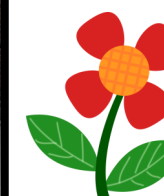


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Board of Directors(2018-19)

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

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Indoor/Outdoor Annual BBQ
Monday, July 1st • 4:30pm-6:00pm • West Parking Lot

FREE MEAL TO ALL CENTER MEMBERS

(**Must show your membership card or have your number**)

Non-Members/Guests - \$6.00

DOOR PRIZES FOR MEMBERS ONLY!

Summer is here—and there's no better time for a BBQ!
 Reservations necessary, please call 665-1055



Serving:
 BBQ Pulled Pork Sandwich
 Chips
 Baked Beans
 Cake & Ice Cream



Sponsored by:
Goglin Funeral Home & The Center

Thank you to Steve Wentworth and Duane Frick for the Ice Cream

Like us on Facebook
 Go to: The Center Yankton



Father's Day/Flag Day
Friday, June 14th

11:00am (Program) • 11:30am (Meal)

Celebrating our Dads with a special
 Flag Day Program. Dan Klimisch will
 sharing with us the history of the flag.

We are serving Roast Beef.

Fathers will receive a
 complimentary caramel roll.

Reservations necessary, call 665-1055

Happy Fathers' Day!

The Banquet

Thursday, June 7th at 6pm
United Church of Christ

We are delighted to partner with
 The Banquet for our 7th year in a row
 to continue our mission to nourish
 those in need. Stop by the office to
 see how you can help.



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!



Volunteers Henry Petersen & Sheriff Jim Vlahakis
 just finished lunch at The Center after delivering
Meals On Wheels as representatives of the Catholic Churches.

12th Annual Wine & Dine Event

Friday, July 12th • 5:30pm - 8:30pm

Tickets \$35/Serving Roast Beef

Space is limited and reservations required. Please call 665-4685 for availability.

Wine Tasting/Appetizers	5:30pm-6:30pm
Dinner	6:30pm-7:30pm
Silent Auction	5:30pm-7:30pm
Live Auction	7:30pm-8:30pm
Auctioneer	Greg Ryken

Thank you to our 2019 Sponsors! (as of 5/29/19)

Avera, Charlies Pizza/Chuck Stop, David Hosmer-Raymond James Financial,
 Cimpls, LLC, Edward Jones Investments, Farm Credit Services,
 First Dakota National Bank, Henry Petersen, Jon Baumann DDS,
 Lance Anderson Construction, Kolberg Pioneer, Luken Memorials,
 Marlow Woodward & Huff, Prof. LLC, Marquardt Transportation,
 MT & RC Smith Insurance, NuStar, Opsahl Kostel Funeral Home, Rexall Drug,
 Slowey Construction, Solid Metals, Vishay, Walnut Village, Welfl Construction,
 Yaggie's Feed & Grain, Yankton Medical Clinic, Yankton Redi-Mix

See Page 4 for listing of auction items.

Board Of Director's



Front Row: John Swensen, Diane Reese, Bob Kellen, Steve Wentworth, Pam Rezac
 Back Row: Cee Sorenson, Julz Tesch, Carla Schlingman, Joleen Smith, Velma Kuchta, Dave Hosmer
 Not pictured: Kara Payer



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.



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

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.

We are happy to announce Cee Sorenson, Diane Reese and Steve Wentworth have all agreed to serve a second (3 year) term on the Board of Director's, filling all remaining positions.

In 2021 there will be 3 available board positions. Please consider serving.

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605-665-7841
 1104 West 8th Street • Yankton, SD 57078
www.YanktonMedicalClinic.com

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

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F: 605-665-0243

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Broker
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www.yanktonrealestate.com

| cschlingman@iw.net |

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Mothers' Day Tea



Carol Ebel entertained us with her cookie jar collection at our Mothers' Day Tea, sponsored by Walnut Village. We had nearly 100 people attend who enjoyed the program, coffees and sweet treats. We also had a special Walnut Village guest, May Gall who celebrated her 97th birthday. We had a handful of people who brought their cookie jars and told the group a story about their jar. Thank you Walnut Village for sponsoring this event each year.



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 The Perfect Blend of Privacy & Community ♦ Yankton, SD

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24 Hour Staff for Your Safety and Peace of Mind

Medication Management

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May Gall is 97 years young

Upcoming Events

June 6	Center serves at The Banquet	6:00pm-7:00pm
June 7	Bake Sale Pre-Orders Due	
June 10	Craft Class	10:30am-11:30am
June 11	Dementia Caregiver Group	10:00am-11:00am
June 11	Christy on KYNT Radio	7:40am & 12:20pm
June 13	Anniversary Dinner	11:30am-12:30pm
June 14	Fathers' Day/Flag Day Dinner	11:30am-12:30pm
June 18	Ice Cream Social	2:00pm-3:30pm
June 20	Birthday Dinner	11:30am-12:30pm
June 21	Commodities	1:00pm-3:00pm
June 26	Ribfest	4:30pm-6:30pm
July 1	Indoor/Outdoor BBQ (Members free meal)	4:30pm-6:00pm
July 9	Christy on KYNT Radio	7:40am & 12:20pm
July 12	Wine & Dine Event	5:30pm-8:30pm

Fun Stuff

- June 3 Egg Races/Win Prizes
- June 10 Complimentary Iced Tea
- June 17 Complimentary Root Beer Floats
- June 21 Take a Selfie Day
- June 21 First Day of Summer
- June 25 Bring a guest for a BOGO lunch



Innovation. It's Right



Avera Sacred Heart Hospital keeps care local for you and your family. We offer comprehensive services through skilled physicians and care teams in a technologically advanced clinical setting.

Innovation lives right here.

Avera.org/sacred-heart

Live better. Live balanced. **Avera**

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

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.

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.



Director's Desk



May was a busy month for this momma. Our Heather graduated from Mount Marty, and Greg got his law degree from Creighton in Omaha. We will never regret leaving Omaha 21 years ago to raise our kids in such a wonderful community, which provided them with the finest education through the YSD and MMC. Yankton provides many outstanding opportunities and now we get to enjoy all the recreational activities through our parks, the Mighty Mo and our beautiful lakes. Not to mention, all the fun and exciting events and activities we have planned at The Center.

We are planning a fun filled June with games and prizes. We will be recognizing National Days and offering root beer floats, iced tea, egg races, strawberry shortcake, popcorn, German chocolate cake, peanut butter cookies, chocolate pudding, applesauce, selfie day and a special meal for the first day of summer. We are also going to start our ice cream socials, compliments of Opsahl-Kostel Funeral Home. On June 25th we are going to wrap up the month with offering a **"bring a guest to lunch"** promotion. If you bring someone new to The Center, we will give you a complimentary BOGO meal. We have lost a lot of our regular diners to illness, assisted living facilities, nursing homes, some moved to be closer to family and sadly some have passed away. It is so hard on all of us when we lose one of our extended family members to any of the above scenarios.

We must have your help to grow our nutrition program. If you are reading my article and aren't an active member, I would encourage you to come occasionally to enjoy a home cooked meal. I promise you won't regret it. Our nutrition staff puts together delicious, affordable meals. If you are over 60, the suggested donation is just \$3.75. We have many members who are in their 40's and 50's who still work and I believe, they just don't think about stopping for a meal. The meals are only \$6.50, and you can even call ahead and get one to go. If you come in anytime between 12-12:30pm there is no line, the meal is hot in our steamtable, you will be served immediately, with no tip, no cleanup and in and out as fast as you can eat. We just ask for you to call ahead and reserve a meal at 665-1055. This enables us to have plenty of food on hand. As for our regular diners, we appreciate your active involvement. Due to the aforementioned issues, we need you to serve as an ambassador and invite guests to come and enjoy a meal. We essentially still have all the overhead whether we cook for 40 or 60. We want to keep our nutrition program alive while following the State and Federal nutrition guidelines. We need your input and ideas related to what we cook and how we cook it. I would encourage you to provide feedback through the suggestion boxes in the building and know my office is always open. If I am not here, share your suggestions with Assistant Director, Kriss Thury.

I will be in and out of the office a lot over the next few months. I have some medical issues I need to tend to and also have over 200 hours of vacation accruing. Kriss does a great job running The Center and trouble shooting issues when I am away.

We are blessed to have a beautiful facility. Our staff and volunteers are exceptional people and genuinely care about our mission. The services, programs, activities and meals are second to none. We hope to have your commitment to become more active and serve as an ambassador promoting our great organization.

We hope you take part in the fun activities we have planned for June. Then don't forget, as a member, on July 1st, Goglin Funeral Home is partnering with The Center to host our annual BBQ, providing a free evening meal and door prizes. You must call for reservations at 665-1055.

We are also finalizing plans for our Wine & Dine Event on July 12th. This event will sell out so get a ticket as soon as possible. We have some amazing prizes and many generous sponsors. One can't help but feel patriotic and be full of gratitude this time of year as we celebrate Memorial and Independence Day. Many have sacrificed for our freedom.



God Bless America & God Bless You—Christy



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."

Wine & Dine - Friday, July 12th

We have some great auction items! (As of 5/29/19-Not all inclusive)
Featuring Auctioneer Greg Ryken

Billboard Advertising (Larry's Heating & Cooling)
Artwork (Dave Tunge, Jolene Steffen, Carla Schlingman)
Guided Fishing Trip (Randy & Joleen Smith, King's Inn)
Dinner For 8 (Barb & Joe Rezac)
Bridge Party Luncheon (Fran Fox)
Honda 2600 Power Washer (Larry & Jane Rupiper)
Sailboat Cruise (Tom & Mary Reiners/Jim & Joyce Vlahakis)
Kansas City Royals Tickets/Lodging (KYNT, Drury Inn)
Lawn Care Package (Soil Works)
Pet Care (Animal Health Clinic, All Paws for You)
Indoor & Outdoor Storage (Premier Ventures)
Sports Packages (SDSU, USD, MMC, YSD)
Date Night (Kelly Inn, Minerva's, Pied Piper Flower Shop)
Golf Outing (8 area golf courses)
Casino Packages (featuring 7 casinos & lodging)
Air Flight Experience (Jake Hoffner)
Fitness (Summit Activities Center)
Cleaning Certificates (Intek, J&H Cleaning)
Sweet Treats (Janice DeJong, Vi Ranney, The Center)
Car Care (Abby's Auto, Graham Tire, TMA)
Gas Certificates (Cork N Bottle, Gerstner Oil, Roadrunner)
Newspaper/Magazine Subscriptions (P&D, SD Magazine)
Sports Apparel (JJ Benji Screen Printing, EASW)
Massage Packages (Healing Hands, Yankton Therapeutic, Tranquility Massage, Yankton Massage & Skin Care)
Champagne Brunch/Style Show for 8
 (Peggy Schiedel & Linda's Angel Crossing)
Restaurant Certificates (JoDean's, Rock Bottom, Granite City, Overtime Sports Grill)
Dental Care (Neighborhood Dental, Elwood Family Dental, Scott Family Dentistry)

Ribeye Loins (Heine Cattle Company)
Lean Ground Beef (Allan Stoebner)
3 Tons of Decorative Rock (Kellen & Streit)
Tonneau Truck Cover (Truxedo)
Sioux Falls Fun Day (Clubhouse Hotel, SD Symphony, SkyZone, Wild Water West, Washington Pavilion, Great Plains Zoo)
Pie a Month for a Year (Fryn' Pan)
Buffet a Month for a Year (Pizza Ranch)
Omaha Getaway (Joslyn Art Museum, Lauritzen Botanical Gardens, Funny Bone Comedy Club, Durham Museum)
Girly Things (Hair Studio, Style N' File, Head to Heels, 21st Street Salon, Brenda Brandt Jewelry)
Christmas at the Cathedral (Catholic Foundation)
One Day Boat Rental & \$50 @ the C Store (L & C Marina)
Extreme Bull Riding (Yankton Rodeo Association)
Quilt (Dakota Prairie Quilt Guild)
Homemade Afghans (Barb Koster, Mary Johnson)
1 Hour Golf Simulator (Golf Addiction)
3 Month Free Cable Service (Vast Broadband)
Bowling (Yankton Bowl, Wiebelhaus Recreation)
Baskets (First Dakota Nat'l Bank, Steph/Mary Storla, Jean Prater, Czeckers Sports Bar & Grill)
Minneapolis Getaway (Marriott Hotel, Mall of America, Valley Fair)
Fitness (Summit Activities Center)
Miscellaneous Items (Hebda Farms, Yankton Transit, Menards, Mead Lumber, Ace Hardware)
Social Membership (Hillcrest Golf & Country Club)
Bowling Fun (Yankton Bowl, Wiebelhaus Recreation)
Baseball/Basketball Season Tickets (Creighton Blue Jays)
In Kind Donations (Casey's, Dairy Dock, Hydro, NAPA Auto, Walmart, Yankton Motor Company)

Tickets may be purchased at The Center or from a Committee Member:

Duane Frick, David Hosmer, Bob Kellen, Joleen Smith, Kara Payer, Velma Kuchta, Julz Tesch, Diane Reese, Pam Rezac, Carla Schlingman, John Swensen, Cee Sorensen, Steve Wentworth

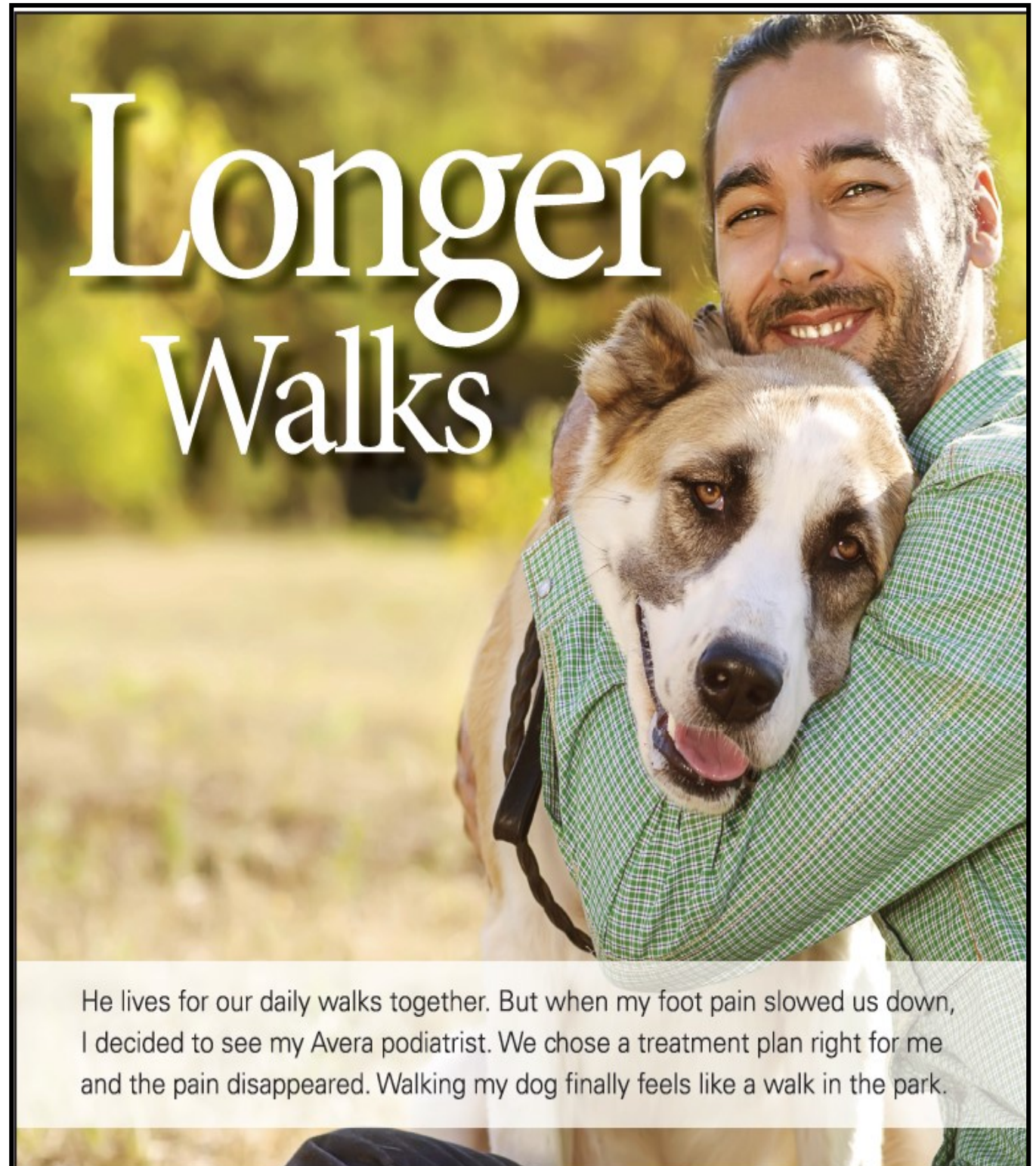


WINE

DINE



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

National Cancer Survivor's Day
Sunday, June 2nd

Around the world there are **CELEBRATIONS** for those who have survived, and **INSPIRATION** for those recently diagnosed, there are gatherings of **SUPPORT** for families, and **OUTREACH** programs offered in communities. Our family and community here at The Center want to lift our members up who are fighting the battle and have won their battle against cancer. Know that your Center family is vigilantly lifting you up in prayer.



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 **\$6.50** if under.

Please call for a meal reservation—**665-1055**

Frozen meals are available for evenings and weekends.

THE CENTER
 RECREATION • SOCIALIZATION • NUTRITION

Rent Our Beautiful Facility

- Full Service Kitchen & Catering Available
- Small & Large Groups (up to 150)
- Clean Facility - plenty of parking
- Handicap Accessible
- Beer & Wine License (\$10)
- \$150/member • \$175/non-member

We can host your wedding reception, bridal shower, class or family reunion, birthday, anniversary, graduation or Christmas party, customer appreciation event or any other celebration.

Call 665-4685 • 900 Whiting Dr., Yankton

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

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

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 Yankton • Tyndall • Scotland • Tripp
807 W. 31st, Yankton • 605-665-4414

Fundraising

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.

Annual Rummage & Bake Sale

We are preparing for our annual rummage sale to be held in September. Please drop off your gently used items, Monday through Friday from 1:00-3:00pm.
(We do not accept clothing, shoes or books).
 If you are able to provide some yummy treats for our bake sale, please call Jeanne. **Thank you!**

Thank You For Your Donation

Benedictine Sisters
United Methodist Church

Your generous support is greatly appreciated!

Thank you to all of our volunteers for a successful pancake season. We served nearly 1,000 individuals over the past 9 months. See you in September!



Volunteer News



Congratulations!

Cee Sorenson is our **June Volunteer of the Month.**

Cee has served 3 years on

The Center's Board of Director's, and has

agreed to take on another 3 year term and is chairman of the Activities Committee.

She volunteers at pancake feeds, dinner and movie, ribfest meals, dances, ice cream socials and more. Cee is also very involved in the Wine & Dine event, securing sponsors and selling tickets to the event.

Congratulations Cee and thank you for all you do for The Center.

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.

Have you noticed, we now have a handicapped spot on the West side of the building that is Marked van accessible. 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 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



Tabor News

Our May flowers are getting too wet from all these April Showers, I think someone forgot to turn off the faucet.

We had a great turnout at our May evening meal and we also had some great entertainment again with Matt & Joe singing some popular songs as well as taking requests.

We will not have an evening meal in June with all the Czech Days festivities. Our next evening meal will be July 16th. Our meals are open to the public and everyone is welcome.

Our Mothers' Day display was a success and we got many compliments from our members.

I wish everyone safe travels and a wonderful June

**With a smile and a hug,
Gail Hovorka—Tabor Site Coordinator**



Display honoring Mother's during the month of May.

June 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.

Jun 4	Pork Cutlet
Jun 5	Meatloaf
Jun 6	Beef Tips in Gravy
Jun 11	Pizza
Jun 12	Hamburger on a bun
Jun 13	Chicken Parmesan
Jun 18	BBQ Chicken
Jun 19	Salisbury Steak
Jun 20	Roast Beef
Jun 25	Sloppy Joe on a bun
Jun 26	Baked Chicken
Jun 27	Porkchop/Dumplings (Birthday Dinner)



Birthdays

June 21st
Maxine Kronaizl

Tabor Wish List

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



Dr. Tom Stotz, Dr. Jim Fitzgerald, Dr. Sheila Fitzgerald,
Dr. T.J. Stotz, Dr. Matt Erlandson, Dr. McKenzie Erlandson,
Dr. Jay Fitzgerald, Dr. Lindsey Sivertsen

Locations in Yankton, Scotland, Tyndall & Wagner, SD
and Bloomfield & Hartington, NE

Trips

Worthing Dinner Theater

5:00pm-11:00pm ▪ \$62 per person

Beer For Breakfast—September 2019

A group of middle-aged buddies reunite for a “guys weekend” in a sowed-in cabin to eat chili, drink beer, and relive the good old days. Despite divorce, unemployment, and a stroke, spirits are high until Jessie, the wife of absent friend Adrian, shows up in his place. An epic battle of wits and stamina ensues: will the men win their right to an all-out guy fest, or will woman be crowned the stronger sex after all?

Upcoming Shows

Wife Begins at 40 ▪ March 2020

The Musical Comedy Murders of 1940 ▪ May 2020

****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!

(Listed in order of need)

Decaf & Regular Coffee

Small Paper Plates

Toilet Paper

Fun Size Candy Bars

C, AA & AAA Batteries

Sandwich Baggies

Laundry Soap

Napkins

Kleenex

Hand Sanitizer

Morning Coffee Show

with Scott Kooistra

Tuesday, June 11th at 7:40am & 12:20pm

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



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



Nutrition Education



Guidelines for Safe Food Handling

Knowledge of safe food handling helps adults stay healthy. Practicing the safeguards necessary to avoid foodborne illness is the best way to stay healthy. As people age, their bodies are less able to combat bacteria. Over time, the immune system may become less adept in ridding the body of Bacteria. Food borne illness, which is often called food poisoning, is an illness that is caused by the foods you eat. Safe food handling can help reduce your risk of getting sick from food. Following these guidelines will ensure you are practicing safe food handling:

1. Refrigerate or freeze all perishable foods. Your refrigerator temperature should be set at 40 degrees or below and freezer should be 0 degrees or below.
2. Never thaw food at room temperature. Always thaw food in the refrigerator, in cold water or microwave it. After thawing in cold water or by microwaving it, you must cook the food immediately.
3. Wash hands with warm soapy water before preparing food. Wash utensils, cutting boards and other work surfaces after contact with raw meat and poultry. This helps prevent cross contamination. Having separate cutting boards for meats and vegetables is recommended.
4. Never leave perishable food out of refrigeration for more than 2 hours. If room temperature is above 90 degrees, food should not be left out more than 1 hour.
5. Thoroughly cook raw meat, poultry and fish. Do not partially cook food. Have a constant heat source and always set the oven to 325 or higher when cooking.

To remain healthy, it is important to follow food safety guidelines.

National Eat Your Veggies Day on June 17th. Load up on your vegetables, many have antioxidants combating diseases. Order your extra meals for evenings, weekends and holidays.

Happy Summer!

Mandi Lampman—MOW 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 Dick if you need to know your current balance.

Enjoy Breakfast, Lunch and Dinner At Hy-Vee

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

Breakfast

(Serving 6am-11am)

- 2 Eggs, Hash Browns & Toast
- 2 Eggs, Bacon or Sausage/Toast
 - 2 Egg Omelet & Toast
(2 choices of ham, bacon, sausage, onions, mushrooms, peppers or cheese)
 - English Muffin Sandwich
(Egg & Cheese—choice of ham, bacon or sausage)



All breakfast meals are served with coffee and juice or milk

Lunch/Dinner

(Serving 11am-8pm)

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

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

(NO SUBSTITUTIONS)

Nutrition News

April 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1223 (61 per day)	230 (12 per day)	405 (14 per day)	249 (12 per day)	2107 (105 per day)
Home Delivered	1435 (72 per day)	N/A	N/A	44 (4 per day)	1479 (74 per day)

Kitchen Volunteers (June)

Jun 3	JuLee Werkmeister
Jun 4	Barb DeJager
Jun 5	Carol Wynia
Jun 6	Sylvia Coulson
Jun 7	Bonnie Strnad
Jun 10	Dorothy Gobel
Jun 11	Alma Logdahl
Jun 12	Geri Loecker
Jun 13	Delphine Peterson
Jun 14	Helena Rezac
Jun 17	Bonnie Strnad
Jun 18	JuLee Werkmeister
Jun 19	Sandra Kreber
Jun 20	Geri Loecker
Jun 21	Helena Rezac
Jun 24	Malena Diede
Jun 25	Alma Logdahl
Jun 26	Sandra Kreber
Jun 27	Dorothea Hoebelheinrich
Jun 28	Eileen Leshar

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

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, June 26th - 4:30pm-6:30pm (4th Wednesday every month)



Serving:

BBQ Ribs
Potato Salad
Coleslaw
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
195 people were served in May.

HeartPrint Home Care

Available Every Hour of the Day Every Day of the Year

We provide dependable and caring services allowing people to remain independent.

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Vermillion: (605) 624-5900
Yankton: (605) 655-5900

Toll Free: 877-624-5900 • www.HeartPrintHomeCare.com

Food & Fellowship



Mike & Martina Warvarovsky



Aldine Mayer



Dan Klimisch & Family



Tom & Sandy Milroy



Amanda Stewart



Sandy Kreber, Joyce Kollars, Mike Kollars



Darold Adamson & Fran Fox



Mike Steckler and Webster school volunteer

Potpourri

The Banquet (June 6th)

For the 7th year in a row we are blessed to be a part of the Banquet ministry. We are hosting the dinner at 6pm at the United Church of Christ serving (Dagmar & Christy's) legendary goulash. We are in need of **workers, food, and cash donations**. Stop by the office to sign up and donate. We are grateful to serve the nutritional needs of the Yankton Community.

Bill's Computer Repair

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Celebrating Life, Helping you Heal*



Directors: Jim, Steve, Jerry and Paul Wintz

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June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Ribfest/June 26th BBQ Ribs Potato Salad Cole Slaw Fruit Cookie		
3 Meat Loaf Baked Potato Glazed Carrots Pears National Egg Day Egg Races/Prizes	4 Pulled Pork Sandwich Macaroni & Cheese Cole Slaw Fruit Cocktail National Cheese Day	5 Swiss Steak Mashed Potato w/Gravy California Blend Veggies Tapioca Pudding w/Topping	6 BBQ Chicken Herbed Diced Potatoes Broccoli Applesauce National Applesauce Day	7 Savory Pork Loin Baked Sweet Potato Green Beans Acini De Pepe Salad
10 Ham Scalloped Potatoes Creamed Cabbage Peaches National Iced Tea Day	11 Cordon Bleu Casserole with Pasta Tomato Spoon Salad Fruit German Chocolate Cake National German Chocolate Cake Day	12 Liver & Onions or Chicken Enchilada Rice Carrots Tossed Salad w/Dressing Peanut Butter Cookie National PB Cookie Day	13 Lasagna Green Beans Fruit Slush Garlic Bread Anniversary Dinner	14 Roast Beef Mashed Potatoes w/Gravy Corn Strawberry Shortcake (Caramel Rolls TO GO for Dads) National Strawberry Shortcake Day
17 Chicken Fried Steak Mashed Potato w/Gravy Creamed Peas Mandarin Oranges Free Root Beer Floats National Root Beer Day	18 Grilled Hamburger French Fries Glazed Carrots Fruit Cocktail	19 Tator Tot Casserole Tossed Salad/Dressing Fruit Cranberry Orange Bar	20 Beef Tips in Gravy Mashed Potatoes Broccoli Fruit Cake & Ice Cream Birthday Dinner	21 Chef's Choice (Chicken) National Selfie Day 1st Day of Summer
24 Chicken Parmesan Scalloped Potatoes Tomato Spoon Salad Peaches	25 Pork Roast Baked Potato Broccoli Corn Bake Pears Bring A Guest Day for a BOGO Meal	26 Hawaiian Chicken Salad Cornbread Muffin Chocolate Pudding National Chocolate Pudding Day Evening Meal/BBQ Ribs	27 Chef's Choice (Beef) National Handshake Day	28 Ham Loaf Baked Sweet Potato Green Bean Casserole Fruit

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

June Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Egg Races 11:00am	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Toe Nail Clinic 10:00 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
10	11	12	13	14
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 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
			Anniversary Dinner 11:30am-12:30pm	Fathers' Day Dinner w/Flag Day Program 11:00am-12:30pm
17	18	19	20	21
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 SHIINE 1:30-3:30 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Toe Nail Clinic 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1-3 Bingo 7-9
	Ice Cream Social 2-3:30		Birthdays Dinner 11:30am-12:30pm	
24	25	26	27	28
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 Hand & Foot 1:00 SHIINE 1:30	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
	Bring a guest for a BOGO Meal	Evening Meal (Ribs) 4:30pm-6:30pm		



Summer BBQ
Monday, July 1st - 4:30pm-6:00pm
Members—Free Meal
Non-Members—\$6.00
Must have reservations, Call 665-1055



Membership News

Thank You for Your Donation

Ice Cream Buckets	Victor & Darlene Schaeffer
Coffee, Laundry Soap, Toilet Paper, Magazines	Ed Gleich
Baggies, Laundry Soap, Candy	Diana Spence
Magazines	Gloria Snoozy
Coffee	Nadean Auch
Dog/Cat Food, Baggies, Toilet Paper	Jim & Shari Hovland
Coffee & Candy	Theresa Arens
Coffee, Napkins, Magazines	Fran & Sandy Johnson
Ice Cream	Duane Frick & Steve Wentworth
Toilet Paper	Eileen Leshar
Coffee	Maury Ekeren

Welcome New Members

Kevin & Patti Zavadil—Yankton
Don & Syndi Bohnet—Yankton

Get Well Cards



Darlene Schaeffer
 Darla Archer

Memorials

In Memory of Jack Halstad

Pat & Christy Hauer
 MaryJane Hisek
 Margaret Sarringar
 Jon & Linda Dietrich

In Memory of Roland Prezler

Pat & Christy Hauer

In Memory of Grace Huntley

Jon & Linda Dietrich

Celebrating May Birthdays



Fran Johnson



Steve Wentworth



Duane Frick/Jeff Jones



Joyce List

Sympathy Cards

Amanda Stewart
 (Loss of Brother)

Cecelia Dean
 (Loss of Brother)

Terry Makings
 (Loss of Sister)

*With Deepest
 Sympathy*

Happy Birthday

Jun 1	Elma Block	Jun 13	Donald Munson	Jun 22	Sandy Skinner
Jun 1	Karen Denzin	Jun 13	George Woodhouse	Jun 22	Joe Wieseler
Jun 1	Kenny Hansen	Jun 14	Marianna Gergen	Jun 23	Ruth Hickerson
Jun 1	Dagmar Hoxsie	Jun 14	Delphine Peterson	Jun 25	Karen Girard
Jun 2	Charlotte Miller	Jun 15	Leslie Knorr	Jun 25	Janet Neibergall
Jun 3	Jim Cowles	Jun 15	Colette Koch	Jun 25	Dolores Peitz
Jun 3	Dan Specht	Jun 15	Gordon Smith	Jun 26	Marilyn Halsey
Jun 4	Bob Kellen	Jun 16	David Hosmer	Jun 26	Robert Law
Jun 6	Marilyn Hansen	Jun 17	Shelly Becker	Jun 26	Daniel Wubben
Jun 6	Joe Rezac	Jun 17	Barb Rezac	Jun 27	Dory Ahern
Jun 7	Sharon Fiedler	Jun 18	Clarence Vogt	Jun 27	Evelyn Kostel
Jun 7	George Flevares	Jun 19	Evy Anderson	Jun 27	Roger Shreve
Jun 8	Verna Hansen	Jun 20	Lyle Malone	Jun 28	Elsie Jensen
Jun 10	Joleen Smith	Jun 20	Tom Milroy	Jun 28	Don Olson
Jun 11	Jake Hoffner	Jun 21	Sylvia Coulson	Jun 28	Dorothy Sayler
Jun 12	Jill Huetig	Jun 21	Larry Olson	Jun 30	Eldora Hansen
Jun 13	Bob DeJong	Jun 22	Charlotte Erickson	Jun 30	Darlene Knecht
				Jun 30	Kathryn Walsh



Happy Anniversary

Jun 1	Randy & Sandy Kramer	Jun 14	Roger & Marilyn Huntley
Jun 4	John & JoAnn Jonas	Jun 14	Darwin & Diana Klassy
Jun 4	Wayne & Marjorie Kindle	Jun 14	Randy & Joleen Smith
Jun 6	Armand & Angela Wiebelhaus	Jun 18	Don & JuLee Werkmeister
Jun 8	Jack & Judy Gregg	Jun 19	Bob & Marilyn Hansen
Jun 8	Mike & Gerrie Healy	Jun 20	Glenn & Phyllis Grossheusch
Jun 8	Loran & Delores Moore	Jun 23	Jerry & Janet Melick
Jun 10	Charles & Alma Logdahl	Jun 23	Dennis & Bernie Wagner
Jun 10	Dan & Deb Specht	Jun 24	Chuck & Cheryl Leiferman
Jun 12	Francis & Jeanne Laffey	Jun 28	Russell & Mary Peirce
Jun 12	Lanning & Fran Mollet	Jun 30	Dulare & Carol Ramse
Jun 14	Bob & Margie Eddie		

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 Leshar	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

April Drawing

Ray Pravacek & John Swensen

Round Robin—May 2, 2019

Karen Domogalski & Joyce Kollars

Round Robin—May 16, 2019

George Woodhouse & Joyce Kollars

Round Robin—May 23, 2019

Sharon Tronek & Lucile Justra



Tuesday League Wii Bowlers

Ice Cream Social

Tuesday, June 18th ▪ 2:00-3:30pm
(Hosted by the Activities Committee)

Members: \$1.00 Non-Members: \$1.50
We're going bananas for BANANA SPLITS!



I scream, you scream,
we all scream for
ICE CREAM!

Sponsored by:
Opsahl-Kostel Funeral Home and Crematory

Wednesday, July 17th (Floats or Sundaes)
Monday, August 19th (Floats or Sundaes)

Exercise Class With Judi O'Connell



Low impact chair exercises with Judi
Monday, Wednesday & Friday at 11:00am
\$20 for 10 classes (join us for dinner after class)

CARDS MAY BE PURCHASED IN THE FRONT OFFICE

Cards will begin at 12:45pm Thursday, June 20th due to Birthday Dinner Party. Thank you for your cooperation.

If you are new to The Center and you want to play cards or participate in an activity, contact the activities coordinator.

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

Partnership Bridge News

May 1, 2019

- | | |
|----------------------------------|-------------|
| 1. Mae Crawford & Char Erickson | Score: 7520 |
| 2. Lyle Malone & Rose Kabeiseman | Score: 6560 |
| 3. Glenn Mannes & Darwin Tessier | Score: 5780 |

Slam: Char Erickson & Mae Crawford

May 8, 2019

- | | |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 6050 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 4270 |
| 3. Rose Mather & Dan Miller | Score: 3960 |

Slam: Beth Nohr & Muriel Stach

May 15, 2019

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Loraine McNeely | Score: 7190 |
| 2. Judy Kistler & Janet Ausdemore | Score: 5550 |
| 3. Rose Mather & Dan Miller | Score: 5250 |

**Slams: Char Erickson & Loraine McNeely
Judy Kistler & Janet Ausdemore
Fran Mollet & Marilyn Weverstad**

May 22, 2019

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5380 |
| 2. Loraine McNeely & Char Erickson | Score: 4710 |
| 3. Nadean Auch & Marlene Larsen | Score: 4200 |

Slam: Loraine McNeely & Char Erickson



Bake Sale

Pre-Orders due by Friday, June 7th
Pickup Friday June 14th

Fresh baked caramel or cinnamon rolls.

Get yours ordered today in the office.

Order a single, half dozen or full dozen, but a limit of 2 dozen per person. A limited number will be baked so order early.

Members \$1.25 each
Non-Members \$1.50 each.

The Center Activities Committee is seeking members. The committee meets the 2nd Thursday each month at 10am to discuss current activities as well as new activities. If you are interested in serving on this committee, please Cee Sorenson or Kriss.

Friday Bridge News

May 3, 2019

- | | |
|-----------------------------------|-------------|
| 1. Nadean Auch & Marlene Larsen | Score: 3290 |
| 2. Char Erickson & Jean Schaecher | Score: 3080 |
| 3. Toots Marchand & Karen Girard | Score: 2240 |

May 24, 2019

- | | |
|------------------------------------|-------------|
| 1. Betty Adam & Marsha Dahlseid | Score: 5000 |
| 2. Jean Fitzgerald & Char Erickson | Score: 4190 |
| 3. Karen Girard & Janet Ausdemore | Score: 3890 |
| 4. Jerry & Colette Koch | Score: 2380 |

Bridge Lessons

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

Craft Class

Monday, June 10th - 10:30am-11:30am

Stay for lunch, we are serving:

- Ham
- Scalloped Potatoes
- Creamed Cabbage
- Peaches

Join us the second Monday each month for some creativity & fun. Cathy Orton leads the class and each month you will make a new craft.

Cost is \$5 per person to cover the supplies.

You must sign up for class in the front office so Cathy has plenty of supplies on hand.



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 second Friday each month (**June 21st**) from 1pm-3pm and are on a first come first served basis.



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 made payable to The Center. You must bring your own clippers. **Stop in the office to schedule an appointment.**

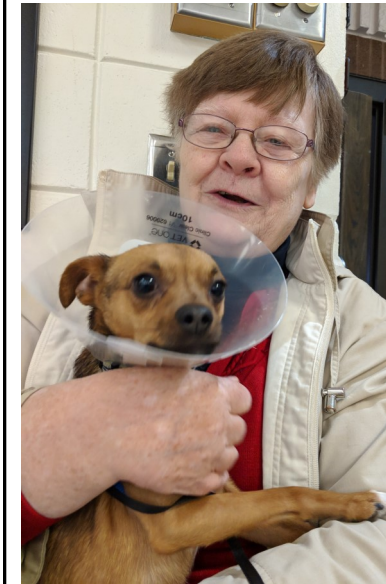


What Can We Do To Improve

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.

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!

Dementia Caregiver Group

Tuesday, June 11th - 10:00am-11:00am

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

Everyone Welcome

Open to the public

