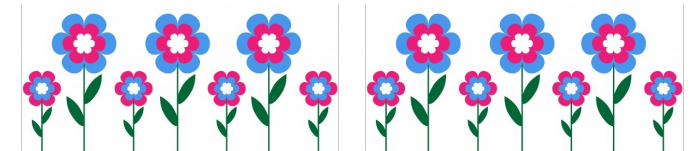
AARP Tax Assistance Available

AARP Tax Aides will be wrapping up tax season on April 11th. There are very few appointment times left.

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.

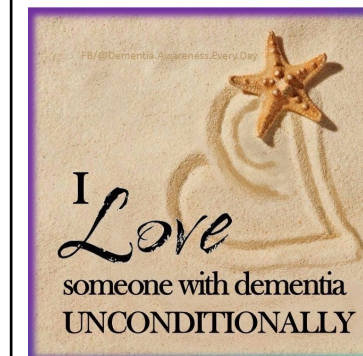


Volunteer Nurse On Site

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.

Dementia Caregiver Group

**Tuesday, April 10th
10:00am-11:00am**



The Dementia Caregiver group meets each month on the second Tuesday (April 10th).

Everyone is welcome to attend.