



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

Board of Directors(2018-19)

David Hosmer	Financial Advisor, JD and AAMS Raymond James Financial
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Steve Wentworth	Retired Safety Manager

Change Service Requested

Non-Profit
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Permit No. 37
Yankton, SD
57078



900 Whiting Drive • Yankton, SD 57078
chauer@thecenteryankton.org
Center: 605-665-4685 • Nutrition: 605-665-1055
Website: www.thecenteryankton.net
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12th Annual Wine & Dine Event Friday, July 12th • 5:30pm - 8:30pm Tickets \$35/Serving Roast Beef & More

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

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

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

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

See Page 4 for listing of auction items.

Like us on Facebook
Go to: The Center Yankton



Board Member Steve Wentworth and his granddaughters delivering Meals on Wheels

Hours of Operation

Mon, Wed & Thur	8:00am	-	4:00pm
Tues & Fri	8:00am	-	9:00pm
Noon Meal (M-F)	11:30am	-	12:30pm

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

Ice Cream Social Wednesday, July 17th 2:00pm-3:30pm

The weather has heated up, come cool off with us at The Center. Serving Ice Cream Sundaes and Root Beer Floats.

Members: \$1.00
Non-Members: \$1.50



Sponsored by:
Opsahl-Kostel Funeral Home & Crematory



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

FREE MEAL TO ALL CENTER MEMBERS

(**Must show your membership card or have your number**)
Non-Members/Guests - \$6.00

DOOR PRIZES FOR MEMBERS ONLY!

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



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



Sponsored by:
Goglin Funeral Home & The Center
Thank you to Steve Wentworth and Duane Frick for the Ice Cream

Board Of Director's



On behalf of the Board at our June board meeting we remembered our fellow board member John Swensen through prayer and a group devotion prepared by board member Kara Payer. We are grateful for his years of service and all that he brought to the table. We are lifting Vicki up in prayer. Rest in peace John.



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

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

Check Out Our Web Page
www.thecenteryankton.net

You can access our monthly newsletter, menu, activity calendar, upcoming events, programs, services, volunteer opportunities, fundraising updates, pictures and so much more.

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

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



YANKTON MEDICAL CLINIC, P.C.
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605-665-7841
1104 West 8th Street • Yankton, SD 57078
www.YanktonMedicalClinic.com

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

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

Pharmacy
605-665-2929
Pharmacy Hours:
M-F: 8:30 a.m. - 9 p.m.
Sat.: 8:30 a.m. - 5 p.m.
Sun.: Noon - 5 p.m.

Ear, Nose & Throat
605-665-0062
2525 Fox Run Parkway, Suite 101
Yankton, SD 57078

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

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F: 605-665-0243

Carla Schlingman
Broker
1701 Broadway Ave Ste 1, Yankton, SD 57078

PROFESSIONAL - RELIABLE SERVICE

June 21st was National Selfie Day and our members took full advantage of having their picture taken.





Autumn Winds

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

July 1	Indoor/Outdoor Member BBQ	4:30pm-6:00pm
July 4	Center Closed - Happy Independence Day	
July 8	Craft Class	10:00am-11:00am
July 9	Dementia Caregiver Group	10:00am-11:00am
July 9	Christy on KYNT Radio	7:40am & 12:20pm
July 11	Anniversary Dinner	11:30am-12:30pm
July 12	Center Closed (Due to Wine & Dine event, serving MOW)	
July 12	Wine & Dine Event	5:30pm-8:30pm
July 17	Ice Cream Social	2:00pm-3:30pm
July 18	Birthday Dinner	11:30am-12:30pm
July 19	Commodities	1:00pm-3:00pm
July 24	Ribfest	4:30pm-6:30pm
August 13	Christy on KYNT Radio	7:40am & 12:20pm

Missing Jacket

One of our members is missing her denim jacket. It may have been taken by mistake as there is one similar to it still hanging in the coat room. It is a ladies size Large or X-Large. If you have a denim jacket, please take a look at it and see if you may have grabbed the wrong one by mistake.



The Center will be closed on Thursday, July 4th in honor of Independence Day.

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



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

16-ASCH-2169

Dining at Hy-Vee

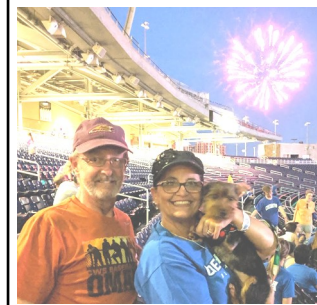
To participate you must be over 60. You need to show your scan card at Hy-Vee, if you do not have one, please stop in the office to get one (\$1). You must also pay The Center the suggested donation of \$3.75 for your meals. Stop into The Center office to get a Hy-Vee brochure listing the menu options. There are **NO SUBSTITUTIONS** to any of the Hy-Vee menus which are approved by the state of South Dakota.

Reminder Phone Call or Email

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



Director's Desk



On June 19th, I celebrated 7 years of serving as your Director. Assistant Director, Kriss Thury celebrated 7 years back in January. For the first 5 years, Kriss did an amazing job as my administrative assistant and for the past 2 years has stepped up as a leader, everyday growing, as she supervises our staff. One issue that has remained constant over the 7+ years is the need for staff members, volunteers and members to follow the chain of command. Sun Tzu reigned in 500 BC as a Chinese general and military strategist. He was famously known as an author of the Art of War. He approached things holistically, reflecting a horror for war and deep felt yearning for peace. Although his book was a philosophical work on military strategy, his philosophies in pursuit of success have been adapted in politics, sports and business.

Sun Tzu believed to be successful, whether on a battlefield or in a business, you must have organizational effectiveness, a chain of command and a structure for logistical support. Our business model at The Center attempts to follow his thought process. We have a strong organizational structure, but often struggle with the chain of command breaking down. As a staff, we discuss the proper channels to follow when there are issues. We have the logistical support Sun Tzu talks about when the chain of command is followed. If one of our staff members have a problem and they discuss it with a member, a volunteer, a fellow staff member, even a board member their issue isn't going to get resolved. If they follow the chain of command and visit with their supervisor, I guarantee their will be logistical support.

Likewise, if members or volunteers have issues, their issue will not be resolved by visiting with one another or even visiting with a board member. In the board room over the past 7 years I have heard many times over, that I have been hired to deal with the day to day operation. The board was developed to create and support policies, to help guarantee the organization is financially stable and to council and support the director. Hence any and all issues should come to me. I promise my door and my mind are always open. Although change is difficult for many, if change is going to make our organization better for the masses, we must all listen and move ahead.

Sun Tzu believes if you want to be victorious you must plan effectively and change decisively, like a great river that maintains its course, but adjusts its flow. I believe we have done precisely that over the past 7+ years, We have executed plans in a decisive manner, taking into consideration the short term and the long term effect.

I have had a goal that I have yet to achieve. I want to get some focus groups together of people who use our facility and those who wouldn't even consider it. I want task force members of all ages who know a lot and some who don't know anything about our organization. My goal is to get feedback which will enable us to keep our course like a great river, but adjust the flow (the programs, activities, services, hours of operation) so we can have a river (organization) that is steady, constant and relevant.

Sun Tzu was also known as a philosopher. Ironically, throughout my professional career, I have lived by his philosophy, which was born back in 500 BC, that victory (success) comes from finding opportunities in problems. I have always referenced problems as either opportunities or challenges. A challenge for us to do better. That's really all our staff and board members want—is the opportunity to do better. You can help us with that. You can come see me as your director with anything and I promise you I will view the issue as an opportunity. Sun Tzu says opportunities multiply if they are seized. Let me seize the opportunity to help with any issue. Please come to me, I will be attentive and receptive. I hope to work with you to improve The Center.

Please take advantage of the free meal sponsored by Goglin Funeral Home on July 1st at our Annual BBQ.

I look forward to seeing you at our Wine & Dine Event on July 12th to raise funds to support our new fiscal year.

Hope you enjoy the 4th of July celebrations. I just love when the fireworks light up the sky. Thank you to the men and women who have enabled us to remain independent and enjoy many freedoms.



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."

Wine & Dine - Friday, July 12th

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

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

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

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

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

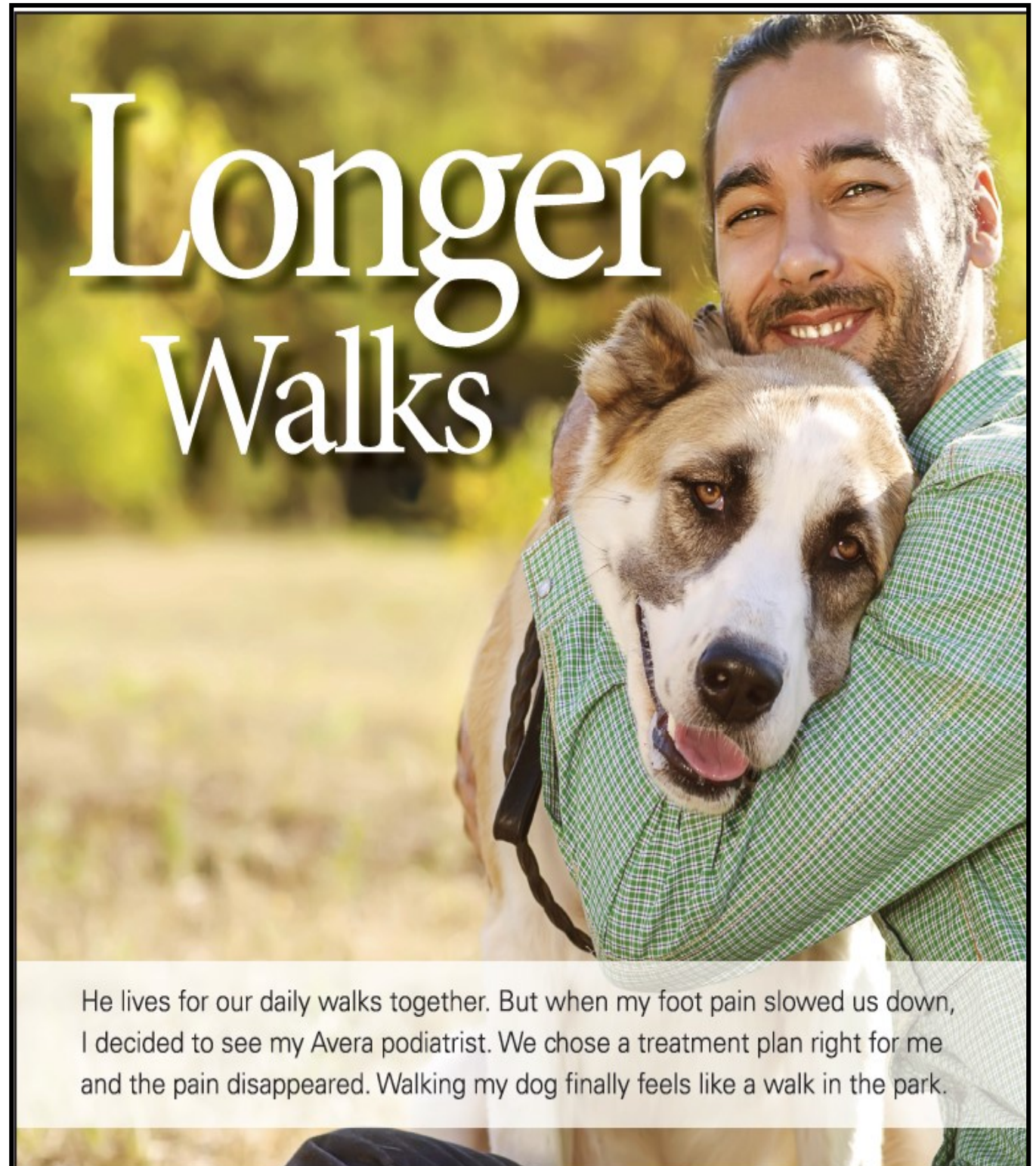


WINE

DINE



Longer Walks



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

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

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

Avera

Medical Group

Podiatry
Yankton

409 Summit St., Suite 2600
Yankton, SD 57078

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.



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

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

Call 665-4685 • 900 Whiting Dr., Yankton



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



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



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

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

YANKTON MEDICAL CLINIC, P.C.
Ear, Nose & Throat

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

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Your family...respected, cared for, remembered



Goglin Funeral Homes
Yankton • Tyndall • Scotland • Tripp

807 W. 31st, Yankton • 605-665-4414

Fundraising



Every Tuesday & Friday (7pm)

(Open to the public)

Join the fun and win some money

CANCELLATION POLICY:

BINGO WILL BE CANCELLED IF WE HAVE FEWER THAN 25 PEOPLE IN ATTENDANCE. THIS IS AT THE DISCRETION OF THE CALLER. LISTEN TO KYNT, KVHT OR WNAX FOR CANCELLATIONS.

Annual Rummage & Bake Sale

We are preparing for our annual rummage sale to be held in September. Please drop off your gently used items, Monday through Friday from 1:00pm-3:00pm.

(We do not accept clothing, shoes or books). If you are able to provide some yummy treats for our bake sale, please call Jeanne. **Thank you!**




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- Social Activities
- Security System
- On-Site Manager

 2015 Green Street, Yankton, SD 57078

605.665.8306

 Office Hours Mon-Fri 8:30am - 5:00pm

Volunteer News



Congratulations!

Cathy Orton is our July Volunteer of the month.

Cathy volunteers in many different areas. Doug (her husband) and her deliver Meals on Wheels throughout the month, she serves on the activities committee, hosts a crafting class monthly, works many evening functions, ice cream socials and bingo. We appreciate all you do for The Center.

Thank you Cathy!
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.

- Meals on Wheels Drivers
- Wine & Dine Fundraiser
- Pancakes
- Dances
- Bingo
- Kitchen Helpers
- Rummage Sale
- Special Events
- Receptionist/Office Work
- Committee Work-Behind The Scenes

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

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 now have a handicapped spot on the West side of the building that is Marked van accessible. It is very important that when you park your car, you **don't park in the walkway**.

We want to make walking to our building as easy as possible. Also, a reminder to please be courteous of those needing to park in the handicapped

spots in the parking lot. You must display your handicapped sign in order to park in these spots.

Thank You!



Mark, Duane & Natalie Frick

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

July 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.

July 2	Applesauce Ribs
July 3	Ham
July 4	Closed
July 9	Baked Steak/Gravy
July 10	Baked Fish
July 11	Sweet & Sour Chicken
July 16	Pork Chop/Dumplings (Evening Meal)
July 17	Baked Chicken
July 18	Swedish Meatballs
July 23	BBQ Roast Beef Sandwich
July 24	Chicken Fried Steak
July 25	Chicken & Dressing (Birthday Dinner)
July 30	Spaghetti & Meat Sauce
July 31	Pork Cutlet
Aug 1	Beef Tips in Gravy

Tabor Wish List



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



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

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

Tabor News

Czech days is over and now it is time to focus on July and all the events going on. The 4th of July holiday will be here soon, please remember to be safe around the fireworks, but still have fun.

The area farmers are finally able to get into the fields to get some crops planted, others have opted to not plant due to some soaked fields.

I would like to thank everyone the has been coming out to enjoy our meals. We appreciate it. Just a reminder that we will be closed on July 4th.

Our evening meal is on Tuesday, July 16th, serving our usual menu of pork chops, dumplings and all the trimmings. Plan on coming for an evening of good food, good conversation and good entertainment.

With a "Firecracker Boom & Pop" have a wonderful month.
Gail Hovorka—Tabor Site Coordinator

Birthdays



July 11	Tom Olson
July 20	Ken Sedlacek
July 22	Gloria Merkwon
July 22	Don Dean
July 25	Gail Hovorka
July 27	Janet Sykora



Tabor Nutrition Center Staff

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

Trips

Worthing Dinner Theater

5:00pm-11:00pm ▪ \$62 per person

Beer For Breakfast—September 2019

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

Upcoming Shows

Wife Begins at 40 ▪ March 2020

The Musical Comedy Murders of 1940 ▪ May 2020

****The policy of Olde Towne Dinner Theater states there are no refunds or exchanges. If we are unable to attend due to inclement weather, The Center cannot issue a refund or exchange.****

(We have only had to cancel 1 show in the past 10 years due to weather).



Dan Klimisch presented our Flag Day Program last month at The Center. He spoke on the history of the flag.

Center Wish List

Thank You For Your Donations!

(Listed in order of need)

Decaf & Regular Coffee

Small Paper Plates

Toilet Paper

Fun Size Candy Bars

Sandwich Baggies

Laundry Soap

Napkins

Kleenex

Hand Sanitizer

Morning Coffee Show with Scott Kooistra

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

Tuesday, August 13th at 7:40am & 12:20pm



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

3rd Annual Step Forward To Prevent Suicide Walk

Saturday, August 3 ▪ Yankton Meridian Bridge

Registration: 8:30am ▪ Walk: 9:00am

Bridging Yankton, Pathways to Hope, Help & Healing is a suicide prevention group in Yankton formed in 2016.

Their mission is to increase suicide awareness by supporting local and statewide prevention efforts, which provide hope, help and healing to individuals and families in our community.

Following the walk across the bridge there will be a remembrance ceremony, music by Kings of Oblivion and keynote speak, Jerry Noteboom, who lost his son to suicide 5 years ago. Open to the public.

Nutrition Education



Cooking For One Or Two

Preparing meals for a family or friends often brings a sense of accomplishment. Eating alone or “just the two of us” can seem like a big effort for a small reward. Instead of saying “why bother?” use some of these ideas to prepare healthy meals that taste great, are quick to fix and do not produce too many leftovers.

Shopping Ideas:

- Buy only what you can use and store safely.
- Buy frozen vegetables so you can thaw out only what you will eat.
- Larger amounts of meat will save money in your food budget and can be divided into smaller serving sizes and frozen for later use. Use non fat dry milk for cooking or baking. Buy fresh fruit at different stages of ripeness and eat as it ripens. Many fruits also freeze well and when eaten frozen serves as a healthy summertime snack.

Cooking Ideas:

- Cook a pot of stew, soup or chili and freeze in small portions.
- Prepare a family sized recipe and save half for another meal.
- Try a new recipe sized for one or two.
- Use “Planned Leftovers” for foods such as ham. Eat ham for dinner, in an omelet for breakfast and in a sandwich for lunch. Still have ham leftover? Make scalloped potatoes and ham later in the week.
- Or take an extra daily meal or frozen meal home from The Center.

Stop by and see me to order your holiday, evening and weekend frozen meals. Happy 4th of July!
Mandi Lampman—MOW Coordinator



Making People Feel Welcome

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

Meal Reservation/Cancellation

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

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

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.

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

May 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1176 (53 per day)	230 (10 per day)	337 (11 per day)	265 (13 per day)	2017 (92 per day)
Home Delivered	1583 (72 per day)	N/A	N/A	52 (4 per day)	1635 (74 per day)

Kitchen Volunteers (July)

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

July 1	JuLee Werkmeister
July 2	Barb DeJager
July 3	Sandy Kreber
July 4	Closed
July 5	Helena Rezac
July 8	Dorothy Gobel
July 9	Alma Logdahl
July 10	Eileen Leshner
July 11	Sylvia Coulson
July 12	Closed
July 15	Bonnie Strnad
July 16	JuLee Werkmeister
July 17	Sandy Kreber
July 18	Helena Rezac
July 19	Bonnie Strnad
July 22	Millie Zimmerman
July 23	Alma Logdahl
July 24	Bonnie Strnad
July 25	Dorothea Hoebelheinrich
July 26	Geri Loecker
July 29	Sandy Kreber
July 30	Delphine Peterson
July 31	Amanda Stewart

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



Serving:

BBQ Ribs
Baked Potato
Corn
Peaches
Brownie

Bread, Butter, Coffee & Milk

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

Suggested Donation \$6.00

Very Important to call for reservations, 665-1055
195 people were served in May.



Available Every Hour of the Day Every Day of the Year

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- Activities of Daily Living
- Transportation
- Medication Reminders
- Meal Assistance
- Light Housekeeping
- And much more!

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Yankton: (605) 655-5900
Toll Free: 877-624-5900 • www.HeartPrintHomeCare.com

Food, Fun, Fellowship & Ice Cream!



Thank You to everyone who donated their time and talent, food and money for The Banquet last month. We had plenty of that delicious homemade goulash and everyone seemed to have their bellies full, all 257 of them. We are already on the books for next June.



Volunteers Sydney Thury & Kwen Sanderson



Center Volunteers; JoAnn Huitema, Paty Davies & Christy Hauer



Center Volunteer, Cee Sorenson

Potpourri

Meals on Wheels Testimony

Doris Huber, at the age of 82 had knee surgery, got on the Meals on Wheels Program and enjoyed it immensely. She and her husband were on the program for over a year and it was a lifesaver. She was not only grateful to have the program, but grateful for the volunteers, the angels that delivered them day in and day out often in some extreme weather conditions.

Doris stopped to drop off a final payment for her meals as they are moving to an assisted living facility in Sioux Falls. She noted that the Meals on Wheels Program allowed her and George to remain independent longer.

Center Closed

The Center will be closed for **all activities and congregate dining** on Friday, July 12th so we may prepare and setup for our Wine & Dine Event. There will be **No Bingo**.

We will send out Meals on Wheels, frozen meals & Sunrise meals on Friday morning.

We apologize for the inconvenience. Remember—you can order take out meals for Friday or have lunch at Hy-Vee.



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July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Oven Browned Potatoes Glazed Carrots Jell-O w/Fruit International Joke Day	2 Mandarin Chicken Breast Parslied Potatoes Broccoli Fruit NATIONAL SUGAR COOKIE DAY	3 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Vanilla Pudding National Eat Beans Day	4 CENTER CLOSED No Meals On Wheels Happy 4th of July!	5 Hamburgers French Fries Coleslaw Tapioca Pudding *Hamburger Bar Congregate Only
8 Breaded Pork Loin Sweet Potato Fries Green Beans Cranberry Crunch Salad	9 Tater Tot Casserole Corn Fruit Sugar Cookie	10 Chicken Parmesan Scalloped Potatoes Broccoli Corn Bake Tropical Fruit	11 ANNIVERSARY DINNER Beef & Noodles Glazed Carrots Mandarin Oranges Strawberry Shortcake	12 MOW & SUNRISE Only Chicken Salad Sandwich Spinach Salad w/Oranges Bread Pudding/Topping NO CONGREGATE MEAL
15 Baked Steak w/Gravy Rice Creamed Cabbage Acini de Pepe Salad Tapioca Pudding NAT'L TAPIOCA PUDDING DAY & COW APPRECIATION DAY	16 BBQ Chicken Baked Potato Spinach Salad Baked Apples NAT'L FRESH SPINACH DAY	17 Beef Philly Sandwich Potato Salad Baked Beans Pears HOT DOG DAY RACES	18 BIRTHDAY DINNER Pork Chops w/Apple Chutney Baked Sweet Potato Green Bean Casserole Cake & Ice Cream	19 Spaghetti w/Meat Sauce Cauliflower Tossed Salad w/Dressing Fruit Slush
22 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Chocolate Pudding	23 Pork Roast Cheesy Hash Browns Glazed Carrots Vanilla Ice Cream NAT'L VANILLA ICE CREAM DAY	24 Hawaiian Chicken Salad Corn Bread Muffin Tossed Salad Peach Crisp Staff - Tell An Old Joke Day EVENING MEAL (BBQ Ribs)	25 Lasagna Italian Vegetables Chinese Coleslaw Fruit Slush	26 Beef Tips in Gravy Mashed Potatoes Harvard Beets Diced Peaches
29 CHEF'S CHOICE (Chicken Wings) Nat'l Chicken Wing Day	30 Beef Noodle Stroganoff Coleslaw Cranberry Orange Bar Grapes	31 Chicken & Dressing Mashed Potatoes/Gravy Brussel Sprouts Cherry/Pineapple Crumb Cake	* Denotes Congregate Only	Evening Meal (24th) RIB FEST BBQ Ribs Baked Potato Corn Peaches Brownies

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.

July Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	2 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	3 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	4 Center Closed Happy 4th of July No Meals On Wheels	5 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
8 Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	9 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	10 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	11 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 Anniversary Dinner 11:30am-12:30pm	12 Center Closed Wine & Dine Event 5:30pm-8:30pm
15 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 SHIINE 1:30-3:30 Hand & Foot 1:00	16 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	17 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 Ice Cream Social 2-3:30	18 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	19 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1-3 Bingo 7-9
22 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	23 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	24 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	25 Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 12:45	26 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
29 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	30 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	31 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	 It's SUMMER!	

Membership News

Thank You for Your Donation

Magazines, Toilet Paper, Laundry Soap	Ed Gleich
Greeting Cards & Napkins	Eileen Leshner
Index Cards	Marlene Nebola
Coffee & Candy	Theresa Arens
Napkins	Marillyn Obr
Coffee, Toilet Paper, Paper Plates	Fran & Sandy Johnson
Greeting Cards	Jerald & Jane Rames
Paper Plates	Alberta Allard
Pet Food, Paper Plates, Napkins	Jim & Shari Hovland
Paper Plates	Dorothy Nielsen
Greeting Cards & Notepads	Cathy Huchtmeier
Magazines	Rich & Rose Robinson
Playing Cards	Donna Steckler
Coffee	Gerri Loecker
Magazines	Denis & Dolores Feilmeier

Welcome New Members

Carmen Schramm - Utica
John & Jackie Ambroz - Yankton
Patty Johnson - Yankton
Howard Bresaw - Yankton
Ken Johnson - Yankton
LaRue & Dorothy Hanson - Yankton
Dale Mannarano - Yankton
Paul & Sandy Bulduc - Yankton

Get Well Cards



Margaret Sarringar
Toots Marchand
Pat Cerny
Phyllis Christiansen

Memorials

In Memory of John Swensen

Pat & Christy Hauer
MaryJane Hisek
Margaret Sarringar
Cee Sorenson
Norma J. Anderson
Vernon & Sandy Arens
Arlene Young

In Memory of Jack Halstad

Marilyn Bertsch

In Memory Frank Hoxsie

Mark & Patricia Hunhoff

In Memory of Hazel Nelson

Pat & Christy Hauer

Sympathy Cards

Vicki Swensen
(Loss of Husband)

Gloria Becker
(Loss of Mother)

*With Deepest
Sympathy*



Sylvia Coulson
celebrating her
June Birthday



Tom Milroy celebrated his 100th Birthday in June
with family at The Center

Happy Birthday

July 1	Don Frasch	July 13	MaryAnn Larsen	July 22	Lanning Mollet
July 1	Jeannie Gustad	July 13	Dan Miller	July 22	Lucille Musil
July 1	Rose Mutziger	July 14	Jim Hovland	July 23	Larry Celmer
July 1	Cordy Rasmussen	July 14	Wayne Kindle	July 23	Robert Mason
July 1	Marilyn Weverstad	July 14	Pam Skinner	July 24	Dan Klimisch
July 2	Donna Alberts	July 15	Deb Bodenstedt	July 24	Mary C. Young
July 2	Rodney Nohr	July 15	Ken Brunick	July 25	Merl Johnson
July 3	Naomi Bierle	July 16	Adeline Lowe	July 25	Judy Kistler
July 4	Loren Anderson	July 17	Robert Boe	July 26	Pat Cerny
July 5	Ted Mickelson	July 17	Helena Rezac	July 26	Marlene Nebola
July 6	Janice Olson	July 18	Kenny Ackerman	July 28	Jeanne Laffey
July 7	Burdette Meyer	July 18	Darwin Tessier	July 28	Rose Mather
July 8	Jeannette Leeper	July 18	Mary Uhrich	July 28	Mary Sathe
July 8	Doug Orton	July 19	Colleen Palmer	July 29	David Fischer
July 9	Darla Archer	July 20	Peggy Schurman	July 30	Odilia Ellis
July 10	Reynold Loecker	July 21	Tom Rezac	July 30	Amy Jones
July 13	Daniel Gergen	July 22	Deb Kachena	July 31	Don Naber
July 13	Janice Gill	July 22	Mary Law	July 31	Phyllis Schanandore



Happy Anniversary

July 1	David & Donna Fischer
July 1	Bob & Cheryl Nagy
July 3	Vernon & Sandra Arens
July 3	John & Barbara Schneider
July 7	Paul & Kathy Harens
July 10	Dan & Amy Klimisch
July 11	Don & Lois Kirschenman
July 16	Don & Belinda Carlson
July 17	Keith & Linda Wing
July 18	Walt & Susie Koziol
July 20	Roy & Linda Wilcox
July 21	Thomas & Barbara Kopecky
July 24	Gary & Velma Kuchta
July 25	Bob & Janet Modereger
July 25	Joe & Barb Rezac

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Activities

Activity Coordinators

Please contact coordinators if interested in participating in an activity.

Bible Study (Tues)	Lois Kirschenman	661-1914
Bridge (Fri)	Toots Marchand	665-9508
Cribbage (Wed)	Phyllis Christiansen	668-0659
Craft Class	Cathy Orton	832-385-5305
Dominos (Thurs)	JoAnn Huitema	665-9291
Exercise/NuStep (M-W-F)	Office	665-4685
Hand & Foot (Mon)	Bev Larsen	665-5595
Line Dancing (M-W-F)	Eileen Leshner	664-6548
Meals On Wheels	Mandi Lampman	665-1055
Partnership Bridge (Wed)	Dan Miller	661-8017
Pinochle (Mon & Thurs)	Joyce Kollars	665-4410
Pinochle (Tues)	Don & JuLee Werkmeister	665-1518
Table Tennis (Tue & Thurs)	Dan Miller	661-8017
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

Pinochle News

Round Robin—May 30, 2019
Dorothy Nielson & Ray Pravacek

Round Robin—June 3, 2019
Lucile Justra & Elma Block

Round Robin—June 10, 2019
Sylvia Coulson & Marsha Dahlseid

Double Pinochle—June 11, 2019
Karen Domogalski

Round Robin—June 11, 2019
Bud Gustad & David Souhrada

1000 Aces—June 18, 2019
Alma Logdahl & Elma Block

Round Robin—June 24, 2019
Karen Domogalski & Bud Gustad

Double Run—June 24, 2019
Arlene McHenry & Amanda Stewart

June Drawing
Marillyn Obr & Adeline Hofer

****CARDS WILL BEGIN AT 1:00PM ON THURSDAY, JULY 18TH DUE TO THE BIRTHDAY DINNER. THANK YOU!**

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.

Ice Cream Social

Wednesday, July 17th ▪ 2:00-3:30pm
(Hosted by the Activities Committee)

Members: \$1.00 Non-Members: \$1.50

Root Beer Floats or Sundaes!



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

**Sponsored by:
Opsahl-Kostel Funeral Home and Crematory**

Monday, August 19th (Floats or Sundaes)



Doris Gall & Alma Logdahl getting ready to enjoy a banana split.

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

Activities

Partnership Bridge News

May 29, 2019

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 5550 |
| 2. Rose Mather & Dan Miller | Score: 5220 |
| 3. Marilyn Halsey & Jeannie Gustad | Score: 4540 |

Slam: Rose Mather & Dan Miller

June 5, 2019

- | | |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 6630 |
| 2. Muriel Stach & Beth Nohr | Score: 6110 |
| 3. Kit Westling & Loraine McNeely | Score: 6020 |

June 12, 2019

- | | |
|------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 8230 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 5440 |
| 3. Rose Mather & Dan Miller | Score: 5220 |

**Slams: Muriel Stach & Beth Nohr
Fran Mollet & Marilyn Weverstad
Rose Mather & Dan Miller**

June 19, 2019

- | | |
|-------------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 7450 |
| 2. Judy Kistler & Janet Ausdemore | Score: 5520 |
| 3. Jean Schaecher & Marsha Dahlseid | Score: 4450 |

Craft Class

Monday, July 8th - 10:30am-11:30am

Stay for lunch, we are serving:

Breaded Pork Loin

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.

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 or Kriss.

Friday Bridge News

June 7, 2019

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 5610 |
| 2. Jean Fitzgerald & Char Erickson | Score: 4620 |
| 3. Muriel Stach & Beth Nohr | Score: 4360 |

June 14, 2019

- | | |
|------------------------------------|-------------|
| 1. Beth Nohr & Muriel Stach | Score: 4950 |
| 2. Jean Fitzgerald & Char Erickson | Score: 4330 |
| 3. Mae Crawford & Shirley McKee | Score: 2720 |

June 21, 2019

- | | |
|-----------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 5820 |
| 2. Nadean Auch & Marlene Larson | Score: 3930 |
| 3. Betty Adam & Marsha Dahlseid | Score: 3590 |



Pinochle Players: Bud Gustad, Sharon Tronek, Amanda Stewart & Marsha Dahlseid



Hand & Foot Players, Joan Haberman, Cathy Orton, Karla Novotny and Kay Nickles

Services/Education

Commodity Program

The Commodity Supplemental Food Program is for those who are 60 and older and have a gross income of **\$1,354** or less per month for a 1 person household or **\$1,832** gross or less for a 2 person household. This qualifies you to receive a box of food monthly from the Feeding South Dakota program.

New guidelines state that you must sign for your box each month, if there is not a signature, you will not receive a box the following month.

Stop in the office if you are interested in applying. Please contact 665-4685 for more information. Commodities are distributed on the second Friday each month (**July 19th**) from 1pm-3pm and are on a first come first served basis.



Volunteer Nurse On Site

Just a reminder that we have a volunteer nurse on site the 3rd Wednesday & 2nd and 3rd Thursday each month from 10:30am-11:30am. Our volunteers Jackie Sandstedt, Marilyn Christensen & Leah Smith are available to take your blood pressure and answer some of your health questions. Stop in the nurses office and say hello.

Toe Nail Clinic

A reminder that the contract nurse is here the 1st Thursday each month to trim toenails. The cost is \$20 made payable to Avera and you must bring your own clippers.

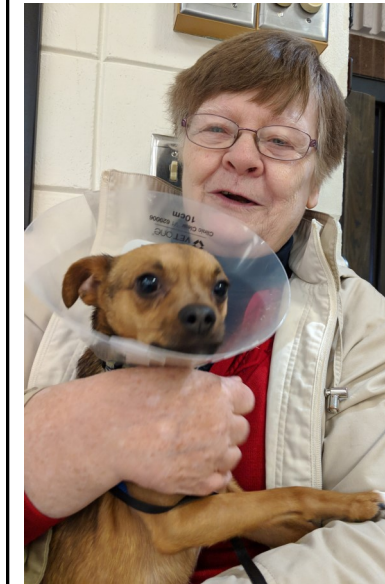
We also have a volunteer nurse that will be here on the 3rd Wednesday each month to trim toenails. The cost is \$20 made payable to The Center. You must bring your own clippers. **Stop in the office to schedule an appointment.**



What Can We Do To Improve

We encourage you to share your ideas. Suggestion boxes are located at the front desk and at the lunch table. Please make sure you put your name on the suggestion so we can follow up with you. **We appreciate your feedback.**

Pet Food Program



For some Seniors who are not able to get around easily, their best friend and only companion may be their loving dog or cat. The Center calls attention to the importance of pets.

The pet food program helps those in the Yankton area feed their furry companions.

If you qualify, you will receive pet food in a one gallon bag, once per month, per household. Research shows that owning a pet can add years to your life.

Stop by the office today to complete an application.

Notary On Site

Kriss Thury is a Notary Public of South Dakota. If you have documents that need notarization, Kriss is in the office Monday through Thursday from 7:30-4:00pm and Fridays from 7:30-2:30pm.



THIS IS A FREE SERVICE FOR OUR MEMBERS!

Dementia Caregiver Group

Tuesday, July 9th - 10:00am-11:00am

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

Everyone Welcome

Open to the public

