



### Board of Directors(2018-19)

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

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### Volunteer Appreciation Dinner

Monday, April 15, 2019 • 11:30am-12:30pm

National Volunteer Appreciation Week is April 15th–19th. We will be honoring our Center volunteers by hosting a free dinner for all Center volunteers provided by First Dakota National Bank and a token of appreciation provided by The Center.

- Chicken Fried Steak
- Mashed Potatoes & Gravy
- Green Beans
- Dessert
- Bread, Coffee, Milk

Call 665-1055 for reservations.

Sponsored by First Dakota National Bank & The Center

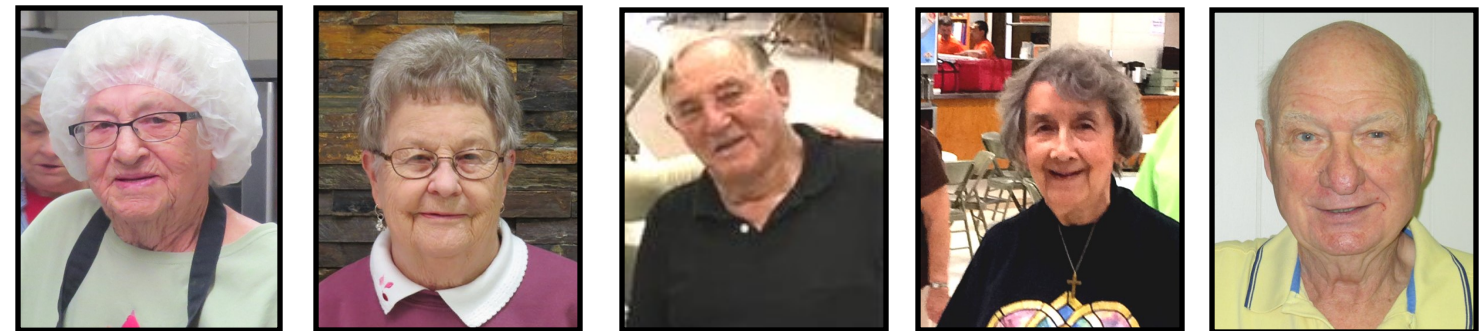


Duane Frick, Top Rocker

### 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!



### 2018 Volunteers of the Month

Bonnie Strnad, Alma Logdahl, Bob Kellen, Eileen Leshar, Duane Frick, Cecelia Dean, Henry Petersen, Joleen Smith, Loran & Dolores Moore, Gary & Velma Kuchta, Jack Halstad, Chuck Schild

Volunteer of the Year will be announced.



## 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



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.



**Open House for Colleen Schild**  
 Thursday, April 11th  
 2:00pm-4:00pm

Join us as we celebrate Colleen and her retirement from The Center. Colleen has worked through Experience Works at The Center for 14 years. She is the face of The Center and she will truly be missed.

We will celebrate her with coffee and cookies and share many memories.

## Director's Desk

The Madness is over both in the basketball world and in our world as we wrapped up a very successful March for Meals campaign. Our Rockers raised 30% more than last year. We had a guest appearance from not only a leprechaun but first in our history a television station. A special thank you to all our Rockers (pg 3), leprechaun Gene Ebeter, WNAX, KVHT, KYNT and KDLT for their coverage of this special event.



We appreciate the donations our members make to not only support our Nutrition program, but also our overall operation. The funds raised thru our Rockathon will provide meals to Seniors in need. If you know someone that is 60 years or older, and is homebound, please refer them to our Meals on Wheels program. We have the resources to help.

I would like to thank our students, teachers and school administrators from Beadle, Webster, Stewart, Lincoln and Tabor for conducting coin drives to support Meals on Wheels. The City commission proclaimed March, as March for Meals month. We had many city officials visit our facility and volunteer their time.

Each month I present to the Board a report on the 3 M's. (Money, Membership, Manpower) The essential elements needed to succeed in the non-profit sector. Financially we had a very successful March. We were blessed to receive a contribution from the estate of Betty O'Malley. This gift enabled us to offer our Wine and Dine event in the summer, kicking off our fiscal year in July with some financial stability. (Money) Throughout the year we are fortunate to sign up new members. Over the past couple of months, our members have been renewing their membership. Retention is important to successful growth. (Membership) Finally, we could not function without manpower. April is my favorite month because we are given the opportunity to formally thank our many volunteers. I look forward to seeing you on April 15<sup>th</sup> to honor you, as a volunteer. If you don't volunteer, I would ask you to consider it, or come to our Volunteer Appreciation Dinner and help me thank those who do. (Manpower) We need the help of our membership to assure continued success. God Bless you. Stop to smell the Spring flowers!  
 Christy Hauer, Executive Director



Officer Brad Parker making Jell-O



March Ribfest



Evelyn Timm with help from a student from Stewart School

**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. Specialty coffees and Many treats provided.

**RSVP in the office.**  
 Sponsored by  
**Walnut Village**



**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!**



## 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 **and number or email** so we can add you to the list. If you would like your name removed, let us know.



# Upcoming Events

|        |                                       |                 |
|--------|---------------------------------------|-----------------|
| Apr 9  | Dementia Caregiver Group              | 10:00am-11:00am |
| Apr 10 | Pancake Feed                          | 4:30pm-6:30pm   |
| Apr 11 | Open House for Colleen Schild         | 2:00pm-4:00pm   |
| Apr 11 | Anniversary Dinner                    | 11:30am-12:30pm |
| Apr 11 | USD Dental Students                   | 9:00am-2:00pm   |
| Apr 12 | Commodities                           | 1:00pm-3:00pm   |
| Apr 15 | Volunteer Appreciation Dinner         | 11:30am-12:30pm |
| Apr 17 | Dinner & A Movie                      | 4:30pm-6:00pm   |
| Apr 18 | Birthday Dinner                       | 11:30am-12:30pm |
| Apr 19 | Good Friday - Center Closed at 1:00pm |                 |
| Apr 24 | Ribfest                               | 4:30pm-6:30pm   |
| May 10 | Mothers' Day Tea                      | 2:00pm-4:00pm   |
| May 10 | Worthing Dinner Theater               | 5:00pm-11:00pm  |

## 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)

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

16-ASCH-2189

## 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.



The crew from Ben's came down and volunteered for the March Ribfest

# Rock-A-Thon (\$28,586 raised)

## 2019 Rocker Totals

|  |         |
|--|---------|
| Duane Frick (Former Board & Lifetime Member)     | \$5,034 |
| Dawn Henseler (Walnut Village)                   | \$3,498 |
| Rob Stephenson (First Dakota National Bank)      | \$2,361 |
| Ruth Scott (Fyzical Therapy)                     | \$1,809 |
| Dr. Jeremy Kudera (Yankton Medical Clinic)       | \$1,500 |
| Diane Reese (Current Board Member)               | \$1,443 |
| Randy Hammer (KVHT)                              | \$1,116 |
| Jim Reimler (WNAX)                               | \$1,113 |
| Margaret Sarringar (The Center--Cook/Member)     | \$1,067 |
| MaryJane Hisek (The Center--Cook/Member)         | \$1,058 |
| Matt Michels (Former Lt Governor--Avera)         | \$978   |
| Stacy Hubert (Sertoma Club)                      | \$961   |
| Larry Nickels (Yankton Fire Department)          | \$904   |
| Doug Ekeren (Avera Sacred Heart Hospital)        | \$777   |
| John Porter (Retired-Avera Health)               | \$772   |
| Troy Cowman (Yankton EMS)                        | \$748   |
| Nori Duchene (Kiwanis Club)                      | \$597   |
| Dan Klimisch (Yankton County Commission)         | \$555   |
| Lynn Peterson (Cortrust Bank)                    | \$531   |
| Colleen Schild (Center Office Asst-91 yrs young) | \$513   |
| Chief John Harris (Yankton Police Department)    | \$335   |
| Kathy Church (The Observer)                      | \$312   |
| Devin Wagner (City Commission Candidate)         | \$226   |
| Dr. Brent Adams (Yankton Medical Clinic)         | \$211   |
| Jane Larson (Great Western Bank)                 | \$167   |

## Rock-A-Thon Results

2015: \$ 6,992  
2016: \$14,713  
2017: \$19,887  
2018: \$20,958



**Rockers**  
Matt Michels  
Doug Ekeren  
&  
Leprechaun Gene

**Board Members**  
Dave Hosmer  
Joleen Smith  
&  
Leprechaun Gene  
is enjoying a  
green beer.



**Joe Morrow**  
pours green  
beer for our  
members and  
guests.

# Thank You!

Congratulations Duane Frick for raising the most money. Thank you Walnut Village (\$3,000) and First National Bank/Jeff Jones (\$2,500) for making contributions. It was a collective effort by many with the winners being the Seniors we serve.

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."

## Rock-A-Thon (\$28,586 raised)



Larry Nickles



Duane Frick & Diane Reese



Dr. Jeremy Kudera



Troy Cowman



Rob Stephenson



Ruth Scott



Dan Klimisch

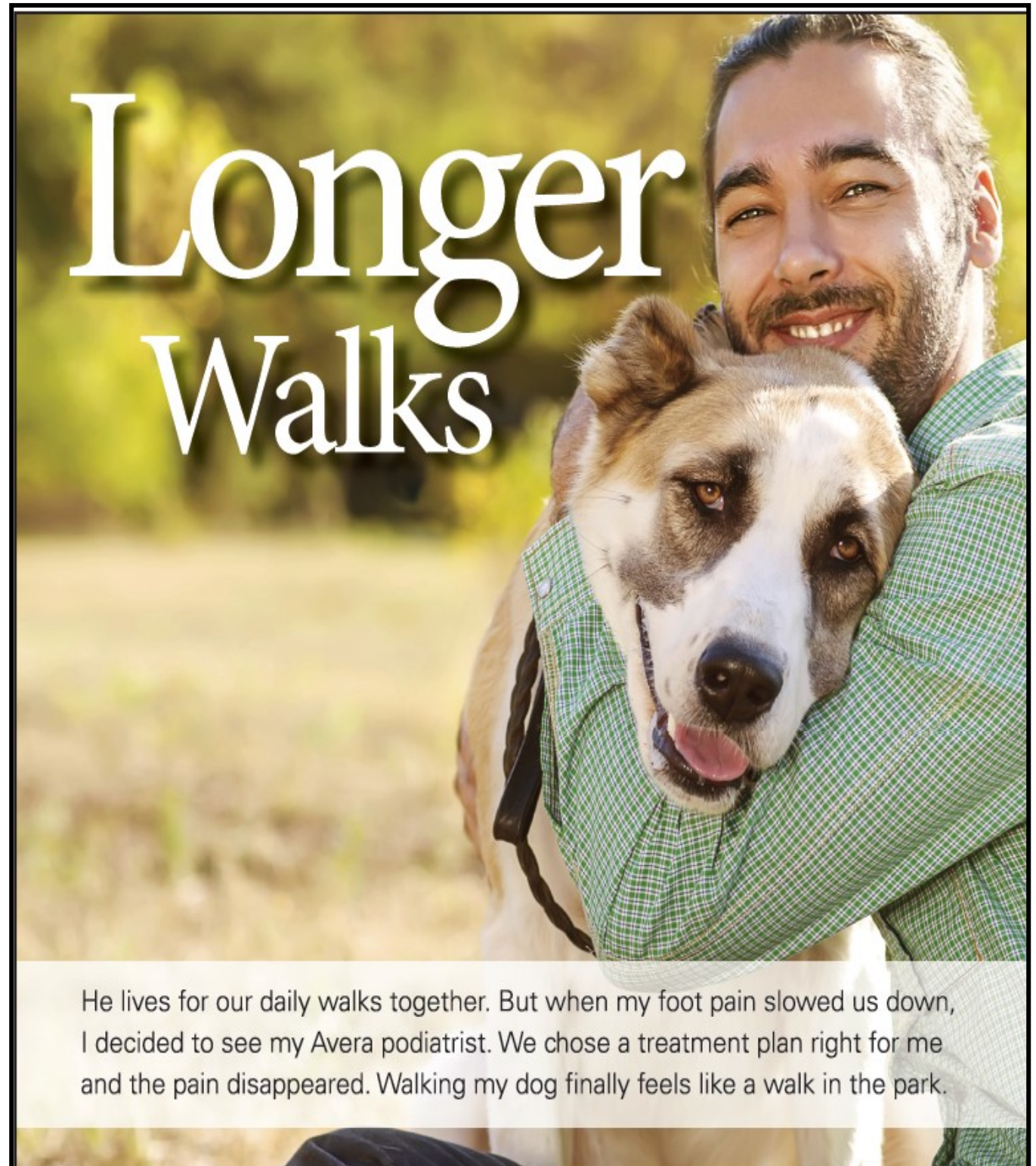


Doug Ekeren, Matt Michels  
John Porter



Dawn Henseler & Nori Duchene

# 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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## Fundraising News



### Pancake Feed

(All You Can Eat)

**Wednesday, April 10th • 4:30pm-6:30pm**  
(2nd Wednesday of the month through May)

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)



### Save The Date

Friday, July 12th  
5:30pm-8:30pm  
\$35/ticket

**Wine Tasting & Dinner**  
**Live & Silent Auction**

Get tickets from a board member or front office.

### Thank You For Your Donation

Marge Wuestewald—Soup Kitchen  
Murial Stach—Soup Kitchen  
Merl Johnson—Tax Donation  
Janice Wendte—Tax Donation  
Don & Amanda Johnson—Tax Donation  
Henry & Janice Noehre—Tax Donation  
Clara Ulmer Family—March for Meals  
Mary Orth—March for Meals  
Gary Howey—March for Meals  
Wilbur & Laura Nedved—March for Meals  
Daniel & Rosanne Koch—March for Meals  
David & Kathy Greenway—March for Meals  
Marlene Nebola—Tax Donation  
Yankton Medical Clinic—March For Meals

Your generous support is greatly appreciated!

### The Center is a Red Cross Shelter

We housed residents of Walnut Village on Thursday and 2 families on Friday.

Prayers for the Red Cross volunteers and the victims of the floods. We are fortunate to live in such a giving community.

## Complete Audiology Care

• Hearing Tests • Hearing Aids • Hearing Aid Batteries • Hearing Aid Repair •



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.



YANKTON MEDICAL CLINIC, P.C.

Ear, Nose & Throat

2525 Fox Run Parkway, Suite 101, Yankton, SD 57078

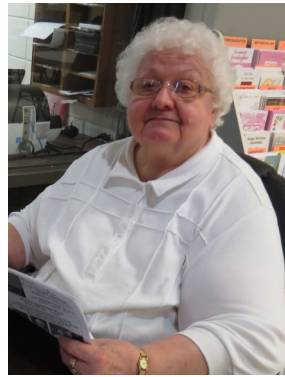
605-665-0062

www.YanktonMedicalClinic.com/ENT

# Volunteer News

## Congratulations!

Our **April Volunteer of the Month** is Dorothy Gobel. Dorothy does many things for us at The Center. She counts the Bingo money, makes several calls inviting our members for meals, she serves as our receptionist on Wednesdays and scrambles the eggs at every pancake feed. Thank you Dorothy 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
- Receptionist/Office Work
- Committee Work-Behind The Scenes

## 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.**

## 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. Spring is upon us, hope everyone is doing better after all the rain and area flooding.

We have had a nice steady flow of people coming in to enjoy our meals.

The April evening meal will be Tuesday, April 16th at 6:00 pm. The menu will be pork chops, dumplings, sauerkraut, vegetables and dessert.

We will have entertainment that evening. Matt and Joe will be here to share their musical talents.

Happy Easter to all.

**Gail Hovorka**  
**Tabor Site Coordinator**



## Tabor Nutrition Center Staff

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

## Birthdays

**April 4**  
**Steve Shrader**



## Tabor Wish List

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

|                               |                           |
|-------------------------------|---------------------------|
| <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      |

## April 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.**

|        |                                    |
|--------|------------------------------------|
| Apr 2  | Beef Barley Soup                   |
| Apr 3  | Liver & Onions                     |
| Apr 4  | BBQ Chicken                        |
| Apr 9  | Salisbury Steak                    |
| Apr 10 | Beef Tips in Gravy                 |
| Apr 11 | Pork Cutlet                        |
| Apr 16 | Pork Chop/Dumplings (Evening Meal) |
| Apr 17 | Chicken Parmesan                   |
| Apr 18 | BBQ Ribs                           |
| Apr 23 | Ham                                |
| Apr 24 | Baked Chicken                      |
| Apr 25 | Roast Pork (Birthday Dinner)       |
| Apr 30 | Spaghetti/Meat Sauce               |



Louie Ruman and Bob Koletzky



Volunteers Dorothy Cuka, George Kostal and Karen Gall

# 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

## Morning Coffee Show with Scott Kooistra

Tuesday, April 9th at 7:40am & 12:20pm  
Tuesday, May 14th at 7:40am & 12:20pm



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



# Nutrition Education

## Healthy Lifestyle Tips



Healthy eating can be easier! Reducing calories, making wiser food choices and exercising more are the keys. Specifically, you should eat from all 5 food groups, especially nutrient rich foods like low fat or fat free milk, cheese and yogurt, vegetable, fruits and whole grains. Be physically active for at least 30 minutes a day.

### Some tips on eating from all the food groups:

- Add a slice of cheese and some grated carrots to your sandwich.
- Stock up on string cheese and yogurts for snacks.
- Add chopped fresh or dried fruit to a salad.
- When eating out, swap the French fries for a serving of vegetable or even a salad.
- Choose whole-grain breakfast cereal.
- Stock your pantry with brown rice and whole grain crackers.

### Some ways to get moving

- Take the stairs instead of the elevator.
- Walk while doing errands.
- Take dance lessons or join our exercise class at The Center (Monday, Wednesday & Friday at 11:00am).
- Ride a stationary bike while you watch TV. You can come to The Center and use the bike or NuStep.
- Walk around the block.
- Use hand weights while talking on the phone.

**For more tips, visit [HealthyEating.org](http://HealthyEating.org)**

**Don't forget to order you extra meals for evenings, weekends and holidays. Also, Come eat lunch on Monday, April 1st. We will have our Shamrock Drawing. Mandi Lampman—Meals on Wheels Coordinator**

## Making People Feel Welcome

We want to make everyone who comes to The Center feel welcome. If you see a new member or a new diner, please welcome them to your table or pull another up to make room and offer up some conversation of what we do at The Center. We, as members, should all be ambassadors promoting our great organization.

## Meal Reservation/Cancellation

We have been so happy with how far we have come with everyone calling in for meal reservations. Our numbers are nearly spot on, which in turn, means less waste. Please continue to call in for reservations or to cancel a meal.

We enjoy having you dine with us at The Center. We ask that you keep your nutrition account current by paying for your meals in advance, or use a pay as you go system. This minimizes the need for additional staff hours. Please check with Mandi or Sara if you need to know your current balance.

## Enjoy Breakfast, Lunch and Dinner At Hy-Vee

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

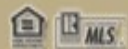
- Meatloaf
- Pork Loin
- Blue Ribbon Burger
- 1 piece Baked Chicken
- 1/2 Hot Beef Sandwich
- 1/2 Hot Turkey Sandwich
- Choice of Fish (Lent only)

**Meals are served with potato, 2 fruits or 2 vegetables or 1 fruit & 1 vegetable, coffee and milk**

**(NO SUBSTITUTIONS)**

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*Carla Schlingman*  
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# Nutrition News

## February 2019 Meal Counts

| Sites          | Yankton           | Sunrise          | Hy-Vee          | Tabor            | Total              |
|----------------|-------------------|------------------|-----------------|------------------|--------------------|
| Congregate     | 1271 (64 per day) | 251 (13 per day) | 242 (9 per day) | 247 (21 per day) | 2011 (101 per day) |
| Home Delivered | 1576 (79 per day) | N/A              | N/A             | 72 (6 per day)   | 1648 (82 per day)  |

### April Kitchen Volunteers

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

|        |                         |
|--------|-------------------------|
| Apr 1  | Diana Klassey           |
| Apr 2  | Barb DeJager            |
| Apr 3  | Geri Loecker            |
| Apr 4  | Bonnie Strnad           |
| Apr 5  | Sandy Kreber            |
| Apr 8  | Dorothy Gobel           |
| Apr 9  | Alma Logdahl            |
| Apr 10 | Carol Wynia             |
| Apr 11 | Jan Kirschenman         |
| Apr 12 | Helena Rezac            |
| Apr 15 | JuLee Werkmeister       |
| Apr 16 | Sylvia Coulson          |
| Apr 17 | Sandy Kreber            |
| Apr 18 | Geri Loecker            |
| Apr 19 | Helena Rezac            |
| Apr 22 | Eileen Leshner          |
| Apr 23 | Alma Logdahl            |
| Apr 24 | Bonnie Strnad           |
| Apr 25 | Dorothea Hoebelheinrich |
| Apr 26 | Eileen Leshner          |
| Apr 29 | JuLee Werkmeister       |
| Apr 30 | Delphine Peterson       |

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, April 24 - 4:30pm-6:30pm  
(4th Wednesday every month)



**Serving:**  
BBQ Ribs  
Twice Baked Potatoes  
Glazed Carrots  
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  
155 people were served in March.

  
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www.YanktonMedicalClinic.com

**Regular Clinic Hours:**  
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Sat.: 8:30 a.m. - Noon  
**Convenient Care Hours:**  
M-F: 5 - 9 p.m.  
Sat. & Sun.: Noon - 5 p.m.



**Pharmacy**  
605-665-2929  
Pharmacy Hours:  
M-F: 8:30 a.m. - 9 p.m.  
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

# March For Meals

Thank you to our Community Champions for volunteering last month!

|                  |                                |
|------------------|--------------------------------|
| Jim Arens        | Engineering                    |
| Colleen Bailey   | City Manager's Office          |
| Todd Brandt      | Police                         |
| Jason Foote      | Police                         |
| Kyle Goodmanson  | Environmental Services         |
| Adam Haberman    | Public Works                   |
| John Harris      | Police Chief                   |
| Julia Hussein    | Dispatch                       |
| Tom Kurtenbach   | Fire Chief                     |
| Brittany LaCroix | Park & City Events             |
| Todd Larson      | Park & City Events             |
| Amy Leon         | City Manager                   |
| Laurie Lockwood  | Finance                        |
| Dave Mingo       | Community/Economic Development |
| Brad Moser       | Public Works                   |
| Matt Nighbert    | Public Works                   |
| Amanda Raiche    | Library                        |
| Dana Schmidt     | Library                        |
| Al Viereck       | Finance                        |
| Kristin Yonke    | GIS                            |



Community Champions Amy Leon and Dana Schmidt

### School Coin Drives/Thank you!

Webster, Beadle, Stewart, Lincoln and Tabor elementary schools as well as the MMC Student United Way support Meals on Wheels.  
(more pictures next month)



Webster School



Lincoln School



Beadle School



Stewart School



# Potpourri

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- Medication Reminders
- Light Housekeeping
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**Yankton: (605) 655-5900**  
 Toll Free: 877-624-5900 • [www.HeartPrintHomeCare.com](http://www.HeartPrintHomeCare.com)

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**first chiropractic CENTER**

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

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**Wine & Spirits 665-7808**

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# April Menu

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 1<br>BBQ Chicken<br>Cheesy Potatoes<br>Broccoli<br>Tapioca Pudding<br><b>April Fools Day</b>                      | 2<br>Salisbury Steak w/<br>Egg Noodles & Gravy<br>Corn<br>Cranberry Crunch Salad    | 3<br>Italian Chicken Breast<br>w/Rotini<br>Baked Squash<br>Tossed Salad<br>Pears                           | 4<br>Hot Beef Sandwich<br>Mashed Potatoes/Gravy<br>California Blend Veg<br>Tropical Fruit                                 | 5<br>Tuna Salad Sandwich<br>Soup<br>Carrots<br>Chocolate Pudding  |
| 8<br>Beef Tips in Gravy<br>Mashed Potatoes<br>Harvard Beets<br>Jell-O w/Fruit                                     | 9<br>Sweet and Sour Pork<br>Rice<br>Oriental Vegetables<br>Fruit                    | 10<br>Sloppy Joe on Bun<br>Potato Wedges<br>Mixed Vegetables<br>Mandarin Oranges<br><b>Pancake Feed</b>    | 11<br>Porcupine Meatball<br>Mashed Potatoes/Gravy<br>Peas<br>Peach Crisp<br><b>Anniversary Dinner</b>                     | 12<br>Macaroni and Cheese<br>California Blend Veg<br>Tropical Fruit<br>Pacific Lime Mold                                      |
| 15<br>Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Green Beans<br>Dessert                                      | 16<br>Meat Loaf<br>Oven Browned Potatoes<br>Corn<br>Jell-O w/Fruit                  | 17<br>Spaghetti/Meat Sauce<br>Broccoli/Cauliflower<br>Tossed Salad<br>Fruit<br><b>Dinner &amp; A Movie</b> | 18<br>Roast Beef<br>Mashed Potatoes/Gravy<br>Baked Squash<br>Tropical Fruit<br>Cake & Ice Cream<br><b>Birthday Dinner</b> | 19<br>Breaded Baked Fish<br>or Hamburger<br>Sweet Potato Fries<br>Glazed Carrots<br>Acini di Pepe Salad<br><b>Good Friday</b> |
| 22<br>Ham<br>Baked Sweet Potato<br>Green Bean Casserole<br>Fruit Cocktail<br>Sugar Cookie<br><b>Easter Dinner</b> | 23<br>Creamed Turkey over<br>Mashed Potatoes<br>Creamed Peas<br>Coleslaw<br>Peaches | 24<br>BBQ Pork Sandwich<br>Baked Potato<br>Mixed Vegetable<br>Mandarin Oranges<br><b>Evening Meal</b>      | 25<br>Pork Loin<br>Cheesy Potatoes<br>Seasoned Spinach<br>Fruit   | 26<br>Mandarin Chicken<br>Rice<br>Oriental Vegetables<br>Jell-O with Fruit  |
| 29<br>Chicken Alfredo<br>over Noodles<br>Peas<br>Pears<br>Chocolate Pudding                                       | 30<br>Lasagna<br>Broccoli<br>Chinese Coleslaw<br>Fruit Slush                        |                       | <b>Evening Meal (4/24)</b><br>BBQ Ribs<br>Twice Baked Potato<br>Glazed Carrots<br>Fruit<br>Dessert                        | <b>Dinner &amp; Movie (4/17)</b><br>Pork Loin<br>Dumpling/ Sauerkraut<br>California Blend Veg<br>Fruit<br>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.

# April Activities

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| 1<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Pinochle 12:45<br>Hand & Foot 1:00   | 2<br>Table Tennis 8:30<br>Billiards 8:30<br>SHIINE 9-12<br>Taxes 9-11<br>Bible Study 10:30<br>Pinochle 12:45<br>Wii Bowling 1:00<br>SHIINE 4-6<br>Bingo 7-9       | 3<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Taxes 9-11<br>Rummikub 12:15<br>P. Bridge 12:45<br>Cribbage 1:00  | 4<br>Table Tennis 8:30<br>Billiards 8:30<br>Taxes 9-11<br>Toe Nail Clinic 10:00<br>Wii Bowling 10:00<br>Pinochle 12:45<br>Dominos 12:45                          | 5<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Bridge 12:45<br>Bingo 7-9  |
| 8<br>Billiards 8:30<br>Line Dancing 9:30<br>Craft Class 10:30<br>Exercise 11:00<br>Pinochle 12:45<br>Hand & Foot 1:00  | 9<br>Table Tennis 8:30<br>Billiards 8:30<br>Taxes 9-11<br>Dementi Grp 10:00<br>Bible Study 10:30<br>Pinochle 12:45<br>Wii Bowling 1:00<br>SHIINE 4-6<br>Bingo 7-9 | 10<br>Billiards 8:30<br>Line Dancing 9:30<br>Taxes 9-11<br>Exercise 11:00<br>Rummikub 12:15<br>P. Bridge 12:45<br>Cribbage 1:00<br><b>Pancake Feed<br/>4:30pm-6:30pm</b>                    | 11<br>Table Tennis 8:30<br>Billiards 8:30<br>Taxes 9-11<br>Wii Bowling 10:00<br>Pinochle 12:45<br>Dominos 12:45<br><b>Anniversary Dinner<br/>11:30am-12:30pm</b> | 12<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Bridge 12:45<br>Commodities 1-3<br>Bingo 7-9                    |
| 15<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Board Meeting 1:00<br>Pinochle 1:00<br>Hand & Foot 1:00<br><b>Volunteer Appreciation<br/>Dinner<br/>11:30am-12:30pm</b> | 15<br>Table Tennis 8:30<br>Billiards 8:30<br>Bible Study 10:30<br>Pinochle 12:45<br>Wii Bowling 1:00<br>SHIINE 4-6<br>Bingo 7-9                                   | 17<br>Billiards 8:30<br>Line Dancing 9:30<br>Toe Nail Clinic 10:00<br>Exercise 11:00<br>Rummikub 12:15<br>P. Bridge 12:45<br>Cribbage 1:00<br><b>Dinner &amp; A Movie<br/>4:30pm-6:30pm</b> | 18<br>Table Tennis 8:30<br>Billiards 8:30<br>Wii Bowling 10:00<br>Nurse 10:30-12<br>Pinochle 1:00<br>Dominos 12:45<br><b>Birthday Dinner<br/>11:30am-12:30pm</b> | 19<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br><b>Center Closed at<br/>1:00pm<br/>Good Friday<br/>No Bingo</b> |
| 22<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Pinochle 1:00<br>Hand & Foot 1:00   | 23<br>Table Tennis 8:30<br>Billiards 8:30<br>Bible Study 10:30<br>Pinochle 12:45<br>SHIINE 4-6<br>Bingo 7-9   | 24<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Rummikub 12:15<br>P. Bridge 12:45<br>Cribbage 1:00<br><b>Evening Meal (Ribs)<br/>4:30pm-6:30pm</b>                           | 25<br>Table Tennis 8:30<br>Billiards 8:30<br>Nurse 10:30-12<br>Pinochle 12:45<br>Dominos 12:45   | 26<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Bridge 12:45<br>Bingo 7-9                                       |
| 299<br>Billiards 8:30<br>Line Dancing 9:30<br>Exercise 11:00<br>Pinochle 12:45<br>Hand & Foot 1:00   | 30<br>Table Tennis 8:30<br>Billiards 8:30<br>Bible Study 10:30<br>Pinochle 12:45<br>SHIINE 4-6<br>Bingo 7-9   | <b>Welcome<br/>Spring</b>   |  |  |



# Membership News

## Thank You for Your Donation

Tea, Magazines  
Pens  
Ziplocs, Napkins, Kleenex  
Cat/Dog Food, Kleenex, Toilet Paper, Ziplocs  
Coffee, Magazines, Candy  
Yarn  
Coffee & Candy  
Papertowels, Kleenex, Small Plates, Napkins  
Books  
Toilet Paper  
Coffee, Magazines, Toilet Paper  
Oregono  
Napkins  
Tea Bags  
Toilet Paper

Darwin & LaVila Tessier  
Chuck Schild  
George & Floris Woodhouse  
Jim & Shari Hovland  
Fran & Sandy Johnson  
Barb Schneider  
Theresa Arens  
Doris Gall  
Bill & Ruth Hickerson  
Cordy & Diane Rasmussen  
Ed Gleich  
Judy Kistler  
Dorothy Nielson  
Merl Johnson  
Eileen Leshner

## Welcome Lifetime Members

Lois Varvel  
Kristy Hacecky

## Welcome New Members

Sandy Sebben—Yankton  
John Sedlacek—Yankton  
Ron & Diane Kast—Fordyce  
Lucile Justa—Yankton  
Ron & Roberta Berney—Yankton

## Sympathy Cards

*With Deepest  
Sympathy*

Maxine Kinsley  
Family  
John Leinen  
(Loss of Wife)

## Memorials

### In Memory of Sharon Leinen

Pat & Christy Hauer  
Andy & Barb DeJager  
John & JoAnn Jonas

### In Memory of Leona Bouska

Andy & Barb DeJager

### In Memory of Bill Ausdemore

Theresa Arens

### In Memory of Marge Becker

Merl Johnson  
Robyn Tramp

### In Memory of Maxine Kinsley

Pat & Christy Hauer  
Darwin & LaVila Tessier



## Get Well Cards

Dennis Janousek  
Art Winckler  
Diane Nicholson



Margaret, MaryJane & Colleen would like to thank everyone who supported their ROCKIN' efforts. Together we raised nearly \$3,000 for the Meals on Wheels program.

## Happy Birthday

|         |                  |        |                   |        |                  |
|---------|------------------|--------|-------------------|--------|------------------|
| Apr 1   | Fred Branaugh    | Apr 9  | Dorothy Gobel     | Apr 22 | Greg Dangel      |
| Apr 2   | Violet Dangel    | Apr 9  | Ron Kachena       | Apr 22 | Gale Erickson    |
| Apr 2   | Sandy Johnson    | Apr 10 | Rose Haynes       | Apr 22 | Evy Anderson     |
| Apr 4   | Marlys Balaalid  | Apr 11 | Leona Cwach       | Apr 23 | Janet Waggoner   |
| Apr 4   | Marie Erickson   | Apr 11 | Steve Hermanson   | Apr 24 | Ralph Paulsen    |
| Apr 4   | Carol Grimme     | Apr 13 | Glenn Grosshuesch | Apr 24 | Eugene Simek     |
| Apr 5   | Josh Blom        | Apr 14 | Shirley Dangler   | Apr 25 | Jeff Jones       |
| Apr 5   | RuthAnn Dickman  | Apr 14 | Bud Gustad        | Apr 25 | Hazel Nelson     |
| Apr 5   | Gary Kuchta      | Apr 14 | Tammy Matuska     | Apr 25 | Cathy Orton      |
| Apr 5   | Mary Walloch     | Apr 15 | Charles Logdahl   | Apr 26 | Ed Gleich        |
| Apr 6   | Mary Peirce      | Apr 15 | Kay Nickles       | Apr 26 | Delores Nelsen   |
| Apr 7   | Larry Graber     | Apr 16 | Toots Marchand    | Apr 29 | Karen Brazelton  |
| April 8 | Judy Gregg       | Apr 17 | Glenna Andersen   | Apr 29 | Clarita Varilek  |
| Apr 8   | Verne Hull       | Apr 19 | Bill Hickerson    | Apr 29 | Francis Varilek  |
| Apr 8   | Don Kirschenman  | Apr 19 | Marlin Tusha      | Apr 30 | Larry Rupiper    |
| Apr 8   | Richard Robinson | Apr 21 | Cindy Filips      | Apr 30 | Mike Warvarovsky |

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665-3611

## Happy Anniversary

|        |                            |
|--------|----------------------------|
| Apr 1  | Wilbur & Lynette Goehring  |
| Apr 1  | Steve & Nancy Hermanson    |
| Apr 2  | Leslie & Sharon Knorr      |
| Apr 3  | Bradie & Bonita Hendrix    |
| Apr 4  | Kenneth & Peggy Doering    |
| Apr 7  | Marvin & Connie Jensen     |
| Apr 8  | Bob & Janice DeJong        |
| Apr 16 | Butch & Gloria Becker      |
| Apr 17 | Troy & Carol Pickner       |
| Apr 19 | Dan & Dianne Wubben        |
| Apr 21 | Bill Kennedy & Mary Uhrich |
| Apr 24 | Jim & Cindy Filips         |
| Apr 25 | Charles & Elsie Huntley    |



## 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     |

### Pinochle News

#### Round Robin—March 12, 2019

Karen Domogalski & MaryAnn Larsen

#### Round Robin—March 19, 2019

John Swensen & Dorothy Nielson

#### Double Pinochle—March 25, 2019

Karen Domogalski & Ray Pravacek

#### Round Robin—March 26, 2019

Doris Gall & Don Werkmeister

#### Round Robin—March 28, 2019

Floris Woodhouse & Elma Block

#### March Drawing

Elma Block & Ray Pravacek

Cards will begin at **1:00pm**

**Monday, April 15th & Thursday, April 18th.**

Thank you for your cooperation.

#### 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.

### Wii Bowling News

#### Tuesday League

##### March 5, 2019

Mary Law had a high series of 614 and a high game of 248.

Mary Law picked up a 6-7 split.

Elaine List picked up a 4-5-7 & 5-10 split, twice.

Karen Gran picked up a 5-10 split.

JoAnn Huitema picked up a 2-5-7 split.

##### March 12, 2019

Elaine List had a high series of 580 and a high game of 236.

Malena Diede picked up a 5-6-10 split.

Elaine List picked up a 4-5-7 split.

Darlene Pokorney picked up a 2-5-7 split.

##### March 19, 2019

Mary Law had a high series of 590.

Malena Diede had a high game of 224.

Elaine List picked up a 5-7 & 4-5-7 split.

Darlene Pokorney picked up a 5-6-10 split.

Mary Haberman picked up a 2-7-8 split.

#### Thursday League

##### March 7, 2019

Marillyn Obr had a high series of 684 and a high game of 237.

Jeanne Laffey picked up a 3-9-10 split.

Sharon Tronek picked up a 3-6-7 & 3-10 split.

##### March 14, 2019

Marillyn Obr had a high series of 660 and a high game of 226.

Dorothy Gobel picked up a 3-6-7 split.

Sandy Kreber picked up a 4-5-7 split.

##### March 21, 2019

Marillyn Obr had a high series of 764 and a high game of 28.

Bev Larsen picked up a 6-7 split.

Sandy Kreber picked up a 5-7 & 5-10 split, twice.

### 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

## Dinner & A Movie

(3rd Wednesday every month)

Wednesday, April 17th

4:30pm-6:00pm (meal) ▪ 6:00pm-7:30pm (movie)

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

### We are serving:

Pork Loin  
Dumplings/Sauerkraut  
California Blend Vegetable  
Fruit  
Dessert  
Bread, Butter, Milk and Coffee

RSVP: 605-665-1055

### Showing: "It Could Happen To You"

Charlie Lang (Nicolas Cage) is a simple, kindhearted New York City cop. When he realizes he has no money to tip waitress Yvonne Biasi (Bridget Fonda), Lang offers her half the winnings of his lottery ticket. Amazingly, the ticket happens to be a winner, in the sum of \$4 million. True to his word, Lang proceeds to share the prize money with Biasi, which infuriates his greedy wife, Muriel (Rosie Perez). Not content with the arrangement, Muriel begins scheming to take all the money.



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

### March 6, 2019

- |                                      |             |
|--------------------------------------|-------------|
| 1. MaryAnn Anderson & Jeannie Gustad | Score: 5100 |
| 2. Fran Mollet & Marilyn Weverstad   | Score: 4850 |
| 3. Rod Nohr & Lyle Malone            | Score: 4790 |

Slams: Muriel Stach & Beth Nohr & Fran Mollet & Marilyn Weverstad

### March 13, 2019

- |                                     |             |
|-------------------------------------|-------------|
| 1. Judy Kistler & Loraine McNeely   | Score: 5470 |
| 2. Fran Mollet & Marilyn Weverstad  | Score: 5430 |
| 3. Jean Fitzgerald & Jean Scheacher | Score: 5130 |

### March 20, 2019

- |                                     |             |
|-------------------------------------|-------------|
| 1. Glenn Mannes & Darwin Tessier    | Score: 6270 |
| 2. Kit Westling & Char Erickson     | Score: 4860 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 4220 |

### March 27, 2019

- |                                     |             |
|-------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes    | Score: 6290 |
| 2. Margie Eddie & LaVila Tessier    | Score: 6000 |
| 3. Jean Fitzgerald & Jean Scheacher | Score: 5710 |

## Friday Bridge News

### March 1, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 5290 |
| 2. Toots Marchand & Jeannie Gustad | Score: 3950 |
| 3. Betty Adam & Marsha Dahlseid    | Score: 3610 |

Small Slam: Jean Fitzgerald & Char Erickson

### March 8, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr        | Score: 7710 |
| 2. Jean Fitzgerald & Char Erickson | Score: 6090 |
| 3. Darwin & LaVila Tessier         | Score: 4510 |
| 4. Judy Kistler & Janet Ausdemore  | Score: 3630 |

2 Slams: Muriel Stach & Beth Nohr  
Slam: Jean Fitzgerald & Char Erickson

### March 15, 2019

- |                                     |             |
|-------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr         | Score: 4700 |
| 2. Betty Adam & Marsha Dahlseid     | Score: 4660 |
| 3. Toots Marchand & Jean Fitzgerald | Score: 2790 |
| 4. Nadean Auch & Marlene Larsen     | Score: 2730 |

### March 22, 2019

- |  |             |
|--|-------------|
| 1. Jeannie Gustad & Betty Adam           | Score: 5430 |
| 2. Mary Alice Halverson & Toots Marchand | Score: 4300 |
| 3. Jean Fitzgerald & Char Erickson       | Score: 4030 |

## 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.



## AARP Tax Assistance Available

Tax Aides Deb, Van, Roger, Bob, Malena, Jack & Marsha will be wrapping up tax assistance on Thursday, April 11th. 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.

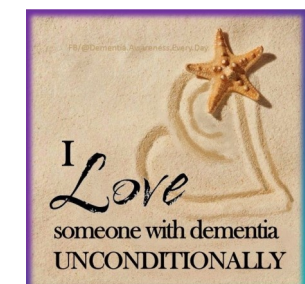
Stop in the office to schedule an appointment.

## Dementia Caregiver Group

Tuesday, April 9th ▪ 10:00am-11:00am

The Dementia Caregiver Group meets each month on the second Tuesday (April 9th).

## 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!**

