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**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
   
 January 2019 • Volume 18 • Issue 1



Due to snow and holiday closures in addition to holiday activities the newsletter is late this month. We sincerely apologize.

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**2019 Membership Renewal Due**

Individual • \$35 Couple • \$63
   
 Lifetime Individual • \$315 Couple • \$567
   
 Renew today to continue all the benefits of being a member of The Center
   
 • 24 page monthly newsletter
   
 • Discounted pricing on events like our BBQ, Dances, Ice Cream Socials and Building Rental
   
 • Mount Marty Basketball and Volleyball tickets
   
 • Lifetime membership to YSD activities (65 and over)
   
 • Unlimited use of exercise facility and access to all activities
   
 • Many special programs and services



**All You Can Eat Pancake & French Toast Feed**

2nd Wednesday each month
   
 January 9th • 4:30pm-6:30pm



**Dinner & A Movie**

3rd Wednesday each month
   
 January 16th • 4:30pm-6:00pm (meal)
   
 Serving: Beef Tips in Gravy
   
 Movie: "Joyful Noise"



**Ribfest**

4th Wednesday each month
   
 January 23rd • 4:30pm-6:30pm
   
 Serving: BBQ Ribs

RSVP for all—605-665-1055



Enjoying BBQ Ribs
   
 Join us on the 4th Wednesday
   
 each month for RIBFEST.

**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!



**USD Dental Hygiene Services**

Thursday, February 21st • 9:00am-2:00pm
   
 (First come, first served)

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.

# Board Of Director's



Front Row: John Swensen, Bob Kellen, Dave Hosmer, Steve Wentworth, Diane Reese  
 Back Row: Joleen Smith, Julz Tesch, Carla Schlingman, Velma Kuchta, Kara Payer

Board of Director's Terms		
David Hosmer/President	2nd Term	2018-2021
Bob Kellen/Vice-President	2nd Term	2018-2021
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	2016-2019
Julz Tesch	1st Term	2018-2021
Steve Wentworth	1st Term	2017-2020

Save the date for our  
**12th Annual Wine & Dine Event.**  
 Tickets are available from any Board Member  
 or in the office.  
**Reserved Seating is available.**

**WINE & DINE**

Saturday, March 2nd  
 5:30pm - 8:30pm  
 \$35 per person serving  
 Corned Beef or Roast Beef

Wine Tasting - 5:30-6:30pm  
 Dinner - 6:30-7:30pm  
 Silent Auction - 5:30-7:30pm  
 Live Auction - 7:30-8:30pm

THE CENTER  
 RECREATION • SOCIALIZATION • NUTRITION

# Missouri Valley Christian Academy



**Beadle Elementary**



## 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.



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

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.

## Dining at Hy-Vee

To participate you must be over 60. You need to show your scan card at Hy-Vee, if you do not have one, please stop in the office to get one (\$1). You must also pay The Center the suggested donation of \$3.75 for your meals. Stop into The Center office to get a Hy-Vee brochure listing the menu options. There are **NO SUBSTITUTIONS** to any of the Hy-Vee menus which are approved by the state of South Dakota.

# Upcoming Events

January 8	Dementia Caregiver Group	10:00am-11:00am
January 8	Christy on KYNT Radio	7:40am & 12:20pm
January 9	Pancake & French Toast Feed	4:30pm-6:30pm
January 10	Anniversary Dinner	11:30am-12:30pm
January 16	Dinner & A Movie	4:30pm-8:00pm
January 17	Birthday Dinner	11:30am-12:30pm
January 18	Commodities	1:00pm-3:00pm
January 23	Ribfest	4:30pm-6:30pm
February 21	USD Dental	9:00am-2:00pm
March 2	Wine & Dine Event	5:30pm-8:30pm



Santa (Chuck Schild) and Mrs. Claus (Gerrie Healy)



MaryAnn Kathol, Colette & Jerry Koch

# Director's Desk



This is the time of year I think we all do some introspection, evaluating what we have accomplished and in what areas we hope to grow.

Experts say it is best to set 3 realistic, but challenging goals for the New Year. These are my personal goals.

1. Have a healthier work/family life.
2. Drink water, exercise and eat healthy
3. Don't take things for granted. Appreciate what you have.

The Board & Staff would like to set some goals for our members.

1. Have fun and use The Center more.
2. Share your resources through volunteering and making a financial commitment.
3. Bring issues of concern to the Director. Share new ideas and approaches.

We want **YOUR CENTER** to be the best it can be in 2019. We need you to make it **GREAT**.  
Happy New Year.

Prayers for a Happy and Healthy 2019  
The Hauer's



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

### 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 December 31st we are at \$4,555.00 - Those in bold denotes \$100 or more**

Norma J Andersen	Monsignor Carlton Hermann	Mari Morgan
<b>Anonymous</b>	Ken & Irene Hirsch	Marlene Nebola
<b>Beth Ashley</b>	MaryJane Hisek	Bob & Janet Neibergall
Nadean Auch	Dorothea Hoebelheinrich	<b>Paul Nielson</b>
<b>Marge Becker</b>	Dagmar Hoxsie	Marilyn Obr
Linda Beulke	Cathie Huchtmeier	Delight Paulson
Connie Bitsos	<b>Jim Huisman</b>	Kara Payer
Char Bland	JoAnn Huitema	<b>Dolores Peitz</b>
Elma Block	<b>Dorothy Johansen</b>	Frank & Emma Potts
Fred Branaugh	Rodger & Mary Johnson	Martin & Pat Raab
Carol Broadbent	Errol & Gladys Johnson	<b>Diane Reese</b>
Mary Broders	Merle Johnson	Paul & Cathy Rehfuss
Carolyn Campos	<b>John &amp; JoAnn Jonas</b>	Margaret Sarringar
Beverly Chapman	<b>Rose Kabeiseman</b>	<b>Jean Schaecher</b>
Delano & Marilyn Christensen	Heidi Kleinschmit	Victor & Darlene Schaeffer
Sylvia Coulson	Sandra Kreber	Colleen Schild
<b>Mae Crawford</b>	Sara Kruse	Randy & Joleen Smith
Joanne Dickinson	Gary & Velma Kuchta	George & JoAnn Smith
Bob & Malena Diede	Mandi Lampman	Cecelia Sorenson
<b>Bob &amp; Marge Eddie</b>	Marlene Larsen	David Souhrada
Maury Ekeren	<b>Bev Larsen</b>	Ed & Therese Soukup
Ron Ensenbach	MaryAnn Larsen	Bill & Barb Specht
<b>Jean Fitzgerald</b>	Sharon List	Diana Spencer
Fran Fox	Elaine List	<b>John &amp; Vicki Swensen</b>
Don & JoAnn Frasch	<b>Mary Loecker</b>	Julz Tesch
Duane & Natalie Frick	Geri Loecker	<b>Darwin &amp; LaVila Tessier</b>
Doris Gall	Charles & Alma Logdahl	Kriss Thury
Alice Gensch	Terry Makings	Ray & Lorna Uken
Karen Girard	Lyle & Jane Malone	Janet Waggoner
<b>Dorothy Gobel</b>	Aldine Mayer	Bonnie Whatling
Ethel Goeden	Jody McCord	Art Winckler
Duane & Carol Grimme	Lorraine McNeely	George & Floris Woodhouse
Mary Alice Halverson	Francis & MaryJane Mechtenberg	Arlene Young
<b>Pat &amp; Christy Hauer</b>	Loran & Delores Moore	<b>Mary Young</b>

# 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

So much care, so close to home!

**39** Physicians 

**16** Specialties 

**1** Focus 

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www.YanktonMedicalClinic.com 605-665-7841

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and Android smart phones

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william.kistler@gmail.com



### 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.

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

### Fundraising News



### Pancake Feed

(All You Can Eat)

Wednesday, January 9th - 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)



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

Steve & Deb Murray  
Benedictine Sisters  
FloorTec

Your generous support is greatly appreciated!



Saturday, March 2nd - 5:30pm-8:30pm

Live & Silent Auction

Serving: Corned Beef or Roast Beef  
Tickets on Sale now: **\$35.00**

#### Prizes secured to date:

- Crofton Lakeview Golf Course
- Springfield Golf Course
- Hillcrest Golf & Country Club
- Fox Run Golf Course
- SD Symphony
- Marriott Hotel
- Cork N' Bottle
- Yankton Therapeutic Massage
- Donlin Marine/Boat Rental
- Fort Randall Casino
- Grand Falls Casino
- Wild Water West
- Sioux Falls Storm & Stampede
- Premier Ventures Storage Units
- Riverboat Days Bull Riding Passes



### 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



**CONGRATULATIONS!**  
**Dave Hosmer is our January Volunteer of the Month.**  
 Dave has been on our Board of Director's for 3 years as Vice President and now as our President. Dave runs effective meetings, motivating board members to raise funds, evaluates policy procedures and personnel guidelines, and addresses needs and issues when requested by the director. Dave also does extensive research on Veteran's and provides many programs throughout the community.  
**Thank you Dave for all you do.**  
**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

## 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.**

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!**



# Tabor Nutrition Center

## Tabor News

Hello Everyone,  
 We should all be a little more relaxed now that the holidays are behind us. I am glad the weather was nice for all to get to their holiday gatherings.  
 We had a great turnout for our evening holiday meal. The weather was great and we had the pleasure of having Santa and 2 of his elves visit us.  
 We will continue our evening meals every third Tuesday, serving Pork Chops, Dumplings and all the fixings. RSVP early.  
 The New Year is here. We hope to see all of you stop in to have lunch with us on Tuesdays, Wednesdays and Thursdays.

Gail Hovorka—Tabor Site Coordinator



**Tabor Nutrition Center Staff**  
 Ilene Sternhagen, Gail Hovorka, Lillian Bartunek, and Gladys Hamberger

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

## January 2019 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.**

January 1	Center Closed
January 2	Salisbury Steak
January 3	Chili
January 8	Liver & Onions
January 9	Baked Chicken
January 10	Homemade pizza
January 15	Pork Chop
January 16	Goulash
January 17	Hamburger on a Bun
January 22	Swedish Meatballs
January 23	Breaded Baked Fish
January 24	BBQ Ribs
January 29	Chicken Vegetable Soup
January 30	Roast Beef
January 31	Oven Fried Chicken

## Birthdays

**Irene Kocer**  
 January 13th  
**Loretta Kortan**  
 January 18th



## 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**  
**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).



Congratulations to Center Member Jim May for being chosen as the 2018 Ability Building Services Christmas Card Artist.

Jim fondly remembers receiving a water color set as a gift when he was a child and he says he put it to good use.

If you would like to see the color version of the Christmas Card, stop in the office.



# Nutrition Education



## Three Tips to Enjoy What and How You Eat

Stop worrying about what you eat and start loving it. Rather than ticking off all the things you shouldn't eat, enjoy your food and make your meals a pleasurable experience that you look forward to.

Here are three tips to increase your food pleasure while maintaining a healthy weight, without even having to think about it!

- 1. Eat for Pleasure:** Take time to savor your food. A healthy eating plan will include “indulgences” every now and then and you shouldn't feel guilty about eating the foods you love. Comfort foods are examples of how closely emotions are to our eating habits. So if you find comfort in a high-fat treat, don't view it as something “bad,” take extra time to sit down and really enjoy it.
- 2. Eat with Family and Friends:** Create positive eating experiences for yourself and your family by taking the time to sit together at mealtime. Mealtime conversation brings the family together and starts a lasting and positive relationship with food. That is what's so great about dining at The Center.
- 3. Eat to satisfy:** Eat balanced meals that are satisfying by choosing nutrient-rich foods from all five food groups. A balanced meal consisting of carbohydrate, protein and fat gives you energy, prevents a drop in blood sugar and keeps you satisfied for several hours. Eating meals or snacks that contain a balance of carbohydrate, protein and fat is the best way to feel satisfied and have sustained energy. In general, a meal including a variety of foods from several food groups will provide the balance you need. And don't leave out your favorite foods. Work them into your meals by including nutrient-rich options alongside them. Give yourself permission to have a positive attitude toward food!

Just a reminder that we always have frozen meals available for evenings, weekends and holidays. Stop and see me if you would like to order extra meals.

Mandi Lampman—Meals on Wheels Coordinator



**CENTURY 21**  
 Professional Real Estate

**Carla Schlingman**  
 (605) 661-8643



Each office is independently owned and operated



## 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

## November 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1115 (56 per day)	228 (11 per day)	285 (10 per day)	245 (20 per day)	1874 (94 per day)
Home Delivered	1565 (78 per day)	N/A	N/A	41 (3 per day)	1606 (80 per day)

### January Kitchen Volunteers

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

January 1	Center Closed
January 2	Carol Wynia
January 3	Cecelia Dean
January 4	Bonnie Strnad
January 7	JuLee Werkmeister
January 8	Alma Logdahl
January 9	Sandy Kreber
January 10	Janice Kirschenman
January 11	Helena Rezac
January 14	Dorothy Gobel
January 15	Geri Loecker
January 16	Bonnie Strnad
January 17	Geri Loecker
January 18	Eileen Leshner
January 21	Joyce Kollars
January 22	Alma Logdahl
January 23	Sandy Kreber
January 24	Dorothea Hoebelheinrich
January 25	Helena Rezac
January 28	JuLee Werkmeister
January 29	Malena Diede
January 30	Geri Loecker
January 31	Joyce Kollars

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!

Wednesday, January 23rd - 4:30pm-6:30pm



**Serving:**  
 BBQ Ribs  
 Cheesy Hash Browns  
 Green Beans  
 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**



We had a full house at our Member Christmas Party, serving 202 members. Thank you to the businesses who donated gifts. Also thank you to all the volunteers who have helped.

# 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, January 8th**  
 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.**

## WALNUT VILLAGE

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 The Perfect Blend of Privacy & Community Yankton, SD



Assisted & Independent Apartments

24 Hour Staff for Your Safety and Peace of Mind

Medication Management

605-664-4220

Thank you to everyone at The Center for the sympathy card when my sister passed. It was much appreciated.

Francis & Jeannie Laffey



# Potpourri



**Available Every Hour of the Day Every Day of the Year**

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**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.





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



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*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!**

# January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner &amp; Movie (16th)</b> Beef Tips in Gravy Mashed Potatoes Broccoli Peaches Dessert	1 Happy New Year Center Closed	2 Tater Tot Casserole Baked Squash Tossed Salad Fruit	3 Mandarin Chicken Breast Creamed Potatoes Broccoli Pears Chocolate Pudding/Topping	4 Pork Roast Boiled Potatoes/Gravy Glazed Carrots Jell-O w/Mandarin Oranges
7 Ham Loaf Sweet Potato Green Beans Mandarin Oranges	8 Roast Beef Mashed Potatoes/ Gravy Corn Tropical Fruit	9 Ham & Bean Soup 1/2 Grilled Cheese Sandwich Tomato Spoon Salad Fruit	10 BBQ Chicken Baked Potato Creamed Peas Upside Down Cheesecake <b>Anniversary Dinner</b>	11 Chicken Fried Steak Mashed Potatoes/Gravy Broccoli Fruity Slaw
14 Meatloaf Oven Browned Potatoes Peas Strawberries/Topping	15 Creamed Turkey Mashed Potatoes Parslied Carrots Mandarin Oranges	16 Cream of Potato Soup Egg Salad Sandwich Spinach Salad Fruit	17 Pork Cutlet Baked Sweet Potato Green Bean Casserole Fruit Cocktail Cake & Ice Cream <b>Birthday Dinner</b>	18 Salisbury Steak Mashed Potatoes/Gravy Baked Squash Baked Apples
21 Sweet & Sour Pork Rice Oriental Vegetables Apricots	22 Baked Steak w/Gravy Mashed Potatoes Glazed Carrots Jell-O with Fruit	23 Tomato Soup Ham Salad Sandwich Peas Fruit	24 Parmesan Chicken Scalloped Potatoes Harvard Beets Tropical Fruit	25 Swiss Steak Baked Potato Broccoli & Cauliflower Fruit Tapioca Pudding
28 Hot Beef Sandwich Mashed Potatoes/Gravy Glazed Carrots Fruit	29 Lasagna Italian Vegetables Chinese Coleslaw Fruit Slush	30 Cider Braised Pork Chop Country Time Mac Salad Cauliflower Baked Apples	31 Citrus Chicken Herbed Potatoes Diced Green Beans Fruit Salad	<b>Evening Meal (23rd)</b> BBQ Ribs Cheesy Hash browns Green Beans 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.

# January Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Center Closed Happy New Year  No Meals on Wheels</b>	1 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	2 Table Tennis 8:30 Billiards 8:30 Toe Nails 10:00 Pinochle 12:45 Dominos 12:45	3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
		4 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	7 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 12:30-6 Wii Bowling 1:00 Bingo 7-9	8 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Pancake Feed 4:30pm-6:30pm</b>
11 Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	14 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	15 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Dinner &amp; A Movie 4:30pm-6:30pm</b>	16 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 1:00 Dominos 12:45 <b>Birthday Dinner 11:30am-12:30pm</b>	17 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1:00 Bingo 7-9
18 Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 Hand & Foot 1:00	21 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	22 Billiards 8:30 Line Dancing 9:30 Toe Nails 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Evening Meal (Ribs) 4:30pm-6:30pm</b>	23 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 12:45	24 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
25 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	28 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 SHIINE 12:30-6 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	29 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	30 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 12:45	31 

# Membership News

## Thank You for Your Donation

Christmas Cards	John Blackburn
Magazines	Gary & Velma Kuchta
Puzzle	Karen Girard
Magazines & Tea	Darwin & LaVila Tessier
Greeting Cards	Eileen Leshner
Magazines & Toilet Paper	Ed Gleich
Walkers	Maurice Newman Family
Coffee, Candy, Ice Cream	Theresa Arens
Dog & Cat Food, Toilet Paper & Kleenex	Shari Persinger-Hovland
Greeting Cards	Doris Gall
Santa Hats	Mary Law
Scentsy Pot	Bev Larsen
Christmas Tree	Bill & Alana Tamisiea
Coffee & Greeting Cards	Arlene Young
Christmas CD's	Marlene Nebola
Coffee	Beth Ashley
Batteries, Magazines, Laundry Soap, Candy, Napkins	Fran & Sandy Johnson

## Sympathy Cards

Maurice Newman Family  
**Edla Aune Family**  
**John Slowey Family**  
**Gerie Loecker**  
 (Loss of Husband)  
**Francis Laffey**  
 (Loss of Sister)  
**Don Olson**  
 (Loss of Wife)  
**Bonnie Whatling**  
 (Loss of Sister)

*In Loving Memory*

## Memorials

**In Memory of Darold Loecker**  
 Pat & Christy Hauer  
 Cee Sorenson  
 Theresa Arens  
**In Memory of Edla Aune**  
 Pat & Christy Hauer  
**In Memory of John Slowey**  
 Pat & Christy Hauer  
 Cee Sorenson  
**In Memory of Jackie Olson**  
 Pat & Christy Hauer

**In Memory of Margaret Jean Dabrowski**  
 Margaret Sarringar

## Welcome Lifetime Members

Gerie Loecker

## Welcome New Members

Frances Brennan - Yankton  
 Larry & Pat Graber - Yankton  
 Barb Mechtenberg - Yankton  
 Reynold Loecker - Yankton  
 Kimberly Christiansen - Yankton

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

## 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

Thank You For  
 Your Donations!

## Get Well Cards

Bill Kennedy  
 Marge Becker



## Thank You!

Thank you to Andy & Barb DeJager for picking up presents; John & JoAnn Jonas and Chuck & Cheryl Leiferman for delivery gifts, Paty Davies for wrapping many, many gifts for our member party; Gerrie Healy and Chuck Schild for coming as Santa and Mrs. Claus. We had a wonderful Christmas Party 2022 guests.

# Happy Birthday

Jan 1	Lynette Goehring	Jan 11	Dennis Janousek	Jan 20	Joyce Behl
Jan 2	Vicki Swensen	Jan 11	George Smith	Jan 20	Dawn Henseler
Jan 2	Dianne Wubben	Jan 11	Dawn Stoner	Jan 20	Rose Kabeiseman
Jan 3	Andy DeJager	Jan 12	April Bodden	Jan 20	Randy Kramer
Jan 3	Charles Huntley	Jan 12	Monica Tielke	Jan 20	Russ Weller
Jan 4	Sandra Huether	Jan 12	Roy Wilcox	Jan 21	Belinda Carlson
Jan 4	Mike Koupal	Jan 13	Velma Bennett	Jan 22	Jim Black
Jan 4	Martina Warvarovsky	Jan 13	Bonita Hendrix	Jan 24	Mike Stevens
Jan 5	Paty Davies	Jan 13	Troy Pickner	Jan 25	Norma Anderson
Jan 5	Jacquelyn Green	Jan 15	Jerry Melick	Jan 25	Phyllis Christiansen
Jan 5	Terry Makings	Jan 16	Linda Abbott	Jan 25	Kenneth Jorgensen
Jan 6	Wilbur Goehring	Jan 16	Delores Bohlman	Jan 25	Valon Pochop
Jan 7	Marsha Dahlseid	Jan 16	Dorcas Mason	Jan 25	Jean Salvatori
Jan 7	Chuck Leiferman	Jan 16	Paul Pietila	Jan 26	Dennis Wagner
Jan 7	Leta Levinger	Jan 17	Margaret Hunhoff	Jan 27	Duane Grimme
Jan 9	Shirley McKee	Jan 17	Bernita Mannes	Jan 27	Diana Klassy
Jan 9	Preston Waltner	Jan 17	Charmaine Pelton	Jan 29	Leah Smith
Jan 10	Leonard Hejl	Jan 18	Maynard Vrbka	Jan 30	Janice DeJong
Jan 10	Lois Varvel	Jan 19	Marilynn Broker	Jan 31	Bud Merkwon
		Jan 19	Gary Palmer		

# Happy Anniversary

Jan 6	Ronald & Sundra Hunhoff
Jan 6	Barb & Bill Specht
Jan 9	Jerry & Colette Koch
Jan 20	Richard & Ellen Slowey
Jan 21	Gary & Patricia Lien
Jan 29	Doug & Cathy Orton

**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

16-ASCH-2169

# 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—November 29, 2018**  
 George Woodhouse & Janice Olson

**November Drawing**  
 JoAnn Bartlett & Diane Nicholson

**Thousand Aces—December 10, 2018**  
 Millie Zimmerman & Dorothy Nielson

**Double Run—December 20, 2018**  
 Joyce Kollars & John Swensen

**Cards will begin at 1:00pm on Thursday, January 17th.**  
 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

**November 27, 2018**  
 Mary Law had a high game of 213 and a high series of 573. Dory Ahern and Karen Gran picked up a 5-10 split. Elaine List picked up a 4-5-7 split. Darlene Pokorney picked up a 4-7-10 split.

**December 4, 2018**  
 Dory Ahern had a high series of 565. Elaine List had a high game of 228. Mary Haberman and Dory Ahern picked up a 4-5-7 split. Darlene Pokorney picked up a 6-7-10 split. Dory Ahern picked up a 5-10 split.

**Darlene Pokorney won the league.**

### Thursday League


**November 29, 2018**  
 Marilyn Obr had a high game of 243 and a high series of 684.

**December 6, 2018**  
 Marilyn Obr had a perfect/high game of 300 and high series of 740. Sharon Tronek picked up a 6-7-10 split. Sandy Kreber picked up a 4-7-10 split. Dorothy Gobel picked up a 2-7 Split. Beth Nyquist picked up a 5-10 split.

**Beth Nyquist won the league.**

Tournament Winners		
1st Place	Bev Larsen	815
2nd Place	Elaine List	805
3rd Place	Dory Ahern	767
4th Place	Mary Law	765
5th Place	Sharon Tronek	747
6th Place	Sandy Kreber	738

## 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

**November 30, 2018**

- |                                     |             |
|-------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes    | Score: 4620 |
| 2. Jean Schaecher & Jean Fitzgerald | Score: 4580 |
| 3. Janet Ausdemore & Judy Kistler   | Score: 4570 |

**Slams:** Darwin Tessier & Glenn Mannes  
Jean Schaecher & Jean Fitzgerald

**December 5, 2018**

- |                                      |             |
|--------------------------------------|-------------|
| 1. MaryAnn Anderson & Jeannie Gustad | Score: 7140 |
| 2. Loraine McNeely & Maysel Goltz    | Score: 5250 |
| 3. Rose Mather & Dan Miller          | Score: 5250 |

**Slams:** MaryAnn Anderson & Jeannie Gustad  
Loraine McNeely & Maysel Goltz

**December 12, 2018**

- |                                     |             |
|-------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad  | Score: 5450 |
| 2. Loraine McNeely & Judy Kistler   | Score: 4140 |
| 3. Jean Schaecher & Jean Fitzgerald | Score: 3750 |

**December 19, 2018**

- |                                    |             |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr        | Score: 7710 |
| 2. Loraine McNeely & Char Erickson | Score: 5600 |
| 3. Fran Mollet & Marilyn Weverstad | Score: 4330 |

**Slam:** Muriel Stach & Beth Nohr

## Friday Bridge News

**December 7, 2018**

- |                                    |             |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore  | Score: 6160 |
| 2. Char Erickson & Jean Fitzgerald | Score: 4440 |
| 3. Jean Schaecher & Dan Miller     | Score: 4020 |
| 4. Muriel Stach & Beth Nohr        | Score: 3150 |

**December 14, 2018**

- |  |             |
|--|-------------|
| 1. Beth Nohr & Muriel Stach              | Score: 6490 |
| 2. Mary Alice Halverson & Toots Marchand | Score: 5230 |
| 3. Jean Fitzgerald & Char Erickson       | Score: 3110 |

**December 26, 2018**

- |  |             |
|--|-------------|
| 1. Loraine McNeely & Marilyn Weverstad | Score: 6460 |
| 2. LaVila Tessier & Marge Eddie        | Score: 2960 |
| 3. Darwin Tessier & Lyle Malone        | Score: 2480 |

## 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**

## Dinner & A Movie

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

Join us on the **THIRD Wednesday** each month for Dinner and A Movie.

**\$6.00 for Dinner, Movie & Popcorn**

**Showing: "Joyful Noise"**

Oscar nominees Queen Latifah and Dolly Parton star in this funny and inspirational story of music, hope and love.

**We are serving**  
 Beef tips in gravy  
 Mashed Potatoes  
 Broccoli  
 Fruit  
 Dessert  
 Bread, butter, milk and coffee  
**RSVP: 605-665-1055**



# 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 (**January 18th**) 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!**



## Volunteers Needed AARP Taxes Coming Soon

Looking for people who want a fun and rewarding experience helping Seniors and low income families. AARP Tax assistance is looking for greeters and counselors. If you are interested in helping with the wonderful service, please stop in the office and leave your name and phone number. Taxes will begin on February 12th and continue through April 11th.

## 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, January 8th - 10:00am-11:00am**

The Dementia Caregiver Group meets each month on the second Tuesday (**January 8th**).

## Everyone Welcome

