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900 Whiting Drive • Yankton, SD 57078
 chauer@thecenteryankton.org
 Center: 605-665-4685 • Nutrition: 605-665-1055
 August 2018 • Volume 17 • Issue 8



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

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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.

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, 8 Ball Pool, Shuffleboard, Table Tennis (10am-4pm)
Ribbons for 1st, 2nd & 3rd places in each age and gender category will be awarded.



This crew met at Hy-Vee for breakfast. If you are over 60 years old, you can have, breakfast lunch or dinner for the suggested donation of only \$3.75. Pictured: Don Maruska, Bob Kellen, Gary Johnson, Bill Bartels, Henry Petersen, Ray Livingston.

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!

Evening Meal

Wednesday, August 15th & 22nd
 4:30pm-6:30pm

August 15th

Roast Beef
 Mashed Potatoes/Gravy
 Corn
 Salad
 Dessert

August 22nd

BBQ Ribs
 Cheesy Potatoes
 Green Beans
 Strawberry Short Cake

All meals served with:
Bread, Butter, Coffee & Milk

Suggested Donation is \$6.00

Please call for a meal reservation: 665-1055

Nutrition Programs

Dine at **The Center** daily(Home-cooked meals)
11:30am-12:30pm

Eat breakfast and enjoy an evening or weekend meal at **Hy-Vee** with your pre-paid meal account.

If you are over 60 and homebound or recovering from a hospital stay for illness or injury, our volunteers will deliver a meal to you thru the **Meals on Wheels** program.

Suggested donation for all meal programs is **\$3.75** if you are over 60 and **\$6.50** if under.

Please call for a meal reservation: 665-1055

Board of Director Candidates



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



JULZ TESCH (Branch Manager)
First Dakota National Bank

I have worked at First Dakota National Bank's North location since 2005, where I was recently promoted to the Branch Manager position. I truly enjoy working with my customers and making sure their financial needs are fulfilled. Building those relationships and helping customers reach their short-and long-term goals gives me great satisfaction. I was born and raised in the Yankton area and can think of no place better to live. My husband, Wiatt, and I were married in 2009 and we have 1 daughter, Tenlie, who is 2 years old. I enjoy many hobbies, but especially those where I can spend time with my family.



PAM REZAC
(Retired/from Avera Sacred Heart Hospital)

Pam Rezac has been retired for 3 years now as the President & CEO of Avera Sacred Heart Hospital. I started my career as a registered nurse at Methodist Hospital in Mitchell. From there, I became patient care administrator and CEO of Landmann-Jungman Hospital in Scotland. I joined ASHH in 1980 as vice president of patient care and then served as vice president of administration. In 1992, I became the vice president of health care services for Avera Health and provided leadership to further develop Avera Health. In 1997, I was named president and chief executive officer at ASHH and regional president of Avera. I look forward to working with The Center.

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	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

Just a Reminder

Our Annual Board of Directors meeting is September 17, 2018.



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.

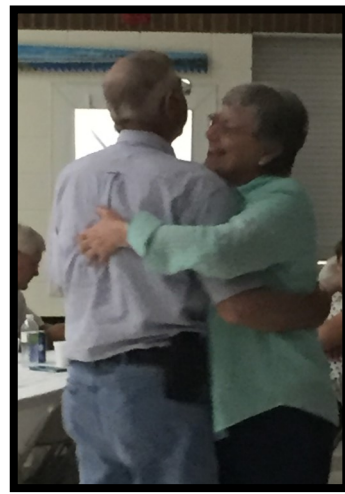
Talk to an Avera podiatrist if you have joint pain while:

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



409 Summit St., Suite 2600
Yankton, SD 57078

Director's Desk



Ed & Therese Soukup



MaryAnn Schonebaum showing Kriss her dance moves.



Randy & Joleen Smith



Nadean Auch, Jean Schaecher, Jean Fitzgerald, Doris Gall, Betty Adam

ANNUAL BBQ & DANCE



Gary & Velma Kuchta

“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.

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Call Sally & Terry Today!

Lewis & Clark Realty

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605 • 660 • 5352



Ever seen a phone like this one?

Just a quick update on my health as many of you are concerned and continue to ask. I had my root canal and am seeing an orthopedic concussion specialist. I am going to speech therapy to work on cognitive issues and physical therapy for head and neck tension and balance. I am confident with the aggressive therapy that my health issues will improve and I am grateful that people care.

Recently I had the pleasure to speak with the LINC group which is comprised of young business people. They were interested in learning more about our Meals on Wheels program and took on a service project to make birthday cards for our MOW recipients. What a great group of young professionals.

A special thank you to our activities committee who continue to coordinate events which positively impact our membership, like our BBQ/Dance, Ice Cream Socials and Dinner with entertainment from the Sweet Adelines. This group of volunteers work very hard and are always looking for more ideas and more volunteers. Please contact Ce Sorenson or Diane Reese. We also wouldn't be able to offer our events if it weren't for our amazing sponsors, Opsahl Kostel and Goglin Funeral Homes in addition to our Sweet Adelines.

Please join us for lunch and participate in our Annual Meeting on September 17th. We will discuss the state of The Center and showcase our past year. We will thank our outgoing board members and introduce our incoming board members. I am pleased to announce that we have 3 community board members who are interested in serving on our board: Julz Tesch Carla Schlingman, and Pam Rezac. We are fortunate that they are interested in supporting our mission with their time and talents.

It is always a challenge and worrisome when we start our new fiscal year. The financial resources are scarce as much of our fundraising occurs in March. As a staff we are always looking for ways to trim the fat and be good stewards of our resources. We are so blessed to have the support we receive from Feeding South Dakota and the tedious job of getting the resources which Don Werkmeister puts countless hours into, not to mention all the heavy lifting. Don never forgets about our organization and knows first hand from serving on our board for 6 years how much we need the help the first couple quarters of the year. Our Nutrition program offers the lowest suggested donation in the state at just \$3.75. We are able to do so thanks to Don, all of you who donate items from our wish list and those who make financial contributions. We got a shot in the arm starting our fiscal year with the most successful Rummage/Bake sale we have ever had raising over \$1,500. What a great way to start the year and I want to thank again all of our volunteers who donated items, bought items, baked items(yummy), and those who organized the event. Thank you Kriss for being the lead staff member on this effort.

We are always looking for feedback regarding our meal program. Give Dionne and Mandi your input. We care about what you think and what you want. Bring a guest to lunch, enjoy the HyVee program in the morning, the evenings and on the weekends. If you know of a Senior who is homebound and needs some meals delivered let us know. Thank you for being a member and know our objective is to bring value to your membership.

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

Thank You!

Thank you so much to everyone that donated to our Annual Rummage Sale. You're items were a big hit and made us some cool cash to start out our new fiscal year. We raised over \$1500.00 through rummage and craft items and bake sale goods. **Thank you** to those who donated your fresh baked treats, which were almost sold out the first day.

Thank you to our volunteers, who worked the sale and spent priceless hours cleaning, marking and arranging all of our items..

Our organization is stronger because of our many volunteers!

Thank You For Your Monetary Donation

Benedictine Sisters
Dorothy Johansen
Steve & Deb Murray
Thomas & Kimberly Grady
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.



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.

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Potpourri



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.

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.



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

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

National Senior Center Month is September. This year's theme is Building Momentum. We will celebrate throughout the month with fun and games.

Morning Coffee Show with Scott Kooistra

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

Tuesday, August 14th

Tuesday, August 28th

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.

HyVee Open 24 HOURS
EMPLOYEE OWNED
2100 Broadway • Yankton
665-3412
Floral 665-0662 • Pharmacy 665-8261
Wine & Spirits 665-7808



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39 Physicians 

16 Specialties 

1 Focus 

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!

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

Bill's Computer Repair

Windows A+ and Network+ Certified
and Android smart phones

Reasonable Rates and Senior Discount
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william.kistler@gmail.com 

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Indoor Display & Carving Center
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(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!

Joleen Smith is our
August Volunteer of the
Month. She started
her 5th year on the Board of
Director's, currently serving
as the President. She guides
members of the Board and when needed, assists
our Director. Every other week, she makes the
time to sign checks. She also volunteers at
pancake feeds, evening meals, dances and
played an integral role in our annual Wine & Dine
event. We are proud to announce that Joleen
has gone through all the training to become a
SHIINE volunteer.

**Thank you Joleen for all you do and the
support you give The Center.
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.

- 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.



Thank you for delivering Meals on Wheels!

Floris & George Woodhouse; Bob & Malena Diede; Chuck & Cheryl Leiferman

Upcoming Events

August 3-4	Senior Games	10:00am-4:00pm
August 9	Anniversary Dinner	11:30am-12:30pm
August 13	Craft Class	10:30am-11:30am
August 14	Dementia Caregiver Group	10:00am-11:00am
August 14	Christy on KYNT Radio	7:40am & 12:20pm
August 15	Evening Meal (Roast Beef)	4:30pm-6:30pm
August 16	Birthday Dinner	11:30am-12:30pm
August 16-17	Commodities	1:00pm-3:00pm
August 17-19	Riverboat Days	
August 20	Board Meeting	12:00pm-1:00pm
August 21	Ice Cream Social	2:00pm-3:30pm
August 22	Evening Meal (Ribs)	4:30pm-6:30pm
August 28	Christy on KYNT Radio	7:40am & 12:20pm
September 17	Annual Meeting	12:00pm-1:00pm

Tabor Nutrition Center

Tabor News

Hello and Happy August!

We are going into our last month of summer vacation. Soon our students will be back in school, some even start in a just over 2 weeks. Fall sports practices have already begun as well.

Some of us have been blessed with needed rain and others are still fighting the aftermath of summer flooding and the ongoing repairs.

Our members have been steady and we have enjoyed the company of several out of town guests joining us for meals throughout the summer.

Enjoy the remainder of summer and the activities and events around the area.

Try to squeeze into your busy summer schedule the time to stop by and enjoy a home cooked meal. Please call for reservations.

Until next time,
Gail Hovorka—Site Coordinator



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

August 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.

August 1	BBQ Roast Beef
August 2	Chicken Fried Steak
August 7	Salisbury Steak
August 8	Hamburger Patty
August 9	Chicken Parmesan
August 14	Pork Cutlet
August 15	Meatloaf
August 16	Spaghetti/Meat Sauce
August 21	Ham
August 22	Roast Beef
August 23	Breaded Baked Fish
August 28	French Dip Sandwich
August 29	Porcupine Meatball
August 30	Oven Fried Chicken (Birthday Dinner)

August Birthdays

Ann Kloucek ▪ August 11
Delores Plaatje ▪ August 13
Ilene Sternhagen ▪ August 25



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



Summertime is synonymous with delicious and abundant fresh produce. Though you can get most of these fruits and vegetables year-round, now is the time to take advantage of the peak flavor, freshness and nutrition you'll get by eating them in season.

Tomatoes are ripened in the hot summer sun and are brimming with concentrated flavor this time of year. Fresh summer tomatoes can stand on their own or with a drizzle of olive oil and your favorite seasonings. There's nothing quite like the flavor of fresh **sweet corn**. Sweet corn is a good source of fiber, vitamin A and lutein, a key nutrient for healthy eyesight. Enjoy it right from the cob, tossed into a salad or as the base for a sweet and crunchy salsa.

Peppers are a great source of vitamin C and deliver savory flavor and crunch to summer salads, sandwiches and stir-fries.

California Grapes are in season now and bursting with flavor. Grapes are a natural source of antioxidants and may contribute to a healthy heart by promoting relaxation of blood vessels to help maintain healthy blood flow and function.

Fresh figs—this ancient fruit makes a debut early in the summer but comes back with an encore at the end. Figs are chocked full of fiber. Figs are flavorful and nutrient rich.

Melons are sweet and refreshing. Honeydew melon, watermelon and cantaloupe take a long time to ripen, but they're ripe and ready to eat right now. Enjoy them fresh from the rind, by the chunk in salads, grilled, frozen into pops or pureed into fruity drinks.

Once you add these to your plate, you won't want the summer to end. Luckily, many of these foods can be kept in the freezer, while tomatoes are best canned. Get creative with melons by blending them into ice pops with fresh basil or mint. It's important for everyone to have healthy nutrition.

If you or someone you know is in need of Meals of Wheels, please give me a call.

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

June 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1383 (66 per day)	236 (11 per day)	298 (10 per day)	246 (21 per day)	2163 (103 per day)
Home Delivered	1411 (21 per day)	N/A	N/A	29 (12 per day)	1440 (69 per day)

August Kitchen Volunteers

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

August 1	Connie Bitsos
August 2	Sylvia Coulson
August 3	Bonnie Strnad
August 6	Joyce Kollars
August 7	Barb DeJager
August 8	Sandy Kreber
August 9	Jan Kirschenman
August 10	Sandy Kreber
August 13	Dorothy Gobel
August 14	Alma Logdahl
August 15	Eileen Leshner
August 16	Joyce Kollars
August 17	Cecelia Dean
August 20	JuLee Werkmeister
August 21	Delphine Peterson
August 22	Cecelia Dean
August 23	Dorothea Hoebelheinrich
August 24	Bonnie Strnad
August 27	JuLee Werkmeister
August 28	Alma Logdahl
August 29	Malena Diede
August 30	Joyce Kollars
August 31	Volunteer Needed

Evening Meal—RIBS!

(Fourth Wednesday Every Month)

Wednesday, August 22nd ▪ 4:30pm-6:30pm



Serving:

BBQ Ribs
Cheesy Potatoes
Green Beans
Strawberry Short Cake
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

Live better. Live balanced. **Avera**

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

16-ASCH-2189

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.

Potpourri

Tune into the Hallmark Channel on Saturday, August 11st at 8:00pm for the movie "Love At Sea" based on the book written by Janet Waggoner's granddaughter.

About the movie: Event planner Olivia gets a game-changing opportunity to organize a major event on a luxury Caribbean cruise, hosted by her best friend, cooking and wellness star, Alexandra. Olivia meets her match with Tony, who is on a trial run as Cruise Director, but they must work together to make the cruise go off without a hitch, for the sake of their careers and friendships. **Starring Alexa PenaVega and Carlos PenaVega**



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CUTE POEM

When I'm an old lady, I'll live with each kid.
And bring so much happiness...just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!

(When I'm an old lady and live with my kids)
I'll write on the wall with red, whites and blues,
And I'll bounce on the furniture...wearing my shoes,
I'll drink from the carton and then leave it out,
I'll stuff all the toilets and oh, how they'll shout!

(When I'm an old lady and live with my kids)
When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,

(When I'm an old lady and live with my kids)
When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry...I'll run...if I'm able!

(When I'm an old lady and live with my kids)
I'll sit close to the TV, through the channels I'll click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!

(When I'm an old lady and live with my kids)
And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan,
"She's so sweet when she's sleeping!"



Above: Kenny Ackerman & Peggy Schurman
Right: The Sweet Adeline's entertained us last month.



MaryAnn Larsen, Arlene McHenry, Millie Zimmerman,
MJ Gullikson and Diana Roth



Loran & Delores Moore



Gert Andersh



Diane & Cordy Rasmussen, David Musil,
Lucille Musil, Marlene Nebola



August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
(EVENING MEAL 15th) Roast Beef Mashed Potatoes/Gravy Corn Salad Dessert	(EVENING MEAL 22nd) BBQ Ribs Cheesy Potatoes Green Beans Strawberry Shortcake	1 Baked Steak Mashed Potatoes w/ Gravy Baked Squash Fruit Salad	2 Oven Fried Chicken Creamed Potatoes Green Beans Watermelon National Watermelon Day	3 Lasagna Italian Veggies Salad Fruit Slush
6 Ginger Pork Loin Scalloped Potatoes California Blend Veggies Applesauce National Apple Week	7 Goulash Glazed Carrots Chinese Coleslaw Baked Apples	8 Liver & Onions Alt: Grilled Hamburger Cheesy Potatoes Peas Tossed Salad w/ Dressing Apple Streusel Bars	9 ANNIVERSARY DINNER Autumn Chicken Baked Sweet Potato Green Beans Apple Crisp	10 Beef Tips in Gravy Mashed Potatoes Corn Ice Cream w/ Apple Topping
13 Meatloaf Oven Browned Potatoes Broccoli Vanilla Pudding w/ Whipped Topping	14 Chicken & Dressing Mashed Potatoes w/ Gravy Brussel Sprouts Jell-O w/ Fruit	15 BBQ Pork Sandwich Potato Wedges Baked Beans Fruit (Evening Meal/Roast Beef)	16 BIRTHDAY DINNER Ham Baked Potato Corn Broccoli Bake Cake & Ice Cream	17 Chicken Fried Steak Mashed Potatoes w/ Milk Gravy Peas Fruity Slaw
20 Citrus Chicken Sweet Potato Fries Harvard Beets Angel Food Cake	21 Salisbury Steak w/ Brown Gravy Mashed Potatoes Squash Chocolate Pudding w/ Whipped Topping	22 Tomato Soup Grilled Cheese Sandwich Spinach Salad Banana (Evening Meal/Ribs)	23 Hamloaf Baked Potato Creamed Cabbage Jell-O w/Fruit	24 Turkey Tetrazzine Tossed Salad w/ Dressing Cranberry Orange Bar Peaches
27 BBQ Chicken Baked Potato Glazed Carrots Tapioca Pudding	28 Hot Beef Sandwich Mashed Potatoes w/ Gravy California Blend Veggies Jell-O Poke Cake	29 Chef's Choice	30 Breaded Pork Loin Country Time Mac Salad Scandinavian Veggies Fruit	31 Sweet & Sour Chicken Rice Oriental Veggies Chocolate Pudding

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.

August Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 15th 4:30-6:30pm Roast Beef Mashed Potatoes/Gravy Corn Salad Dessert	August 22nd 4:30-6:30pm BBQ Ribs Cheesy Potatoes Green Beans Strawberry Short Cake	1	2	3
		Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Toe Nails 10:00 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
6	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 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	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 12:45 Bingo 7-9
13	14	15	16	17
Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Bingo 7-9	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 (Roast Beef) 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Commodities 1:00 Birthday Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1:00 Bingo 7-9
20	21	22	23	24
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 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 Ice Cream Social 2:00pm-3:30pm	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 (Ribs) 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 12:45 Bingo 7-9
27	28	29	30	31
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 Pinochle 12:45 SHIINE 12:30-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9

Membership News

Thank You for Your Donation

Greeting Cards
 Kleenex, Coffee, Sandwich Bags
 Toilet Paper, Batteries, Coffee
 Coffee
 Cat & Dog Food, Toilet Paper
 Magazines
 Dog Food
 Paper Towels/Napkins
 Kleenex, Paper Towels, Batteries, Sandwich

Jody Johnson
 Bonnie Strnad
 Fran & Sandy Johnson
 Dorothy Johnson
 Shari Persinger-Hovland
 Fran Fox
 Fish N' Stuff
 Doris Gall
 Diane Reese

Every donation adds up to make a difference.

Welcome New Members

Jerry & Colette Koch
Bev Chapman
Roger Standing Cloud
 Must be 18 to be a member

Celebrating

In Honor of Henry Petersen's
90th Birthday
 Darold Loecker



Sympathy Cards

JoAnn Huitema
 (Loss of Sister)

Roger Shreve
 (Loss of Brother)

Joan Haberman
 (Loss of Brother)

Donna Steckler
 (Loss of Husband)



Center member Bob Law, driving in the crane.

Get Well Cards

Maurice Newman
 Charles Logdahl
 Victor Schaeffer
 Jim Huisman
 Cheryl Leiferman



Final stage of placing new AC on roof.



Greg & Violet Dangel's grand-daughter was pretty excited to pick from the treasure chest.

Memorials

In Memory of Ruth Pearson
 Millie Zimmerman
 Edmund & Karla Goettertz

In Memory of Jerry Steckler
 Pat & Christy Hauer

Thank You to the City of Yankton for replacing the air conditioner system that cools the outer offices, billiard room and library. We appreciate everything you do for The Center.

Happy Birthday

Aug 1	Lois Gregoire	Aug 11	Pat Keller	Aug 20	Mary Armin
Aug 1	LouElla Machin	Aug 11	Victor Schaeffer	Aug 20	Maurice Ekeren
Aug 1	Pat Michels	Aug 11	Kriss Thury	Aug 20	Rose Townsend
Aug 3	Kenneth Dolejsi	Aug 13	Charlene Bland	Aug 21	Roger Huntley
Aug 3	Cathie Huchtmeier	Aug 14	Barb DeJager	Aug 21	LaVila Tessier
Aug 4	Jerry Roth	Aug 14	Peggy Doering	Aug 22	Duane Deering
Aug 5	Vernon Arens	Aug 14	Bonnie Johnson	Aug 23	MaryAnn Kathol
Aug 5	Charlotte Herman	Aug 14	Robert Nelsen	Aug 23	Jane Olson
Aug 6	Bill Specht	Aug 14	Angela Wiebelhaus	Aug 23	Sharon Tramp
Aug 7	Peggy Downie	Aug 15	Margie Eddie	Aug 24	Rose Nedved
Aug 7	Mary Alice Halverson	Aug 16	Janet Ausdemore	Aug 25	Marie Koster
Aug 7	Dorothea Hoebelheinrich	Aug 16	Donna Tusha	Aug 26	Marcy Wells
Aug 7	Randy Keiser	Aug 16	Judy Woerner	Aug 28	Sally Boyd
Aug 9	Phyllis Olesen	Aug 17	Don Tucker	Aug 28	Kay James
Aug 10	Mary Johnson	Aug 18	Linda Dietrich	Aug 28	Connie Kendall
Aug 10	Doris Stucky	Aug 18	Robert Hansen	Aug 28	Brooke Thury
Aug 11	Mae Crawford	Aug 18	Quay Hansen	Aug 28	Jeannine Vogel
Aug 11	Susie Hofmann	Aug 18	Marcus Long	Aug 30	Bonnie Kozak
Aug 11	Dan Johnson	Aug 18	Heather Olson	Aug 31	Theresa Brandt
				Aug 31	Margrit Lock

Happy Anniversary

Aug 2	Mike & Tara Arens	Aug 16	Duane & Carol Grimme
Aug 2	Rudy & Kathie Gerstner	Aug 16	Jim & Mary Walloch
Aug 2	Larry & Peggy Olson	Aug 19	Russ & Jean Weller
Aug 3	Rodger & Mary Johnson	Aug 21	Tony & Sandy Pierce
Aug 4	Daniel & Marianna Gergen	Aug 22	Gordon & Clare Smith
Aug 6	Terry & Catherine Crandall	Aug 24	Clint & Joan Burt
Aug 10	Errol & Gladys Johnson	Aug 25	Keenan & Dawn Henseler
Aug 10	Victor & Darlene Schaeffer	Aug 28	Eugene & Joyce List
Aug 10	Henry & Georgine Suing	Aug 28	Gordon & Jane Olson
Aug 11	Kirt & Michelle Flannery	Aug 30	Louie & Bonnie Kozak
Aug 11	Paul & Cathy Rehfluss	Aug 31	John & Marcella Kudrna
Aug 12	Bob & Malena Diede	Aug 31	Mike & Linda Stevens
Aug 12	Bob & Lois Furdeck		

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

Craft Class

Monday, August 13th - 10:30am-11:30am

Check out our 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 Meatloaf

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



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

Ice Cream Social

Tuesday, August 21st - 2:00pm-3:30pm
Hosted by the Activities Committee

**BANANA SPLITS
ICE CREAM SUNDAES**



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

Sponsored by:



Activities

Pinochle News

Double Run—June 28, 2018

Doris Gall & Don Werkmeister

Double Pinochle—June 28, 2018

George & Floris Woodhouse



Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, August 16th, (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.

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

Dinner And A Movie

**Wednesday, September 19th
4:30pm-6:00pm(Meal)**

Featuring the hit "I Can Only Imagine"

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.

**Suggested donation: \$6.00 for meal, movie and popcorn
Call for reservations: 665-1055
(NO DINNER & MOVIE IN AUGUST)**

Friday Bridge News

July 6, 2018

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 5385 |
| 2. Darwin & LaVila Tessier | Score: 4220 |
| 3. Toots Marchand & Leta Levinger | Score: 4800 |

Slam: Toots Marchand & Leta Levinger

July 13, 2018

- | | |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 4750 |
| 2. Jean Fitzgerald & Char Erickson | Score: 4660 |
| 3. Toots Marchand & Jean Schaecher | Score: 3880 |
| 4. Darwin & LaVila Tessier | Score: 3440 |

Partnership Bridge News

June 27, 2018

- | | |
|-------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5700 |
| 2. MaryAnn Anderson & Leta Levinger | Score: 3940 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 3850 |

Slam: Fran Mollet & Marilyn Weverstad

July 11, 2018

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 6400 |
| 2. Loraine McNeely & Maysel Goltz | Score: 5450 |
| 3. Rose Mather & Dan Miller | Score: 4440 |

**Slam: Fran Mollet & Marilyn Weverstad
Rose Kabeiseman & Mae Crawford**

July 18, 2018

- | | |
|------------------------------------|-------------|
| 1. Rose Kabeiseman & Jean Weller | Score: 6970 |
| 2. Loraine McNeely & Char Erickson | Score: 5430 |
| 3. LaVila Tessier & Margie Eddie | Score: 5160 |

**Slam: Loraine McNeely & Char Erickson
Fran Mollet & Maysal Goltz
Shirley McKee & Mae Crawford**

Attention Wii Bowlers



Thursday league starts August 31st. Tuesday league starts September 4th. If interested in joining a league, call Jeanne Laffey at 665-2774

Services/Education

Commodity Program

This month only, due to Riverboat Days, we will be distributing commodities for your convenience on Thursday & Friday, August 16th-17th from 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. Please contact 665-4685 for more information

Commodities are on a first come first serve basis.



Pet Food Program

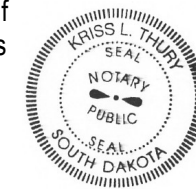


For some Seniors who are not able to get around easily, their best friend and only companion may be their loving dog or cat. The Center calls attention to the importance of pets. The pet food program helps those in the Yankton area feed their furry companions. If you qualify, you will receive pet food 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!

Dementia Caregiver Group

Tuesday, August 14th - 10:00am-11:00am



The Dementia Caregiver group meets each month on the second Tuesday (August 14th).

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.

Public Forum Meeting

Yankton Transit is hosting a public forum meeting on Monday, August 13th from 5:00pm-6:00pm at The Center. The purpose of the meeting is to discuss the increase in cost per ride to \$2.50, the future of Yankton Transit and open discussion with the public.