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900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 July 2018 • Volume 17 • Issue 7



Board of Directors

Joleen Smith	Retired Banker
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

In This Issue

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

Annual BBQ & Dance

Saturday, July 21st • 7:00pm-10:00pm
 Tickets are on sale now!

Members: \$5/Advance & \$7/Door
 Non-Members: \$7/Advance & \$9/Door

Serving: BBQ Pork Sandwich, Potato Salad, Cole Slaw,
 Cookie, Pickle & Coffee (meal served at 7:45pm)

Serving Beer and Wine

Entertainment by: **Country Craze**

Sponsored by:
Goglin Funeral Homes



Enjoy your summer and the many treasures our community offers

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!

Rummage/Craft & Bake Sale

Thursday, July 12th, 10:00am-1:00pm
(Members Only)
 Friday, July 13th, 3:00pm-6:00pm
 Saturday, July 14th, 9:00am-1:00pm
 (Open to public)

Shop til you drop. Furniture,
 home décor, lamps, knick knacks,
 dishes, bakeware, cookware, toys,
 antiques and more.

Please drop off your gently used
 items, Monday-Friday, 1-3pm
 and call Colleen if you are able to
 provide some yummy treats for
 the bake sale.

No books, clothes or shoes.

THANK YOU!

Dinner & Entertainment

Monday, July 16th
 4:30-6:30pm (Meal)
 6:30-7:00pm (Entertainment)

Featuring: Sweet Adelines

Join us for a night of food,
 fun and entertainment.

Serving

Lasagna
 Broccoli
 Tossed Salad/Dressing
 Fruit Slush
 Garlic Bread
 Coffee & Milk

Suggested Donation is \$8
 Includes meal and entertainment

RSVP: 665-1055 (No TOGO Meals)

Evening Meal

Wednesday, July 25th
 4:30-6:30pm

**Featuring BBQ Ribs each
 and every month on the
 4th Wednesday**

Serving

BBQ Ribs
 Baked Potato
 Corn
 Peaches
 Dessert
 Bread, Butter, Coffee & Milk

Suggested Donation is \$6.00

RSVP: 665-1055

Board of Director's



CARLA SCHLINGMAN (Broker/Owner)
Century 21 Professional Real Estate

I have been a realtor for 13 years. It has always been a passion of mine to assist new or seasoned buyers/sellers with their real estate needs. I have been married for 37 years to Jim Schlingman, System Administrator at Kolberg Pioneer, Inc. and we have 3 grown children, Matt Schlingman and his son Evan in Omaha, NE, Sheena (Kevin) Schramm and their son Owen in Yankton and Mitch Schlingman, architect student at SDSU in Brookings. My hobbies include golfing, camping and baking when time allows. I look forward to serving on the Board of Directors of The Center as I feel strongly about what The Center has to offer our community and it would be a pleasure supporting its mission.



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

Term		
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	2nd Term	2013-2018
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, Bob Kellen & Dave Hosmer for agreeing to serve a second term.

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. Inquire in the office for a board member job description.



Just a Reminder

Our Annual Board of Directors meeting will be held in September.

We will vote in 3 new Community Board Members.

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.

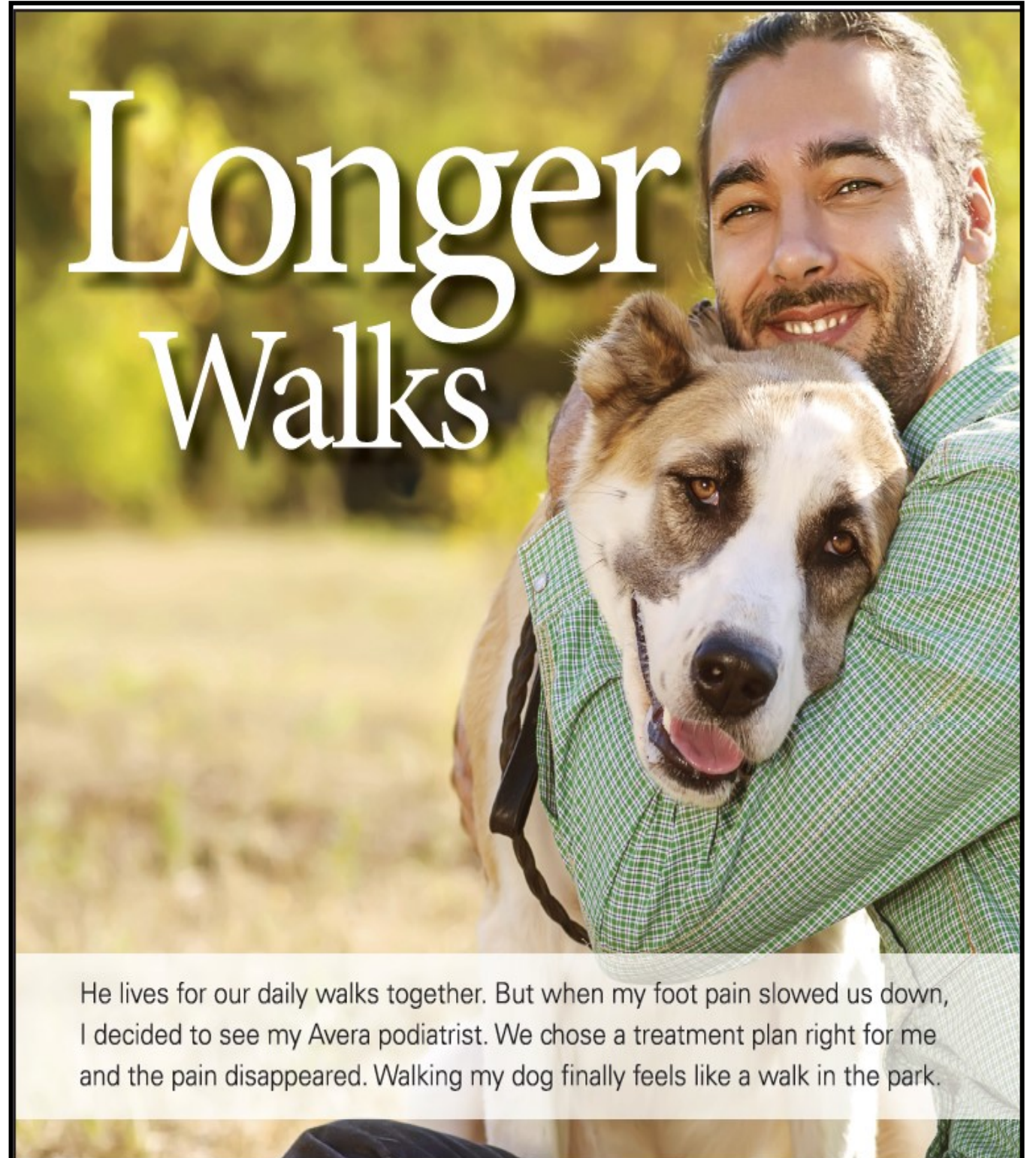
Check Out Our Web Page www.thecenteryankton.net

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

Log into Facebook and type The Center in the search box



Longer Walks



He lives for our daily walks together. But when my foot pain slowed us down, I decided to see my Avera podiatrist. We chose a treatment plan right for me and the pain disappeared. Walking my dog finally feels like a walk in the park.

Talk to an Avera podiatrist if you have joint pain while:

- Walking or jogging
- Climbing stairs
- Standing for long periods of time



409 Summit St., Suite 2600
Yankton, SD 57078

Yankton Senior Games

August 3-4, 2018

\$2/Event ▪ \$5/Unlimited Events

Lunch 11:30am-12:30pm ▪ Serving Lasagna ▪ Call 665-1055 for reservations

Games are open to all Seniors 50 years and older from any community. Anyone 49 years old who turns 50 on or before December 31st can participate.

Registration forms can be picked up at The Center and the Summit Center.

Events include: Horseshoes, Disc Golf, Javelin, Shot Put, Discus, Softball Throw, 50m-1500m Run & Walks, Basketball Free Throws, Basketball Spot-Shot

Events at The Center, on Friday, August 3rd:

Bean Bag Toss	10:00am-11:30am
8 Ball Pool	11:30am-1:00pm
Shuffleboard	1:00pm-3:00pm
Table Tennis	2:30pm-4:00pm

Ribbons for 1st, 2nd & 3rd places in each age and gender category will be awarded.

“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!

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605 • 660 • 5352

Director’s Desk



Christy with Nephew Luke

We sure have had a crazy couple of months. Since my head injury I have had and continue to have numerous health issues. My memory and ability to process information has been impaired, vision issues due to glasses breaking, and I have an abscessed tooth from the impact of hitting the ground. It has surely slowed me down and I appreciate the support given to me by the Board of Director’s. I am extremely proud of how the staff has stepped up and pitched in during my absence. Kriss has been my rock and has taken on many additional responsibilities. I believe if we are always in search of the positive thing that comes out of a negative or challenging situation, we grow and learn, and become more tolerant and compassionate. Kriss has grown and stepped out of her comfort level as a necessity. I have grown some, by setting healthier boundaries, limiting my hours of work, again out of necessity. The doctors have released me to work part time and I am doing my level best to follow their orders.

I am told the more I rest my brain, the sooner I will heal.

What has really added craziness to the past few months is the fact that many things are breaking down. In the past month we have had to spend thousands of dollars on repairing and or replacing our walk-in cooler, walk-in freezer, dishwasher, washing machine, vacuum, air conditioner and the latest is that our Southeast window was shattered while mowing. (The City covers the last 2 items). At first it was quite upsetting, now we are to the point that we are just rolling with punches. As I stated earlier if one could find something positive out of what looks to be a negative situation, then life is so much brighter. The positive thing about our equipment malfunctions is, they happened in June, where we still have the financial means to meet our needs and still stay within our budgetary guidelines. We have been blessed to have had a solid fundraising effort this year, coupled with keeping our eye on expenses always focusing on the reduction of waste. It has once again been a great year. A special thank you to everyone who has donated over the past year, putting us in a position to be able to afford to repair and replace our equipment. This year we will conclude our fiscal year with a balanced budget thanks to your generosity.

It was such a pleasure to partner again with the Banquet and Dagmar. What a beautiful gift is given each time they open their doors. The gift of food security, which many of us take for granted. Thank you to Dagmar, the regular Banquet & Center volunteers and to everyone who donated both food and money to sustain a delicious goulash meal serving 255 people.

We have recently been challenged with too much precipitation. One thing we were not challenged with this winter were snowy and icy parking lots and walkways. The City workers did a phenomenal job keeping our members safe and free of falls and accidents. We are so grateful for the support we receive from the City and County of Yankton. Joe Morrow and Connie Miles serve as great liaisons, always here to support our mission.

I celebrated 6 years at The Center on June 19th. I wish I could say it has been a smooth ride, but it has had its share of turbulence, chalked full of ups and downs, challenges and rewards. The biggest challenge is to keep everything balanced, focusing on the greater good. I only wish in doing so we could make everybody happy. God has made us all remarkable and unique with different likes and dislikes. But we continue to do all we can to make our organization stable. Over the past 6 years we have been able to do that financially. My personal goal for the upcoming year is to continue to grow our programs. I need your help as a member to spread the word about our delicious meal program. Invite people to become members. Why not share our beautiful facility with as many people as possible? We need to open our doors and our hearts with a welcoming kindness.

I love this time of year! We are so blessed to have so much natural beauty around us, with our lakes, beaches, bluffs and nature. July is a month to look forward to fresh produce, especially sweet watermelon and corn on the cob. As well as the sky lit up with fireworks.

I hope you enjoy your summer. God Bless America.

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



Every Tuesday & Friday (7pm)

(Open to the public)

Join the fun and win some money

CANCELLATION POLICY:

BINGO WILL BE CANCELLED IF WE HAVE FEWER THAN 25 PEOPLE IN ATTENDANCE. THIS IS AT THE DISCRETION OF THE CALLER. LISTEN TO KYNT, KVHT OR WNAX FOR CANCELLATIONS.

Thank You For Your Monetary Donation

Gertrude Moore Family
Steve & Deb Murray
Sylvia Coulson

Your generous support is greatly appreciated!

We are in need of volunteers to help with Bingo on Tuesdays & Fridays from 7:00pm-9:00pm. We need bingo callers and cashiers.

If you are interested, please call 665-4685 or stop in and see Colleen.

Potpourri

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, July 10th

Tuesday, July 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.



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.**

2100 Broadway • Yankton
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Wine & Spirits 665-7808



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Yankton • Tyndall • Scotland • Tripp

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We accept all pre-need policies and pre-paid funeral arrangements



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.

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1 Focus 

Y YANKTON MEDICAL CLINIC, P.C. 1104 West 8th St., Yankton, SD 57069
www.YanktonMedicalClinic.com 605-665-7841


Center Wish List Thank You For Your Donations!

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

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william.kistler@gmail.com 

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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

Volunteer News

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.

CONGRATULATIONS!

Our July Volunteer of the Month is Henry Petersen,
who this month, turns 90 years old. Henry has been
delivering Meals on Wheels every Monday for the
past 15 years after he returns home from his
winters in Arizona. Henry also helps with our
dances, tending to the bar as well as supporting
many fundraisers at The Center.

Henry says, "There's no finer way to start the
week than to know
you are helping
someone else."



Thank you Henry,
for all you do!
**Enjoy your
parking spot.**

We are in need of
volunteers to deliver
commodity boxes
once per month.
Please see Mandi if you
are interested in helping.

We have been approached by many who have been
disappointed that they have not been 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.

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

Meals on Wheels

The Meals on Wheels Program can be the difference between Seniors remaining at home or needing to relocate to a long term care facility. The Center provides a nutritious meal, friendly visit and safety check to help cope with three of the biggest threats of aging: hunger, isolation and loss of independence.

It costs less to provide a Senior, Meals on Wheels for an entire year than it costs to spend one day in the hospital or six days in a nursing home.

Consider making a difference, by volunteering or donating to the Meals On Wheels Program.



Kasey & Kay Koliner delivering meals.



Margie Eddie delivering Meals on Wheels to Janeane Steinberg.



Dean & Judy Specht delivering meals.



Upcoming Events

July 9	Craft Class	10:30am-11:30am
July 10	Dementia Group	10:00am-11:00am
July 10	Christy on KYNT Radio	7:40am & 12:20pm
July 12	Rummage Sale (Members Only)	10:00am-1:00pm
July 12	Anniversary Dinner	11:30am-12:30pm
July 13	Rummage Sale	3:00pm-6:00pm
July 14	Rummage Sale	9:00am-1:00pm
July 16	Dinner & Entertainment (Sweet Adelines)	4:30pm-7:00pm
July 19	Birthday Dinner	11:30am-12:30pm
July 21	Annual BBQ & Dance	7:00pm-10:00pm
July 23	Ice Cream Social	2:00pm-3:30pm
July 24	Christy on KYNT Radio	7:40am & 12:20pm
July 25	Evening Meal (Rib Dinner)	4:30pm-6:30pm

Tabor Nutrition Center

Tabor News

Another Czech Days has come and gone. There was a nice turn out of people who enjoyed all the festivities over the very hot weekend.

With all the rain we have been seeing, we have had some area farmers stop in for lunch, as they are not able to be in the fields. We are at a point where we now have too much rain, please turn off the faucet until later in July & August!

A reminder that we will be closed July 4th so our staff can enjoy the holiday with their families.

Hope everyone is enjoying the summer, the beautiful flowers, activities and all the special events going on. Soon we will be enjoying the fresh produce from area gardens.

Until next time, have a safe and wonderful summer! Stop in and enjoy a delicious meal Tuesday through Thursday.

Keep Smiling!
Gail Hovorka—Site Coordinator

PS: I have been enjoying my new grandson, my first one; Breyer Adam, born 2 weeks ago and he is just so precious!



Tabor Nutrition Center Staff

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

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

July 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.

July 3	Sloppy Joe on a Bun
July 4	Center Closed
July 5	Beef Noodle Stroganoff
July 10	Roast Beef
July 11	BBQ Chicken Legs
July 12	Beef Tips in Gravy
July 17	Baked Steak/Mushroom Gravy
July 18	Baked Chicken
July 19	Tatertot Casserole
July 24	Sweet & Sour Pork
July 25	Hamburger
July 26	Pork Chop (Birthday Dinner)
July 31	Roast Pork Loin

July Birthdays

Don Dean ▪ July 22
Gail Hovorka ▪ July 25
Janet Sykora ▪ July 27



Tabor Wish List

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

Thank you for your donations!

Trips

Worthing Dinner Theater - September 2018
5:00pm-11:00pm - \$62.00 per person
 (Includes transportation, dinner & theater)

“Going Bare” Dr. Jack Ramsay is “going bare” choosing to work without malpractice insurance rather than pay the outrageous premiums every year. However, soon after this decision he is hit with a frivolous lawsuit for 4.2 million dollars! But Jack isn’t going down without a fight, he and his wife Barbara hatch a plan to get divorced leaving him penniless “you’ll be too poor to sue because I’ll have all your money!” Over the protests of his best friend and Lawyer, the boozy womanizing Elliot, they go through with the plan. With the divorce taking place, it’s only a matter of moments before single women come hunting for the handsome, seemingly single doctor. Can Jack and Barbara’s marriage survive divorce, lawyers, lust and lies? Don’t miss this hilarious comedy that kicks off our thirty sixth season!



Upcoming Shows
“Blithe Spirit” - November 2018
“37 Postcards” - February 2019
“Dial M for Murder” - May 2019

****The policy of Olde Towne Dinner Theater states there are no refunds or exchanges. If we are unable to attend due to inclement weather, The Center cannot issue a refund or exchange.****



Sign up for our dinner theater trips; It’s always a good time!

Nutrition News

Stay Hydrated During Hot Summer Months



During the hot summer months, people are more prone to dehydration. Summertime can also be a difficult time to maintain a balanced diet, as heat can reduce appetite and the desire to cook and eat hot meals. Check out these tips for maintaining good nutrition during the summer months.

- Have a variety of fresh fruits, vegetables and healthy snacks on hand. Consider having items such as low fat cheeses, nuts, and yogurt.
- Make a light dip for something tasty and healthy to go with those veggies. Dips made with beans, spinach, Greek yogurt or other items like pumpkin offer some added nutritional benefits.
- Drink plenty of fluids and have plenty of drinks available. If you don’t like plain water, consider flavored waters, teas or juices. Hydrating fruits and vegetables can be good as well, like watermelon, celery, cucumbers, lettuces, grapes and carrots.

Dehydration, in particular, is a key nutritional problem as we get older with the body losing water (related to muscle mass loss) and kidney function decreasing. The feeling of thirst is also weaker, which may cause less intake of fluid. And, though the body also tends to need less calories as we age, we still need key nutrients, especially when healing or suffering from certain medical conditions.

Mandi Lampman—Meals on Wheels Coordinator

We have frozen meals available for holidays, evening and weekends.

Stop by or call me at 665-1055 to order your meals.



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 pull another up to make room and offer up some conversation of what we do at The Center. We, as members, should all be ambassadors promoting our great organization.

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 or Dionne if you need to know your current balance.

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

May 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1476 (67 per day)	267 (12 per day)	293 (9 per day)	308 (20 per day)	2344 (107 per day)
Home Delivered	1573 (72 per day)	N/A	N/A	34 (2 per day)	1607 (73 per day)

July Kitchen Volunteers

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

July 2	JuLee Werkmeister
July 3	Barb DeJager
July 4	Center Closed
July 5	Sylvia Coulson
July 6	Sandy Kreber
July 9	Dorothy Gobel
July 10	Alma Logdahl
July 11	Eileen Leshner
July 12	Jan Kirschenman
July 13	Bonnie Strnad
July 16	Joyce Kollars
July 17	Delphine Peterson
July 18	Sandy Kreber
July 19	Geri Loecker
July 20	Cathy Orton
July 23	JuLee Werkmeister
July 24	Alma Logdahl
July 25	Geri Loecker
July 26	Dorothea Hoebelheinrich
July 27	Bonnie Strnad
July 30	Malena Diede
July 31	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, July 25th - 4:30pm-6:30pm



Serving:

BBQ Ribs
Baked Potato

Corn
Peaches
Dessert

Bread, Butter, Coffee & Milk

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

Suggested Donation \$6.00

Very Important to 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

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16-ASCH-2189

Potpourri

A Mayonnaise Jar & 2 Cups Of Coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee. A professor stood before his philosophy class and had some items in front of him. When class began, he picked up a large empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The teacher then picked up a bag of pebbles and poured them in the jar. He shook the jar lightly and the pebbles rolled into the open areas between the golf balls. He asked the students again if the jar was full and they agreed it was. The teacher next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full.

The students responded with a unanimous "yes". The professor then produced 2 cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. Now, said the professor, I want you to recognize that this jar represents life.

The golf balls are the important things, your God, family, children, health, friends, passions—things that if everything else was lost and if only they remained, your life would still be full. The pebbles are the other things that matter, like your job, house and car.

The sand is everything else—the small stuff. If you put the sand in the jar first, there is no room for the pebbles or golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Play with your grandchildren, take time for your health, play another 18 holes. There will always be time to clean the house or fix the disposal.

Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand. One of the students raised her hand and inquired what the coffee represented. The professor smiled. I'm glad you asked. It just goes to show you, no matter how full your life may seem, there is always room for a couple of cups of coffee with a friend.

~ Author Unknown ~



Tom & Sandy Milroy's son Jim Milroy celebrated Father's Day with them at The Center.



These mini line dancers, (Linda Tronvold's grandchildren) danced their way to Christy's treasure chest for some summertime fun.



Family members from near and far of Colleen Schild and Duane Frick stopped in The Center for a visit.

June Birthday Dinner



Darold Loecker birthday



Sylvia Coulson birthday



Janet Niebergall & Elsie Jensen birthday



Delphine Peterson birthday



Kenny Hansen & Don Olson birthday



Roger Shreve birthday



Floris Woodhouse birthday



Tom Milroy & Jill Huetig birthday




Joe Wieseler birthday

July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf Oven Browned Potatoes Crinkle Cut Carrots Jell-O w/Fruit	3 Chicken & Dressing Mashed Potatoes/Gravy Brussel Sprouts Angel Food Cake/Topping	4 CENTER CLOSED	5 Baked Steak/Gravy Rice Creamed Cabbage Acini de Pepe Salad	6 Chicken Fried Steak Mashed Potatoes/Gravy Peas Fruit
9 Mandarin Chicken Breast Oven Browned Potatoes Broccoli Sugar Cookie Banana Nat'l Sugar Cookie Day	10 Salisbury Steak Mashed Potatoes/Gravy Baked Squash Tropical Fruit	11 Breaded Pork Loin Sweet Potato Fries Green Beans Cranberry Crunch Salad	12 Beef & Noodles Glazed Carrots Jell-O w/ Fruit Nat'l Eat Your Jell-O Day	13 CHEF'S CHOICE
16 Tater Tot Casserole Seasoned Spinach Tropical Fruit	17 Herb Pork Loin Boiled Potatoes Dumplings/Sauerkraut Chocolate Pudding	18 Stroganoff Creamy Coleslaw Cranberry Orange Bar Fruit	19 ANNIVERSARY DINNER BBQ Chicken Baked Potato Winter Mix Vegetable Baked Apples	20 Beef Philly Sandwich Potato Salad Baked Beans Pears
23 Cheeseburger Pie Broccoli Fruit Butterscotch Pudding/Topping	24 CHEF'S CHOICE	25 Hawaiian Chicken Salad Corn Bread Muffin Spinach Salad Fruit	26 BIRTHDAY DINNER Pork Chops w/Apple Chutney Baked Sweet Potato Green Beans Cake & Ice Cream	27 Beef Tips in Gravy Mashed Potatoes Harvard Beets Apricots
30 Spaghetti w/ Meat Sauce Winter Mix Vegetables Tossed Salad/Dressing Vanilla Pudding	31 Pork Roast Mashed Potatoes/Gravy Creamed Peas Bread Pudding	With fresh produce coming our way soon, the menu is subject to change so we many have the opportunity to enjoy it.	Entertainment Dinner (16th) Lasagna Broccoli Tossed Salad/Dressing Garlic Bread Fruit Slush	Evening Meal (25th) BBQ Ribs Baked Potato Corn Peaches Brownies

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.

July Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	3 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	4 Center Closed Happy 4th of July!	5 Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 1:00	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
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 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	11 Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	12 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	13 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 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 Dinner & Sweet Adelines 4:30pm-7:00pm (Lasagna)	17 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Bingo 7-9	18 Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	19 Table Tennis 8:30 Billiards 8:30 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 12:45 Commodities 1:00 Bingo 7-9
23 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Ice Cream Social 2:00pm-3:30pm	24 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	25 Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Evening Meal 4:30pm-6:30pm (Rib Night)	26 Table Tennis 8:30 Billiards 8:30 Blood Press 10:45 Pinochle 12:45 Dominos 1:00	27 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
30 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	31 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9			

Membership News

Thank You for Your Donation

Vanilla
Toilet Paper, Napkins, Coffee, Batteries
Raisins
Cat & Dog Food, Toilet Paper
Batteries, Candy, Sandwich Bags, Napkins
Coffee, Candy, Toilet Paper, Magazines
Coffee
Coffee, Laundry Soap
Napkins
Sandwich Bags, Candy Bars
Coffee
Magazines
Magazines
Batteries
Coffee
Coffee, Candy
Batteries
Greeting Cards
Kleenex, Coffee & Baggies

Bill & Pat Cerny
Fran & Sandy Johnson
Dan & Dianne Wubben
Shari Persinger-Hovland
Gary & Velma Kuchta
Ed Gleich
Geri Loecker
Delight Paulson
Eileen Leshner
Leah Smith
Janet Ausdemore
Roger Meyer
Vern Arens
Marge Becker
Beth Ashley
Theresa Arens
Joyce Hubner
Jody Johnson
Bonnie Strnad

Every donation adds up to make a difference.



Bob Eddie plays pool at The Center several times each week and after being gone a week, stopped in the office and said,

“This (The Center) is a very big part of my life coming down here to play pool. I don’t know what I would do without this place.”

It is always so refreshing to hear our members tell us about their experiences with The Center.

We would love to hear how The Center impacts your life.

Welcome New Members

Dennis & Bernie Wagner - Yankton
Ronald Ensenbach - Yankton
Mike Arens - Yankton

Must be 18 to be a member

Memorials

In Memory of Ruth Pearson

Pat & Christy Hauer
Arlene Young
MaryAnn Schonebaum
Cecilia Sorenson

In Memory of Charles Bender

Pat & Christy Hauer

In Memory of Vertus Huber

Pete & Monica Huber

Get Well Cards



Margaret Sarringar
Sharon Leinen
Fran Johnson
David Souhrada
Maynard Rempp

Sympathy Cards

Judi O’Connell
(Loss of Mother-In-Law)

Alberta Bender
(Loss of Husband)

Darlene Schaeffer
(Loss of Sister)

Gladys Ryken
(Loss of Daughter)

Ruth Pearson Family

JoAnn Huitema
(Loss of Sister-In-Law)

Happy Birthday

July 1	Don Frasch	July 13	MaryAnn Larsen	July 22	Sherrill Collier
July 1	Jeannie Gustad	July 13	Dan Miller	July 22	Deb Kachena
July 1	Rose Mutziger	July 14	Wayne Kindle	July 22	Mary Law
July 1	Cordy Rasmussen	July 14	Bernard Kubal	July 22	Lanning Mollet
July 1	Marilyn Weverstad	July 14	Pam Skinner	July 22	Lucille Musil
July 2	Donna Alberts	July 15	Deb Bodenstedt	July 23	Larry Celmer
July 3	Maxine Fischer	July 15	Ken Brunick	July 23	Robert Mason
July 4	Loren Anderson	July 15	Diane Nicholson	July 23	John Swensen
July 5	Tracy Hamilton	July 15	Henry Petersen	July 24	Dan Klimisch
July 5	Ted Mickelson	July 16	Adeline Lowe	July 24	Mary Young
July 6	Janice Olson	July 16	Helen Patterson	July 25	Merlin Johnson
July 6	David Vinson	July 17	Robert Boe	July 25	Judy Kistler
July 7	Burdette Meyer	July 17	Helena Rezac	July 26	Pat Cerny
July 8	Jeannette Leeper	July 18	Kenneth Ackerman	July 26	Marlene Nebola
July 8	Doug Orton	July 18	Darwin Tessier	July 26	John Schaefer
July 8	Gladys Souhrada	July 18	Mary Uhrich	July 28	Jeanne Laffey
July 9	Darla Archer	July 19	Colleen Palmer	July 28	Rose Mather
July 12	Bill Dayhuff	July 20	Peggy Schurman	July 28	Mary Sathe
July 13	Daniel Gergen	July 21	Tom Rezac	July 30	Odilia Ellis
July 13	Jan Gill	July 21	Sandy Taggart	July 30	Amy Jones
				July 31	Donald Naber

Happy Anniversary

July 1	Bob & Cheryl Nagy
July 2	Bill & Janet Ausdemore
July 3	Vernon & Sandy Arens
July 3	John & Barb Schneider
July 7	Paul & Kathy Harens
July 8	Bill & Lucille Dayhuff
July 10	Dan & Amy Klimisch
July 11	Don & Lois Kirschenman
July 18	Walt & Susie Koziol
July 20	Roy & Linda Wilcox
July 21	Dennis & Jean Stibral
July 24	Gary & Velma Kuchta
July 25	Joe & Barb Rezac
July 29	Ken & Sandra Huether



*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	661-8017
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.
(join us for dinner after class)

CARDS MAY BE PURCHASED IN THE FRONT OFFICE

Craft Class

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

Come check out our newly formed craft class held on the second Monday each month.

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

We are serving Mandarin Chicken Breast

Please sign up in the office so Cathy knows how many supplies to buy.



Ice Cream Social

Monday, July 23rd - 2:00pm-3:30pm
Hosted by the Activities Committee

It's **National Vanilla Ice Cream Day**, so stop in and cool off with an ice cream sundae or a root beer float.



**Members: \$1.00
Non-Members: \$1.50**

Banana Splits on August 21st



Activities

Pinochle News

May 25, 2018—Double Pinochle
Joyce Kollars & George Woodhouse

June 4, 2018—Double Pinochle
Karen Domogalski & Arlene McHenry

June 4, 2018—Round Robin
Doris Gall & Don Werkmeister

June 25, 2018—Double Pinochle
Elma Block & Cee Sorenson

June 26—Double Pinochle
Bud Gustad & Amanda Stewart

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, July 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 News

June 1, 2018

- | | |
|-----------------------------------|-------------|
| 1. Leta Levinger & Toots Marchand | Score: 4640 |
| 2. Darwin & LaVila Tessier | Score: 3860 |
| 3. Judy Kistler & Janet Ausdemore | Score: 3440 |

June 8, 2018

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 4950 |
| 2. Nadean Auch & Marlene Larsen | Score: 4630 |
| 3. Jean Fitzgerald & Char Erickson | Score: 4250 |

June 15, 2018

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 5690 |
| 2. Toots Marchand & Jeannie Gustad | Score: 2550 |
| 3. Nadean Auch & Marlene Larsen | Score: 2350 |

June 22, 2018

- | | |
|-----------------------------------|-------------|
| 1. Toots Marchand & Leta Levinger | Score: 4840 |
| 2. Judy Kistler & Janet Ausdemore | Score: 3800 |
| 3. Nadean Auch & Marlene Larsen | Score: 3290 |

Partnership Bridge News

May 30, 2018

- | | |
|-----------------------------------|-------------|
| 1. Glenn Mannes & Darwin Tessier | Score: 4980 |
| 2. Margie Eddie & LaVila Tessier | Score: 4450 |
| 3. Judy Kistler & Janet Ausdemore | Score: 4420 |

Slams: Judy Kistler & Janet Ausdemore

June 6, 2018

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 5430 |
| 2. Marilyn Halsey & Toots Marchand | Score: 5360 |
| 3. Mae Crawford & Char Erickson | Score: 5080 |

June 13, 2018

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 6230 |
| 2. Lyle Malone & Kay Reaney | Score: 5630 |
| 3. Fran Mollet & Marilyn Weverstad | Score: 4670 |

**Slams: Judy Kistler & Janet Ausdemore
Loraine McNeely & Jeannie Gustad**

June 20, 2018

- | | |
|------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes | Score: 5060 |
| 2. Loraine McNeely & Char Erickson | Score: 5040 |
| 3. Margie Eddie & LaVila Tessier | Score: 4810 |



Ray Kooistra and Rheiny Hofmann trying their luck on the plinko board

Cards on Friday, August 3rd will be the exercise room due to Senior Games



Services/Education

Commodity Program

Friday, July 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 (July 20th)** each month in the Southeast parking lot. Please contact 665-4685 for more information

Commodities are on a first come first serve basis.

August Commodity pickup will be on Thursday, August 16th and Friday, August 17th from 1-3pm due to Riverboat Days.



Dementia Caregiver Group

Tuesday, July 10th - 10:00am-11:00am



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

Everyone Welcome

Volunteer Nurse On Site

Just a reminder that we have a volunteer nurse on site the 3rd Wednesday & 2nd and 3rd Thursday each month from 10:30-11:30am. Our volunteers Jackie Sandstedt, Marilyn Christensen & Leah Smith 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.

We also have a volunteer nurse that will be here on the 3rd Wednesday each month to trim toenails. The cost is \$20 and you must bring your own clippers.

Stop in the office to schedule an appointment.

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.

Notary On Site

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.



THIS IS A FREE SERVICE FOR OUR MEMBERS!



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