



Change Service Requested

Non-Profit
 US Postage Paid
 Permit No. 37
 Yankton, SD
 57078

Board of Directors

- Joleen Smith Senior Advisor Business Planning
First National Bank
- David Hosmer Financial Advisor, JD and AAMS
Raymond James Financial
- Kara Payer Vice President of Mission
Avera Sacred Heart Hospital
- Heather Olson Assistant Principal
Yankton Middle School
- John Harper Self Employed Contractor & Homebuilder
- Bob Kellen Owner
Kellen & Streit & Yankton Redi Mix
- Velma Kuchta Retired Educator & Secretarial Assistant
Opsahl Kostel Funeral Home
- Chris Nelsen Owner & Farmer
Nelsen Farms
- Diane Reese Retired Nurse
- 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
 May 2018 • Volume 17 • Issue 5



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

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, plus stories about the lives of these hardy men and women.

**Bring your own quilt and share your story as well.
We will have coffee, flavored teas and many different sweet treats**

Event sponsored by Walnut Village

This program is made possible by the South Dakota Humanities Council

Tax Assistance Program

Thank you to the AARP Tax Assistance Volunteers that helped this past tax season. Van, Mary, Deb, Diane, Judy, Roger, Bob and Malena seen a total of **370** individuals.

The average cost of preparing a tax return by a paid professional is almost \$200 per person. AARP Tax Assistance Volunteers saved these 370 people a total of nearly **\$75,000**.

Thank You!

Volunteer of the Year

Congratulations to Wes and Arlys Rye as The Center's Volunteers of the Year. The Rye's have been delivering Meals on Wheels consistently every Monday for several years. Wes & Arlys deliver rain or shine, sleet or snow, wind or hail.



**T
H
A
N
K**

**Y
O
U**

SHIINE Program

The Senior Health Insurance Assistance Program, known as SHIINE, helps Seniors choose the best possible Medicare Part D Plan. During open enrollment, The Center's SHIINE Volunteers: Marge, Wilbur, Romaine, Chuck, Lynette and Debbie helped **631 Seniors** choose the best possible prescription drug plan. Last year this program saved Yankton County Seniors **\$333,983** in pharmaceutical costs.

Thank You!



Mayor Jake Hoffner & Mike Healy at the Volunteer Appreciation Event.

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!

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



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!



Dr. Tom Stotz, Dr. Jim Fitzgerald, Dr. Sheila Fitzgerald,
 Dr. T.J. Stotz, Dr. Matt Erlandson, Dr. McKenzie Erlandson,
 Dr. Jay Fitzgerald, Dr. Lindsey Sivertsen

Locations in Yankton, Scotland, Tyndall & Wagner, SD
 and Bloomfield & Hartington, NE

Terms

Joleen Smith/President	2nd Term	2014-2020
David Hosmer/Vice-President	1st Term	2015-2018
Kara Payer/Treasurer	2nd Term	2014-2020
Heather Olson/Secretary	1st Term	2015-2018
John Harper	1st Term	2015-2018
Bob Kellen	1st Term	2015-2018
Velma Kuchta	2nd Term	2014-2020
Chris Nelsen	1st Term	2015-2018
Cee Sorenson	1st Term	2016-2019
Diane Reese	1st Term	2016-2019
John Swensen	1st Term	2016-2019
Steve Wentworth	1st Term	2017-2020

Board Positions Open

(3 community positions—3 year term)

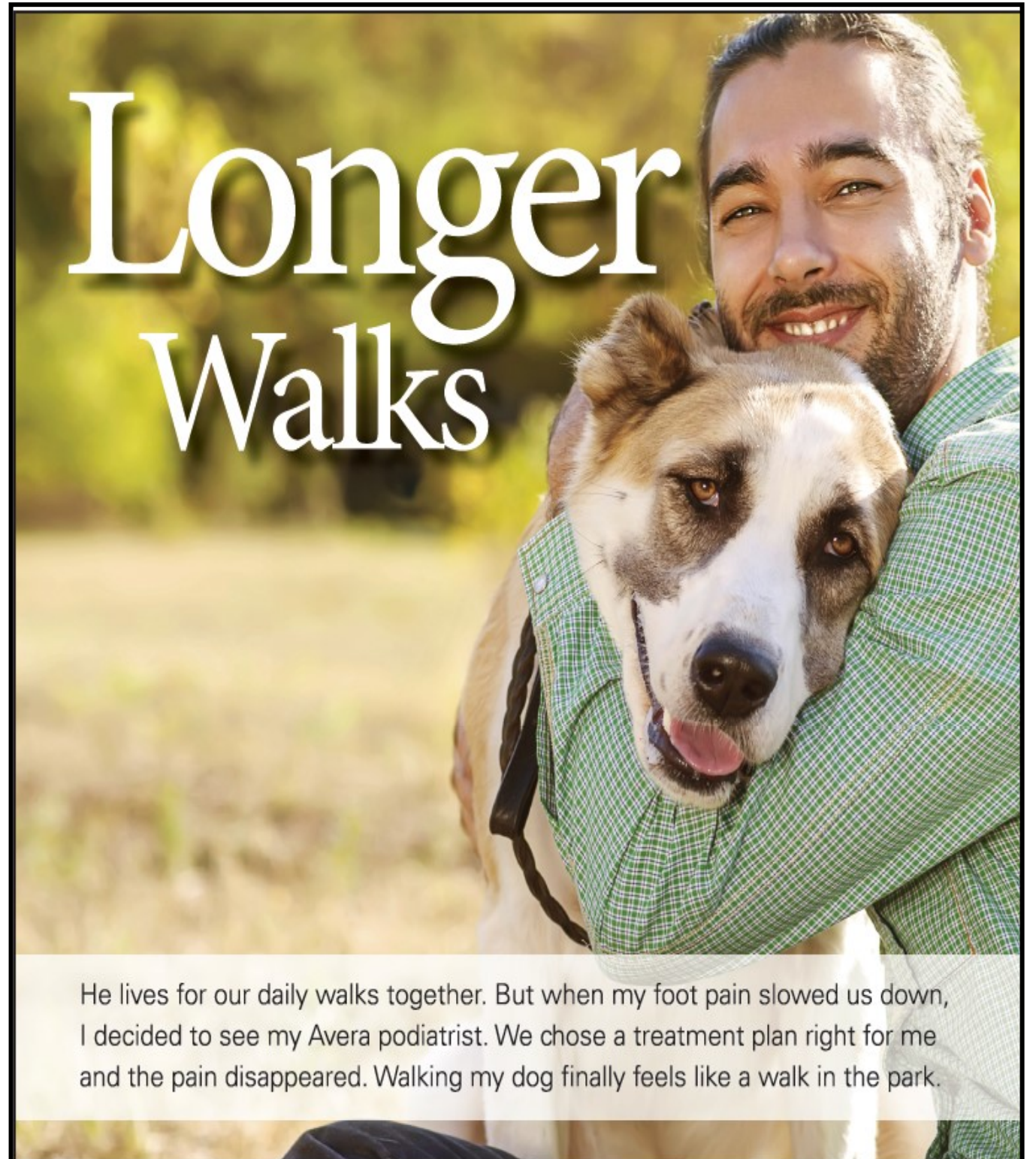
Center By-Laws state that all nominations be presented to the Board of Director's and published in the newsletter for two months prior to the Annual Meeting in September. Nominations must be received by June 1st to be published in the July newsletter. Inquire in the office for a board member job description.

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



Board Member Heather Olson and husband Justin at the 2018 Wine & Dine Event

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!

Duane Frick is our May Volunteer of the Month.

Duane has been active throughout the years at The Center, serving on the Board of Directors for two

terms, helping at pancake feeds, securing several new members and selling over 250 tickets for the Wine & Dine Event over the past 5 years, not to mention securing several new and existing sponsorships. Duane was a rocker in our Rock-A-Thon raising over \$2,500 for March For Meals. And we cannot forget, every time the pop machine inventory is getting low, we call on Duane to go shopping.

Thank you Duane for all you do for The Center.

Enjoy your special parking spot!



Meals on Wheels volunteers, Bob & Cheryl Nagy

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



Congratulations to Wes & Arlys Rye for being selected as our Volunteer of the Year. Our Volunteer Appreciation Event was a wonderful opportunity for us to thank **ALL** of our volunteers and show them how much we appreciate them. Our long time sponsors, First Dakota National Bank provided a free meal to each of our volunteers and The Center provided a deck of personalized playing cards to those who volunteer. It was an afternoon of appreciation and a pledge of continued commitment to The Center and those we serve. A special thank you to the Board of Directors for serving the meal and thanks to our staff for preparing a delicious meal and for making the day special for our volunteers.

Outside of enjoying the summer, with the warm temperatures and all the outdoor recreational opportunities, May is my favorite month. The buds on the trees, the beauty and aroma of the tulips and other flowers, our yards going from brown to green and the smell of fresh cut grass, the tweets of the birds (sometimes annoying if they wake you up) and the birth of animals.

Environmentally it is surely a time of growth and rebirth. Over the past few months we have lost many members of our Center family. We create so many memories with one another that it leaves a void, a hole. The best way to deal with loss is to hold onto your many memories and while holding onto them create new ones with people in your life. Likewise over the past few months, we have had more members sign up than ever before. We have many become lifetime members. I would encourage you to consider becoming a lifetime member. I would encourage you to invite someone to our wonderful facility, bring a guest to lunch. If you bring a guest in the month of May, (someone who hasn't been to The Center in the last 2 years), I will treat you to lunch. Stop by the front office. If you sign up a new member in May, I will buy you another lunch. We wrapped up March Madness raising the financial resources we need to balance our budget and to provide meals and services to those in need. Let's kick off **May Madness** by inviting new people to join us for lunch and to become members of The Center family. Let's grow our family. Nearly everything you do is more fun with more people.

We have some fun activities coming up in May so don't miss out. Our last pancake feed for the season is May 9th, Mothers' Day Tea on May 11th, sponsored by Walnut Village, our last Dinner & A Movie for the season is May 16th, the Worthing Dinner Theater trip is May 18th and back by popular demand is our Rib Dinner on May 23rd.

Last month I was excited to launch our Chef's Choice meal. We will be offering at least one surprise meal a month and we are told by the State we can do it twice a month, which we may do in the future. People have told me it is exciting to come to lunch and not know what you are having. If you have food allergies then it may not be as much fun for you. We always have frozen meals if you are allergic to a certain food. If you are on Meals On Wheels and have a food restriction we will contact you to line up another option. Last month we had chicken marsala and it was delicious. Our goal will be to provide a meal that we don't normally serve. Something new and different, and of course, delicious. Join us for the fun, come to lunch on May 25th and see what our chef is **COOKIN UP!** Oh how I love a surprise.

May Madness is calling you. In the month of May bring a guest to lunch and sign up a new member and **ME**, the Director will treat you to lunch. Stop by the front office to get your gift certificate.

I hope you are able to spend time with family as you celebrate Mother's Day. God Bless those who are serving our country as this Memorial Day we remember those who made the ultimate sacrifice.

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, May 9th (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!

Last one of the season!

Thank You For Your Monetary Donation

Wes & Arlys Rye—Annual Fund
Shirley Anderson—Taxes
Marlene Nebola—Taxes
Bonnie Strnad—Taxes
Mary Loecker—Annual Fund
Phyllis Lowin—Taxes
Henry & Janice Noehre—Taxes
Yankton Antique Auto Association

Your generous support is greatly appreciated!



Pancake volunteers Dianne Wubben, Jim & Cindy Filips



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.

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.



Morning Coffee Show with Scott Kooistra

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

Tuesday, May 8th

Tuesday, May 22nd

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.

FURNITURE & FLOORING



hatch
FURNITURE & FLOORING
Your Home's Best Friend

109 E 3rd St, Yankton, SD 57078
Phone: (605) 665-4416
Fax: (605) 665-0168

Adjustable Beds & Lift Chairs

www.hatchfurniture.com

WALNUT VILLAGE

SENIOR LIVING | 613 Walnut St.
Yankton, SD

The Perfect Blend of Privacy & Community



Assisted & Independent Apartments

24 Hour Staff for Your Safety and Peace of Mind

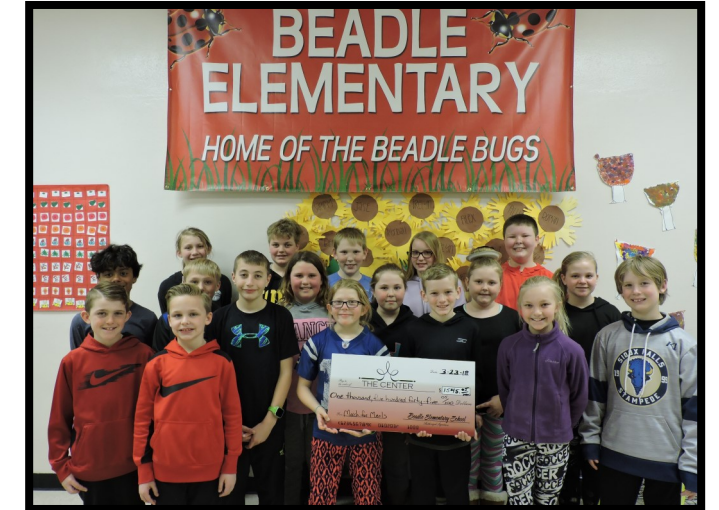
Medication Management

605-664-4220

Fundraising News



Wine & Dine attendees, Darrell Mahoney and Jim & Joyce Vlahakis.



The Beadle Bugs raised \$1,545.65.



Yankton Fury Softball Team came to volunteer at our Wine & Dine Event



Yankton Middle School raised \$1,000.00.



Thank you Tara & Trista with United Way for stopping by with treats during National Volunteer Appreciation Week.



Stewart Stars raised \$651.89.

Center Hosting The Banquet

The Center will be hosting **THE BANQUET** on Thursday, June 7th at the United Church of Christ. Dinner is at 6:00pm. We are in need of workers, food supplies and donations. Stop by the office to sign up. This will be the 6th consecutive year The Center and The Banquet have partnered together to serve the needs of the Yankton Community.

Thank You!

Center Wish List

in order of priority

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

Bill's Computer Repair

Windows A+ and Network+ Certified and Android smart phones

Reasonable Rates and Senior Discount

605-730-4136



william.kistler@gmail.com

Proudly carving the areas finest memorials. Competitive prices and exceptional service. Since 1883

GRANITE • MARBLE • BRONZE



Indoor Display & Carving Center
1609 Broadway • Yankton, SD
(605)665-3052



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.

THE CENTER
RECREATION • SOCIALIZATION • NUTRITION

Rent Our Beautiful Facility

- Full Service Kitchen & Catering Available
- Small & Large Groups (up to 150)
- Clean Facility - plenty of parking
- Handicap Accessible
- Beer & Wine License (\$10)
- \$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

Tabor Nutrition Center

Tabor News

Spring has finally arrived, beautiful temps and less rain. We have kept busy this past month, serving some dignitaries from the Czech Republic. It gave our meal counts a boost and the people enjoyed the meals.

With the nice weather ahead, farmers are getting anxious to get in the fields and us ladies are itching to get our flowers and gardens planted.

We have seen many new faces stop in for a meal or two. We welcome them, and ask them to bring a friend next time they stop.

In May, we will remember our Mothers and our military for Armed Services Day on May 19th and, of course, Memorial Day with the American Legion members.

We encourage all military, past and present to come enjoy a meal with us. I am always open for suggestions from our members if you would like a special meal.

Congratulations to all high school and college graduates. Good luck in your next adventure.

Enjoy the outdoors, be safe in your travels and come join us for lunch each week.

Keep Smiling!
Gail Hovorka—Site Coordinator

Tabor Nutrition Center **Hours of Operation**
138 North Lidice Tues, Wed, & Thurs
Tabor, SD 57063 11:30am-12:30pm
605-463-2505 Meal Donation \$4.25

May 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. Meals are served with bread, milk and coffee.

May 1	Baked Ham
May 2	Meatloaf
May 3	Chicken Fried Steak
May 8	Roast Beef
May 9	Salisbury Steak
May 10	Chicken & Dressing
May 15	Pork Chop (Evening Meal)
May 16	Hamburger Patty
May 17	BBQ Ribs
May 22	Chicken Parmesan
May 23	Goulash
May 24	BBQ Roast Beef
May 29	Porcupine Meatballs
May 30	Beef Noodle Stroganoff
May 31	Baked Chicken (Birthday Dinner)

Tabor Wish List

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

May Birthdays

- May 1 Ron Hovorka
- May 5 Verda Sykora
- May 27 Ev Kloucek



Students from Tabor Elementary School raised \$184.65 in their coin drive for March For Meals.



Ambassadors from the Czech Republic stopped by for a traditional Pork & Dumplings meal. The Ambassadors drew a crowd of nearly 90 people. Thank you to our staff for putting on a delicious meal.

Upcoming Events

May 3	Toe Nail Clinic	10:00-11:00am
May 8	Dementia Caregiver Group	10:00am-11:00am
May 8	Christy on KYNT Radio	7:40am & 12:20pm
May 9	Pancake Feed	4:30pm-6:30pm
May 10	Anniversary Dinner	11:30am-12:30pm
May 10	Activity Committee Meeting	10:00am-11:00am
May 11	Mothers' Day Tea	2:00pm-4:00pm
May 14	Craft Class	10:30am-11:30am
May 16	Dinner & A Movie	4:30pm-6:00pm
May 17	Birthday Dinner	11:30am-12:30pm
May 18	Worthing Dinner Theater	5:00pm-11:00pm
May 18	Commodities	1:00pm-3:00pm
May 22	Christy on KYNT Radio	7:40am & 12:20pm
May 23	Evening Meal	4:30pm-6:30pm
May 28	Memorial Day - Center Closed	



Available Every
Hour of the
Day Every Day
of the Year

**We provide
dependable and
caring services
allowing people to
remain independent.**

- Activities of Daily Living
- Transportation
- Medication Reminders
- Meal Assistance
- Light Housekeeping
- And much more!

Vermillion: (605) 624-5900
Yankton: (605) 655-5900
Toll Free: 877-624-5900 • www.HeartPrintHomeCare.com

We're Reasonably Priced
With Exceptional Service

DON'T BE SURPRISED

It's hard to think about cost when you
need funeral services now.
That's why pre-arrangement is
very important.

DON'T PAY MORE AT A TIME LIKE THIS

We will honor your prearranged funeral
plans from other funeral homes.

Your family...respected, cared for, remembered



Goglin Funeral Homes

Yankton • Tyndall • Scotland • Tripp

807 W. 31st, Yankton • 605-665-4414

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.

“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.

When you're not sure what to do...downsize, rent, own...Call Sally & Terry to schedule a private, confidential visit to learn what options work best for you.



Sellers will have our full attention to your needs and we will answer all your questions honestly.

Buyers can expect us to fully research listings to find the perfect property at a fair market price.

Call Sally & Terry Today!

Lewis & Clark Realty

605 • 660 • 6679

605 • 660 • 5352

Nutrition News

Stock up on Super Fruits & Vegetables this Spring



Spring is the time for growth — including personal growth. Time to clean up your eating habits from winter and replace them with some new spring habits. The best way to get healthy is to have plenty of good food available. Stock up on some of these spring super-fruits and vegetables.

Green peas are filled with vitamin C, can help allergy sufferers and help ward off depression. **Asparagus** is packed with vitamin K, A and protein and also boosts your immune system.

Lettuce, think anything but iceberg here! Different kinds of lettuce are all chock-full of antioxidants and come in a variety of colors that will make your salad more appealing (and tastier).

Yellow Squash has vitamin C, folate, beta carotene, calcium and all 10 of the amino acids your body needs, but doesn't produce.

Strawberries are packed with fiber and vitamin C, they protect your heart and increase your good cholesterol.

Apricots contain beta carotene, potassium, fiber and vitamin C and they help prevent heart disease. They are great for your eyesight, and even lower in calories than cherries.

Berries of any kind are loaded with antioxidants. The other benefits vary from fruit to fruit, so enjoy as many varieties as you can.

While just about any seasonal fruit or vegetable is better for you than cake or cookies, research before you buy to stick with those that have a lower sugar content. Finally we can all start to enjoy the warmer weather as Spring has definitely sprung.



Mandi Lampman—Meals on Wheels Coordinator

We are closed on Monday, May 28th in honor of Memorial Day, we have frozen meals available for holidays, evening and weekends. Stop by or call me at 665-1055 to order your meals.

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

March 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1368 (72 per day)	292 (15 per day)	256 (8 per day)	250 (21 per day)	2166 (114 per day)
Home Delivered	1359 (72 per day)	N/A	N/A	95 (8 per day)	1454 (77 per day)

May Kitchen Volunteers

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

May 1	Barb DeJager
May 2	Sandra Kreber
May 3	Sylvia Coulson
May 4	Eileen Leshner
May 7	Joyce Kollars
May 8	JuLee Werkmeister
May 9	Geri Loecker
May 10	Janice Kirschenman
May 11	Cathy Orton
May 14	Dorothy Gobel
May 15	Alma Logdahl
May 16	Cathy Orton
May 17	Geri Loecker
May 18	Bonnie Strnad
May 21	JuLee Werkmeister
May 22	Mary Garoutte
May 23	Sandra Kreber
May 24	Dorothea Hoebelheinrich
May 25	Connie Bitsos
May 28	Center Closed - Memorial Day
May 29	Alma Logdahl
May 30	Bonnie Strnad
May 31	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, May 23rd - 4:30pm-6:30pm

Serving:
BBQ Ribs
Cheesy Hash Browns
Corn
Brownie
Bread, Butter, Coffee & Milk

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
(To go meals \$1.00 extra**)**
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.

Avera.org/sacred-heart

Live better. Live balanced. **Avera**

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

16-ASCH-2169



Our 2017 Volunteers of the Month were honored at The Center on April 16th as we celebrated National Volunteer Appreciation Week. Thank you to First Dakota National Bank for sponsoring the meals and The Center for the personalized playing cards.

Row 1: Diane Reese, Barb DeJager, Dennis Janousek, Arlys and Wes Rye
Row 2: Connie Miles, Gert Andersh, Jean Fitzgerald, Jean Schaecher, Sandy and Fran Johnson, Deb Bodenstedt, Christy Hauer

So much care, so close to home!



YANKTON MEDICAL CLINIC, P.C.
www.YanktonMedicalClinic.com

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



Thank you to the Dakota Territory Girl Scouts for donating the Girl Scout Cookies.

Potpourri

Thank you to First Dakota National Bank and Jane Pugh for sponsoring our Volunteer Appreciation Dinner during National Volunteer Week.

Thank you to City of Yankton and Connie Miles for keeping our parking lot and sidewalks clean and safe for our guests. We appreciate it!

Rummage Sale In July

We are accepting donations daily between 1:00pm-3:00pm. Gently used items, no clothing, shoes or books. Thank you for your donation.



Above left: Dr. Marcus Long and Barb Rezac from Mount Marty stopped over to have lunch in Tabor.

Above right: Celestine Johansen and Darrel Johansen enjoying birthday dinner.

Right: Czech Queens visiting with Jean Hunhoff.

May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dinner & Movie (May 16th, 4:30pm-6:00pm) French Dip Sandwich Potato Salad Green Beans Banana Bar	1 Chicken Parmesan Scalloped Potatoes Tomato Spoon Salad Fruit Cocktail	2 Lasagna Winter Mix Vegetable Chinese Coleslaw Tapioca Pudding	3 Pork in Cream Sauce Mashed Potatoes/Gravy Glazed Carrots Fruit	4 Tater Tot Casserole Seasoned Spinach Jell-O w/Fruit
7 Chicken & Dressing Mashed Potatoes/Gravy Carrots Chocolate Pudding	8 Salisbury Steak Over Rice/Gravy Baked Squash Pears	9 Turkey & Cheese Sandwich Potato Wedges Cole Slaw Fruit Salad (Pancake Feed)	10 Oven Fried Chicken Cheesy Hash Browns Harvard Beets Fruit Crisp ANNIVERSARY DINNER	11 Ham Loaf Baked Sweet Potato Green Beans Fruit
14 Beef Tips in Gravy Mashed Potatoes Glazed Carrots Tapioca Pudding	15 Meatloaf Oven Browned Potatoes Corn Tropical Fruit Chocolate Chip Cookie Nat'l Chocolate Chip Cookie Day	16 Ham Baked Sweet Potato Baked Beans Fruit (Dinner & Movie)	17 Hot Beef Sandwich Mashed Potatoes/Gravy Green Beans Cake & Ice Cream BIRTHDAY DINNER	18 Spaghetti/Meat Sauce Italian Vegetables Tossed Salad/Dressing Fruit Slush
21 Baked Steak Over Rice/Gravy Creamed Peas Tomato Spoon Salad Baked Apples	22 Pork Roast Mashed Potatoes/Gravy Seasoned Spinach Jell-O/Topping	23 Sloppy Joe on Bun Tater Tots Baked Beans Peaches (Evening Meal)	24 BBQ Chicken Baked Potato Vegetable Blend Fruit Slush	25 CHEF'S CHOICE
28 Memorial Day Closed No Meals on Wheels	29 Chicken Fried Steak Mashed Potatoes/Gravy Peas Chocolate Pudding	30 Italian Chicken w/Pasta Broccoli Tossed Salad/Dressing Tapioca Pudding	31 Swedish Meatballs Over Rice/Gravy Creamed Cabbage Baked Apples	Evening Meal (May 23rd, 4:30pm-6:30pm) BBQ Ribs Cheesy Hash Browns Corn Brownie

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. If you are 60 or older, the suggested donation is \$3.75. If you are under 60 the meal is \$6.50.

May Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
	7	8	9	10
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Activity Mtg 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9 Mothers' Day Tea 2:00pm-4:00pm
	14	15	16	17
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Dinner & Movie 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 Bingo 7-9
	21	22	23	24
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:30 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00 Evening Meal 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Blood Press 10:45 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
	28	29	30	31
Memorial Day Center Closed No Meals on Wheels	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Rummikub 12:15 P Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 1:00	

Membership News

Thank You for Your Donation

Magazines/Toilet Paper	Ed Gleich
Greeting Cards, Napkins	Eileen Leshar
Kleenex, Toilet Paper, Cat & Dog Food	Shari Persinger-Hovland
Coffee	Andy & Barb DeJager
Sandwich Bags, Coffee, Napkins, Candy	Diana Spence
Napkins, Sandwich Bags	Jim & Cindy Filips
Napkins, Batteries	Bonnie Strnad
Coffee, Candy	Fran & Sandy Johnson
Napkins, Cups, Books	John Huisman
Coffee	Gerie Loecker
Greeting Cards	Betty Adam
Coffee	Theresa Arens
Playing Cards	John Cimpl Family
Napkins	Rose Kabeiseman

Welcome New Lifetime Members

Josh Blom—Yankton
Dawn Henseler—Yankton



Welcome New Members

Dan Johnson & Mary Milroy—Yankton
Preston Waltner—Yankton
Ruby Schroeder—Yankton
Ron & Deb Kachena—Yankton
Daniel & Amy Klimisch—Yankton
Leona Cowles—Yankton
Marlin & Donna Tusha—Yankton
Russel Tusha—Yankton
Sharon Kostroun—Yankton
Allen Sinclair—Yankton

Must be 18 to be a member

Get Well Cards

Gladys Ryken
Marilyn Huntley
Don Naber



Sympathy Cards

MaryJane Hisek
(Loss of Brother-In-Law)
Florence Lee Family



Memorials

In Memory of Lloyd Haarberg

Warren & Carol Broderson
Susanne Milbourn
Mark & Patty Hunhoff

In Memory of Roger Girard

Warren & Carol Broderson

In Memory of Ed Lammers

Matt & Tracie Dvorak

In Memory of Sandi L. Kreber

Matt & Tracie Dvorak



New members Dan & Amy Klimisch brought their family out for an evening meal.

Happy Birthday

May 1	Joyce List	May 12	Lelia Elder	May 23	Steve Wentworth
May 2	David Ehresmann	May 12	Evelyn Timm	May 24	Carolyn Becker
May 2	Amanda Johnson	May 13	Alma Logdahl	May 24	Natalie Frick
May 4	Dick Abild	May 15	Rudy Gerstner	May 24	Susan Fanta
May 4	Joyce Boeckman	May 16	Lillie Kirschenman	May 24	Elsie Gurney
May 4	Michelle Flannery	May 17	Kathleen Marceau	May 24	Dick Hudson
May 5	Margaret Weniger	May 17	Justin Olson	May 26	Sharon List
May 6	JoAnn Frasch	May 19	Alice Gensch	May 26	Cheryl Nagy
May 7	Kathie Gerstner	May 19	Lucile Masten	May 26	Doug Nelson
May 7	Paul Harens	May 20	Phyllis Dingman	May 26	Bob Neibergall
May 8	Marilyn Gorsett	May 20	JoAnn Smith	May 26	Dulare Ramse
May 8	Ronald Hunhoff	May 20	Vivian VanEssen	May 27	JoAnn Huitema
May 8	Shirlene Scott	May 21	Donna Schaefer	May 28	Brian Cwach
May 9	Tim Fanta	May 21	Diana Spence	May 29	Fran Johnson
May 9	Aldine Mayer	May 22	Gloria Becker	May 29	Alice Slate
May 10	Marcella Kudrna	May 23	Duane Frick	May 30	John Jonas
May 10	Eunice Ries	May 23	Loretta Kohles	May 30	Dorothy Stallman
May 11	Michael Murphy	May 23	Carol Pickner	May 31	Tom Reiners

Happy Anniversary

May 2	Debbie & Larry VanderPoel
May 3	Don & Jackie Olson
May 7	Pat & Christy Hauer
May 19	Denis & Dolores Feilmeier
May 20	Lyle & Jane Malone
May 22	Bill & Kate Shoemaker
May 25	Jim & Barb Black
May 26	Ken & Marsha Bertsch
May 26	Duane & Natalie Frick
May 28	Glenn & Bernita Mannes
May 29	Gregg & Kayleen Ehresmann
May 29	Fran & Sandy Johnson



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



Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com

Activities

Activity Coordinators

Please contact coordinators if interested in participating in an activity.

Bible Study (Tues)	Lois Kirschenman	661-1914
Bridge (Fri)	Toots Marchand	665-9508
Cribbage (Wed)	Phyllis Christiansen	668-0659
Dominos (Thurs)	Dory Ahern	665-2579
Exercise/NuStep (M-W-F)	Office	665-4685
Hand & Foot (Mon)	Bev Larsen	665-5595
Line Dancing (M-W-F)	Eileen Leshner	664-6548
Meals On Wheels	Mandi Lampman	665-1055
Partnership Bridge (Wed)	Dan Miller	689-0254
Pinochle (Mon & Thurs)	Joyce Kollars	665-4410
Pinochle (Tues)	Don & JuLee Werkmeister	665-1518
Table Tennis (Tue & Thurs)	Dan Miller	689-0254
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

Exercise Class With Judi O'Connell



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

CARDS MAY BE PURCHASED IN THE FRONT OFFICE



Wii Bowling

Tuesday League—Mary Law won the league

March 20, 2018

Mary Law had a high series of 562 and high game of 219. Karen Gran picked up a 4-5 & 5-10 split. Darlene Pokorney & Dory Ahern picked up a 5-10 split.

March 27, 2018

Dory Ahern had a high series of 555 and a high game of 220. Dory Ahern picked up a 5-10 split twice. Karen Gran picked up a 3-7 split. Mary Haberman picked up a 5-10 & 5-6-10 split. Elaine List picked up a 5-10 & 4-5 split. JoAnn Huitema & Darlene Pokorney picked up a 2-5-7 split.

April 3, 2018

Dory Ahern had a high series of 662 and a high game of 248. Dory Ahern picked up a 5-10 split. Elaine List picked up a 4-5-7 split & 5-10 split.

Thursday League—Joan Haberman won the league

March 22, 2018

Marilyn Obr had a high series of 663 and a high game of 238. Sandra Kreber had a high series of 607, picked up a 5-10 & 4-6 split. Jeanne Laffey had a high game of 237. Joan Haberman picked up a 5-9-10 split. Bev Larsen picked up a 5-7 split twice. Sharon Tronek picked up a 5-7-9 split.

March 29, 2018

Marilyn Obr had a high series of 645. Jeanne Laffey had a high game of 225, picked up a 5-6 (twice) & 7-10 split. Sharon Tronek picked up a 3-10, 2-7 & 5-7-9 split.

April 5, 2018

Marilyn Obr had a high series of 624 and high game of 235.

Tournament Winners

1st Place	Marilyn Obr	764
2nd Place	Mary Haberman	755
3rd Place	Karen Gran	744
4th Place	Joan Haberman	743
5th Place	Darlene Pokorney	740
6th Place	JoAnn Huitema	736

Craft Class

Monday, May 14th - 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 Beef Tips In Gravy.**

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.

Activities

Pinochle News

Round Robin—March 29, 2018

Karen Domogalski & Gladys Tacke

Double Pinochle—March 29, 2018

Sandra Kreber & George Woodhouse

Round Robin—April 26, 2018

Elma Block & Floris Woodhouse



Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, May 17th (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.

Dinner And A Movie

Wednesday, May 16th - 4:30pm-6:00pm (meal)

“Flight” Commercial airline pilot Whip Whitaker (Denzel Washington) has a problem with drugs and alcohol, though so far he's managed to complete his flights safely. His luck runs out when a disastrous mechanical malfunction sends his plane hurtling toward the ground. Whip pulls off a miraculous crash-landing that results in only six lives lost. Shaken to the core, Whip vows to get sober -- but when the crash investigation exposes his addiction, he finds himself in an even worse situation.

Serving:

French Dip Sandwich
Potato Salad
Green Beans
Banana Bar

Suggested donation is \$6.00 (to go meals \$1 extra) includes dinner, movie and popcorn.

During the summer months, we will only have an evening meal on the third Wednesday each month. We will resume Dinner & A Movie in September.

Partnership Bridge News

April 4, 2018

- | | |
|-----------------------------------|-------------|
| 1. Rose Mather & Dan Miller | Score: 6080 |
| 2. Glenn Mannes & Darwin Tessier | Score: 5570 |
| 3. Loraine McNeely & Maysel Goltz | Score: 4950 |

April 11, 2018

- | | |
|------------------------------------|-------------|
| 1. Toots Marchand & Marilyn Halsey | Score: 6520 |
| 2. Judy Kistler & Lyle Malone | Score: 4340 |
| 3. Glenn Mannes & Darwin Tessier | Score: 4130 |

April 18, 2018

- | | |
|-------------------------------------|-------------|
| 1. Jean Fitzgerald & Jean Schaecher | Score: 7450 |
| 2. Rose Kabeiseman & Jean Weller | Score: 4430 |
| 3. Muriel Stach & Beth Nohr | Score: 4330 |

Slam: Jean Fitzgerald & Jean Schaecher

April 25, 2018

- | | |
|-------------------------------------|-------------|
| 1. Jean Schaecher & Jean Fitzgerald | Score: 5090 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 4900 |
| 3. Loraine McNeely & Char Erickson | Score: 4460 |



Toots Marchand & Rose Kabeiseman in a fierce game of bridge.

** NO FRIDAY BRIDGE SCORES AVAILABLE AT PRESS TIME**

HyVee®
EMPLOYEE OWNED
2100 Broadway • Yankton
665-3412
Floral 665-0662 • Pharmacy 665-8261
Wine & Spirits 665-7808

Services/Education

Commodity Program

Friday, May 18th - 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.

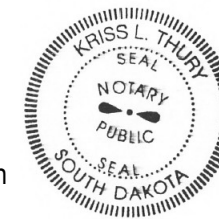
Commodities are distributed on the **3rd Friday (May 18th)** each month in the Southeast parking lot.

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.

Bake Sale



The weather is warming up but who wants to heat up their home to



have fresh baked cookies. **We do!**

In honor of National Chocolate Chip Cookie Day, we are having a cookie sale. Get your order in early for fresh baked chocolate chip cookies. **Limit 2 dozen.**

We will sell by the 1/2 dozen or full dozen.

Pre Order by: May 11th

Pickup: May 15th

	Members	Non-Members
1/2 Dozen	\$1.50	\$2.00
Full Dozen	\$3.00	\$4.00



Dementia Caregiver Group

Tuesday, May 8th
10:00am-11:00am

The Dementia Caregiver group meets each month on the

second Tuesday (May 8th).

Everyone is welcome to attend.

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.