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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



It costs less to feed a Senior, Meals on Wheels for 1 year, than it does for a 1 day stay in the hospital or 6 days in a nursing home.



5th Annual Rock-A-Thon

Monday, March 18th • 10:30am-1:00pm

Join in on the fun, serving Corned Beef & Cabbage, RSVP: 665-1055
Green Beer, Door Prizes @ 12:45pm (must be present)

"ROCKIN FOR MEALS"
(Supporting Meals On Wheels)



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2019 Membership Renewal Due

Individual • \$35 Couple • \$63
Lifetime Individual • \$315
Lifetime Couple • \$567

Renew today to continue all the benefits of being a member of The Center.

Those not renewed at the end of March will be removed from our mailing list.

- 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, billiard room and access to all activities
- Many special programs and services (SHIINE, Tax Assistance, Screenings)

Recruit a new member and let us thank you with a free meal.

10:30-10:45	Duane Frick Past Board Member	vs		vs	Diane Reese Current Board Member
10:45-11:00	Dan Klimisch County Commissioner	vs		vs	Devin Wagner City Commissioner Candidate
11:00-11:15	Stacy Hubert Sertoma Club	vs		vs	Nori Duchene Kiwanis Club
11:15-11:30	Larry Nickles Yankton Fire	vs	John Harris Yankton Police	vs	Troy Cowman Yankton EMS
11:30-11:45	Rob Stephenson First Dakota National Bank	vs	Jane Larson Great Western Bank	vs	Lynn Peterson CorTrust Bank
11:45-12:00	Randy Hammer KVHT Radio	vs	Bill Holst WNAX Radio	vs	Kathy Church The Observer
12:00-12:15	Doug Ekeren Avera Sacred Heart Hospital	vs	Matt Michels Former Lt. Governor	vs	John Porter Retired/Avera Health
12:15-12:30	Dr. Brent Adams Orthopedic/YMC	vs	Ruth Scott Fyzical Therapy	vs	Dr. Jeremy Kudera Orthopedic/YMC
12:30-12:45	Margaret Sarringar Sr. Senior Member (81 yrs)	vs	MaryJane Hisek Sr. Senior Member (86 yrs)	vs	Colleen Schild Sr. Senior Member (91 yrs)



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!

Wine & Dine event rescheduled for Friday, July 12th




Featuring

5th Annual Rock-A-Thon

Monday, March 18th (10:30-1:00)

 Stop by and donate to your favorite rocker while benefiting Meals on Wheels


 The Battle of the Rockers runs March 1st through March 18th. Each rocker will have their own "Battle" Jar. You can donate to one or all of your favorite rockers leading up to the final battle on March 18th. Just look for the jar with your favorite rockers face on it and donate. Remember, Meals On Wheels recipients benefit nutritiously, socially and the visit serves as a wellness check. Let's have some fun, raise some money and create awareness!

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
 Not pictured: Pam Rezac, Cee Sorenson

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

Another Great Year

- We served **44,662** nutritious home cooked meals.
- **17,599** meals were delivered to those who are homebound through our Meals on Wheels Program.
 - Over **3,800** free meals were served to low income Seniors.
- **300+** individuals and families of all ages received tax assistance at no charge.
- The **SHINE** Medicare Part D assistance program saved Yankton County residents **\$333,983** in prescription drug costs.
- **2,280** boxes of supplemental food, weighing **57,596** pounds and valued at **\$87,546** were distributed to Seniors who are well below the poverty level.
- **150** disbursements of pet food were given to low income families of all ages.
- **1,346** individuals participated in meals, activities and events.

We have **750** members and over **300** volunteers.

We are grateful to be supported by the United Way and the City and County of Yankton.



Line Dancing every Monday, Wednesday & Friday
 9:30am-11:00am



USD Dental Student, Morgan Osterloo with patient Lois Kirschenman



Billiards all day, everyday.

Volunteer Appreciation Dinner Monday, April 15th ▪ 11:30am-12:30pm

Recognizing our Volunteers of the Month and announcing the Volunteer of the year. The meal sponsored by First Dakota National Bank, the gift from The Center. We will be honoring all of our Center Volunteers with a delicious home cooked meal and a small token of appreciation. Sign up with Mandi or Sara.



USD Dental Hygiene Services Thursday, April 11th ▪ 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.

In February 8 patients were seen. 5 had cleanings, 4 had x-rays, 6 had dental exams at no charge. The total value of the services from the 1st time visit at The Center until February is **\$4,655!**

Thank You USD Students!



Mothers' Day Tea Friday, May 10th ▪ 2:00pm-4:00pm

Carol Ebel will be entertaining us with her cookie jar collection. We encourage you to bring your favorite cookie jar and share a memory with us.

Sponsored by Walnut Village.



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

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

Mar 6	Webster School Volunteers	11:30am-12:30pm
Mar 7	Beadle School Volunteers	11:30am-12:30pm
Mar 12	Stewart School Volunteers	11:30am-12:30pm
Mar 12	Dementia Caregiver Group	10:00am-11:00am
Mar 12	Christy on KYNT Radio	7:40am & 12:20pm
Mar 13	Lincoln School Volunteers	11:30am-12:30pm
Mar 13	Pancake Feed	4:30pm-6:30pm
Mar 14	Anniversary Dinner	11:30am-12:30pm
Mar 14-27	Community Champions Event	
Mar 15	Commodities	1:00pm-3:00pm
Mar 18	5th Annual Rock-A-Thon	
Mar 18	Yankton Middle School Volunteers	11:30am-12:30pm
Mar 20	Dinner & A Movie	4:30pm-6:30pm
Mar 21	Birthday Dinner	11:30am-12:30pm
Mar 27	Ribfest	4:30pm-6:30pm
Apr 15	Volunteer Appreciation Dinner	11:30am-12:30pm
May 10	Mothers' Day Tea	2:00pm-4:00pm

Ribfest Diners



Left:
Bob & Janet Neibergall
Right: Marlene Nebola
& Marillyn Obr



Millie Zimmerman & Norma Andersen



Jeannie & Bud Gustad

Director's Desk



I finally get to attest first hand to the value of our pet food program, which was recently showcased on the front page of the P & D. Life changes when you have something to care for and enjoy. If you are able to care for a pet, it certainly can fill a void for a Senior, someone who is single, or in my case an empty nester. Though my Heather goes to MMC, she has her own life and place out at the lake. We might be seeing her more often as she is completing her college service hours at The Center. Pat still works in Sioux City, long hours and travels a lot. I make the joke that I don't have to rely upon him to nibble on my ear each morning because I have Chip, a so far 5 pound male yorkie. Many of you know how he is very cute and lovable. If you have a cat or dog, we can provide you food once a month. If interested, check in at the office.

Over the past couple of months we have seen a decline in the number of meals we serve. This has been a brutal winter, not just the snow and ice, but also the terribly low temperatures. As we warm up over the next couple of months, we hope you come back and join us daily for a home cooked meal. Our head cook, Beth is doing a fabulous job, as well as her assistants Margaret, MaryJane and Jody. We appreciate our cooks and the quality of food they produce daily. We continually strive to serve more people with more meals.

Not only is our nutrition program stellar, we intend to have a stellar March. There will be so much going on. Don't miss out on the fun. We have a great line-up of generous rockers who are out raising funds for the Meals on Wheels program. Join us March 18th for our Rock-A-Thon and St. Patty's Day celebration. Our rockers will take the stage while we all enjoy a traditional corned beef and cabbage meal with all the fixins. We will have door prizes and they will be drawn at 12:45pm. You must be present to win. If you wear green stop at the front desk for a treat (bringing your green beer doesn't count, haha). Hope you come early and stay late to cheer on, and thank all of our rockers. Remember the funds raised provide meals for Seniors who can't afford them. We will also have radio, newsprint and likely a television station on site bringing awareness to the need to end senior hunger in Yankton. The other value of the media attention is it gives us the opportunity to identify others who are in need of our many programs. With an emphasis on Seniors who are shut in and need Meals on Wheels. The statistics of Seniors in Yankton living below the poverty level are alarming. It costs less to provide a Senior, Meals on Wheels for one year than what it costs for a 1 day stay in the hospital or 6 days in a nursing home. The program not only keeps our Seniors nutritionally healthy, but when the volunteer driver arrives, there's social interaction and a wellness check. It is not unusual for children of Meals on Wheels recipients to say that if it wasn't for the program, their parents would have gone into long term care. Although our long term care facilities are wonderful, there's nothing quite like home.



We are excited to again partner with the City to host our Community Champions Event. This is a great way to show off our facility and our delicious meals. Please welcome and thank our Community Champions for volunteering. I would like to invite you to the March 11th City Commission Meeting, 7pm at the RTEC building. The Center will receive a proclamation from the Mayor recognizing our March for Meals Campaign.

I am elated by the continued support we receive from our schools. The kids from Beadle, Webster, Lincoln, Stewart and Tabor Elementary will be hosting coin drives at their respective schools. The local students will be coming into the building to volunteer and learn about what we do. Please welcome them and thank them for their efforts.

Don't forget to buy shamrocks this month for \$1. Put your name on it and it will be displayed on the wall in proud support of The Center. We will draw shamrocks and give away prizes on April 1st.

We are looking forward to a busy and fun March. Please come out and support our efforts. If you don't come out on a regular basis, come out for our Rock-A-Thon on March 18th. You will have a fabulous meal in a fun-filled, friendly atmosphere. We will also have our social workers out for lunch as we thank and recognize them for all they do to help people.

I want to offer my condolences to Board Member Joleen Smith on the loss of her Mother, Marge Becker. Please keep Joleen and her family in your prayers.

 **March Madness is before us—Enjoy!**
Christy Hauer/Executive Director 

Happy
St. Patrick'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



March for Meals Campaign

Our building will be as Irish as can be with many fun activities throughout the month.



5th Annual Rock-A-Thon

(Monday, March 18th-serving
Corned Beef & Cabbage)

Stop in and support your favorite rocker and join us for a traditional Irish feast.



Shamrock Raffle

Purchase your shamrocks for just \$1.
(Drawing on April 1st—Must be present to win.)



Community Champions Event

City officials will be volunteering at The Center throughout the month of March.

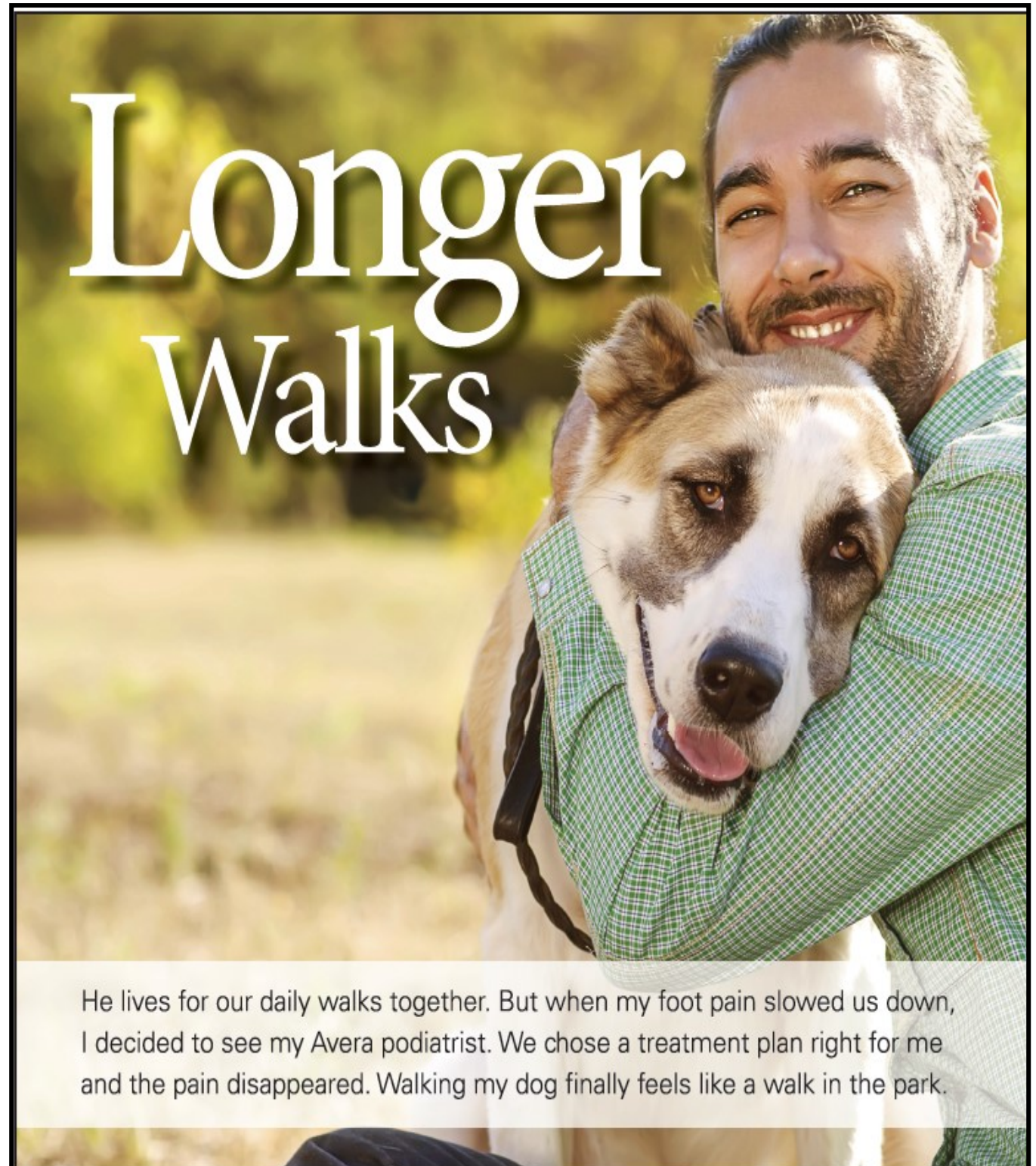


School Coin Drives

We have several schools participating in a coin drive. Thank you to Beadle, Lincoln, Stewart, Webster and Tabor Elementary schools for your support this year.



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

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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Beth Beeman,
Au.D., CCC-A, FAAA



Todd A. Farnham,
Au.D., CCC-A, FAAA



Jason R. Howe,
M.S., CCC-A, FAAA

Call us at 605-665-0062 to schedule an appointment.



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Ear, Nose & Throat

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605-665-0062

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Fundraising News



Pancake Feed

(All You Can Eat)

Wednesday, March 13th - 4:30pm-6:30pm



Lelia Elder and Doyle & Carolyn Becker Family

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!



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 Donation

Mary Broders—Pet Food Program
The Bargain Shoppe—Tabor Program
Conley & Dorothy Stange—Soup Kitchen
Glenna Andersen—Soup Kitchen
Alma Zweber—Soup Kitchen
Robert & Darlene Kolda—Soup Kitchen
Sharon Fiedler—Soup Kitchen
Don Marbach—Tax Donation
Ben's Brewing Co. Customers
Emma French Laird—Soup Kitchen
Dorothy Nielson—Soup Kitchen

Your generous support is greatly appreciated!



Save The Date

The Center's Wine & Dine Event originally scheduled for Saturday, March 2nd has been moved to Friday, July 12th. **Tickets are available now for \$35.**

Wine tasting, dinner, silent and live auction with Greg Ryken.

Tickets are available in the office or from any Board Member.

We are fortunate we moved the date with the projected extreme high temperature of 1-2 degrees.



Volunteer News

Congratulations!

Our **March Volunteer of the Month** is Paula Keehr.

Paula has been delivering Meals on Wheels for many years for The Center. She is always ready and able when we need a last minute substitute driver. Her and Jack Halstad have been instrumental in working with our route sheets, making sure that they made sense for all of our volunteers delivering meals.

Thank you, Paula for delivering meals for us.

Enjoy your parking spot.



AARP Tax aides Roger Meyer, Van Pace, Deb Bodenstedt, Malena Diede, Marsha Dahlseid and Diana Klassy.
Not Pictured: Bob Diede and Jack Dahlseid.

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
- Receptionist/Office Work
- 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 from the Tabor Nutrition Center. We have sure been having some awful weather, it seems like Spring will never come, but we know it will. Daylight savings and Spring will arrive in March.

We had a couple of celebrations at our site last month. We crowned a King (Frank Hron) and Queen (Darlene Holec). We had a really nice crowd for Valentine's Day and we celebrated birthdays.

We will have a traditional Irish Feed of Corned Beef & Cabbage for our March Evening Meal on the 3rd Tuesday, so please call in your reservations early so we make sure to have enough food.

Gail Hovorka
Tabor Site Coordinator



Tabor Nutrition Center
138 North Lidice
Tabor, SD 57063
605-463-2505

Hours of Operation
Tues, Wed, & Thurs
11:30am-12:30pm
Meal Donation \$4.25

March 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.

Mar 5	Hot Pork Sandwich w/Cheese
Mar 6	Baked Fish
Mar 7	Swedish Meatballs
Mar 12	Chili
Mar 13	Baked Chicken
Mar 14	Baked Steak w/Gravy
Mar 19	Corned Beef & Cabbage (Evening Meal)
Mar 20	Spaghetti & Meat Sauce
Mar 21	Hamburger Patty
Mar 26	Chicken Fried Steak
Mar 27	Roast Beef
Mar 28	Oven Fried Chicken

Birthdays

March 6th - Joe Cap
March 19th - Sherry Povandra
March 30th - Frances Honner

In Memory of Vee Horner

Our thoughts and prayers are with Vee's family and friends.

We are so grateful for the 23 years Vee Horner served as the Tabor Site Coordinator. She will be truly missed by us all.

The Center Staff,
Yankton & Tabor



Don Mudloff celebrated his 80th birthday at The Tabor Nutrition Center with cake and ice cream provided by his sister Marie Mogck.



Tabor Valentine's King Franklin Hron and Queen Darlene Holec

Tabor Wish List

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



Trips

Worthing Dinner Theater

5:00pm-11:00pm ▪ \$62.00 per person
(Includes transportation, dinner & theater)

“Dial M for Murder” ▪ Friday, May 10, 2019

Hailed as “a holiday for the whodunit fans” this thrilling murder mystery will leave you wondering to the very end. Husband Tony Wendice seems as though he will do anything to get his hands on his wife Margot’s fortune. However, when the hitman he hires turns up dead instead of his wife, the audience is left wondering what could possibly have happened, and what Tony will do next to get her money. With detectives working fast to find the true culprit, it seems that everyone in this show has their own angle to work. Find out why the New York Times called it “original and remarkably good theatre – quiet in style but tingling with excitement underneath”

****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).



Center Wish List Thank You For Your Donations!

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



Happy pet owners taking advantage of our pet food program. Thank you to those who donate to this program so we can keep offering to those in need.

Nutrition Education

Your Checklist For Better Health



Adding healthy habits to your daily routine can help keep you active and strong as you age. To stay young at heart, use these tips to create new practices that may help you look and feel good in the years to come. It’s never too late to improve your health.

- **Jumpstart your day with breakfast.** Try a high fiber cereal topped with berries.
- **Select nutrient dense foods.** Choose colorful fruits & vegetables, fat-free milk & cheese, whole grains, seafood, lean meats, poultry, eggs, beans, nuts and seeds.
- **Get at least 150 minutes of aerobic exercise a week.** Walk briskly, bike, swim, hike, play tennis or table tennis, chase your grandkids, do water aerobics, dance.
- **Drink fluids throughout the day** even though you may feel less thirsty.
- **Strengthen your muscles twice a week** to ward off frailty and muscle loss. Climb stairs, mow the grass, dig in a garden, use an exercise band, better yet, join our exercise class on Monday, Wednesday & Friday at 11:00am.
- **Avoid sitting for long periods of time** in front of a TV or computer. Stand up and move around.
- **Improve balance and flexibility three times a week.** Try yoga or stretching exercises to help you reduce stress, stiffness and the risk of a fall or injury.
- **Put down the salt shaker.** Cut salt to 2/3 teaspoon a day.
- **Be good to yourself.** Get enough sleep. Lift your spirits by enjoying friends and family for lunch at The Center, and a friendly or not so friendly card game.



Mandi Lampman—Meals on Wheels Coordinator

Don’t miss our 5th Annual Rock-A-Thon on Monday, March 18th—We are serving Corned Beef & Cabbage. Order your frozen meals for evenings, weekends and holidays.

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)



CENTURY 21
Professional Real Estate

Carla Schlingman
(605) 661-8643



Each office is independently owned and operated



Nutrition News

January 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1056 (53 per day)	236 (12 per day)	266 (9 per day)	250 (18 per day)	1808 (90 per day)
Home Delivered	1519 (76 per day)	N/A	N/A	70 (5 per day)	1589 (79 per day)

March Kitchen Volunteers

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

Mar 1	Helena Rezac
Mar 4	JuLee Werkmeister
Mar 5	Barb DeJager
Mar 6	Sandy Kreber
Mar 7	Carol Wynia
Mar 8	Helena Rezac
Mar 11	Dorothy Gobel
Mar 12	Alma Logdahl
Mar 13	Geri Loecker
Mar 14	Janice Kirschenman
Mar 15	Eileen Leshner
Mar 18	JuLee Werkmeister/Community Champion
Mar 19	Bonnie Strnad
Mar 20	Amanda Stewart
Mar 21	Community Champion
Mar 22	Helena Rezac
Mar 25	Community Champion
Mar 26	Alma Logdahl
Mar 27	Malena Diede
Mar 28	Dorothea Hoebelheinrich
Mar 29	Sandy Kreber



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, March 27th - 4:30pm-6:30pm



Serving:

BBQ Ribs
Baked Potato
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

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www.YanktonMedicalClinic.com

Pharmacy
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Pharmacy Hours:
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Sat: 8:30 a.m. - 5 p.m.
Sun: Noon - 5 p.m.

Ear, Nose & Throat
605-665-0062

2525 Fox Run Parkway, Suite 101
Yankton, SD 57078

Regular Clinic Hours:
M-F: 8 a.m. - 5 p.m.
Closed: Noon - 1 p.m. Daily

Regular Clinic Hours:
M-F: 8 a.m. - 5:30 p.m.
Sat: 8:30 a.m. - Noon

Convenient Care Hours:
M-F: 5 - 9 p.m.
Sat. & Sun.: Noon - 5 p.m.

Regular Clinic Hours:
M-F: 8 a.m. - 5 p.m.
Closed: Noon - 1 p.m. Daily

Potpourri



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.

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.

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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.

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Live better. Live balanced. **Avera**

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

Morning Coffee Show with Scott Kooistra

Tuesday, March 12th at 7:40am & 12:20pm
Tuesday, April 9th at 7:40am & 12:20pm



Tune into 1450AM
Hear about upcoming events and activities at The Center.

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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 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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SOCIAL WORK MONTH


Thank You
 March is National Social Workers Month.
 Thank you to all Social Workers for all you do!
 We appreciate you helping others.

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dinner & Movie - 20th Oven Fried Chicken Mashed Potatoes/Gravy Dressing Harvard Beets Pears	Evening Meal - 27th BBQ Ribs Baked Potato Green Beans Fruit Dessert	Community Champions Event March 14th through March 27th Thank you to the City of Yankton! 		1 Mandarin Chicken Cheesy Potatoes Broccoli Tropical Fruit
4 Tater Tot Casserole Seasoned Spinach Tropical Fruit	5 Swiss Steak Company Potatoes Broccoli Crunchy Cranberry Salad	6 Tomato Soup Grilled Cheese Sandwich Fruit Cocktail Brownie Ash Wednesday	7 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Chocolate Pudding	8 Salmon Loaf Creamed Potatoes Baked Squash Pears Tapioca Pudding
11 Pork Cutlet Noodles & Gravy Peas Mandarin Oranges	12 Roast Beef Mashed Potatoes/Gravy Green Beans Peaches	13 Grilled Chicken Panini Spinach Salad Fruit Angel Food Cake/Topping Pancake Feed	14 Turkey & Dressing Mashed Potatoes/Gravy Brussel Sprouts Fruit Cocktail Chocolate Pudding Anniversary Dinner	15 Tuna Noodle Casserole Parslied Carrots Fruity Slaw Jell-O with Fruit
18 Corned Beef & Cabbage Mashed Potatoes/Gravy Fruit Cocktail Pistachio Pudding Rock-A-Thon	19 Lasagna Broccoli Chinese Coleslaw Fruit Slush	20 Ham Baked Potato Corn Peaches Dinner & Movie	21 Meat Loaf Oven Browned Potatoes Mixed Vegetables Tomato Spoon Salad Cake & Ice Cream Birthday Dinner	22 Broccoli Cheese Soup Egg Salad Sandwich Tropical Fruit Jell-O
25 Citrus Chicken Herbed Diced Potatoes Green Beans Perfection Salad	26 Goulash Italian Vegetables Coleslaw Mandarin Oranges	27 Beef Barley Soup Carrots Tomato Spoon Salad Fruit Crisp Evening Meal - Ribs	28 Pork Loin w/Apple Chutney Sweet Potato Green Beans Jello w/Fruit	29 Breaded Baked Fish or Hamburger Potato Wedges Glazed Carrots Acini di Pepe Salad

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.

March Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
4	5	6	7	8
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 9-12 Taxes 9-11 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Taxes 9-11 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Webster School Volunteers	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Toe Nail Clinic 10:00 Taxes 9-11 Pinochle 12:45 Dominos 12:45 Beadle School Volunteers	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
11	12	13	14	15
Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 SHIINE 9-12 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9 Stewart School Volunteers	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Lincoln School Volunteers Pancake Feed 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 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 Commodities 1:00 Bingo 7-9
18	19	20	21	22
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 1:00 Pinochle 1:00 Hand & Foot 1:00 Rock-A-Thon Yankton Middle School Volunteers	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 SHIINE 9-12 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Toe Nail Clinic 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Dinner & A Movie 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 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 12:45 Bingo 7-9
25	26	27	28	29
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 SHIINE 9-12 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 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 Taxes 9-11 Wii Bowling 10:00 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9

Membership News

Thank You for Your Donation

Dog Food & Batteries	Ana Bailey
Music CD's	Marlene Nebola
Coffee, Plates, Magazines	Fran & Sandy Johnson
Coffee	Cathie Huchtmeier
Cat/Dog Food, Kleenex, Toilet Paper, Sandwich Bags	Jim & Shari Hovland
Coffee & Candy	Theresa Arens
Coffee & Books	JoAnn Bartlett
Batteries	Elaine List
Cinnamon Swirl Bread	Yankton Antique Mall
Coffee & Laundry Soap	Alma Zweber
Laundry Soap & Magazines	Ed Gleich
Coffee, Kleenex, Napkins	Arlene Young
Books	Bill & Ruth Hickerson

Welcome New Members

Richard Franklin • Yankton
 Jane Miller • Yankton
 Louie Kozak • Yankton
 Thomas & Barbara Kopecky • Yankton
 Steve & Pam Hamilton • Yankton
 Emma French Laird • Yankton
 Lois Kerr • Yankton

Sympathy Cards

Colleen Schild
 (Loss of Brother-in-Law)

Betty Drotzman Family

Pearl Lyons
 (Loss of Husband)

Vee Horner Family

Marge Becker Family

Randy & Joleen Smith
 (Loss of Mother)

Clara Ulmer Family

Barb Mechtenberg
 (Loss of Husband)

Janet Ausdemore
 (Loss of Husband)

Get Well Cards

Sharon Thoene
 Sharon Fiedler
 Marilyn Halsey
 Dory Ahern
 Joyce Kollars
 Irene Hirsch
 Sharon Leinen

Memorials

In Memory of Marge Becker

Pat & Christy Hauer
 Dale & Donna Herinckx
 Norma J. Andersen
 Margaret Sarringar
 Diane Reese
 MaryJane Hisek
 Kriss Thury
 Colleen Schild
 Bob & Malena Diede
 Jean Schaecher
 Andy & Barb DeJager
 Chuck & Cheryl Leiferman
 Colleen Palmer
 Jean Fitzgerald
 Theresa Arens
 Sharon Fiedler
 George Flevares
 Millie Zimmerman
 Fran Fox
 Thomas & Verna Thon
 Ethel Goeden
 Richard & Ellen Slowey
 Sheri Gause
 Greg & Peg Wittmeier
 Mark & Patricia Hunhoff
 Jacob & Sandra Hoffner
 Karen Gran
 Jason & Jennifer Steffen
 David & Norma Goos
 Mark & Charlotte Peterson
 Joyce Combs
 Charles & Alma Logdahl
 Keith & Lois Wieseler
 William & Deanna Nelson

In Memory of Marge Becker

David Hosmer & Stephanie Tamisiea
 Cecilia Sorenson
 Roger & Pam Hamilton
 Judy Ray
 Donna Anstine
 Delores Pesek
 Bryan & Sharon Pike
 Darwin & LaVila Tessier
 Matthew & Jessie Scott
 Vernon & Sandra Arens
 John & Marvellyn Willcockson
 Kay Nickles
 Phyllis Christiansen
 Randy & Sandra Kramer
 Merl Johnson
 Wilbur & Lynette Goehring

In Memory of Clara Ulmer

Pat & Christy Hauer
 Norma J. Andersen
 Bob & Malena Diede
 Clara Ulmer Family

In Memory of Frank Carter

Norma J. Andersen

In Memory of Jackie Olson

Norma J. Andersen

In Memory of Margaret Hunhoff

Theresa Arens

In Memory of Vee Horner

Pat & Christy Hauer
 Kriss Thury
 Margaret Sarringar

In Memory of Glen Mechtenberg

Pat & Christy Hauer

In honor of
 Christy's Hauer's
 Birthday, a donation
 has been made to
 the March for Meals
 Campaign
 from the
 Center Staff.
 Happy Birthday!



Happy Birthday

Mar 1	JoAnn Jonas	Mar 15	Arlys Saoi
Mar 1	Linda Schroeder	Mar 16	Lorraine McNeely
Mar 2	Nancy Hermanson	Mar 16	Lloyd Seger
Mar 4	Frances Brannen	Mar 17	Pat Raab
Mar 4	Dolores Feilmeier	Mar 17	Pamela Hamilton
Mar 4	Delores Kafka	Mar 18	Jean Hauger
Mar 7	Jane Rames	Mar 19	Priscilla Mazourek
Mar 8	Donna Steckler	Mar 19	Celestine Johansen
Mar 9	Rita Wiese	Mar 19	Merle Keiser
Mar 9	Harold Diede	Mar 19	Marjorie Macy
Mar 10	Nadean Auch	Mar 22	Cathryn Rehfuuss
Mar 10	Cecilia Sorenson	Mar 24	Linda Wing
Mar 11	Jim Filips	Mar 25	Carol Ramse
Mar 11	Francis Laffey	Mar 25	Lois Reade
Mar 13	Janice Miller	Mar 26	Jerry Koch
Mar 13	Sherry Oare	Mar 26	MaryLou Dueschle
Mar 13	Bonnie Strnad	Mar 26	Ken Jones
Mar 13	Jeanette Johnson	Mar 27	Darrel Johansen
Mar 15	Lois Furdeck	Mar 29	Doyle Becker
Mar 15	Lorraine Kressig	Mar 30	David Gellerman
		Mar 31	Velma Lane

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	661-8017
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

Wii Bowling News

Tuesday League

January 29, 2019

JoAnn Huitema had a high game of 217.
Mary Law had a high series of 578.
Janice Kirschenman picked up a 4-5 split.
Elaine List picked up a 5-7 split.
Darlene Pokorney picked up a 3-9-10 split.
Mary Haberman picked up a 5-10 split.
Malena Diede picked up a 3-5-7 & 5-6 split.

February 5, 2019

Mary Haberman had a high game of 219 and a high series of 586.
Karen Gran picked up a 4-5, 5-7, 4-5-7 & 2-5-7-8 split.
Elaine List picked up a 4-5-7 split.

February 12, 2019

Mary Law had a high game of 225 and a high series of 581.

Thursday League

January 31, 2019

Marillyn Obr had a high game of 248 and a high series of 623.
Jeanne Laffey picked up a 5-7 split, three times.
Bev Larsen & Sandy Kreber picked up a 5-10 split.
Joan Haberman picked up a 4-7 split.

February 7, 2019

Marillyn Obr had a high game of 237 and a high series of 690.
Sharon Tronek picked up a 3-6-10 split.

February 14, 2019

Marillyn Obr had a high game of 256 and a high series of 649.
Jeanne Laffey picked up a 5-7 split.
Dorothy Gobel picked up a 5-7-10 split.

Cards will begin at 1:00pm on Monday, March 18th and Thursday, March 21st. Thank you for your cooperation.

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

Happy Anniversary

Mar 1	Delano & Marilyn Christensen
Mar 10	Dr. Marcus & Lisa Long
Mar 13	Charles & Beth Nyquist
Mar 22	Ken & Dorothy Blumer
Mar 24	Ron & MaryLou Deuschle
Mar 27	Dan & Jane Miller
Mar 27	George & Floris Woodhouse



Rifest Diners
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204 W. 4th
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665-3611

Pinochle News

Double Pinochle—January 10, 2019

George Woodhouse & Dorothy Nielson

Round Robin—February 7, 2019

George Woodhouse
Bob Neibergall



A Reminder to All Card Players

If you are unable to play, it is your responsibility to find a replacement.
Ask Card Coordinator for a substitute list.
The option to play 3 handed pinochle is always available.

Activities

Dinner & A Movie (3rd Wednesday every month)

**Suggested donation \$6.00
(Dinner, Movie & Popcorn)**

We are serving:

- Oven Fried Chicken
- Mashed Potatoes & Gravy
- Dressing
- Harvard Beets
- Pears
- Dessert
- Bread, Butter, Milk and Coffee

RSVP: 605-665-1055

Showing: "March of the Penguins"

At the end of each Antarctic summer, the emperor penguins of the South Pole journey to their traditional breeding grounds in a fascinating mating ritual that is captured in this documentary by intrepid filmmaker Luc Jacquet. The journey across frozen tundra proves to be the simplest part of the ritual, as after the egg is hatched, the female must delicately transfer it to the male and make her way back to the distant sea to nourish herself and bring back food to her newborn chick.



The Center Activities Committee is seeking members. The committee meets monthly at The Center to discuss current activities as well as new activities. If you are interested in serving on this committee, please stop in the office and talk to Kriss.

Partnership Bridge News

February 6, 2019

- | | |
|-------------------------------------|-------------|
| 1. Rose Mather & Dan Miller | Score: 5550 |
| 2. LaVila Tessier & Margie Eddie | Score: 5230 |
| 3. Jean Schaecher & Jean Fitzgerald | Score: 5100 |
- Slam: Fran Mollet & Marilyn Weverstad**

February 13, 2019

- | | |
|-----------------------------------|-------------|
| 1. Rose Mather & Dan Miller | Score: 4870 |
| 2. Loraine McNeely & Judy Kistler | Score: 4280 |
| 3. Muriel Stach & Beth Nohr | Score: 4150 |

February 20, 2019

- | | |
|--------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 6090 |
| 2. Janet Ausdemore & Dan Miller | Score: 4260 |
| 3. MaryAnn Anderson & Jeannie Gustad | Score: 4210 |
- Slam: Loraine McNeely & Char Erickson
MaryAnn Anderson & Jeannie Gustad**

Friday Bridge News

February 1, 2019

- | | |
|-------------------------------------|-------------|
| 1. Jean Fitzgerald & Jean Schaecher | Score: 4120 |
| 2. Muriel Stach & Beth Nohr | Score: 3160 |
| 3. Jerry & Colette Koch | Score: 2580 |
| 4. Betty Adam & Shirley McKee | Score: 1720 |

February 8, 2019

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 5450 |
| 2. Jean Fitzgerald & Char Erickson | Score: 4240 |
| 3. Darwin & LaVila Tessier | Score: 3266 |

February 15, 2019

- | | |
|-------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 6550 |
| 2. Betty Adam & Janet Ausdemore | Score: 4650 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 2880 |

February 22, 2019

- | | |
|-----------------------------------|-------------|
| 1. Karen Girard & Dan Miller | Score: 4250 |
| 2. Nadean Auch & Marlene Larsen | Score: 3000 |
| 3. Jean Schaecher & Char Erickson | Score: 2560 |
| 4. Betty Adam & Marsha Dahlseid | Score: 1070 |

Bridge Lessons

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

Services/Education

Commodity Program

The Commodity Supplemental Food Program is for those who are 60 and older and have a gross income of **\$1,354** or less per month for a 1 person household or **\$1,832** 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 (**March 15th**) from 1pm-3pm and are on a first come first served basis.



Pet Food Program

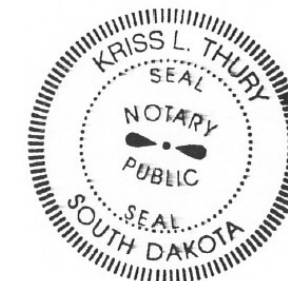
For some Seniors who are not able to get around easily, their best friend and only companion may be their loving dog or cat. The Center calls attention to the importance of pets. The pet food program helps those in the Yankton area feed their furry companions. If you qualify, you will receive pet food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



AARP Tax Assistance Available

AARP Tax Aides have begun the tax season. Appointment times are limited on Tuesday, Wednesday & Thursday mornings. You must bring with you, last year's tax return, a picture ID, social security card and checking/routing number.

THIS SERVICE IS FOR SENIORS AND THOSE WHO ARE LOW INCOME.

Call The Center, 665-4685 to schedule your appointment today.

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, March 12th - 10:00am-11:00am

The Dementia Caregiver Group meets each month on the second Tuesday (**March 12th**).

Everyone Welcome

