



900 Whiting Drive • Yankton, SD 57078
www.thecenteryankton.net

Board of Directors(2019-2020)

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Change Service Requested

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57078


THE CENTER
RECREATION • SOCIALIZATION • NUTRITION
900 Whiting Drive • Yankton, SD 57078
chauer@thecenteryankton.org
Center: 605-665-4685 • Nutrition: 605-665-1055
Website: www.thecenteryankton.net
January 2020 • Volume 19 • Issue 1



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LIKE US ON FACEBOOK

Log into Facebook and
type The Center in the
search box



2020 Membership Renewal Due

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

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

- ✓ 24 page monthly newsletter
- ✓ Discounted pricing on events like our Dances, BBQ,
Ice Cream Socials and Building Rental
- ✓ Tickets for Mount Marty College
Volleyball and Basketball
- ✓ Lifetime membership to YSD activities (if over 65)
- ✓ Unlimited use of the exercise facility.
- ✓ Participation in all activities and programs: billiard room, cards, craft class,
bible study, line dancing, table tennis, Wii bowling
- ✓ Free tax services, SHINE, screenings and more.



Pancake Feed

(second Wednesday each month)

January 8, 2020
4:30pm-6:30pm

Join us for all you can eat
pancakes and french toast.
Also enjoy fresh scrambled
eggs and a serving of
bacon or sausage.

All this for just \$5.00
Bring the whole family and have
breakfast for dinner and support
The Center.

Everyone is welcome!

Dinner & A Movie

(third Wednesday each month)

January 15th, 2020
4:30pm-6:00pm (meal)
6:00pm-8:00pm (movie)

We will be showing
"The Secret Life of Walter Mitty"
and serving **Beef Tips In Gravy**
with all the fixins' including
dessert, milk, coffee and water.



Just \$6.00 plus
you get popcorn
with the movie.

RSVP, 665-1055

Ribfest

(fourth Wednesday each month)

January 22nd, 2020
4:30pm-6:30pm

Bring your family and friends
and enjoy some of the
best ribs around!

Served with:

Cheesy Potatoes
Green Beans
Fruit
Dessert
Bread, Butter, Milk, Coffee

Just \$6.00

RSVP, 665-1055

Hours of Operation

Mon, Wed & Thurs 8:00am—4:00pm

Annual Dues \$35/Single • \$63/Couple
Lifetime Dues \$315/Single • \$567/Couple
\$35.00 a year is only 10¢ a day!

Tues & Fri 8:00am—9:00pm

Visit our website for up to date info.
www.thecenteryankton.net



Diane Reese was selected as Volunteer of the Month by United Way.
Her Sioux Falls family showed up to surprise her.

Board of Director's



Row 1: Kara Payer, Diane Reese, David Hosmer, Velma Kuchta, Joleen Smith

Row 2: Bob Kellen, Pam Rezac, Arlene Young, Julz Tesch, Cee Sorenson, Carla Schlingman, Steve Wentworth

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.

Winter Weather Information

With the winter season here, we would like to remind everyone that when the Yankton School District closes due to inclement weather, The Center also closes and there will be NO Meals on Wheels.

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

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



If you haven't made your Soupless Soup Kitchen donation, please stop in the front office and help us reach our goal.

DOC/Inmate Do's & Dont's

We all must follow basic guidelines in dealing with inmates as a part of our restructuring plan. We want to make certain we retain our inmates and we ask that our members, staff and volunteers all follow the rules put in place by the Department of Corrections.

Don't

- Give inmates money.
- Give inmates food.
- Let inmates use your cell phone.
- Talk about your personal life with inmates.
- Be overly friendly.

Do

- Create healthy boundaries with inmates.
- Treat inmates fairly.
- Treat inmates with respect.
- Report anything suspicious to office.

We want to maintain a strong healthy working relationship with the DOC and we are counting on your support. If you have any questions please see Christy.

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.

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.

Attention Snowbirds

Please call The Center with your mailing address if you go south during winter months. We would like to make sure you continue to get the monthly newsletter. If your newsletter is returned to us, we pay \$.60 for each one that comes back.

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

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A better question is... Why doesn't everyone?

We at Goglin Funeral Home & Legacy Crematory feel not everyone should feel that they need to empty their savings account to pay for a memorial or funeral service. We have exceptional service with an exceptional price.

Both simple & affordable

or

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Reminder Phone Call or Email



All of our events are listed in the monthly newsletter. We try to call those individuals who may have attended the event before and invite them back. If you would like to be on our call list for our events, please stop in the office and give us your name and number or email so we can add you to the list. If you would like your name removed, let us know.



Memory Care
2903 Douglas Ave.
605-668-2800

At Autumn Winds Memory Care, you will find a loving, safe, and joyful place that people with all stages of Dementia call home.

The Autumn Winds Care team works closely with families to get to know their loved one's backgrounds, personalities, and beliefs. Care is given with dignity and respect and is individualized to meet each resident's unique needs.

Autumn Winds Memory Care provides three home cooked meals and two snacks daily, assistance with all activities of daily living, medication administration, physician ordered diets, and oxygen administration. Full time nurses coordinate all medical and health needs with the resident's primary care provider. The staff and activities team strive to create a fun and comforting home like environment for every resident. The exits are secured to provide resident safety and family peace of mind.

Staff education is a primary focus at Autumn Winds in order to provide quality care at each stage of the ongoing journey of our elder's lives.

Come and visit the Autumn Winds Memory Care family. You are likely to hear music playing and folks singing tunes that are never forgotten.

Please contact Brandy Salts, Administrator or Colette Broekemeier, RN for a tour or questions regarding Autumn Winds Memory Care.

Upcoming Events

Jan 8	Pancake Feed	4:30pm-6:30pm
Jan 15	Dinner & A Movie	4:30pm-8:00pm
	Margaret Sarringar	
Jan 20	Open House	10:30am-12:30pm
Jan 22	Ribfest	4:30pm-6:30pm
Jan 17	Commodities	1:00pm-3:00pm
Jan 14	Christy on KYNT	7:40am & 12:20pm
Jan 9	Anniversary Dinner	11:30am-12:30pm
Jan 16	Birthday Dinner	11:30am-12:30pm
Feb 11	Christy on KYNT	7:40am & 12:20pm
Feb 19	USD Dental	9:00am-12:00pm



Vishay presented a check for our Meals on Wheels Program. Pictured: Mike Husman, Kriss Thury & Steve Bodenstedt. Thank you for your support!

Mystery Photo



Cathy Orton is pictured with someone, but who? Come to the office to guess, if you are correct, we will give you a piece of candy.



Christmas Party Volunteers
Nathan Rausch & Member Brooke Thury

Director's Desk



We are blessed to report continued growth and prosperity as we bring the final teen year of the 21st century to a close. It is typical for us to look back and wonder where the time has gone. This is often a time for reflection where we evaluate both personally and professionally our successes and failures. It is human nature for us to want to do better and do more. Many roadblocks are often put in our path and it is our job to knock them down or hurdle over them. For many health issues or the loss of someone you love can be challenging. Turn to your friends and family for support. Set some goals for the new year and do all you can to make yourself happy. Remember you have support here at The Center. We hope you renew your membership so you can be aware of all our many offerings and turn to your extended family for fun and fellowship through this amazing organization.

We try to do a good job of thanking our many volunteers and sponsors. We are so proud of our Medicare Part D program and all the financial support it provides to our Seniors. Thank you SHIINE volunteers, Joleen, Lynette, Romaine, Debbie, Chuck, Charlene, Carol & Beth. Also thank you to Mike & Linda Stevens and Great Western Bank for sponsoring our New Year's Eve dance.

We hope you enjoyed our annual Christmas Party. Please take time to thank the businesses who donated the many gifts. We had 202 members who enjoyed the day and the delicious lunch. I would encourage you to come in more often to dine with us. If you are in a hurry you can take a meal to go or come between 12-12:30pm and most days be served immediately. Our food is all homecooked and you will receive an affordable nutritious meal. Make a New Years Resolution to use **Your Center** more often. On behalf of the Board and staff I wish you a happy and healthy New Year. See you at the New Year's Eve Dance.

Christy Hauer, Executive Director

Open House For Margaret Sarringar Monday, January 20th 10:30am-12:30pm

Please stop by as we wish Margaret Sarringar the best of luck in her retirement.

Lunch is at 11:30am, we are serving Chicken Fried Steak as well as coffee and cake.

RSVP for lunch, 665-1055.



In Memory of Colleen Schild

Christy & Kriss were lucky to spend the last 7 years in the front office with Colleen Schild. Colleen was scheduled to retire at the end of the year, however her health started failing and she passed away on November 27th, 3 weeks past her 92nd birthday. We continue to miss you Colleen.



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."



Medications getting you down?
New medications causing confusion?
Need a better way to manage your medications that doesn't cramp your lifestyle?

Stop down to Roger's Family Pharmacy and talk to our Pharmacists about the many options we have for you. Talk to a Pharmacist face to face and not over the phone or the computer.

From Pill Boxes to Bubble Packs
We've got you covered.

218 W 4th Street in Yankton, SD
605-665-8042

www.rogersfamilypharmacy.com

Pocket Rx in the Apple store or Google Play
Roger's Family Pharmacy on Facebook

Fundraising

Soupleless Soup Kitchen

Help us reach our **\$6,000** goal. Your monetary donation helps us operate throughout the year in many different areas such as Meals on Wheels, equipment and repair costs, staff support and day to day operations. Stop in the office to make your donation today. **THANK YOU!** As of December 11th we are at **\$4,035**. Those in bold denotes \$100 or more.

- | | | |
|--|--|---|
| Beth Ashley
Theresa Arens | Pat & Christy Hauer
MaryJane Hisek | Delight Paulsen
Kara Payer |
| Janet Ausdemore
Nadean Auch | Dave Hosmer & Steph Tamisiea
Jim & Shari Hovland | Dolores Peitz
Martin & Pat Raab |
| Linda Beulke
Charlene Bland | Cathie Huchtmeier
Jim Huisman | Diane Reese
Pam Rezac |
| Elma Block
Mary Broders | Michael Husman
Dorothy Johansen | Margaret Sarringar
Jean Schaecher |
| Delano & Marilyn Christensen
Sylvia Coulson | Fran & Sandy Johnson
Delores Kafka | Victor & Darlene Schaeffer
Carla Schlingman |
| Mae Crawford
Barb & Andy DeJager | Darlene Knecht
Bob Kellen | MaryAnn Schonebaum
Randy & Joleen Smith |
| Bob & Malena Diede
Maurice Ekeren | Sandra Kreber
Gary & Velma Kuchta | Cee Sorenson
David Souhrada |
| Lois Eli
Sharon Fiedler | Bev Larsen
Elaine List | Bill & Barb Specht
Donna Steckler |
| Jean Fitzgerald
Fran Fox | Mary Loecker
Reynold Loecker | Charles Stoddard
Ray & Lorna Uken |
| Don & JoAnn Frasch
Duane & Natalie Frick | Charles & Alma Logdahl
Bud Merkwon | Don & JuLee Werkmeister
Art Winckler |
| Dorothy Gobel
Bud & Jeannie Gustad | Bob & Janet Neibergall
Paul Nielson | George & Floris Woodhouse
Arlene Young |
| Hand & Foot Group | Marillyn Obr | Alma Zweber |



Tuesday's & Friday's
(7pm)
(Open to the public)

Join the fun and win some money

WE NEED BINGO VOLUNTEERS TO CALL AND WORK THE CASH TABLE. IF INTERESTED STOP AND TALK TO JEANNE.

CANCELLATION POLICY:

BINGO WILL BE CANCELLED IF WE HAVE FEWER THAN 25 PEOPLE IN ATTENDANCE. THIS IS AT THE DISCRETION OF THE CALLER.

LISTEN TO KYNT, KVHT OR WNAX FOR CANCELLATIONS.

Thank You For Your Support

- Mary Broders ▪ Pet Food Program
- Dagmar Hoxsie ▪ Pet Food Program
- Fran & Sandy Johnson ▪ Christmas Plates
- Tri-State Old Iron Association
- Vishay
- Benedictine Sisters

Thank you for your support of The Center and the programs and services we provide.

Morning Coffee Show with Scott Kooistra



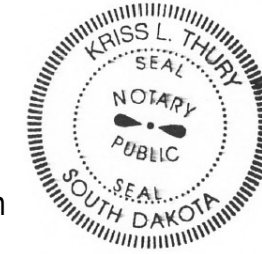
Tuesday, January 14th
at 7:40am & 12:20pm

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

Tune into 1450AM
Hear about upcoming events
The Center.

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!

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 see Cee Sorenson.



Sharing your Grief, Honoring Memories
Celebrating Life, Helping you Heal



Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com



Roger Huntley and his wife Marilyn brought in a portion of his wood carving collection and gave us a presentation of his process.

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Beth Beeman,
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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.
2525 Fox Run Parkway, Suite 101, Yankton, SD 57078
605-665-0062
www.YanktonMedicalClinic.com/ENT



Christmas Party



We served 202 members at our annual Christmas Party. Hope to see you all more often in 2020.
HAPPY NEW YEAR!

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

January 2020 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.

Jan 1	Center Closed
Jan 2	Goulash
Jan 7	Meatloaf
Jan 8	Over Baked Chicken
Jan 9	Roast Beef
Jan 14	Chicken Parmesan
Jan 15	BBQ Ribs
Jan 16	Cream of Potato Soup
Jan 21	Pork Loin
Jan 22	Homemade Pizza
Jan 23	Ham
Jan 28	Beef Tips in Gravy
Jan 29	Cabbage Beef Soup
Jan 30	Baked Chicken

Tabor Wish List

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



Dr. Jim Fitzgerald, Dr. Sheila Fitzgerald,
Dr. Tom Stotz, Dr. TJ Stotz, Dr. Jay Fitzgerald,
Dr. Matt Erlandson, Dr. McKenzie Erlandson,

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

Tabor News

Happy New Year to all from the Tabor Nutrition Site.

I hope everyone enjoyed the holidays with family and friends. It's now time for us to focus on a new year and new beginnings.

We will continue to have our evening meal on the third Tuesday (January 21st) each month. This month we are serving pork loin, dumplings & sauerkraut, peas and mandarin oranges. There is still plenty of time to make your reservation. Come join us for some fun, food & fellowship.

Our Center is always open to new faces. Come join us Tuesday, Wednesday & Thursday from 11:30am-12:30pm. Everyone is welcome.

With a new light of hope for 2020,
Gail Hovorka—Site Coordinator

January Birthdays



Irene Kocer ▪ January 13th

Loretta Kortan ▪ January 18th

John Sedlacek ▪ January 29th



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

Volunteer News

Our January Volunteers of the month are Bob & Margie Eddie. Bob and Margie have been delivering Meals on Wheels for several years now and have recently picked up a few more days in the month as a substitute for others. Margie has also help in the packaging of Meals on Wheels and Bob is always good for a joke when he stops by the office on his way to the billiard room. Thank you Bob & Margie for volunteering. 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.

Bingo Callers & Cashiers
Commodity Food Box Delivery
Receptionists & Office Workers
Pancakes & Evening Meals
Kitchen Helpers (Pour Water & Milk)
Newsletter Folders
Rummage Sale
Special Events
Meals on Wheels Drivers
Wine & Dine Fundraiser
Committee Work-Behind The Scenes

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, if not enough room, pull up another table or chair to make room. Offer up some conversation about what we do at The Center. We, as members, should all be ambassadors promoting our great organization.

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**.



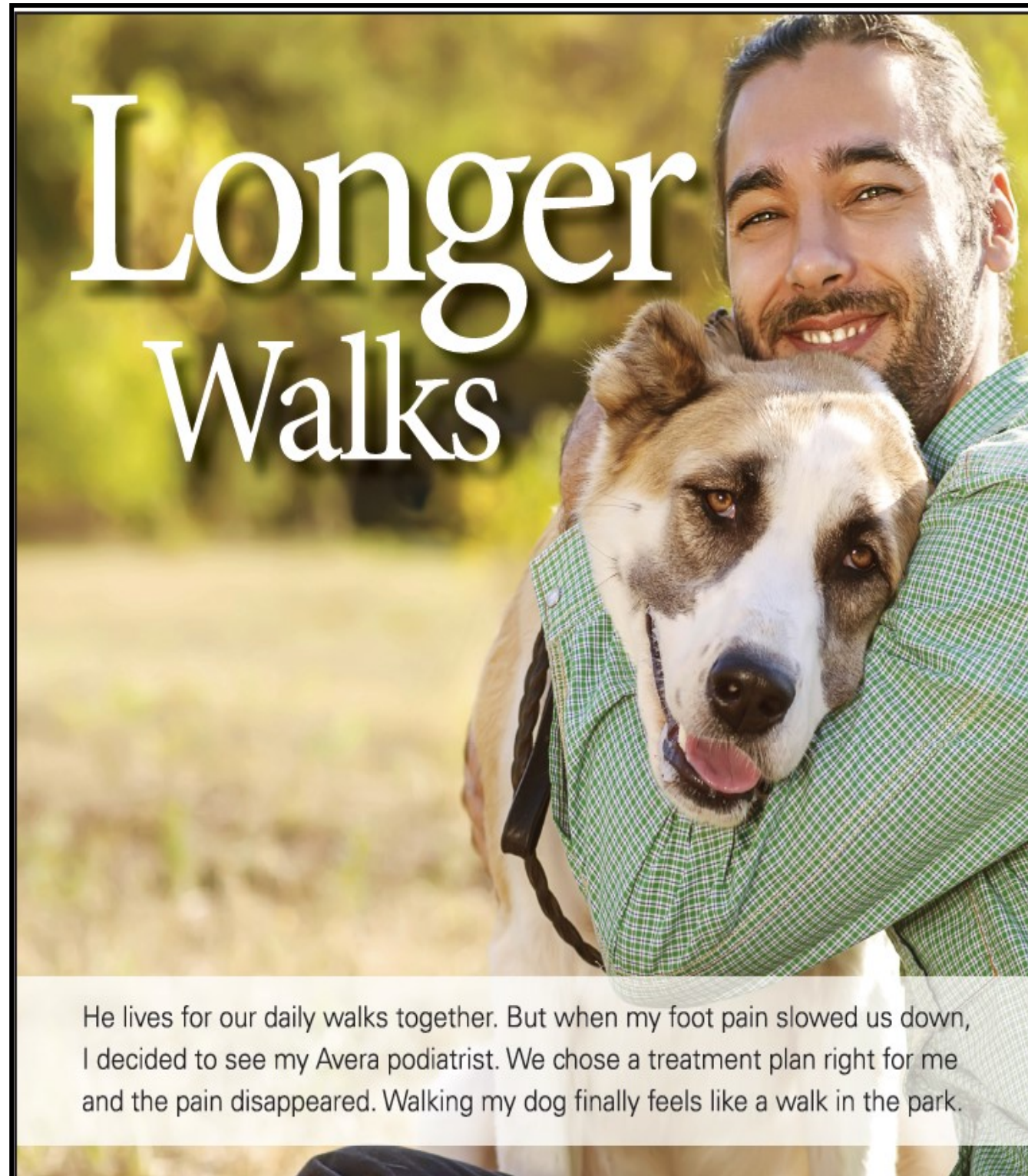
We have been approached by many who have been disappointed that they have not been asked to volunteer. We try to spread the jobs around. There are several opportunities and **we need you**. It is challenging for us to keep track of who has been asked and who has served. So please contact Jeanne if you would like to volunteer.



Southeast South Dakota RSVP can connect anyone over the age of 55 with different community organizations in need of volunteers. All it takes is one caring person to make a difference, can we count on you? If you are interested in becoming a volunteer through RSVP, please contact Amanda at 605-665-6766, email amanda.r@yanktonunitedway.org, or stop in the RSVP office at United Way's Nonprofit Center, 610 W 23rd Street, Suite #11.

RSVP – Lead with Experience!

Longer Walks



He lives for our daily walks together. But when my foot pain slowed us down, I decided to see my Avera podiatrist. We chose a treatment plan right for me and the pain disappeared. Walking my dog finally feels like a walk in the park.

Talk to an Avera podiatrist if you have joint pain while:

- Walking or jogging
- Climbing stairs
- Standing for long periods of time



409 Summit St., Suite 2600
Yankton, SD 57078



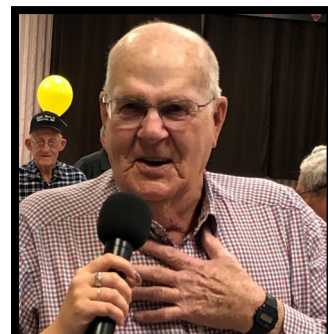
Missouri Valley Christian Academy



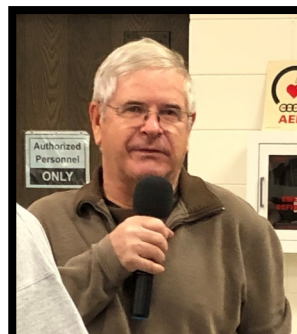
Beadle Elementary



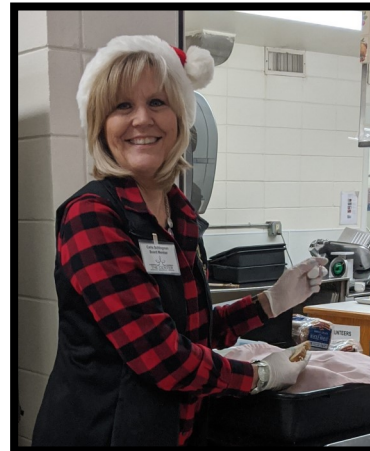
Anniversary couples Leland & Loretta McFarland and Darwin & LaVila Tessier



December Birthday diners Don Werkmeister and Randy Smith



Board of Directors



CENTURY 21
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Carla Schlingman
Broker

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Nutrition Education

Slow Cookers and Food Safety

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream come true. A slow cooker can make life a little more convenient by planning ahead, you save time later, and it takes less electricity than an oven.

Is a slow cooker safe? Yes, it cooks foods slowly at a low temperature, generally between 170 °F and 280 °F. The low heat helps less expensive leaner cuts of meat become tender and shrink less. The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container, combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe Beginnings. Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

Thaw Ingredients. Always thaw meat or poultry before putting it into a slow cooker. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce.

Use the right amount of food. Vegetables cook slower than meat & poultry in a slow cooker, so if using them, put the vegetables in first.

If you would like some extra meals stop by and see Meals on Wheels Coordinator, Mandi Lampman. There are also meals for holidays, evenings and weekends available.



Drivers Wanted

We are in need of volunteers to deliver commodity boxes in the Yankton area.

It is only 1 time per month.

We have 3 different routes to cover.

Please contact Mandi if you know of anyone that could help low income, homebound Seniors get the needed supplemental food each month.

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.

Hy-Vee Meals

(Enjoy Breakfast, Lunch and Dinner)

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. As a member, you receive a scan card.

Breakfast

(Serving 6am-11am)

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



All breakfast meals are served with coffee and juice or milk

Lunch/Dinner

(Serving 11am-8pm)

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

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

(NO SUBSTITUTIONS)

Nutrition News

November 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1109 (62 per day)	218 (12 per day)	281 (9 per day)	230 (21 per day)	1838 (102 per day)
Home Delivered	1461 (81 per day)	N/A	N/A	39 (4 per day)	1500 (83 per day)

Kitchen Volunteers (January)

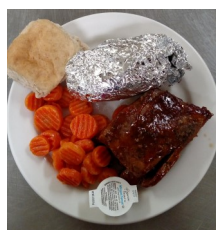
Please arrive at 11:00am to help dish up the fruit/dessert and serve those needing a meal delivered to the table.

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

Jan 1	Happy New Year - Center Closed
Jan 2	Carol Broadbent
Jan 3	Bonnie Strnad
Jan 6	JuLee Werkmeister
Jan 7	Barb DeJager
Jan 8	Sandy Kreber
Jan 9	Janice Kirschenman
Jan 10	Carol Wynia
Jan 13	Dorothy Gobel
Jan 14	Alma Logdahl
Jan 15	Carol Broadbent
Jan 16	Diana Klassy
Jan 17	Eileen Leshar
Jan 20	JuLee Werkmeister
Jan 21	Geri Loecker
Jan 22	Sandy Kreber
Jan 23	Dorothea Hoebelheinrich
Jan 24	Bonnie Strnad
Jan 27	Ruby Schroeder
Jan 28	Alma Logdahl
Jan 29	Malena Diede
Jan 30	Carol Broadbent
Jan 31	Kim Christiansen

For those who are getting their meals delivered to the table, please remember to stop at the pay table before you leave to get your card scanned.

The Center Ribfest! Wednesday, January 22nd - 4:30pm-6:30pm



Serving:
BBQ Ribs
Cheesy Hash Browns
Green Beans
Fruit
Dessert
Bread, Butter, Coffee & Milk

Our evening meal is open to the public, so bring your family and friends and enjoy a delicious home cooked meal.

Suggested Donation \$6.00
Very Important to call for reservations, 665-1055

January & February Evening Meal Schedule

January 8th - Pancake Feed
January 15th - Dinner And A Movie
January 22nd - Ribfest

February 5th - Dinner And A Movie
February 12th - Pancake Feed
February 19th - Ribfest

The February schedule changes are due to Ash Wednesday falling on the 4th Wednesday.

Potpourri

Missing Jacket

I am missing my jacket and it may have been picked up by mistake. It is a fall coat, longer length and teal in color. There is a similar one hanging in the coat room. If you have it, could you please return it to the office.

Thank you,
Nadean Auch

Help Wanted

The Experience Works Program has employment opportunities available in Yankton and at The Center. Spend an average of 20 hours per week in assigned hands on training sites at public and non-profit organizations.

Some of the training we have available at The Center is

- Clerical and administrative duties
- Assist with meal preparations & serving
- Janitorial and building maintenance
- Dishroom

If you are interested, please call Experience Works at 888-278-9109 to see if you qualify.

The Senior Community Service Employment Program is funded through the US Dept. of Labor and administered by Experience Works, Inc., a national, non-profit organization in 55 South Dakota counties.





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Potpourri




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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. - 5:30 p.m.
Sat: 8:30 a.m. - Noon

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

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



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Care.companion.brock@gmail.com



The Center is proud to be a United Way Agency

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.



Have you noticed, we 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. You must display your handicapped sign in order to park in these spots.

Thank You!

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January Menu (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
(Dinner & A Movie 15th) Beef Tips & Gravy Mashed Potatoes Broccoli Peaches Dessert	(Rib Fest 22nd) BBQ Ribs Cheesy Hash browns Green Beans Fruit Dessert	1 CENTER CLOSED No Meals On Wheels Happy New Year!	2 Mandarin Chicken Breast Creamed Potatoes Cauliflower Pears Chocolate Pudding/Topping	3 Pork Roast Boiled Potatoes/Gravy Glazed Carrots Jell-O/Mandarin Oranges
6 Roast Beef Mashed Potatoes/Gravy Corn Fruit Butterscotch Pudding	7 Ham Loaf Sweet Potato Green Beans Mandarin Oranges	8 Salisbury Steak Cheesy Potatoes Baked Squash Fruit Pancake Feed	9 BBQ Chicken Baked Potato Creamed Peas Upside Down Cheesecake Anniversary Dinner	10 BBQ Pork Sandwich Vegetable Soup Fruit Tapioca Pudding
13 Creamed Turkey Mashed Potatoes California Medley Mandarin Oranges Corn Muffin	14 Meatloaf Oven Browned Potatoes Creamed Peas Fruit Brownie	15 Cream of Potato Soup Egg Salad Sandwich Spinach Salad Fruit Dinner & A Movie	16 Ham & Potato Casserole Green Bean Casserole Fruit Cocktail Cake & Ice Cream Birthday Dinner	17 Baked Steak Mashed Potatoes Glazed Carrots Jell-O with Fruit
20 Chicken Fried Steak Mashed Potatoes Glazed Carrots Fruit Cookie Board Meeting	21 Sweet & Sour Pork Rice Oriental Vegetables Pudding	22 Tuna Salad Sandwich Sweet Potato Fries Baked Beans Fruit BBQ Ribs	23 Parmesan Chicken Scalloped Potatoes Harvard Beets Tropical Fruit	24 Tater Tot Casserole Broccoli & Cauliflower Spinach Salad Peach Crisp
27 Hot Beef Sandwich Tomato Spoon Salad Fruit Chocolate Cake Chocolate Cake Day	28 Lasagna Italian Vegetables Chinese Coleslaw Fruit Slush	29 Cider Braised Pork Chop Country Time Mac Salad Cauliflower Baked Apples	30 Citrus Chicken Herbed Potatoes Diced Green Beans Fruit Salad	31 Swiss Steak Baked Potato Baked Squash Fruit Tapioca Pudding

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

January Activities

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

Membership News

Thank You for Your Donation

Christmas Cards, Greeting Cards	Eileen Leshner
Napkins	Marilyn Obr
Toilet Paper, Laundry Soap, Magazines	Ed Gleich
Toilet Paper, Paper Plates, Candy, Baggies	Diane Reese
Paper Plates, Baggies, Toilet Paper, Cat Food	Jim & Shari Hovland
Paper Plates, Coffee, Toilet Paper	Fran & Sandy Johnson
Christmas Cards	Dorothy Nielson
Greeting Cards	Betty Adam
Garbage Bags, Napkins, Paper Plates	Larry & Pat Graber
Toilet Paper, Kleenex, Napkins, Magazines, Christmas Cards	Gary & Velma Kuchta
Treats	Donna Schaefer
Paper Plates, Coffee	Geri Loecker
Christmas Card	Lyle & Marlene Johnson
Pencils	Dan & Dianne Wubben
Greeting Cards/Playing Cards	Patti Hunhoff
Dog Food	Connie Heying
Dog Toys	Dorothy Stallman
Coffee & Candy	Theresa Arens

Welcome New Members

Brenda Gobel ▪ Yankton
 Peggy Frank ▪ Yankton
 Norma Luebbert ▪ Yankton
 Leland & Loretta McFarland ▪ Yankton
 Pat White ▪ Yankton
 Hubert & Henrietta Mauch ▪ Fordyce
 Barbara Ruffinott ▪ Yankton
 Jon Dietrich ▪ Yankton
 Larry Nickles & Jody Johnson ▪ Yankton
 Karen Heili ▪ Yankton



Get Well Cards

Jeannette Leeper

Memorials

In Memory of Colleen Schild

The Hauer Family	Phyllis Christiansen	Charles & Alma Logdahl
Kriss Thury	Marcella Wells	Fran & Lanning Mollet
Romaine Wiebelhaus	Jean Schaecher	Andy & Barb DeJager
Marilyn Obr	Jean Fitzgerald	Jordan & Katie Schild
Norma J Andersen	Joanne Weimer	Mike & Gerrie Healy
Elma Block	Steve Wentworth	Patricia Graham
Mark Frick	Margaret Sarringar	Dan & Pam Fedders
Beth Frick	Deb Bodenstedt	Gloria Becker
Amy Putz	Jerald & Jane Rames	
MaryAnn Anderson	Ken Brunick	In Memory of MaryLou Kellen
Randy & Joleen Smith	Lloyd Seger	The Hauer Family
Cee Sorenson	Sandra Williams	Cee Sorenson
MaryJane Hisek	Jim & Cindy Filips	Fran Fox
Diane Reese	Ken & Irene Hirsch	
Marlene Nebola	Merlin Johnson	In Memory of Frank Potts
Kay Nickles	Doug & Karen Ekeren	Randy & Joleen Smith
Darwin & LaVila Tessier	Eric & Sarah Heine	
Judy Heine	Don & JuLee Werkmeister	

Sympathy Cards

Colleen Schild Family
 Cathy Orton (Loss of Son)
Loraine McNeely Family
 Bob Kellen (Loss of Wife)
Joe & Romaine Wieseler (Loss of Son)
Bev Larsen (Loss of Brother-In-Law)
Duane Kleinschmit Family

In Memory of Loraine McNeely

The Hauer Family
 Jean Fitzgerald
 Jean Schaecher
 Randy & Joleen Smith
 MaryAnn Anderson
 Lyle & Jane Malone
 Fran & Lanning Mollet
 Darwin & LaVilla Tessier



Happy Birthday

Jan 1	Sally Abild	Jan 10	Leonard Hejl	Jan 20	Joyce Behl
Jan 1	Connie Ferdig	Jan 10	Lois Varvel	Jan 20	Rose Kabeiseman
Jan 1	Jane Miller	Jan 11	Dennis Janousek	Jan 20	Russel Tusha
Jan 1	Lynette Goehring	Jan 11	George Smith	Jan 20	Dawn Henseler
Jan 1	Sally Abild	Jan 11	Dawn Stoner	Jan 20	Russ Weller
Jan 2	Vicki Swensen	Jan 12	April Bodden	Jan 21	Belinda Carlson
Jan 2	Dianne Wubben	Jan 12	Monica Horak	Jan 21	Randy Kramer
Jan 3	Andy DeJager	Jan 12	Roy Wilcox	Jan 22	Jim Black
Jan 4	Mike Koupal	Jan 12	Velma Bennett	Jan 24	Michael Stevens
Jan 4	Martina Warvarovsky	Jan 13	Troy Pickner	Jan 25	Norma Anderson
Jan 5	Jacquelyn Green	Jan 13	Bonita Hendrix	Jan 25	Phyllis Christiansen
Jan 5	Terry Makings	Jan 15	Jerry Melick	Jan 25	Jean Salvatori
Jan 6	Dan Mason	Jan 16	Linda Abbott	Jan 25	Kenneth Jorgensen
Jan 6	Karen Mason	Jan 16	Delores Bohlman	Jan 26	Dennis Wagner
Jan 6	Wilbur Goehring	Jan 16	Dorcas Mason	Jan 27	Diana Klassy
Jan 7	Marsha Dahlseid	Jan 16	Paul Pietila	Jan 27	Duane Grimme
Jan 7	Chuck Leiferman	Jan 17	Charmaine Pelton	Jan 29	Leah Smith
Jan 7	Leta Levinger	Jan 17	Bernita Mannes	Jan 30	Janice DeJong
Jan 8	Steve Hamilton	Jan 18	Maynard Vrbka	Jan 30	Terri Lammers
Jan 9	Shirley McKee	Jan 19	Marilynn Broker	Jan 31	Bill Lewis
Jan 10	Sandy Bulduc	Jan 19	Gary Palmer	Jan 31	Bud Merkwan

Happy Anniversary

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



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Call 665-4685 • 900 Whiting Dr., Yankton

Activities

Wii Bowling Tuesday League

November 19, 2019

Karen Gran had a high game of 224 and a high series of 619. Mary Law bowled a triplicate of 196 and picked up a 5-6-10 split. Karen Gran, JoAnn Huitema and Janet Moderegger picked up a 5-7 split.

Elaine List & Mary Haberman picked up a 5-10 split. Diana Klassy picked up a 2-5-7-8 & 3-9-10 split.

November 26, 2019

Karen Gran had a high game of 224 & a high series of 657. Mary Law had a high game of 224. Janet Moderegger picked up a 5-10 split. Elaine List picked up a 4-5-7 split.

December 3, 2019

Karen Gran had a high game of 222 & a high series of 627. Janet Moderegger & Elaine List picked up a 5-10 split. Janet Moderegger picked up a 5-7 split. Elaine List picked up a 4-5-7 split, twice.

Karen Gran won the league.

Thursday League

November 21, 2019

Marilyn Obr had a high game of 257 and a high series of 688. Diana Klassy picked up a 2-7 split. Dorothy Gobel picked up a 5-10 split. Jeanne Laffey picked up a 5-6-10 split.

December 5, 2019

Marilyn Obr had a high game of 278 and a high series of 719. Bev Larsen picked up a 5-7-9 split. Sandy Kreber picked up a 2-7 split. Sharon Tronek picked up a 5-7-9 split.

Marilyn Obr won the league.

Tournament Winners

1st Place	Janice Olson	803
2nd Place	Janet Moderegger	777
3rd Place	Darlene Pokorney	773
4th Place	JoAnn Huitema	765
5th Place	Mary Law	750
6th Place	Sharon Tronek	736



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

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

No craft class in January

Next craft class
will be Monday,
February 10th at
10:30am



Activities

Pinochle News

Round Robin—December 2, 2019
Charlie Wagner & Ray Pravecek

1000 Aces—December 2, 2019
Ron Budde & Joyce Kollars

Double Run—December 3, 2019
Doris Gall & Ron Budde

Round Robin—December 5, 2019
Joan Burt & Ray Pravecek

Round Robin—December 19, 2019
David Souhrada & Dorothy Nielson

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.

Dinner And A Movie

Wednesday, January 15th

Meal: 4:30pm-6:00pm ▪ Movie: 6:00pm

Showing: "The Secret Life of Walter Mitty"

Walter Mitty (Ben Stiller), an employee at Life magazine, spends day after monotonous day developing photos for the publication. To escape the tedium, Walter inhabits a world of exciting daydreams in which he is the undeniable hero. Walter fancies a fellow employee named Cheryl (Kristen Wiig) and would love to date her, but he feels unworthy. However, he gets a chance to have a real adventure when Life's new owners send him on a mission to obtain the perfect photo for the final print issue.

\$6 Meal, Movie & Popcorn

Serving: Beef Tips In Gravy

Call 665-1055 for reservations



Partnership Bridge News

December 4, 2019

- | | |
|-----------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 6610 |
| 2. Darwin Tessier & Glenn Mannes | Score: 5200 |
| 3. Nadean Auch & Dan Miller | Score: 4430 |

Slams: Judy Kistler & Janet Ausdemore
Margie Eddie & LaVila Tessier
Char Erickson & Mae Crawford

December 11, 2019

- | | |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 4860 |
| 2. Rose Mather & Dan Miller | Score: 4270 |
| 3. Fran Mollet & Marilyn Weverstad | Score: 3600 |

Slam: Muriel Stach & Beth Nohr

December 18, 2019

- | | |
|--|-------------|
| 1. Char Erickson & Kit Westling | Score: 5200 |
| 2. Mary Alice Halvorsen & LaVila Tessier | Score: 5090 |
| 3. Rose Mather & Dan Miller | Score: 4970 |

Friday Bridge News

Friday, December 6, 2019

- | | |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 5390 |
| 2. Muriel Stach & Beth Nohr | Score: 4240 |
| 3. Betty Adam & Marsha Dahlseid | Score: 2760 |

Friday, December 13, 2019

- | | |
|-----------------------------------|-------------|
| 1. Jean Schaecher & Char Erickson | Score: 7770 |
| 2. Beth Nohr & Muriel Stach | Score: 3970 |
| 3. Betty Adam & Marsha Dahlseid | Score: 3780 |



Wednesday Bridge Players

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 (**January 17th**) 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 2nd and 3rd Thursday each month from 10:30am-11:30am. Our volunteers Jackie Sandstedt & Marilyn Christensen 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.

Dementia Caregiver Group

Tuesday, January 14th ▪ 10:00am-11:00am

The Dementia Caregiver Group meets each month on the second Tuesday.

**Everyone Welcome
Open to the public**

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.



USD Dental Hygiene Services

Upcoming Dates:
February 19th & March 18th
(Can not take appointments)

Free and low cost dental services provided by University of South Dakota dental hygiene students, and supervised by faculty. Services are provided at The Center on a first come, first served basis. Free services include: free oral screenings, denture and partial cleanings. Accepting Medicaid and other insurances.

Cleanings \$35.00 ▪ X-Rays \$25.00

Center Wish List

**Thank You For
Your Donations!**

(Listed in order of need)

- Cat Food
- Decaf Coffee
- Napkins
- Toilet Paper
- Fun Size Candy Bars
- Sandwich Baggies
- Laundry Soap
- Kleenex
- Hand Sanitizer

Your donations help us keep our costs down, which significantly impacts our bottom line. We are very grateful!