

Change Service Requested

Non-Profit

 US Postage Paid

 Permit No. 37

 Yankton, SD

 57078

Like us on Facebook

 Go to: The Center Yankton



Board of Directors(2018-19)

David Hosmer	Financial Advisor, JD and AAMS Raymond James Financial
Bob Kellen	Owner Kellen & Streit & Yankton Redi Mix
Joleen Smith	Retired Banker
Kara Payer	Vice President of Mission Avera Sacred Heart Hospital
Velma Kuchta	Retired Educator & Secretarial Assistant Opsahl Kostel Funeral Home
Diane Reese	Retired Nurse
Pam Rezac	Retired Administrator
Carla Schlingman	Broker/Owner Century 21 Professional Real Estate
John Swensen	Retired Salesman
Julz Tesch	North Branch Manager First Dakota National Bank
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

 November 2018 • Volume 17 • Issue 11



In This Issue

Director's Desk	3
Fundraising News	4
Volunteer News	5
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
Upcoming Events	22

Veteran's Day Program

Friday, November 9th

(Program: 10:45am) (Lunch: 11:30am-12:30pm)

Our Board President, Dave Hosmer will be presenting a program on the 100th Anniversary of WW1. He will read a letter written by a WW1 Veteran to a Civil War Veteran. The author was still in France when he wrote it.

Dave will share photos of the authors experiences.

All Veteran's are encouraged to wear their hats and/or uniform.



We are serving

- BBQ Chicken
- Baked Potato
- Glazed Carrots
- Apple Crisp
- Bread, Coffee, Milk

Call 665-1055 for meal reservations.



Riverfront Broadcasting hosted their staff meeting on site. They enjoyed a delicious meal and then met in our board room. The Center is a great place to host meetings and events.

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!



Soupless Soup Kitchen

November 1st - December 31st

 (Forgo the baking and all the work)

Please stop by the office and make your donation today.

We turn to our members two times a year for financial support. This time of year we hope you will consider a holiday gift to support The Center operation and note your gift is tax deductible.

In March we also ask our members to help financially support the Meals on Wheels program.

Our goal is to raise \$6,000.

 Every gift counts!

THANK YOU!

USD Dental Hygiene Services

(First come, first served)

Wednesday, November 28th • 9:00am-5:00pm

Thursday, November 29th • 9:00am-3:00pm

USD received a grant to partner with The Center to provide free and low cost dental services by USD dental hygiene students, supervised by faculty.

Free services:

- Oral cancer screenings
- Denture and Partial Cleanings
- Cleanings \$35.00 • X-Rays \$25.00

Accepting Medicaid and other insurances.



"I was pleased and am grateful for the service provided by the University of South Dakota for the fine dental service and also for the recognition I received as a veteran." **Victor Schaeffer**



Board of Director's

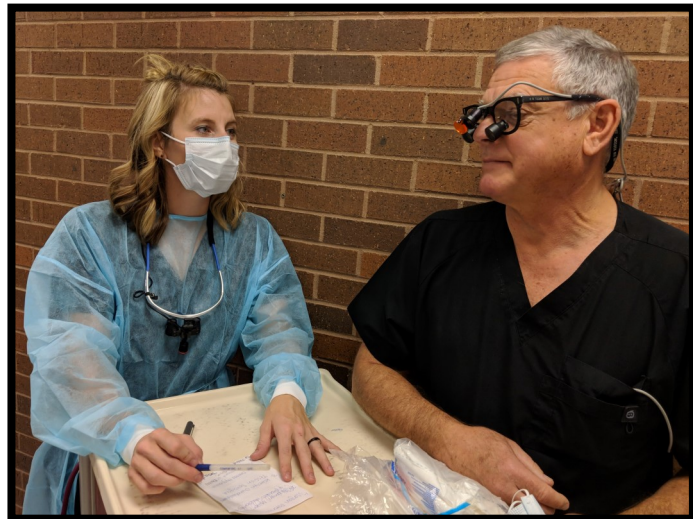


Above:
Board Members
Dave Hosmer and
Joleen Smith
celebrate Hat Day



Above: USD Dental Hygiene student, Morgan Osterloo,
working with Center member Lois Kirschenman.

Below: Tasha Wendel with Dr. Tusha



Board of Director's Terms

David Hosmer/President	2nd Term	2015-2021
Bob Kellen/Vice-President	2nd Term	2015-2021
Joleen Smith/Treasurer	2nd Term	2014-2020
Kara Payer/Secretary	2nd Term	2014-2020
Velma Kuchta	2nd Term	2014-2020
Diane Reese	1st Term	2016-2019
Pam Rezac	1st Term	2018-2021
Carla Schlingman	1st Term	2018-2021
Cee Sorenson	1st Term	2016-2019
John Swensen	1st Term	2017-2020
Julz Tesch	1st Term	2018-2021
Steve Wentworth	1st Term	2016-2019

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.

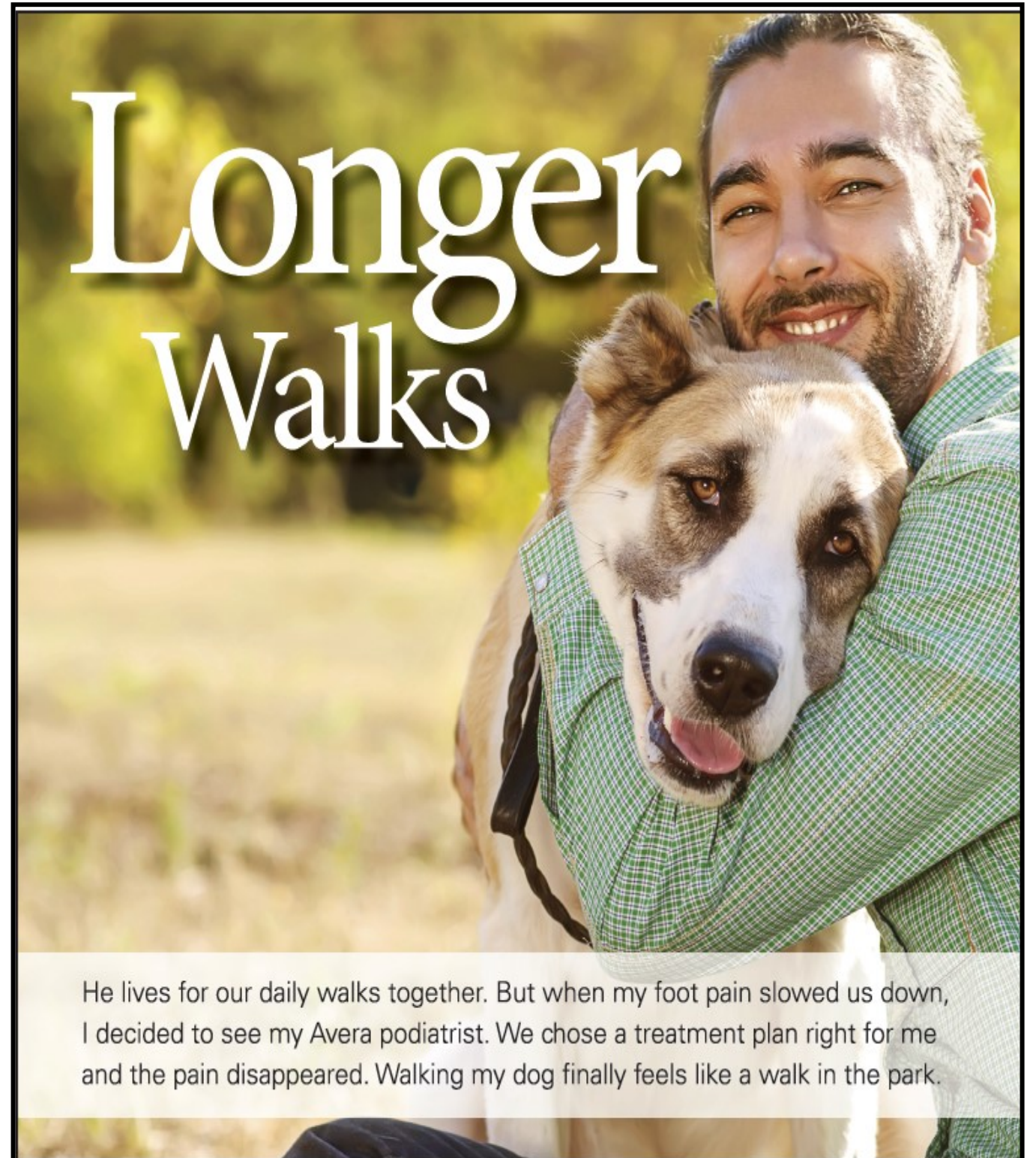


Log into Facebook and type
The Center in the search box
LIKE US ON FACEBOOK

Just A Reminder

Closed : November 22nd & 23rd
NO Meals on Wheels
Order frozen meals call 665-1055
Happy Thanksgiving

Longer Walks



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

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

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

Avera 
Medical Group
Podiatry
Yankton

409 Summit St., Suite 2600
Yankton, SD 57078

Upcoming Events

Nov 1-Dec 31	Soupless Soup Kitchen	
Nov 1-Dec 7	Open Enrollment for Medicare Part D	
Nov 8	Anniversary Dinner	11:30am-12:30pm
Nov 9	Veteran's Day Program	10:45am-11:30am
Nov 12	Craft Class	10:30am-11:30am
Nov 13	Christy on KYNT Radio	7:40am & 12:20pm
Nov 13	Dementia Group	10:00am-11:00am
Nov 14	Pancake Feed	4:30pm-6:30pm
Nov 15	Birthday Dinner	11:30am-12:30pm
Nov 16	Memorial Program	11:30am-1:00pm
Nov 22-23	Center Closed	
Nov 27	Christy on KYNT Radio	7:40am & 12:20pm
Nov 28	USD Dental Program	9:00am-5:00pm
Nov 28	Ribfest	4:30pm-6:30pm
Nov 29	USD Dental Program	9:00am-3:00pm
Nov 30	Worthing Dinner Theater	5:00pm-11:00pm
Dec 6	Dinner & A Movie	4:30pm-8:00pm
Dec 12	Christmas Light Tour	6:00pm-8:00pm
Dec 31	New Years Eve Party	7:00pm-11:00pm

"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

Director's Desk



I recently had the pleasure to accompany my husband Pat to Sioux Falls where he was named South Dakota Physical Therapist of the Year. Greg, Heather and I are very proud of him.

I am also very proud of the number of members who have stepped up to volunteer in the absence of our inmates. In the interim we will continue to need your help. If you haven't volunteered in the past, I would encourage you to consider it. We will match your talents with our needs and promise to not exceed your time restraints.

Our restructuring plan is working well, with Kriss overseeing the nutrition program, Sara taking on some of Kriss's duties and Paula leading the kitchen staff.

On November 16th we will be paying tribute to our members who have passed over the past year. We partner with Wintz and Ray Funeral Home to celebrate the lives of these amazing individuals. It is always bittersweet, as we formally say good-bye and remember all the little things.

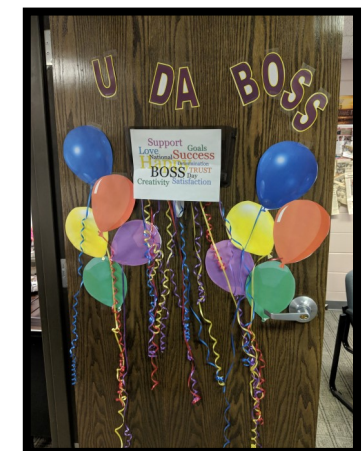
I want to thank all of our members who participated in the dress up week. It was a fun week with games, prizes and special giveaways. I am excited to announce that we are going to have some special meals and I hope you attend and bring friends. One new menu item will be stuffed porkchops and at our December Dinner & a Movie we will be enjoying a 5oz sirloin steak. We want our menu to be nutritious, fulfilling state requirements, but also delicious, satisfying your taste buds. I encourage you to bring your menu ideas forward. We are eager to please. Just stop by my office or put your ideas in the suggestion boxes. We miss our snowbirds already!

YOUR Center can be all that YOU want it to be! We need your feedback, ideas and suggestions.

Blessings for a Happy Thanksgiving with family and friends. Christy Hauer, Executive Director



Thank you for welcoming my mother, Liz to The Center. She really enjoyed playing pinochle and the delicious meal.



I have the best staff ever. They decorated my door for Boss's Day.

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 Feed

(All You Can Eat)

Wednesday, November 14th - 4:30pm-6:30pm

The second Wednesday each month bring the whole family out for an all you can eat pancake and french toast feed. Also included is a serving of eggs, bacon or sausage and coffee.

All for just \$5.00!

(Open to the public—reservations not required)

Thank You For Your Monetary Donation

**Steve & Deb Murray
Benedictine Sisters**

Your generous support is greatly appreciated!



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.



Ribfest diners Phyllis Christiansen, Carol Wynia, Bev Larsen, Jim Huisman and Kim Christensen



Rheiny and Susie Hofmann



Fun Week Photos



Hat Day



Pajama Day



Sing-A-Long
Led by Dixie & Arda



Red & Black Day to support the Yankton Bucks & Gazelles.

So much care, so close to home!

39 Physicians 

16 Specialties 

1 Focus 

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

Thank You!

I would like to thank my children and friends for all the calls, beautiful cards and flowers and for the wonderful party at the church. Thank you from the bottom of my heart and God bless you all.

Theresa Arens



Volunteer News

Senior Companions Needed

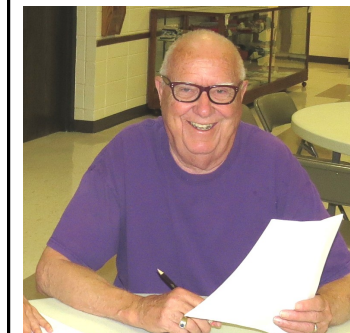
Are you **55 or older** and like helping others?
Could you use a little **extra income**?
Are you looking for a way to **get involved** in your community?

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!

Jack Halstad is our November Volunteer of the month. Jack has been delivering Meals on Wheels

for many, many years and often times will be the first person we call when we need a substitute.

**Thank you Jack!
Enjoy your parking spot.**

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



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



Late on a Friday afternoon, Merle Johnson came through for us again, as he does every year. He hauled off a record amount of hazardous wastes at no charge to you, our members. Just another perk of being a member of The Center.

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.

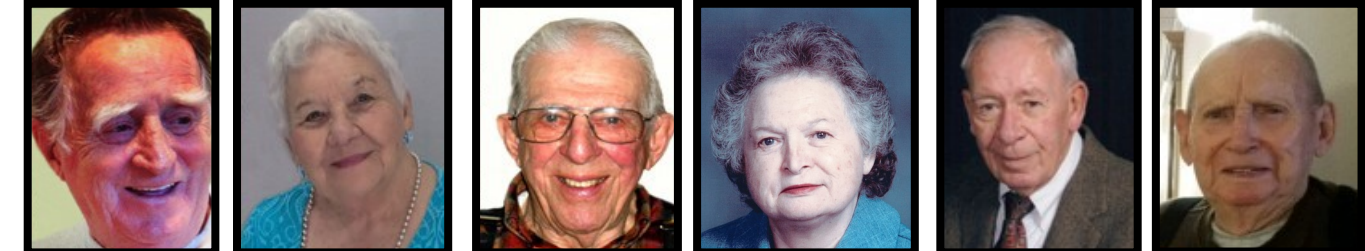
Call 665-4685 • 900 Whiting Dr., Yankton

What are the odds?
We celebrated Fun Week last month. One of our dress up days was pajama day.

These two girls came dressed as twins and didn't even plan it. I guess when you work a long time with someone, you start to think alike, (and dress alike).



Memorial Program



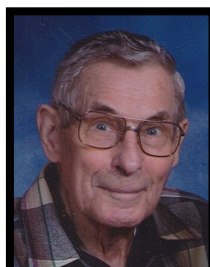
Memorial Program
 Friday, November 16th
 Lunch 11:30am ▪ Program 12:00pm-1:00pm

Serving
 Swiss Steak
 Mashed Potatoes & Gravy
 Oriental Vegetables
 Dessert
 Bred, Butter, Coffee, Milk

Reservations are required.
RSVP 665-1055

Program is sponsored by
Wintz & Ray Funeral Home & Cremation Services

- Row 1 Carmelita Alonzo, Marlys Bakke, Gail Bartunek, Art Becker, Charles Bender, David Chase
- Row 2 Roger Girard, Russ Gorsett, Lloyd Haarberg, Bill Kerr, Jennie Kilburn, Sandi L. Kreber
- Row 3 Ed Lammers, Florence Lee, Earl Morman, DeVonna Moser, Patrick O'Hara, Dave Parry
- Row 4 Ruth Pearson, Alitha Peterson
- Row 5 John Schaefer, Lucille Schmidt
- Row 6 Jerome Steckler, Chuck Tienken



Tabor Nutrition Center

Tabor News

Fallen leaves, cooler temperatures and hot chocolate evenings have arrived.

We have been planning our November holiday meal. It will be Tuesday, November 13th and we will be serving turkey and all the trimmings.

Thank you to all that have stepped up and helped by volunteering for each meal. We couldn't do it without you.

Happy Thanksgiving to you all. Enjoy the holiday with family and friends, invite a neighbor who is alone to your gathering. That will certainly put a sparkle in their eyes.

With prayers of Thanksgiving,
 Gail Hovorka—Tabor 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

November 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.

Nov 1	Beef Tips In Gravy
Nov 6	Swiss Steak
Nov 7	Hamburger
Nov 8	Pork Cutlet
Nov 13	Roast Turkey (Thanksgiving Dinner)
Nov 14	Turkey ala King
Nov 15	BBQ Chicken
Nov 20	Salisbury Steak
Nov 21	Potato Soup/Egg Salad Sandwich
Nov 22	Center Closed
Nov 27	Oven Baked Beef Stew
Nov 28	French Dip Sandwich
Nov 29	Oven Fried Chicken (Birthday Dinner)

November Birthdays



Angie Kortan - November 9th
 Elton Rokusek - November 9th
 Adeline Merkwan - November 11th
 Ruth Sternhagen - November 21st

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 - Friday, November 30th
5:00pm-11:00pm - \$62.00 per person
 (Includes transportation, dinner & theater)

“Blithe Spirit”: In this comedy, Novelist Charles Condomine invites medium, Madame Arcati, to his home for a seance to try and spark inspiration for his next book. He gets more than he bargained for when she instead summons the spirit of his temperamental first wife, Elvira. Unhappy that her former husband has re-married, Elvira decides to disrupt the happy couple in any way she can. This proves especially effective as Charles’ new wife Ruth can’t hear or see the apparition, is Charles simply going mad? Can Charles find a way to banish the specter of his past or will he be the one to give up the ghost? Find out in this hauntingly good show.



Upcoming Shows
“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.



New Year’s Eve Party
Monday, December 31st
7:00pm-11:00pm

Celebrate the final day of 2018 at The Center for our annual New Years Eve Party & Dance. Mike & Julie Couch will be entertaining us, we will play some games, have a meal and watch the ball drop from the East coast style.

The meal will be served from 8:00-8:30pm

Tickets available soon!

Christmas Light Tour
Wednesday, December 12th
6:00pm-8:00pm

Tour the holiday lights of Yankton. Yankton Transit will drive you through the streets of Yankton to see some of the most spectacular light displays around. Stop in early and fill your bellies with pancakes at our **All You Can Eat Pancake and French Toast Feed**. After the light tour, stay in for treats. Must sign up in the office, seats are limited.

Cost is \$4.00 paid to transit.

Nutrition News



Protein: Make the Shift from Dinner to Daytime

Are you striving to eat better? Are you trying to eat more fruits, vegetables and whole grains to get plenty of vitamins, antioxidants and fiber? It may be time to add protein-rich foods like milk and lean meats, beans and nuts to that list of healthy foods. Americans get too much protein over the course of a day. Research shows we don't get enough protein at breakfast and lunch, and we tend to get far too much at our dinner meal. Most people are actually protein deficient for much of the day. The large amount of protein eaten at dinner is mostly wasted because the body can't use so much at one time. For the body to best use the protein we eat, we should shift our consumption from dinner to daytime, increasing our portions at breakfast and lunch and decreasing them at dinner to provide a steady amount over the course of the day.

There are many conditions that would benefit from a higher protein intake, the most important of which is probably healthy aging; after all, we're all getting older. More health benefits of eating the right amount of protein throughout the day affects how full we feel and how well we manage our weight. More even distribution of protein throughout the day is linked to chronic disease prevention, preservation of lean body mass and bone health. Protein boosts the effects of exercise by helping the body more effectively make muscle, which is important as you age to prevent muscle wasting. Protein is also great for bones. When people think of osteoporosis, they tend to think of calcium, but protein is also key in maintaining strong bones. Strong muscles, which are made of protein, help support healthy bones. The solution. shift that big protein load from dinner to breakfast and lunch.

As always, we have frozen meals to go for evenings, weekends and holidays. Stop in or call me to arrange for additional meals. Happy Thanksgiving!

Mandi Lampman
 Meals on Wheels Coordinator



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.

Meal Reservation/Cancellation

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. Please continue to call in for reservations or to cancel a meal.

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 Sara if you need to know your current balance.

Enjoy Breakfast, Lunch and Dinner At Hy-Vee

Enjoy meals at Hy-Vee if you are 60 or older.
 Stop in the office to get a scan card (for \$1) and show your card at Hy-Vee and get meals for suggested donation of \$3.75.

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

September 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1298 (68 per day)	190 (10 per day)	281 (9 per day)	222 (19 per day)	1991 (105 per day)
Home Delivered	1260 (66 per day)	N/A	N/A	44 (4 per day)	1304 (69 per day)

November Kitchen Volunteers

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

Nov 1	Carol Wynia
Nov 2	Eileen Leshner
Nov 5	JuLee Werkmeister
Nov 6	Barb DeJager
Nov 7	Sandra Kreber
Nov 8	Joyce Kollars
Nov 9	Bonnie Strnad
Nov 12	Dorothy Gobel
Nov 13	Amanda Stewart
Nov 14	Carol Wynia
Nov 15	Joyce Kollars
Nov 16	Bonnie Strnad
Nov 19	Mary Law
Nov 20	JuLee Werkmeister
Nov 21	Sandra Kreber
Nov 22	Center Closed
Nov 23	Center Closed
Nov 26	JuLee Werkmeister
Nov 27	Cecelia Dean
Nov 28	Malena Diede
Nov 29	Dorothea Hoebelheinrich
Nov 30	Cecelia Dean

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.

The Center Ribfest!

(Fourth Wednesday Every Month)

Wednesday, November 28th - 4:30pm-6:30pm



Serving:

BBQ Ribs
Cheesy Hash Browns
Creamed Peas
Jell-O Poke 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

**We had 171 individuals at the October Ribfest!
Very Important to call for reservations, 665-1055**



BBQ Ribs for all ages!

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.



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

Morning Coffee Show with Scott Kooistra

We are on radio KYNT1450AM at 7:40am & 12:20pm
Tuesday, November 13th
Tuesday, November 27th
Tune in to hear about upcoming events and activities at The Center.



A special THANK YOU to Riverfront Broadcasting

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



Potpourri



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
- Medication Reminders
- Light Housekeeping
- Transportation
- Meal Assistance
- And much more!

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

Winter Weather Information

With the winter season here, we would like to remind everyone that when the Yankton School District closes due to inclement weather, The Center will also be closed and there will be **NO Meals on Wheels.**


Please listen to: KYNT 1450AM, WNAX 570AM or KVTM 1570AM for closing information.

If you are interested if stocking up with some frozen meals, call us at 665-1055.





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



WINTZ & RAY
 FUNERAL HOME and
 CREMATION SERVICE

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



Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com

Attention Snowbirds

Please call The Center with your mailing address if you go South during the winter months. We would like to make sure you continue to get the monthly newsletter. If your newsletter isn't forwarded, we are charged \$.58 for each newsletter that comes back to us.

Thank you.




We will miss you!

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Ribs Cheesy Hashbrowns Creamed Peas Jell-O Poke Cake Evening Meal Nov 28		Meatloaf Baked Potato/Sour Cream Glazed Carrots Ice Cream	Oven Fried Chicken Creamed Potatoes Broccoli Tapioca Pudding
Lasagna Peas Chinese Coleslaw Fruit Slush	Smothered Chicken Rice Squash Chocolate Pudding	CHEF'S CHOICE Stuffed Pork Chop Mashed Potatoes & Gravy Corn Chowder Angel Food Cake	ANNIVERSARY DINNER Beef Brisket Cheesy Hash Browns Green Beans Jell-O w/Mandarin Oranges	BBQ Chicken Baked Potato/Sour Cream Cauliflower Apple Crisp Veteran's Day Program
Baked Steak/Gravy Rice Creamed Cabbage Baked Apples	Pork Loin Mashed Potatoes & Gravy Glazed Carrots Tapioca Pudding	Grilled Cheese Tomato Soup Fruit Chocolate Pudding Pickle Nat'l Pickle Day	BIRTHDAY DINNER Ham Loaf Company Potatoes Creamed Peas Cake & Ice Cream	Swiss Steak Mashed Potato & Gravy Oriental Vegetables Dessert Memorial Program
Chicken Fried Steak Mashed Potatoes & Gravy Brussel Sprouts Chocolate Pudding	THANKSGIVING DINNER Turkey Mashed Potatoes/Gravy Dressing Green Bean Casserole Pumpkin Pie	Chili Glazed Carrots Fruit Cinnamon Roll	Center Closed Happy Thanksgiving	Center Closed Happy Thanksgiving
Hamburger Company Potatoes Baked Beans Fruit Cocktail	Ham Baked Potato/Sour Cream Beets Peaches	Spaghetti with Meat Sauce Italian Vegetables Tossed Salad Chocolate Pudding Evening Meal-Ribs	Chicken Parmesan Scalloped Potatoes Seasoned Spinach Tropical Fruit	Salisbury Steak Boiled Potatoes & Gravy Baked Squash Jell-O with Fruit

As we continue to watch our bottom line & be financially stable, please make sure you call the day before to make reservations at 665-1055. If you have a group of people for lunch and you would like to sit together, please reserve your table by setting your silverware, coffee cup etc. Menu is subject to change. **All meals are served with 1% milk, coffee and bread.** If you are 60 or older, the suggested donation is \$3.75. If you are under 60 the meal is \$6.50.

November Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px dashed black; padding: 5px;"> Dominos time is changing to Thursday's at 12:45pm. </div>			1	2
			Table Tennis 8:30 Billiards 8:30 SHIINE 9-3:30 Toe Nails 10:00 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-7:30 Bingo 7-9
5	6	7	8	9
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 SHIINE 10-3:30 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	Billiards 8:30 SHIINE 9-4 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 SHIINE 9-3:30 Activity Mtg 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 Anniversary Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-7:30pm Bingo 7-9 Veteran's Day Program 10:45am-11:30am
12	13	14	15	16
Billiards 8:30 SHIINE 9-12 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 SHIINE 10-3:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Nurse 10:30-12 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 SHIINE 9-12 Nurse 10:30-12 Pinochle 1:00 Dominos 12:45 Birthday Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 SHIINE 5-7:30pm Bingo 7-9 Memorial Program 11:30-1:00pm
19	20	21	22	23
Billiards 8:30 SHIINE 9-12 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 SHIINE 10-3:30 Bible Study 10:30 Pinochle 12:45 Bingo 7-9 Thanksgiving Dinner 11:30am-12:30pm	Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Toe Nails 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Happy Thanksgiving Center Closed No Meals On Wheels 	Happy Thanksgiving Center Closed No Meals On Wheels 
26	27	28	29	30
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	Billiards 8:30 USD Dental 9-5 SHIINE 9-4 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 USD Dental 9-3 SHIINE 9-3:30 Nurse (BP) 10:30-12 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-7:30pm Bingo 7-9 Worthing Dinner Theater 5:00pm-11:00pm

Membership News

Thank You for Your Donation

Sandwich Bags, Magazines, Laundry Soap
 Books
 Coffee
 Greeting Cards
 Napkins
 Coffee, Candy Bars
 Puzzles, Videos, CD's
 Coffee, Napkins, Magazines
 Tea, Magazines
 DVD's, CD's
 Napkins
 Dog & Cat Food, Kleenex, Toilet Paper
 Greeting Cards
 Hand Sanitizer
 Napkins, Coffee
 Christmas Wrap
 Coffee
 Toilet Paper
 Turkey, Trimmings, Pumpkin Pies
 Coffee

Ed Gleich
 Nadean Auch
 Barb & Andy DeJager
 Eileen Leshner
 Dan & Amy Klimisch
 Theresa Arens
 John Huisman
 Fran & Sandy Johnson
 Darwin & LaVila Tessier
 Gail Fiedler
 Jim Huisman
 Jim & Shari Hovland
 Patty Hunhoff
 Marge Becker
 Alice Gensch
 Glenna Andersen
 Beth Ashley
 Dagmar Hoxsie
 Yankton Kiwanis Club
 Darold & Geri Loecker

Welcome New Members

Charles & Diana Wagner ▪ Yankton
 Linda Tramp ▪ Yankton
 Sonny & Judi Olson ▪ Yankton
 Duane & Donna Wenzlaff ▪ Yankton
 Darlene Jensen ▪ Yankton
 Kathryn Vilen ▪ Yankton
 Darwin & Diana Klassy ▪ Yankton
 David Hosmer ▪ Yankton
 Dale Anderson ▪ Yankton
 Duane Kleinschmit ▪ Yankton
 Linda Abbott ▪ Yankton
 Stephen & Deborah Smith ▪ Yankton
 Must be 18 to be a member

Sympathy Cards

Victor & Darlene Schaeffer
 (Loss of Sister)
 Cecelia Dean
 (Loss of Sister)
 Amanda Stewart
 (Loss of Sister)
 Terry Makings
 (Loss of Son-In-Law)



Christmas Gift Giving List

Gift certificates for meals, activities, trips
 Embroidered Tea Towels
 Baking Sheets
 Hat & Scarf Sets
 Center Apparel
 Pot Holders
 Pot Scrubbers
 Plastic Bag Holders
 Lap Quilts

Center Wish List

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

Thank You For Your Donations!

Get Well Cards

JoAnn Smith
 Cee Sorenson

Memorials

In Memory of John Schaefer
 Lyle & Jane Malone
 In Memory of Lee Kanago
 Darwin & LaVila Tessier
 In Memory of Phyllis Horlyck
 Carol Broderson
 In Memory of Monica Cooke
 Carol Sarringar

Happy Birthday

Nov 1	Arlene McHenry	Nov 10	Jean Schaecher	Nov 22	Roger Myers
Nov 1	Barb Specht	Nov 10	Ellen Slowey	Nov 23	Kenneth Doering
Nov 2	Joan Burt	Nov 11	Carol Broadbent	Nov 23	Denis Feilmeier
Nov 2	Mari Morgan	Nov 11	Mary Groetken	Nov 23	Clare Smith
Nov 3	Sandra Arens	Nov 11	Delores Moore	Nov 23	Deb Specht
Nov 3	Karla Novotny	Nov 11	Georgene Snook	Nov 24	Jim Neu
Nov 3	Colleen Schild	Nov 12	Dorothy Johansen	Nov 24	Tony Pierce
Nov 3	Arlene Young	Nov 12	David Souhrada	Nov 24	Jean Prater
Nov 5	Lyle Hauger	Nov 13	Jim Huisman	Nov 25	Loretta Albrecht
Nov 5	John Slowey	Nov 13	Donald Johnson	Nov 25	Jack Gregg
Nov 6	Joyce Hubner	Nov 14	MaryLou Vietor	Nov 25	Darlene Pokorney
Nov 6	Fran Mollet	Nov 15	Josh Blom	Nov 26	Frank Carter
Nov 6	Floris Woodhouse	Nov 15	Carol Hamvas	Nov 26	Robert Furdeck
Nov 7	Randy Christensen	Nov 15	Robert Kolda	Nov 26	Barb Stevens
Nov 7	Karen Kostel-Rasmussen	Nov 15	Rose Schwarz	Nov 26	Kathryn Vilen
Nov 7	Mavis Simek	Nov 16	Jack Skinner	Nov 26	Diana Wagner
Nov 8	Danny Lammers	Nov 17	Jane Rupiper	Nov 28	Jane Slowey
Nov 8	Pat Lyons	Nov 18	Marilyn Christensen	Nov 29	Dorothy Crosley
Nov 9	Elsie Huntley	Nov 19	Norma J. Andersen	Nov 29	Maynard Rempp
Nov 10	Lois Eli	Nov 20	Lois Kirschenman	Nov 30	Jean Fitzgerald
Nov 10	MaryAnn Osborn	Nov 21	Russell Peirce	Nov 30	Phyllis Naber

Happy Anniversary

Nov 2	Bob & Janet Neibergall
Nov 3	Martin & Pat Raab
Nov 5	Donavon & Lorraine Kressig
Nov 7	Ralph & Sara Paulsen
Nov 11	John & Jane Slowey
Nov 12	Bud & Jeannie Gustad
Nov 18	Larry & Jane Rupiper
Nov 25	Ken & Irene Hirsch
Nov 26	Duane & Linda Schroeder
Nov 26	Charles & Diana Wagner
Nov 27	Bill & Pat Cerny
Nov 30	Wes & Arlys Rye

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

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
Craft Class	Cathy Orton	832-385-5305
Dominos (Thurs)	JoAnn Huitema	665-9291
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

Pinochle News

Round Robin—September 27, 2018

Doris Gall & Don Werkmeister

Round Robin—October 2, 2018

Amanda Stewart & Bill Cerny
Sandra Kreber & Diane Nicholson

Round Robin—October 8, 2018

Sharon Tronek & Elma Block

Round Robin—October 11, 2018

Marillyn Obr & George Woodhouse

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, November 15th (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.

Wii Bowling News

Tuesday League

October 2, 2018

JoAnn Huitema had a high series of 592 and a high game of 227.
Elaine List picked up a 5-10 split, twice.
Mary Haberman picked up a 5-7 and 5-6-10 split.

October 9, 2018

JoAnn Huitema had a high series of 585 and a high game of 209.
Elaine List picked up a 5-10 split.
Darlene Pokorney picked up a 4-5-7 split.
Mary Law picked up a 5-6-10 split.

October 16, 2018

Karen Gran had a high series of 613.
Mary Law had a high game of 235.
Karen Gran picked up a 4-5-7 split.
Elaine List picked up a 5-10 split.
Janice Kirschenman picked up a 5-10 & 4-5-7 split.
Mary Law picked up a 5-6-10 split.

Thursday League

October 4, 2018

Marillyn Obr had a high series of 612.
Sandra Kreber had a high game of 232.
Dorothy Gobel picked up a 3-6-7-10 split.
Jeanne Laffey picked up a 5-7 split.

October 11, 2018

Marillyn Obr had a high series of 633 and a high game of 359.
Sandra Kreber picked up a 6-7-10 split.
Jeanne Laffey picked up a 5-7 & 7-8 split.

October 18, 2018

Marillyn Obr had a high series of 680 and a high game of 258.
Joan Haberman picked up a 4-5-7 split.
Bev Larsen picked up a 4-5-7 split.
Sharon Tronek picked up a 5-10 split.
Dorothy Gobel picked up a 3-6-7 split.
Sandra Kreber picked up a 4-5 split.



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

Activities

Partnership Bridge News

October 3, 2018

- | | |
|-----------------------------------|-------------|
| 1. Rose Mather & Dan Miller | Score: 4880 |
| 2. Judy Kistler & Janet Ausdemore | Score: 4310 |
| 3. Jeannie Gustad & Leta Levinger | Score: 4230 |
- Slam: Rose Mather & Dan Miller**

October 10, 2018

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5770 |
| 2. Rose Mather & Dan Miller | Score: 5370 |
| 3. Nadean Auch & Marlene Larsen | Score: 4510 |
- Slam: Jean Schaecher & Jean Fitzgerald
Fran Mollet & Marilyn Weverstad**

October 17, 2018

- | | |
|------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 7290 |
| 2. Rose Kabeiseman & Jean Weller | Score: 4710 |
| 3. Judy Kistler & Janet Ausdemore | Score: 4380 |

October 24, 2018

- | | |
|------------------------------------|-------------|
| 1. Dan Miller & Rose Mather | Score: 6280 |
| 2. Char Erickson & Loraine McNeely | Score: 6240 |
| 3. Nadean Auch & Marlene Larsen | Score: 5110 |
- Slam: LaVila Tessier & Margie Eddie
Glenn Mannes & Darwin Tessier**

Dinner & A Movie

Thursday, December 6th 4:30pm-6:00pm (meal)

Join us for a 5oz. **Sirloin Steak Dinner**, movie and popcorn for the suggested donation of just **\$6.00**.

**We will be showing
"Christmas With The Cranks"**

Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

Wear your Ugly Sweater and earn a prize!
RSVP: 605-665-1055

Due to the Thanksgiving holiday, there will be no Dinner & Movie in November. Decembers movie will be on Thursday, December 6th. Dinner & Movies will resume on the scheduled day of the third Wednesday each month.

Friday Bridge News

October 19, 2018

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 5730 |
| 2. Toots Marchand & Leta Levinger | Score: 4470 |
| 3. Judy Kistler & Janet Ausdemore | Score: 3610 |
| 4. Jerry & Colette Koch | Score: 3000 |

October 26, 2018

- | | |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 4400 |
| 2. Leta Levinger & Toots Marchand | Score: 3900 |
| 3. Betty Adams & Shirley McKee | Score: 2730 |
| 4. Nadean Auch & Marlene Larsen | Score: 2630 |



Bridge Lessons

If anyone is interested in learning to play bridge, please stop in the office.

Entrust your loved one to our professionals where your needs and wishes are fulfilled, without guilt, pressure or the burden of high cost.

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

Services/Education

Commodity Program

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 distributed on the third Friday each month (**November 16th**) from 1pm-3pm and are on a first come first served 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!



Medicare Part D Open Enrollment Now through December 7th

During the annual enrollment period, you can make changes to various aspects of your coverage. You can also switch from one plan to another. If you didn't enroll in Medicare Part D when you were first eligible, you can do so during open enrollment, although a late penalty may apply. Call The Center today to make an appointment with one of our many qualified SHIINE volunteers.

Last year, our volunteers saved Yankton County residents \$333,983.

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 10:30am-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.

Dementia Caregiver Group Tuesday, November 13th - 10:00am-11:00am

The Dementia Caregiver Group meets each month on the second Tuesday (**November 13th**).

Everyone Welcome

