



Senior Centers Play Vital Role



Senior Centers play a vital role in the communities they serve, offering meals, games, fun and companionship! In Yankton, we have The Center, a club for adults 18 years and older, and our oldest member is 99.

At The Center, there are a wide array of activities, billiards, bingo, cards(pinochle, hand and foot, bridge, and whist), computer classes, darts, dominos, exercise classes with Judi O'Connell every Monday, Wednesday and Friday, a fitness center, line dancing, quilting, scrapbooking, table tennis, Wii bowling, and so much more. In fact, many of the events are open to the public but members pay less to participate, adding value to your membership. There are a number of dances, tours and travel opportunities to casinos, dinner theatres and more, we host pancake feeds and a monthly evening meal, Sunday movies, and year round holiday celebrations. As a member, you receive a monthly 24-page newsletter keeping you informed of our many offerings. The Center has 750 members and hundreds of volunteers. What a great time it is to be a part of this wonderful organization!

The Center delivers many free services,

hosting the AARP tax aid services in which nearly 400 individual/family tax forms are completed at no charge. This past year 725 individuals were assisted thru the SHINE program, helping people with the tricky Medicare Part D paperwork, buffering them from much frustration. This free service saves people thousands of dollars in healthcare and pharmaceutical costs. For low income seniors, there is a commodities program, distributing 2,376 boxes of supplemental food each year. There is a monthly pet food assistance program for those with low income. Research shows that taking care of something adds years to one's life. The Center manages the Senior Companion Program, where companions have provided over 4,000 hours of assisting those in need. The companions take their clients to doctor's appointments, shopping, and do all they can do to help their client remain independent and in the comfort of their own home.

The Center hosts a Nutrition program serving 48,355 home-cooked nutritious hot meals thru the congregate dining effort, the partnership with HyVee and the Meals on Wheels Program. Through

the partnership with area churches, dedicated volunteers deliver just over 17,000 meals a year to those who are homebound, come rain or shine. Over 5,000 meals are distributed at no cost to seniors who are well below the poverty level. Nationwide, the Meals on Wheels program saves the government and taxpayers millions of dollars in long-term-care costs while keeping seniors independent in the comfort of their own home. The Center partners with HyVee to provide seniors with affordable meals in the evenings, weekends and holidays. We offer home-cooked meals Monday thru Friday from 11:30AM-12:30PM each day. All you have to do is call 665-1055 and make a meal reservation. If you haven't tried the food at The Center you are really missing out!

If you want to make a difference and get involved, you can become a member, a volunteer, a donor, or all three, just give us a call at 665-4685 or stop by our beautiful facility at 900 Whiting Drive. We would like to give you a tour and welcome you into our Center family.

Advertorial submitted by The Center

Did You Know?

A new study in the journal Neurology suggests that working out is the most effective way to protect the brain from Alzheimer's disease. Researchers studied roughly 700 study participants from Scotland, all of whom were born in 1936. Each participant reported their levels of leisure and physical activity at age 70, rating their physical activity on a scale from moving only to perform household chores to participating in heavy exercise or competitive sport several times per week. Participants were also asked to rate how often they engaged in social or intellectual activities. At age 73, participants received

an MRI to measure certain biomarkers in their brains. Those who participated in more physical activity showed less brain shrinkage and fewer white matter lesions, both of which can be signs of Alzheimer's disease. And while social and intellectual activities can be beneficial in preventing Alzheimer's disease, the study found that social and intellectual engagement weren't as helpful to the brain as physical exercise. The types of physical

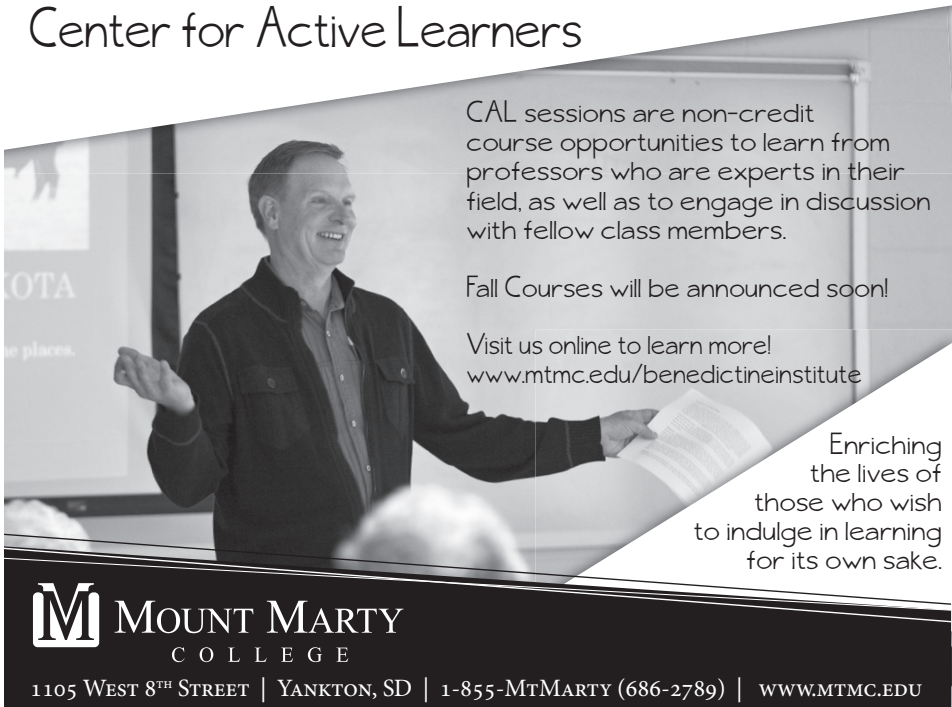
exercise most beneficial to the brain are still being studied, though information presented at the 2012 Alzheimer's Association's International Conference suggested that strength training is perhaps the most effective form of exercise.

E-Edition



MOUNT MARTY COLLEGE

Center for Active Learners



MOUNT MARTY
COLLEGE

1105 WEST 8TH STREET | YANKTON, SD | 1-855-MtMARTY (686-2789) | WWW.MTMC.EDU



Office Hours: Monday - Friday, 8am - 4pm
Bingo Tuesdays & Fridays, 7pm - 9pm

Members must be 18 years or older, \$35 annual fee.
We offer a variety of activities for people of all ages.

• Rent The Center

For special events: full service kitchen, beer and wine license available, small and large groups (150 capacity), clean facility with plenty of parking including handicap accessibility. (\$125 members--\$150 for non-members)

• Fun, Food and Fellowship

If you are a senior who is homebound, our volunteers can deliver a home-cooked meal directly to you; OR call and reserve a meal, and join us at The Center for a delicious dinner between 11:30-12:30; OR stop by Hy-Vee in the evenings or weekends and enjoy a senior meal.

Don't Forget to Check Out:

Meals and Social Activites (Open to the public)

Big Bingo Jackpots (Tuesday and Friday, 7 - 9pm)

NuStep and Exercise Classes (With Judi O'Connell)



Nutrition

Home-Cooked Meals

Monday - Friday: 11:30am - 12:30pm

Open to the Public

Call 665-1055 for reservations

Meals On Wheels/Frozen Meals

Senior Meals at HyVee

Recreation

Billiards • Bingo • Card Playing

Computer Classes • Dominos

Exercise Classes • Exercise Fitness Facility

Line Dancing • Quilting • Table Tennis

Socialization

Dances • Pancake Feeds

Ice Cream Socials • Day Trips

Holiday Celebrations

Birthday and Anniversary Dinners



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