



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

Board of Directors(2019-2020)

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

Change Service Requested

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Yankton, SD
57078



900 Whiting Drive • Yankton, SD 57078
chauer@thecenteryankton.org
Center: 605-665-4685 • Nutrition: 605-665-1055
Website: www.thecenteryankton.net
November 2019 • Volume 18 • Issue 11



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Veteran's Day Program

Monday, November 11th, 2019
Program: 10:45am Lunch 11:30am

Board President Dave Hosmer will be presenting a program on the Vietnam War. All Veteran's are encouraged to wear their hats and/or uniform.

We are serving: BBQ Chicken, Cheesy Hash Browns, Broccoli & Pears

Call 665-1055 to make your reservation.



Pat Hauer with Ruth Scott of Fyzical Therapy at our first ever Wellness Workshop.



USD Students
Future Nurses

Hours of Operation

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

Mon, Wed & Thurs 8:00am—4:00pm
Tues & Fri 8:00am—9:00pm

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

Dinner & A Movie

Wednesday, November 6th (date change, due to holidays)
4:30pm-6:00pm (Meal) • 6:00pm-8:00pm (Movie)
\$6.00 Meal, Movie & Popcorn
(Never fear, the audio issue has been resolved)

We are serving: Salisbury Steak
"The Christmas Shoes"

Rob Lowe stars as Robert Layton, a workaholic attorney who sorely neglects his family, even during the Christmas season. Clearly, Layton is overdue for a "humanizing" treatment, which comes in the form of a little boy named Nathan Andrews (Max Morrow). Learning that his mother, Maggie (Kimberly Williams), is dying from congenital heart failure, and unable to financially rely upon his underemployed father, Jack (Hugh Thompson), Nathan goes about collecting tin cans and other throwaways so that he can afford an expensive pair of red shoes for his ailing mom. Nathan's plight not only touches Layton, but also has a heartwarming trickle-down effect on the lawyer's estranged family.

RSVP necessary, call 665-1055

BBQ Ribs

Wednesday, November 20th • 4:30pm-6:30pm
(date change due to holidays)

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

Serving

- BBQ Ribs
- Cheesy Potatoes
- Green Beans
- Coleslaw
- Fruit
- Dessert
- Bread/Butter, Coffee & Milk
- Suggested Donation: \$6.00

Very important to call for reservations, 665-1055

Souless Soup Kitchen

November 1st—December 31st



We turn to our members two times a year for financial support. This time of year, we hope that you will consider a holiday gift to support The Center operation. Your gift is tax deductible.



In March we also ask our members to help financially support the Meals on Wheels Program.

Our goal this year is to raise \$6,000 through our members. Every gift counts!



Like us on Facebook
Go to: The Center Yankton

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.

Reminder

We will close at 1:00pm (no cards) on Wednesday, November 27th and will be closed Thursday & Friday, November 28th & 29th for Thanksgiving. There will be no Meals on Wheels. If you would like to order evening, weekend and holiday meals, please see Mandi.



Department of Corrections Partnering with The Center

The restructuring plan at The Center and DOC has been completed and after training of staff and Board members, an inmate has returned to help us with our mission.

We all must follow basic guidelines in dealing with inmates as a part of our restructuring plan. When you are at The Center, inmates must be respected and treated fairly. We should not be talking about personal issues with them and must have healthy boundaries. We have signed on to take just 1 inmate, which will be easier to monitor. We ask that you don't give them anything like gifts, food, money, use of cell phone, etc.

This is a win-win situation for both the inmate and The Center. We will be able to rely on having a worker here everyday, reducing our overhead and the inmate is rewarded by early release by participating in the community service program.

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

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 KVTK 1570AM for closing information.

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



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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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.

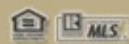
Staff education is a primary focus at Autumn Winds in order to provide quality care at each stage of the ongoing journey of our elder's lives.

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.

CENTURY 21

Professional Real Estate



Each Office is Independently Owned and Operated

C: 605-661-8643

F: 605-665-0243

Carla Schlingman
Broker

1701 Broadway Ave Ste 1, Yankton, SD 57078



www.yanktonrealestate.com | cschlingman@iw.net | **PROFESSIONAL - RELIABLE SERVICE**

Upcoming Events

Nov-Dec	Soupless Soup Kitchen	
11/1-12/6	SHIINE Open Enrollment	
Nov 6	Dinner & A Movie	4:30pm-6:00pm (meal) 6:00pm-8pm (movie)
Nov 8	Memorial Program	11:30am-1:00pm
Nov 11	Veteran's Day Program & Lunch	10:45am-12:30pm
Nov 11	Craft Class	10:30am-11:30am
Nov 12	Dementia Caregiver Group	10:00am-11:00am
Nov 12	Christy on KYNT Radio	7:40am & 12:20pm
Nov 13	Pancake Feed	4:30pm-6:30pm
Nov 14	Anniversary Dinner	11:30am-12:30pm
Nov 15	Commodities	1:00pm-3:00pm
Nov 20	Ribfest	4:30pm-6:30pm
Nov 21	Birthday Dinner	11:30am-12:30pm
Nov 21	Flu Shot Clinic	10:30am-12:00pm
11/28-29	Center Closed - Happy Thanksgiving	
Dec 6	Worthing Dinner Theater	5:00pm-11:00pm
Dec 10	Christy on KYNT Radio	7:40am & 12:20pm
Dec 11	Christmas Light Tour	6:30pm-8:00pm
Dec 20	Member Christmas Party	11:30am-1:00pm
Dec 22	Holiday Baking Class	12:00pm
Dec 31	New Year's Eve Party	7:00pm-11:00pm



The Center is proud to be a United Way Agency



**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

Director's Desk



Fall is always a very solemn time for me. It is hard to say goodbye to our snowbirds, members of our Center family. Equally hard is to formally say goodbye to our members who have passed through our Memorial Program on November 8th. I would encourage you to come to this wonderful ceremony, where we will celebrate the lives of 30 extended family members. It is always such a beautiful ceremony where we get to honor those who have touched our lives in so many special ways. Please join us on the 8th.

Although I enjoy the beautiful change in colors during the Fall season, it reminds us of the inevitable winter that is approaching. I hope we don't have another winter like last year, where we were forced to close our building many times over.

On an exciting note, I was so pleased by the turn out and impact we made through our first ever Wellness Workshop. We had participation in all areas of nutrition, fall & balance assessment, vital signs, hearing screens, toe nail trimming, skin screens and flu shots.(thank you Byron) We had 193 participants and are going to make this an annual event. We are certainly open to new ideas to enhance our members overall wellness and health. Please stop by with ideas or drop them in our suggestion box.

As you know we have had a balanced budget for the past 7 years. We are able to be financially sound because of our management strategy and our generous donors. We really need your donation in the month of November & December to our annual Soupless Soup Kitchen. We ask our members twice a year to help fund our operation, once in the fall to support The Center and once in the spring to support Meals on Wheels and our nutrition program. This is a great time of year to make a holiday donation and get an end of year tax break. All donations to The Center are tax deductible. I have lived up to my promise to you that we have, and will continue, to be good stewards of the resources afforded to us. We have been able to trim the fat eliminating waste without compromising the quality of our offerings. I look forward to seeing your name as a donor in our December and January newsletter. All donations of any size are welcomed. Our goal is to just get all of our members engaged.

This is also a great time to get your membership renewed for 2020. Our fees are very reasonable at just \$35 for individuals and \$63 per couple. I have always said if there is a need and interest, I am open to new ideas, programs, activities or physical items in the building, which would enhance your experience. Please come to me or our assistant director Kriss with your suggestions. This is your Center and we are here to serve you.

Mark your calendar for our annual New Year's Eve dance. I assure you there is no better place to be, to ring in the New Year.

God Bless our Veteran's for their service and sacrifice. Join us on the 11th for another moving tribute to our Veterans, featuring Board President, David Hosmer.

Thankful for you, Happy Thanksgiving
Christy Hauer—Executive Director



Our mission is "to respond to the ever-changing needs of all adults and their families; provide opportunities and resources in the areas of physical and mental health, nutrition, recreation and education, and to positively affect their quality of life and assist in maintaining their independence."

Fundraising



Pancake Feed

(second Wednesday each month)

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

Join us for all you can eat pancakes and french toast. Also includes a serving of eggs and bacon or sausage. Bring the whole family out for a yummy meal and support The Center. Only \$5.00 per person. Everyone is welcome!

If you would like to volunteer at a pancake feed, give Jeanne a call at 665-4685.

Souplless Soup Kitchen

Sylvia Coulson
Pat & Christy Hauer
Mary Loecker
Dorothy Johansen

Your generous support is greatly appreciated!

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.



Beadle School Student Council got to come paint pumpkins at The Center. Beadle School is a long time fundraiser for us for March for Meals.



Every Tuesday & Friday (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.

Morning Coffee Show with Scott Kooistra

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

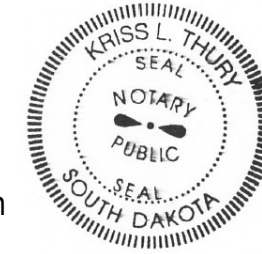
Tuesday, December 10th
at 7:40am & 12:20pm



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.



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



Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com

Holiday Baking Fun - Join us for the First Ever Holiday baking get together hosted by The Center Staff.


Sunday, December 22nd - 12:00pm

You will go through numerous baking stations to make cookies, candies and more. When we are finished you will have a platter of goodies for yourself or for entertaining.

Cost is \$25


Minimum is 12, Class size is limited to 25







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


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

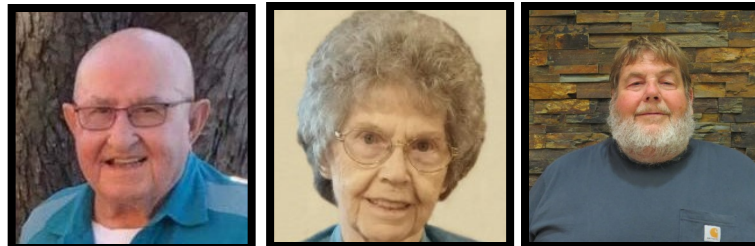

Jason R. Howe,
M.S., CCC-A, FAAA

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

YANKTON MEDICAL CLINIC, P.C. 2525 Fox Run Parkway, Suite 101, Yankton, SD 57078
605-665-0062
 Ear, Nose & Throat www.YanktonMedicalClinic.com/ENT

Memorial Program



Memorial Program

Friday, November 8th

Lunch: 11:30am ▪ Program 12:00pm-1:00pm

Serving: Roast Beef, Mashed Potatoes/Gravy,
Glazed Carrots, Jello Poke cake

Reservations are required, call 665-1055

Program sponsored by:

Wintz & Ray Funeral Home & Cremation Services



Row 1: Dory Ahern, Edla Aune, Marge Becker,
Luree Boersma, Frank Carter, Don VanDeRostyne

Row 2: Bill Dayhuff, Betty Drotzmann, Marilyn Gorsett,
Pat Highland, Susie Hofmann, Margaret Hunhoff

Row 3: Charles Huntley, Rodger Johnson, Connie Kendall,
Maxine Kinsley, Sharon Leinen, Darold Loecker

Row 4: Pat Lyons, Glen Mechtenberg, Hazel Nelson,
Maurice Newman, Jacqueline Olson, Roland Preszler

Row 5: John Slowey, MaryFran Thompson, John Swensen

Not pictured: June Baggs, George Flevaris & Erwin Kaup

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

Hello. I hope everyone had a safe but spooky Halloween, there sure were a lot of different costumes out there.

We had a fantastic turnout last month at our evening meal. The Center was filled to the rafters. We also had some great music entertaining us.

We will be having our Thanksgiving feast on Tuesday, November 19th as our evening meal. Of course we are serving turkey and all the fixings. Please make sure you call as soon as you can for reservations.

The SHIINE rep will be here on November 14th to answer any questions you may have regarding Part D.

Thank you to all who have donated items this past month. We really appreciate it. Have a very Happy Thanksgiving with family & friends, always keep a smile and love in your hearts.

With Friendship,
Gail Hovorka—Site Coordinator

November 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.

Nov 5	Baked Steak/Gravy
Nov 6	Chicken Parmesan
Nov 7	French Dip Sandwich
Nov 12	Meatloaf
Nov 13	Autumn Chicken
Nov 14	Liver & Onions
Nov 19	Roast Turkey— Evening Meal
Nov 20	Chicken Fried Steak
Nov 21	Beef Barley Soup
Nov 26	Baked Chicken— Birthday Meal
Nov 27	Spaghetti & Meat Sauce
Nov 28	Center Closed - Happy Thanksgiving

Tabor Wish List

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

November Birthdays

Nov 9	Angie Kortan
Nov 9	Elton Rokusek
Nov 11	Adeline Merkwon
Nov 21	Ruth Sternhagen



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

Volunteer News

Congratulations!

Our November Volunteer of the month is Walnut Village. Walnut Village has been a long time supporter of The Center especially during fundraising events. The staff, Dawn, Katie & Josh deliver meals each week and just this month will be taking on an additional route and day to deliver meals.

Thank you to everyone at Walnut Village for making sure our homebound Seniors are getting a hot home cooked nutritious meal.

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.



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!



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.

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.

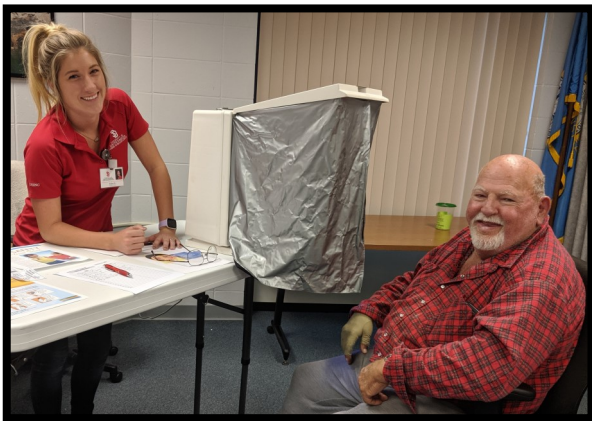
Talk to an Avera podiatrist if you have joint pain while:

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

Avera 
Medical Group
Podiatry
Yankton

409 Summit St., Suite 2600
Yankton, SD 57078

Wellness Workshop Was A Success



Thank you to those who participated in our Wellness Workshop
Roger's Family Pharmacy
 (Flu Shots)

Fyzical Therapy
 (Fall Risk Screening)

USD Students
 (Toe Nail Trimming)
 (Blood Pressures)
 (Skin Screening)

Miracle Ear
 (Hearing)

Center Nutrition Staff
 (BBQ Rib Dinner)

And everyone who attended, it was a huge success.



Nutrition Education

10 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half of your plate fruits and vegetables. It's also a great way to add color, flavor, texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers or tomatoes on your next pizza.
2. Mix up a breakfast smoothie made with milk, frozen strawberries and a banana.
3. Try crunchy vegetables, instead of potato chips, use your favorite salad dressing as a dip.
4. Add color to salad with baby carrots, grape tomatoes or mandarin oranges.
5. Place colorful fruit where everyone can easily grab it for a snack on the run.
6. Make fruit your dessert. Slice a banana lengthwise and top with a scoop of low fat yogurt.
7. Wake up to fruit. Make it a habit of adding fruit to your morning oatmeal, ready to eat cereal, yogurt or toaster waffle.
8. Top a baked potato with beans and salsa or broccoli and low fat cheese.
9. Microwave a cup of vegetable soup as a snack, or with a sandwich for a quick lunch.
10. Add grated, shredded or chopped vegetables, such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

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.

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.



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

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

September 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1224 (61 per day)	248 (12 per day)	310 (10 per day)	279 (23 per day)	2061 (103 per day)
Home Delivered	1483 (74 per day)	N/A	N/A	45 (4 per day)	1528 (76 per day)

Kitchen Volunteers (November)

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.

Nov 1	Ruby Schroeder
Nov 4	Julee Werkmeister
Nov 5	Barb DeJager
Nov 6	Bonnie Strnad
Nov 7	Sandy Kreber
Nov 8	Carol Wynia
Nov 11	Dorothy Gobel
Nov 12	Alma Logdahl
Nov 13	Sandy Kreber
Nov 14	Janice Kirschenman
Nov 15	Eileen Leshner
Nov 18	Ruby Schroeder
Nov 19	Julee Werkmeister
Nov 20	Bonnie Strnad
Nov 21	Dorothea Hoebelheinrich
Nov 22	Geri Loecker
Nov 25	Amanda Stewart
Nov 26	Alma Logdahl
Nov 27	Malena Diede
Nov 28	Center Closed
Nov 29	Center Closed

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, November 20th - 4:30pm-6:30pm (3rd Wednesday this month due to Thanksgiving)



Serving:
BBQ Ribs
Cheesy Potatoes
Green Beans
Coleslaw
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
Holy Cow—193 people were served in October.**



Available Every Hour of the Day Every Day of the Year

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Worthing Dinner Theater
Friday, December 6th - 5:00pm-11:00pm
\$62 per person includes transportation, dinner & theater

“Sorry! Wrong Chimney!”

David Tuttle is moonlighting as a department store Santa so that he can buy his wife a fur for Christmas. He tells her he’s working late at the office, but she finds out he isn’t at the office. A suspected other woman, hypnotism, the notorious Santa burglar Kris Kreigle, his gun-toting fiancée, and a confused policeman add up to a rollicking tale that is hilarious Christmas entertainment any time of year.

****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’ve only had to cancel once in the past 10 years due to weather)**



Christmas Light Tour

Wednesday, December 11th - 6:30pm-8:00pm

Tour the holiday lights of Yankton. Yankton Transit will drive you through the streets of Yankton to see some of the most spectacular light displays around. Stop in early and fill your bellies with pancakes at our All You Can Eat Pancake & French Toast Feed. After the light tour, stay for some hot coffee and treats. Sign up in the office as seats are limited.

Cost is \$4.00 paid to Yankton Transit.



Christmas Plates Needed

We are asking for help with a donation of 250 Chinet Christmas plates with dividers to use at our upcoming Member Christmas Dinner. (December 20th). This will put some ease on staff on a day that we will be serving over 200 guests.

Stop and see Kriss if you are able to help out.



September Worthing Dinner Theater Trip performance “Beer for Breakfast”

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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Wine & Spirits 665-7808**

Potpourri



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www.YanktonMedicalClinic.com


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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



New Year's Eve Party

Tuesday, December 31st ▪ 7:00pm-11:00pm

Celebrate the final day of 2019 at The Center for our annual New Year's Eve Party & Dance.

The Outback Band will be entertaining us. We will have a nice meal, play some games and watch the ball drop (East Coast Style)

Tickets will be available soon



Craft & Vendor Fair
Bake Sale

PLEASE JOIN US FOR A FUN AND EXCITING EVENT!

HOMEMADE CRAFTS & REPURPOSED ITEMS
HOMEMADE GREETING CARDS
BAKE SALE
CASH & CARRY ITEMS FROM VARIOUS VENDORS
AND SO MUCH MORE!!

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November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
(DINNER & MOVIE 6th) Salisbury Steak w/Gravy Mashed Potatoes Parried Carrots Tossed Salad Fruit Slush	(PANCAKE FEED 13th) All you can eat Pancakes and French Toast Includes Eggs Bacon or Sausage \$5	(EVENING MEAL 20TH) RIB FEST BBQ Ribs Cheesy Potatoes Green Beans Coleslaw Dessert		1 Sweet & Sour Pork Rice Oriental Vegetables Jell-O w/Fruit
4 Citrus Chicken Herbed Diced Potatoes Green Beans Fruit Candy National Candy Day	5 Lasagna Italian Vegetables Chinese Coleslaw Fruit Slush	6 Grilled Hamburger on Bun French Fries Baked Beans Tossed Salad/Dressing Pears DINNER & A MOVIE The Christmas Shoes	7 Pork Chop w/Celery Sauce Cheesy Potatoes Broccoli Fruit Cocktail	8 Roast Beef Mashed Potatoes/Gravy Glazed Carrots Jell-O Poke Cake Memorial Program
11 BBQ Chicken Cheesy Hash browns Broccoli Pears Veterans Day	12 Chicken Noodle Soup Grilled Cheese Sandwich Spinach Salad Tapioca Pudding National Chicken Soup for the Soul Day	13 Sloppy Joe Potato Wedges Cole Slaw Vanilla Pudding PANCAKE FEED	14 ANNIVERSARY DINNER Swiss Steak Baked Potato Green Bean Casserole Diced Peaches	15 Pork Loin Creamed Cheesy Potatoes Seasoned Spinach Baked Apples
18 Baked Steak w/Gravy Rice Creamed Cabbage Tropical Fruit Angel Food Cake BOARD MEETING	19 Ham Baked Potato Corn Tossed Salad w/dressing Jell-O w/Peaches	20 Goulash Green Beans Tossed Salad/Dressing Peanut Butter Fudge Nat'l Peanut Butter Fudge Day EVENING MEAL BBQ Ribs	21 BIRTHDAY DINNER Pork Roast Herbed Diced Potatoes Creamed Peas Fruit Cake & Ice Cream	22 Meatloaf Company Potatoes Tomato Spoon Salad Banana Pudding
25 French Dip Sandwich Baked Potato California Blend Veggies Fruit Cocktail	26 THANKSGIVING DINNER Turkey Mashed Potatoes/Gravy Dressing Glazed Carrots Cranberry Sauce Pumpkin Pie	27 Chicken Salad Sandwich Spinach Salad Mandarin Oranges Cookie Center Closed 1:00pm	28 THANKSGIVING Center Closed No Meals On Wheels	29 THANKSGIVING Center Closed No Meals On Wheels

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.

November Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-8 Bingo 7-9
4	5	6	7	8
Billiards 8:30 SHIINE 9-3 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 1-5 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 SHIINE 10:30-4 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Dinner & A Movie 4:30pm-8:00pm	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Toe Nail Clinic 10:00 SHIINE 12-4 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9 Memorial Program 11:30am-1:00pm
11	12	13	14	15
Billiards 8:30 SHIINE 9-3 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Veteran's Day Program 11:30am-12:30pm	Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 1-5 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 SHIINE 10:30-4 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 SHIINE 12-4 Pinochle 12:45 Dominos 12:45 Anniversary Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1-3 SHIINE 5-8 Bingo 7-9
18	19	20	21	22
Billiards 8:30 SHIINE 9-3 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00 Board Mtg 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 1-5 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Toe Nail Clinic 10:00 SHIINE 10:30-4 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 SHIINE 1-4 Evening Meal (Ribs) 4:30pm-6:30pm	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 SHIINE 12-4 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-8 Bingo 7-9
25	26	27	28	29
Billiards 8:30 SHIINE 9-3 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 1-5 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 SHIINE 10:30-4 Exercise 11:00 Center Closes @ 1:00pm	Center Closed Happy Thanksgiving 	Center Closed Happy Thanksgiving 

Membership News

Thank You for Your Donation

Napkins
 Coffee
 Coffee
 Cat Food
 Toilet Paper, Kleenex, Paper Plates, Baggies,
 Coffee, Hand Sanitizer, Candy
 Coffee
 Coffee, Paper Plates
 Toilet Paper
 Greeting Cards
 Kleenex, Paper Plates, Napkins
 Napkins, Toilet Paper, Paper Plates, Baggies
 Coffee
 Playing Cards
 Cat Food
 Coffee
 Coffee, Baggies, Magazines
 Christmas Decorations
 Laundry Soap, Coffee, Toilet Paper, Magazines
 Greeting Cards

Marilyn Obr
 Beth Ashley
 Charles & Alma Logdahl
 April Gawboy
 Janet Melick
 Andy & Barb DeJager
 Geri Loecker
 Jane Slowey
 Eileen Leshar
 Janet Sayler
 Jim & Shari Hovland
 Theresa Arens
 Velma Lane
 Judy Olson
 Dorothy Johansen
 Ed Gleich
 Dave Wright
 Fran & Sandy Johnson
 Betty Adam

Welcome New Members

Connie Ferdig - Yankton
 James VanOsdel - Yankton
 Eleanor Nelson - St. Helena
 Cliff & Donna Madson - Yankton

Get Well Cards



Margaret Sarringar
 Rose Kabeiseman
 Colleen Schild
 Loraine McNeely

Sympathy Cards

David Souhrada
 (Loss of Step Daughter)
 Delores Bohlman
 (Loss of Brother)
 JoAnn Bartlett
 (Loss of Son-In-Law)

Center Wish List

Thank You For Your Donations!

- (Listed in order of need)
- Cat Food
 - Decaf Coffee
 - Small Paper Plates
 - Toilet Paper
 - Fun Size Candy Bars
 - Sandwich Baggies
 - Laundry Soap
 - Napkins
 - Kleenex
 - Hand Sanitizer

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

Memorials

In Memory of Hazel Nelson

Tom & Marilyn Kilgore



In Memory of Bill Dayhuff

Jeff & Marti Dayhuff

In Memory of Louise Matthies

Margaret Sarringar
 MaryAnn Schonebaum



Left: Dennis Janousek taking advantage of the NuStep Machine.
 Below: Board Members Pam Rezac and Velma Kuchta with Christy Hauer.

Happy Birthday

Nov 1	Arlene McHenry	Nov 11	Carol Broadbent	Nov 23	Kenneth Doering
Nov 1	Barb Specht	Nov 11	Delores Moore	Nov 23	Denis Feilmeier
Nov 2	Joan Burt	Nov 11	Georgene Snook	Nov 23	Clare Smith
Nov 2	Mari Morgan	Nov 12	Dorothy Johansen	Nov 23	Deb Specht
Nov 3	Sandra Arens	Nov 12	David Souhrada	Nov 24	Jim Neu
Nov 3	Karla Novotny	Nov 13	Jim Huisman	Nov 24	Tony Pierce
Nov 3	Colleen Schild	Nov 13	Donald Johnson	Nov 24	Jean Prater
Nov 3	Arlene Young	Nov 15	Josh Blom	Nov 25	Loretta Albrecht
Nov 5	Lyle Hauger	Nov 15	Kim Christiansen	Nov 25	John Gregg
Nov 6	Joyce Hubner	Nov 15	Carol Hamvas	Nov 25	Darlene Pokorney
Nov 6	Fran Mollet	Nov 15	Robert Kolda	Nov 26	Robert Furdeck
Nov 6	Floris Woodhouse	Nov 15	Rose Schwarz	Nov 26	Barb Mechtenberg
Nov 7	Randy Christensen	Nov 16	Doug Larson	Nov 26	Ron Mugge
Nov 7	Mavis Simek	Nov 16	Jack Skinner	Nov 26	Barb Stevens
Nov 8	Danny Lammers	Nov 17	Jane Rupiper	Nov 26	Diana Wagner
Nov 9	Elsie Huntley	Nov 18	Marilyn Christensen	Nov 28	Jane Slowey
Nov 10	Lois Eli	Nov 19	Norma J. Andersen	Nov 29	Dorothy Crosley
Nov 10	MaryAnn Osborn	Nov 20	Lois Kirschenman	Nov 29	Maynard Rempp
Nov 10	Jean Schaecher	Nov 21	Russell Peirce	Nov 30	Jean Fitzgerald
Nov 10	Ellen Slowey			Nov 30	Phyllis Naber

Happy Anniversary

Nov 2	Bob & Janet Neibergall
Nov 3	Ken & Carol Guenther
Nov 3	Martin & Pat Raab
Nov 5	Donavon & Lorraine Kressig
Nov 7	Ralph & Sara Paulsen
Nov 12	Bud & Jeannie Gustad
Nov 15	Charles & Diana Wagner
Nov 18	Larry & Jane Rupiper
Nov 25	Ken & Irene Hirsch
Nov 26	Duane & Linda Schroeder
Nov 27	Bill & Pat Cerny
Nov 30	Wes & Arlys Rye



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Activities

Wii Bowling

Tuesday League

October 1, 2019

Mary Law had a high series of 586.
Karen Gran had a high game of 225.
Darlene Pokorney picked up a 5-10 split.
Elaine List picked up a 5-10 & 3-4-6 split.
Janet Modereger picked up a 2-7-8 & 4-6-10 split.
Mary Haberman picked up a 2-5-7 split.

October 8, 2019

Karen Gran had a high game of 266 & a high series of 632.
Janet Modereger picked up a 5-7 split.
Elaine List picked up a 5-7 & 4-5 split.
Mary Law picked up a 5-6 split.

October 15, 2019

Karen Gran had a high series of 608.
Mary Law had a high game of 226.
Mary Haberman picked up a 2-5-7-8 split.
Darlene Pokorney picked up a 5-7-9 split.
Diana Klassy picked up a 5-10 split.
Karen Gran picked up a 4-5-7 split.
Elaine List picked up a 4-5 split.

Thursday League

October 3, 2019

Marilyn Obr had a high game of 269 and a high series of 693.
Janice Olson picked up a 5-10 split.
Dorothy Gobel picked up a 5-10 split, twice.

October 10, 2019

Marilyn Obr had a high game of 279 & a high series of 738.
Bev Larsen picked up a 5-10 split.
Sandi Kreber picked up a 4-5-7 split, twice.
Janice Olson picked up a 4-5 split.
Jeanne Laffey picked up a 5-7 split.
Dorothy Gobel picked up a 5-7-9 split.

October 17, 2019

Marilyn Obr had a high game of 256 & a high series of 686.
Dorothy Gobel Picked up a 5-10 split.
Jeanne Laffey picked up a 7-10 split.

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

Craft Class

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

Stay for lunch, we are serving: **BBQ Chicken**

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.

Activities

Pinochle News



September Drawing

Amanda Stewart &
Joyce Kollars

Round Robin

Don Naber &
Charlie Wagner

Double Pinochle
Charlie Wagner &
Raymond Pravecek

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.

Friday Bridge News

September 27, 2019

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 3440 |
| 2. Marsha Dahlseid & Betty Adam | Score: 2810 |
| 3. Nadean Auch & Janet Ausdemore | Score: 2450 |

October 4, 2019

- | | |
|---------------------------------|-------------|
| 1. Marsha Dahlseid & Betty Adam | Score: 3450 |
| 2. Beth Nohr & Muriel Stach | Score: 2440 |

October 11, 2019

- | | |
|----------------------------------|-------------|
| 1. Nadean Auch & Janet Ausdemore | Score: 4470 |
| 2. Betty Adam & Marsha Dahlseid | Score: 2980 |

October 18, 2019

- | | |
|------------------------------------|-------------|
| 1. Jean Fitzgerald & Char Erickson | Score: 4020 |
| 2. Beth Nohr & Muriel Stach | Score: 3260 |
| 3. Nadean Auch & Janet Ausdemore | Score: 2660 |

October 25, 2019

- | | |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 7240 |
| 2. Janet Ausdemore & Nadean Auch | Score: 4400 |
| 3. Jean Fitzgerald & Char Erickson | Score: 3070 |

Small Slam: Muriel Stach & Beth Nohr

Partnership Bridge News

September 25, 2019

- | | |
|------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 6270 |
| 2. Shirley McKee & Mae Crawford | Score: 4810 |
| 3. Judy Kistler & Janet Ausdemore | Score: 3400 |

Slam: Loraine McNeely & Char Erickson

October 2, 2019

- | | |
|--------------------------------------|-------------|
| 1. Mae Crawford & Char Erickson | Score: 6490 |
| 2. MaryAnn Anderson & Marilyn Halsey | Score: 5590 |
| 3. Loraine McNeely & Kit Westling | Score: 5570 |

Slams: Mae Crawford & Char Erickson
Marilyn Weverstad & Fran Mollet

October 9, 2019

- | | |
|---------------------------------------|-------------|
| 1. Lyle Malone & Rod Nohr | Score: 4930 |
| 2. Jean Fitzgerald & Jean Schaecher | Score: 4080 |
| 3. Marilyn Halsey & Marilyn Weverstad | Score: 3930 |

October 16, 2019

- | | |
|--------------------------------------|-------------|
| 1. MaryAnn Anderson & Jeannie Gustad | Score: 5730 |
| 2. Judy Kistler & Janet Ausdemore | Score: 5490 |
| 3. Rose Kabeiseman & Jean Weller | Score: 4930 |

Slam: Judy Kistler & Janet Ausdemore

October 23, 2019

- | | |
|------------------------------------|-------------|
| 1. Rose Mather & Dan Miller | Score: 6380 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 4820 |
| 3. Beth Nohr & Muriel Stach | Score: 4710 |

Slam: Darwin Tessier & Glenn Mannes

Dinner And A Movie

(Special day this month only)

Wednesday, November 6th

Meal: 4:30pm-6:00pm - Movie: 6:00pm

Showing: "The Christmas Shoes"

\$6 Meal, Movie & Popcorn

Serving: Salisbury Steak

Call 665-1055 for reservations



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 (**November 15th**) 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.

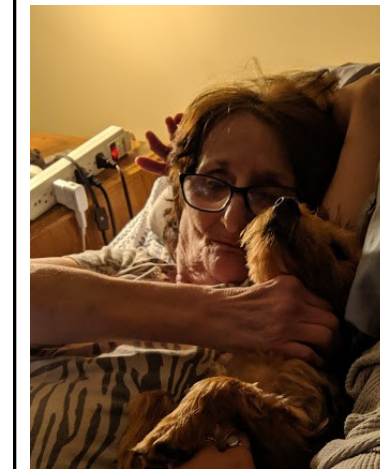
Stop in the office to schedule an appointment.

Dementia Caregiver Group

Tuesday, November 12th - 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.

Medicare Part D Open Enrollment October 15th through December 6th

During the annual enrollment period, you can make changes to various aspects of your coverage. You can also switch from one plan to another. If you didn't enroll in Medicare Part D when you were first eligible, you can do so during open enrollment, although a late penalty may apply.

Call The Center to make an appointment with one of our many SHIINE volunteers.

In the past, volunteers saved Yankton County Seniors \$333,983 in pharmaceutical costs.

Flu Shot Clinic

Thursday, November 21st - 10:30am-12:00pm

Avera Medical Group will be on site to offer flu shots. The influenza vaccination offers protection for 6-8 months. The high dose vaccination will also be available to those 65 and older (cost will be higher) The cost is \$25 for the regular flu shot or no charge with your Medicare or insurance card.