

## Upcoming Events

11/1-12/31	Soupless Soup Kitchen	Donate Today
Dec 6	Dinner & A Movie	4:30pm-8:00pm
Dec 10	Craft Class	10:30am-11:30am
Dec 11	Dementia Group	10:00am-11:00am
Dec 11	Christy on KYNT Radio	7:40am & 12:20pm
Dec 12	Pancake Feed	4:30pm-6:30pm
Dec 12	Christmas Lights Tour	6:00pm-8:00pm
Dec 13	Missouri Valley Christian Academy Sings	11:00am-11:30am
Dec 13	Anniversary Dinner	11:30am-12:30pm
Dec 19	BBQ Rib Meal	4:30pm-6:30pm
Dec 20	Beadle School Kindergarten Sings	11:00am-11:30am
Dec 20	Birthday Dinner	11:30am-12:30pm
Dec 21	Member Christmas Party	11:30am-1:00pm
<b>12/24-12/25</b>	<b>Center Closed - Merry Christmas-No Meals on Wheels</b>	
Dec 25	Christy on KYNT Radio	7:40am & 12:20pm
Dec 31	New Year's Eve Dance	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



We really had a beautiful Memorial Program, thanks to Paul Wintz from Wintz and Ray Funeral Home and Pastor Rick Slattery from Calvary Baptist. A special thank you to Sara for taking the lead on this project. The program was a beautiful tribute to those who passed in the presence of their family and friends.

During this busy holiday season, we hope you take advantage of the many programs and events offered at The Center. For the first time in history, we are serving sirloin steak at our Dinner and a Movie on December 6th. It's ok if you just want to come for dinner, but please give us a call to make a reservation. We want to have plenty of food on hand. Don't miss out on our pancake feed with Christmas light tour to follow on December 12th, you must sign up for the tour as seats are limited. We are excited to offer once again a Member's Christmas Party on

December 21st. Thanks to the generosity of area businesses, each member will receive a gift. It is so much fun to watch 200 people open gifts all at once.

Finally we wrap up our year, and ring in the new year at our annual New Year's Eve Party. Thanks to the sponsorship of Great Western Bank and Mike & Linda Stevens, we are able to keep the ticket price very affordable. Make sure you get your tickets soon to take advantage of the early bird fee. Where can you go for under \$10 on New Year's Eve and enjoy live entertainment with the option to dance the night away, be fed, play games, win prizes and ring in the new year with hats, horns and beads? Bring your friends and family and with your extended family from The Center, we will ring in the new year! God bless 2019.

A special thank you to the Activities Committee, our Board of Director's and the countless volunteers for coordinating these amazing events. If you haven't taken the opportunity to volunteer at The Center, maybe consider it next year. We have many gratifying opportunities and will tailor make the position to meet your availability, talents and interests.

It is membership renewal time and where did the year go? One perk of being a member of The Center, your New Year's Eve dance ticket is discounted. There are many perks if you reference the front page of the newsletter. We hope you will renew and be an active, engaged member of The Center. Please know that we want you to provide feedback regarding our/your facility and organization. We will actively listen and do our level best to accommodate your needs. After working with non-profit organizations for more than 25 years, I fully understand we can't make everyone happy, but my personal goal is to try. When it is not possible, like the temp in the building, or menu selection, I strive to serve the majority.

As you know our labor costs have risen with the absence of the inmates, we need a new dishwashing machine and the cost of business continues to rise. We need your financial support now more than ever. I would ask you to consider a donation to our annual Soupless Soup Kitchen. We have great support from local businesses and need continued support from our members.

**It is with a heavy heart, that I write my article. One of the first individuals I met 20 years ago when moving to town was Darold Loecker. We had the opportunity to work on many projects together. He was my mentor and my friend. In fact, he wrote a letter of recommendation for me to be considered as the director of The Center. He will be sorely missed, RIP Darold.**

On behalf of The Center staff, I would like to wish you a Merry Christmas and hope you have a healthy and happy new year.

Christy Hauer, Executive Director

Save the date: 12th Annual Wine & Dine Event on March 2nd

### Our Center Veteran's



## Fundraising News

### Soupless Soup Kitchen

Help us reach our \$6,000 goal. Your monetary donation helps us operate throughout the year in many different areas such as Meals on Wheels, equipment costs and repairs, staff support and day to day operations. Stop in the office today and make your donation. **THANK YOU!**  
**As of November 28th we are at \$1,815.00**

Those in bold denotes \$100 or more

Sylvia Coulson	<b>Bev Larsen</b>
<b>Beth Ashley</b>	Sharon List
Carol Broadbent	<b>Mary Loecker</b>
<b>Jean Fitzgerald</b>	Jody McCord
Don & JoAnn Frasch	Loraine McNeely
Duane & Natalie Frick	Loran & Delores Moore
Alice Gensch	Mari Morgan
<b>Dorothy Gobel</b>	Frank & Emma Potts
Duane & Carol Grimme	Margaret Sarringar
<b>Pat &amp; Christy Hauer</b>	<b>Jean Schaecher</b>
MaryJane Hisek	Colleen Schild
Cathie Huchtmeier	Randy & Joleen Smith
<b>Jim Huisman</b>	David Souhrada
<b>Rose Kabeiseman</b>	Ed & Therese Soukup
Sandra Kreber	<b>John &amp; Vicki Swensen</b>
Sara Kruse	Kriss Thury
Marlene Larsen	Ray & Lorna Uken

### Pancake Feed

(All You Can Eat)

**Wednesday, December 12th - 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!**

**Christmas Light Tour 6:00-8:00pm**

(Open to the public)



Cecelia Dean, Dianne Wubben, Cindy Filips, Delphine Peterson. Stop in and see Colleen if you would like to volunteer at one of our many events.



**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.**



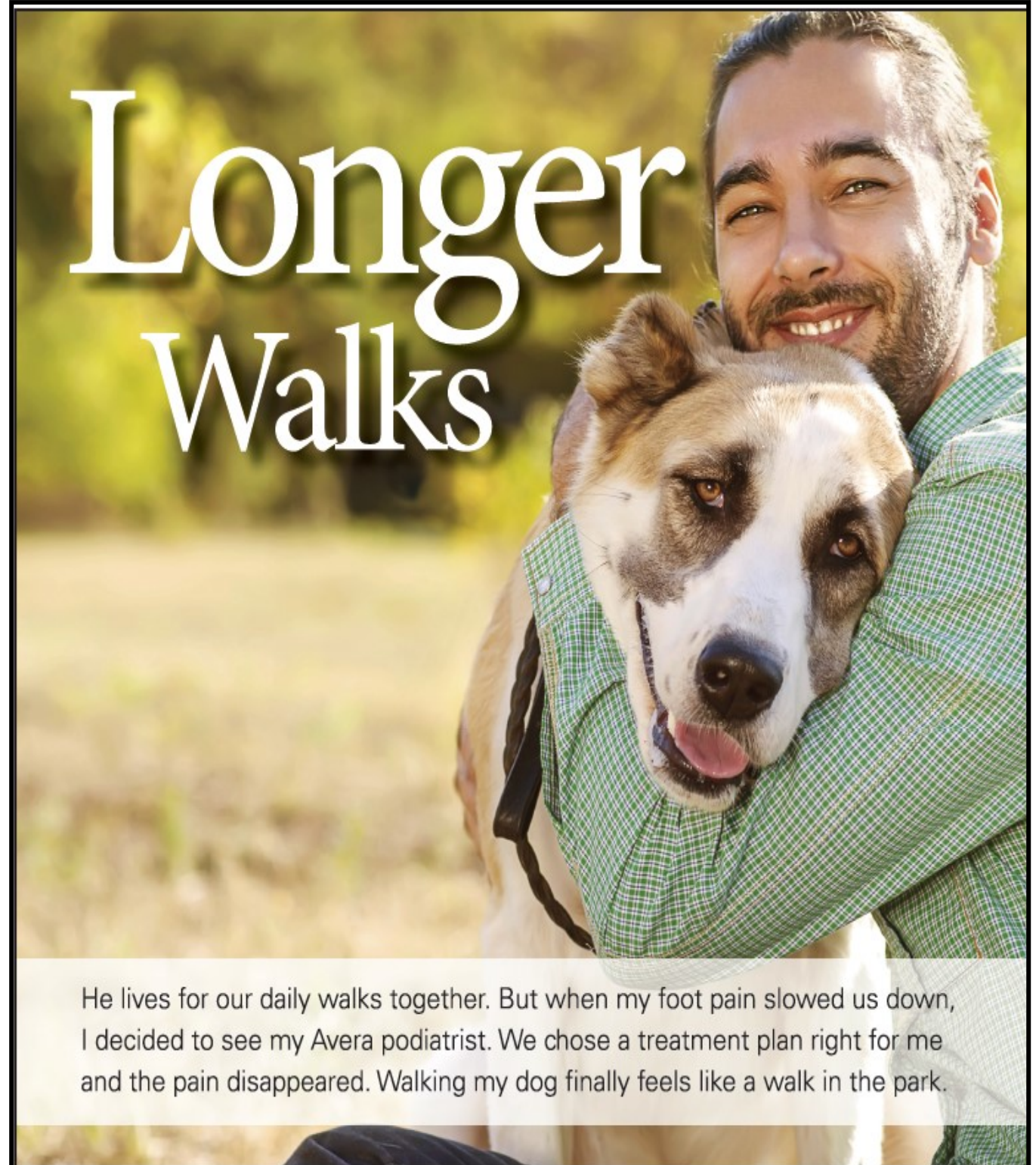
**Thank You For Your Monetary Donation**

**Vishay**

**Tri-State Old Iron Association  
 Steve & Deb Murray  
 Benedictine Sisters**

**Your generous support is greatly appreciated!**

# 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

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

## 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 meals is **\$3.75** if you are over 60 and **\$6.00** if under.  
Please call for a meal reservation  
**665-1055**

Frozen meals are available for evenings and weekends.

## 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 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.

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.



**MaryAnn Schonebaum**  
inviting our  
members out.



### CONGRATULATIONS!

**Chuck Schild** is our December  
Volunteer of the Month.

**Chuck is very active at  
The Center. He volunteers for  
Bingo, Pancake Feeds, and  
Evening Meals, the Wine &**

**Dine event and, who knows, he may make an  
appearance at our annual Christmas party. Well  
that is if you have been nice and not naughty.  
Chuck also helps with Feeding America, who  
distributes food to The Center and other  
organizations. Thank you Chuck!**

**Enjoy your parking spot.**



## 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



Host your next business lunch at The Center.  
Call us for details, 665-4685.



**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**

# Board Of Director's



Thank you for all the cards and get well wishes that I have received from everyone. I am on track for a speedy recovery and will see you all soon. I miss everyone's smiling faces.  
~ Cee Sorenson ~

Happy Holidays from  
The Center Yankton & Tabor Staff



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



### 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](http://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**



2017 Staff Christmas Party  
We can hardly wait to get together this year for some good food, fun and games.

Thank you to One Office Solution  
for printing  
and donating  
the color  
portion of our  
newsletter.



# Tabor Nutrition Center

## Tabor News

Hello from the Tabor Nutrition Site. The holiday season is in full swing. Our Thanksgiving was fun and family filled. We are grateful the weather was nice for family and friends to travel.

Our Christmas dinner will be on Tuesday evening, December 18th and we are serving pork chops with all the trimmings. We are planning (weather permitting) on having Santa and his family stop by for a visit that evening. Come and join us for a fun filled evening. Make sure you call early for reservations.

This holiday season, keep the joys and love of Christmas in your heart and enjoy your families and friends.

Happy Holidays!  
Gail Hovorka—Tabor Site Coordinator



### Tabor Nutrition Center Staff

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

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

## December 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.

December 4	Meatloaf
December 5	Pork Roast/Dumplings
December 6	Cabbage Soup/Turkey Sandwich
December 11	Chicken Fried Steak
December 12	BBQ Chicken
December 13	Baked Steak/Gravy
December 18	Pork Chop (Evening Meal)
December 19	Spaghetti/Meat Sauce
December 20	BBQ Roast Beef
December 25	<b>Center Closed - Merry Christmas</b>
December 26	Beef Barley Soup
December 27	Oven Fried Chicken (Birthday Dinner)

## December Birthdays

- Franklin Hron ▪ December 4
- Tom Sedlacek ▪ December 11
- Lillian Bartunek ▪ December 15
- Mae Dvorak ▪ December 22
- Bob Koletzky ▪ 23

## Tabor Wish List

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

**Thank you for your donations!**

## Trips

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

**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.\*\*  
 (We have only had to cancel 1 show in the past 10 years due to weather).



**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. First come, first served.

**Cost is \$4.00 paid to transit.**



## Nutrition News

### Whether You're Six or 60, Get Plenty of Calcium



Bones, made primarily of calcium and phosphorus, are living, dynamic organs, constantly breaking themselves down and building themselves back up, both to repair small damages and to act as backup for blood calcium, if there isn't enough coming in from the diet. Up to age 30, bones build more than they break down. But after that, the balance tips the other way, and bones build up less, making it important to have plenty of calcium in the diet at every age. About 99 percent of the calcium in our bodies is stored in our bones. The one percent in our blood regulates our heart beat and helps muscles contract. However, the more calcium that is pulled from the bones, the weaker they will become. The best sources of calcium are dairy products like milk, yogurt and. Vitamin D helps our bodies better absorb calcium, so milk, which has vitamin D added, is an especially good source of calcium. Other good sources include fish like sardines or salmon, tofu, fortified orange juice, beans and leafy greens. When preparing leafy greens, add a squeeze of lemon: vitamin C makes calcium from vegetables easier for your body to absorb. To ensure strong, healthy bones throughout your life continue to get three servings of milk and dairy foods each day to make sure your bones keep the calcium they have. Exercise also keeps bones healthy, so try to get a couple hours per week of activities you enjoy. Our bones are a pretty important part of our bodies that we tend to take for granted. Even though you never see them, they give you support and structure, so lend them a hand with plenty of calcium throughout your life!

Just a reminder that we always have plenty of homemade meals on hand. Take a meal home for supper or request some extra for the weekend.

Happy Holidays to all!  
 Mandi Lampman—Meals on Wheels Coordinator



**2018**  
**New Year's Eve Party**  
**Monday, December 31st**  
**7:00pm-11:00pm**

**Members: \$6/Advance - \$8/Door**  
**Non-Members: \$8/Advance - \$10/Door**  
**Celebrate the final day of 2018 at The Center for our annual NYE dance. Mike & Julie Couch will be entertaining us, we will play some games, have a meal and watch the ball drop East coast style. The meal will be served from 8:00-8:30pm**

**Tickets available now!**



It is very important that when you park your car, you **don't park in the walkway**. We want to make walking to our building as easy as possible. Also, a reminder to please be courteous of those needing to park in the handicapped spots in the parking lot.



You must display your handicapped sign in order to park in these spots.

**Thank You!**

### 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 the 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

## October 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1411 (61 per day)	235 (10 per day)	347 (11 per day)	309 (22 per day)	2302 (100 per day)
Home Delivered	1584 (69 per day)	N/A	N/A	50 (4 per day)	1634 (71 per day)

### December Kitchen Volunteers

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

December 3	JuLee Werkmeister
December 4	Barb DeJager
December 5	Sandy Kreber
December 6	Carol Wynia
December 7	Eileen Leshar
December 10	Dorothy Gobel
December 11	JuLee Werkmeister
December 12	Carol Wynia
December 13	Jan Kirschenman
December 14	Cecelia Dean
December 17	Joyce Kollars
December 18	Amanda Stewart
December 19	Sandy Kreber
December 20	Joyce Kollars
December 21	Bonnie Strnad
December 24	<b>Center Closed</b>
December 25	<b>Center Closed</b>
December 26	Malena Diede
December 27	Dorothea Hoebelheinrich
December 28	Bonnie Strnad
December 31	JuLee Werkmeister

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!

(Third Wednesday this Month due to the holiday)

Wednesday, December 19th - 4:30pm-6:30pm



**Serving:**  
 BBQ Ribs  
 Baked Potato  
 Corn  
 Fruit  
 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**



**Ribfest**  
 (Above)  
 Gary & Velma Kuchta,



(Below)  
 Karen Gran,  
 JoAnn Huitemma,  
 Bernie Wagner

# 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.**

### Morning Coffee Show with Scott Kooistra

We are on radio KYNT1450AM at 7:40am & 12:20pm  
**Tuesday, December 11th**  
**Tuesday, December 25th**  
 Tune in to hear about upcoming events and activities at The Center.



**A special THANK YOU to Riverfront Broadcasting**

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

**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

*HeartPrint Home Care*

**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](http://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 closes. **NO Meals on Wheels.**

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

Stock up with some frozen meals in case of closure. Call us at 665-1055.



*first chiropractic CENTER*

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](http://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 miss you!

# December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Turkey Sandwich Mashed Potatoes/Gravy Broccoli Peaches	4 Pork Roast Dumplings/Sauerkraut Glazed Carrots Chocolate Pudding	5 Ham Loaf Baked Potato Green Beans Fruit	6 Beef Barley Soup Grilled Cheese Rhubarb Bar <b>DINNER &amp; MOVIE</b>	7 Roast Beef Mashed Potatoes/Gravy Corn Pudding
10 <b>CHEF'S CHOICE</b> Mostaccioli & Meatballs Italian Vegetables Cookie Garlic Bread	11 Chicken & Dressing Mashed Potatoes/Gravy Brussel Sprouts Peaches	12 French Dip Sandwich Potato Salad Green Beans Tropical Fruit <b>PANCAKE FEED</b>	13 Lasagna Peas Chinese Coleslaw Fruit Slush <b>ANNIVERSARY DINNER</b>	14 Chicken Fried Steak Mashed Potatoes/Gravy Corn Pears
17 Oven Fried Chicken Cheesy Hash Browns Harvard Beets Chocolate Pudding Pears	18 Salisbury Steak Mashed Potatoes/Gravy Squash Tapioca Pudding	19 Chili Glazed Carrots Fruit Cookie <b>EVENING MEAL</b>	20 Beef Tips in Gravy Mashed Potatoes Broccoli Fruit Cake & Ice Cream <b>BIRTHDAY DINNER</b>	21 Ham Sweet Potato Corn Peaches Christmas Cookie <b>CHRISTMAS DINNER</b>
24 <b>Center Closed Merry Christmas!</b>	25 <b>Center Closed Merry Christmas!</b>	26 Meat Loaf Creamed Potatoes Creamed Peas Tropical Fruit	27 Herbed Pork Chops Baked Potato Carrots 1/2c Mixed Fruit	28 Spaghetti & Meat Sauce Cauliflower Mandarin Oranges Tapioca Pudding
30 Sloppy Joe Potato Wedges Cole Slaw Brownie	31 BBQ Chicken Cheesy Potatoes Peas Fruit		<b>Dinner &amp; Movie (12/6)</b> Sirloin Steak Baked Potato Green Bean Casserole Fruit Dessert	<b>Evening Meal (12/19)</b> BBQ Ribs Baked Potato Corn Fruit Dessert

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.

# December Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	<b>4</b> Table Tennis 8:30 Billiards 8:30 SHIINE 10-3:30 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	<b>5</b> Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	<b>6</b> Table Tennis 8:30 Billiards 8:30 SHIINE 9-3:30 Toe Nails 10:00 Pinochle 12:45 Dominos 12:45 Dinner & A Movie 4:30pm-6:30pm	<b>7</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
<b>10</b> Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	<b>11</b> Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	<b>12</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm Xmas Light Tour, 6-8pm	<b>13</b> Table Tennis 8:30 Billiards 8:30 Activity Mtg 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 Missouri Valley Christian Academy Sings, 11:00am Anniversary Dinner	<b>14</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
<b>17</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	<b>18</b> Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	<b>19</b> Billiards 8:30 Line Dancing 9:30 Toe Nails 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Evening Meal (Ribs) 4:30pm-6:30pm	<b>20</b> Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 1:00 Dominos 12:45 Beadle School Sings 11:00am Birthday Dinner	<b>21</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 1:00 Bridge 1:00 Commodities 1:00 Bingo 7-9 Member Christmas Party 11:30am-1:00pm
<b>24</b> Center Closed Merry Christmas No Meals on Wheels	<b>25</b> Center Closed Merry Christmas No Meals on Wheels	<b>26</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	<b>27</b> Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45	<b>28</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1:00 Bingo 7-9
<b>31</b> Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Order meals for the long holiday weekend. Our members will receive a Christmas gift at our annual Christmas Party on December 21st, that is if you've been NICE. Due to the holidays, the Dinner & A Movie has been moved up to the first Thursday and Evening Meal to the third Wednesday.			

# Membership News

## Thank You for Your Donation

Greeting Cards	Eileen Leshar
Pill Boxes	Jim Plavec
Pens	Nadean Auch
Coffee	Hand & Foot Group
Coffee/Napkins	Fran & Sandy Johnson
Strawberries	Randy & Joleen Smith
Candy	Marsha Dahlseid
Coffee	Alice Gensch
Coffee/Candy	Theresa Arens
Playing Cards	Velma Lane
Coffee/Toilet Paper/Baggies	Ed Gleich
Apples & Squash	Loren Tramp
Wrapping Paper	Charles & Beth Nyquist
Toilet Paper/Baggies/Cat & Dog Food	Shari Persinger-Hovland
Coffee	Delight Paulsen
Magazines/Books	Betty Adam
Greeting Cards	Dorothea Hoebelheinrich
Kleenex/Batteries	Bonnie Strnad
Coffee/Candy	Janet Melick
Napkins/Kleenex/Baggies/Paper	Gary & Velma Kuchta
Plates/Batteries	

## Great Christmas Gifts

Check out items in  
our glass cabinet

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

Small Paper Plates

Toilet Paper

Dog & Cat Food

C, AA & AAA Batteries

Fun Size Candy Bars

Sandwich Baggies

Laundry Soap

Napkins

Kleenex

Hand Sanitizer

Wrapping Paper

**Thank You For  
Your Donations!**

## Welcome Lifetime Members

Clarence Vogt ▪ Yankton  
Adeline Hofer ▪ Yankton

## Welcome New Members

Kristy Hacecky ▪ Yankton  
Phyllis Schanandore ▪ Yankton  
Charles Evander ▪ Yankton  
Ron Mugge ▪ Yankton  
Linda Wing ▪ Yankton  
Jolene Foss ▪ Yankton  
Don & Belinda Carlson ▪ Yankton

**Must be 18 to be a member  
Don't forget to renew your membership.**

## Get Well Cards

JoAnne Weimer  
Betty Thomas  
Gary Kuchta  
Rodger Johnson

## Sympathy Cards

Pat Highland Family  
Geri Loecker  
(Loss of Husband)  
Tammy Matuska  
(Loss of Mother-In-Law)

## Memorials

In Memory of Pat Highland  
Pat & Christy Hauer  
In Memory of Darold Loecker  
Pat & Christy Hauer  
Jean Schaecher  
In Memory of Jack Slowey  
Rich & Rose Robinson



# Happy Birthday

Dec 1 Jim Goglin  
 Dec 1 LaVonne Halvorsen  
 Dec 1 Pat Hauer  
 Dec 2 Rodger Johnson  
 Dec 2 Sharon Tronek  
 Dec 2 Don Werkmeister  
 Dec 3 John Blackburn  
 Dec 3 Phyllis Kubal  
 Dec 3 Janet Melick  
 Dec 4 Jolene Foss  
 Dec 4 Walt Koziol  
 Dec 4 Donna Vornhagen  
 Dec 5 Joyce Brandt  
 Dec 5 Donavon Kressig  
 Dec 6 Charlotte Avenell  
 Dec 6 Kathryn Mason  
 Dec 6 Thomas Slowey  
 Dec 7 Ana Bailey  
 Dec 7 Chris O'Brien  
 Dec 8 Paul Foss  
 Dec 8 Kristy Hacecky  
 Dec 8 Gloria Pibal  
 Dec 8 Edward Soukup

Dec 8 Linda Tronvold  
 Dec 10 Ronald Ensenbach  
 Dec 10 Janet Sayler  
 Dec 11 Darold Adamson  
 Dec 11 Eileen Leshner  
 Dec 11 Mary Loecker  
 Dec 12 Adeline Hofer  
 Dec 13 Sandy Isburg  
 Dec 13 Cheryl Leiferman  
 Dec 13 Art Winckler  
 Dec 15 Cecelia Dean  
 Dec 15 Bertha Kaiser  
 Dec 16 Kate Shoemaker  
 Dec 16 Joe Tacke  
 Dec 17 Mike Healy  
 Dec 17 Randy Smith  
 Dec 17 Jean Weller  
 Dec 19 Norman Campbell  
 Dec 19 Ken Hirsch  
 Dec 19 JuLee Werkmeister  
 Dec 20 Betty Bender  
 Dec 20 JoAnn Dickinson  
 Dec 20 Marceda Jones

Dec 20 Kathryn Nelson  
 Dec 20 Sonny Olson  
 Dec 20 Darold Werkmeister  
 Dec 21 Charles Mutziger  
 Dec 22 Doris Gall  
 Dec 22 Don VanDeRostyne  
 Dec 23 Charles Wagner  
 Dec 24 Ruby Schroeder  
 Dec 25 Amanda Stewart  
 Dec 25 Rodney Woerner  
 Dec 26 Jannette Grass  
 Dec 26 Charlie Gross  
 Dec 26 Sandy Milroy  
 Dec 27 Beth Ashley  
 Dec 27 Rheiny Hofmann  
 Dec 27 Allen Sinclair  
 Dec 28 Bob Curtice  
 Dec 28 Margaret Engen  
 Dec 28 Connie Jensen  
 Dec 30 Sandy Kreber  
 Dec 30 Eugene List  
 Dec 31 JoAnn Bartlett  
 Dec 31 Janice Kirschenman

# Happy Anniversary

Dec 1 Cyril & Pauline Groetken  
 Dec 9 Charles & Rose Mutziger  
 Dec 18 Don & JoAnn Frasch  
 Dec 26 Dale & Janice Kirschenman  
 Dec 27 David & Marlene Gellerman  
 Dec 27 Ron & Deb Kachena  
 Dec 27 Donald & Phyllis Naber  
 Dec 31 Randy & Gloria Keiser



## 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](http://Avera.org/sacred-heart)

Live better. Live balanced. **Avera**

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

# 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

### October Drawing

Janice Olson & Charlie Wagner

### 1000 Aces—November 13, 2018

George Woodhouse & Sharon Tronek

### November Drawing

Janice Olson & Charlie Wagner



Cards on December 20th and 21st will begin at 1:00pm  
 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

10-30-18 Mary Law had a high game of 225 and a high series of 579.  
 Mary Law picked up a 5-10 split  
 Darlene Pokorney picked up a 3-10 split  
 Mary Haberman picked up a 4-7-10 split  
 Janice Kirschenman picked up a 4-5-10 split.  
 Dory Ahern picked up a 5-7 & 5-10 split twice.

11-6-18 Dory Ahern had a high game of 201  
 Mary Law had a high series of 549  
 Elaine List picked up a 5-10 & 4-7-8 split.  
 Dory Ahern & Darlene Pokorney picked up a 5-10 split.  
 11-13-18 Mary Law had a high game of 225 & a high series of 655.  
 Elaine List, Darlene Pokorney & Mary Haberman all picked  
 Up a 5-10 split.  
 Karen Gran picked up a 5-10 & 4-5-7 split.

### Thursday League

11-1-18 Marillyn Obr had a high game of 239 & a high series of 639.  
 Jeanne Laffey picked up a 3-9-10 split.

11-8-18 Jeanne Laffey had a high game of 210 and a high series of 552.  
 Beth Nyquist picked up a 5-9-10 split.  
 Jeanne Laffey picked up a 5-7 split  
 Sharon Tronek picked up a 4-5-7 split.  
 Dorothy Gobel picked up a 5-10 split.

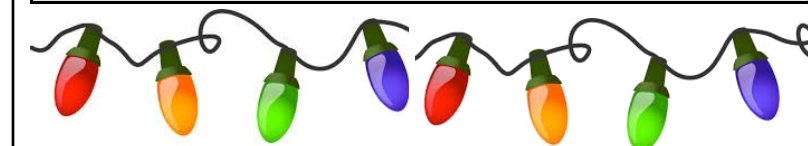
11-15-18 Dorothy Gobel had a high game of 206 and a high series of 556.  
 Bev Larsen picked up a 2-7-8 split.  
 Jeanne Laffey picked up a 5-7 split.  
 Marillyn Obr picked up a 5-10 split.

## 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 31, 2018

- |                                   |             |
|-----------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 5550 |
| 2. Glenn Mannes & Darwin Tessier  | Score: 5130 |
| 3. Margie Eddie & LaVila Tessier  | Score: 4610 |
- Slams:** Glenn Mannes & Darwin Tessier  
Muriel Stach & Beth Nohr  
Rose Kabeisman & Geri Loecker

### November 7, 2018

- |                                     |             |
|-------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr         | Score: 4840 |
| 2. Nadean Auch & Marlene Larsen     | Score: 4630 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 4440 |

### November 14, 2018

- |                                     |             |
|-------------------------------------|-------------|
| 1. Rod Nohr & Dan Miller            | Score: 5220 |
| 2. Jean Schaecher & Jean Fitzgerald | Score: 4200 |
| 3. MaryAnn Anderson & Kit Westling  | Score: 4170 |
- Slam:** Rose Kabeisman & Mae Crawford



## Dinner & A Movie

Thursday, December 6th 4:30pm-6:00pm (meal)  
**Dive In Yankton Q & A Session**

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**

**Dinner & Movies will resume on the scheduled day of the third Wednesday each month starting in January.**

## Friday Bridge News

### November 2, 2018

- |                                    |             |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 5770 |
| 2. Judy Kistler & Janet Ausdemore  | Score: 3690 |
| 3. Jerry & Colette Koch            | Score: 3120 |

### November 16, 2018

- |                                    |             |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 4600 |
| 2. Lyle Malone & Toots Marchand    | Score: 4410 |
| 3. Beth Nohr & Muriel Stach        | Score: 3000 |



## 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 (**December 21st**) from 1pm-3pm and are on a first come first served basis.



## Medicare Part D Open Enrollment Hurry, the deadline is 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.

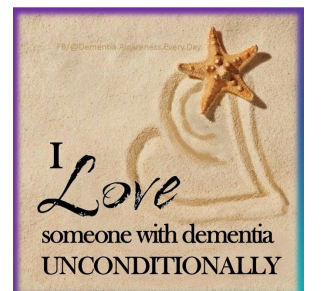
**Stop in the office to schedule an appointment.**

## Dementia Caregiver Group

**Tuesday, December 11th • 10:00am-11:00am**

The Dementia Caregiver Group meets each month on the second Tuesday (**December 11th**).

## Everyone Welcome



## 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!**

