# ABERDEEN AREA SENIOR CENTER

**A UNITED WAY AGENCY** **MARCH 2021** **ISSUE III**

## March Activities

- Pool Room open daily 8:00am - 4:00pm
- Pickle Ball, Mondays, (BLC) 10:30am
- Bingo, Monday , March 1, 15 & 29, 1:00pm
- Scrabble, Monday, March 22, 1:00pm
- Yoga, Tuesdays, 9:00 am
- Yahtzee/L-R-C, Tuesdays, 1:00pm
- Line Dance, Tuesdays & Thursdays, (ARCC) 1:00pm
- Wii Bowling, Wednesdays, 8:30am
- Mahjong, Wednesdays, 1:00pm
- Dance Exercise, Thursdays, 9:30am
- Penning the Past, Thursdays, 10:00am
- Trivia, Thursdays, 1:00pm
- Tai Chi, Fridays, 9:00am - Must be registered.
- Mexican Train, Fridays, 1:00pm

*Check the calendar for a full list of activities.*

## NOTICE

*Due to the pandemic, all activities and schedules are tentative from month to month. You are welcome to call us to check the status of an event or activity. Thank you so much for your patience!*

## Aberdeen Area Senior Center Information

Director: Jackie Witlock
Activity Supervisor: Laura Latt
Membership Coordinator: Deb Rice
Email: seniorcenter@aberdeen.sd.us or Jackie.witlock@aberdeen.sd.us
Website: Aberdeen.sd.us/senior Facebook: Aberdeen Area Senior Center

## St Patrick's Day Dinner

Wednesday, March 17, 2021
Dinner served at 11:15am

Share a good ol' Irish meal with good ol' friends.

For dinner reservations, call Sr. Meals at 225-0182 by Monday, March 15, BEFORE 1:30pm

## BRAIN HEALTH

***What YOU can do to stay SHARP***

**Did you know that physical activity is the best thing you can do to keep your brain healthy? Different types of activities help different aspects of our brains stay healthy.**

**Come learn how to incorporate activity into your life and build a better BRAIN!!**

**Friday, March 12—1:00pm — Activity Room**

**Presented by Shelly Sinar, Doctor of Physical Therapy, Certified Brain Health Trainer**

1303 7th Ave SE, Aberdeen, SD 626.3330 8 am - 4 pm Monday - Friday

## At the ARCC (Old Central H.S.)

225 3rd Ave SE
(2nd Floor—Library Auditorium)

## Monday, March 8, 2021

**3:00—5:00 pm**
**Open to the Public—Bring a friend!**

**18 Regular Games of Bingo**
**AND**
**2 BLACKOUT games**

**25¢ for regular bingo and**
**50¢ for BLACKOUT Bingo**

**Limit 4 cards per game**

**BRING CORRECT CHANGE**

**Masks are recommended!**

**Sponsored by**

Aberdeen HEALTH & REHAB

Statistically, March is the most unproductive month of the year in the U.S. This is the result of "March Madness" which is the NCAA college season Basketball tournament. Some companies lose up to $1.9 billion in wages paid to workers who were not productive, and instead spent company time on betting on NCAA games.

### Disinfecting Fitness Equipment

When finished with the equipment in the fitness center, we ask that you spray disinfectant on a rag and thoroughly wipe it down, then wash your hands.
DO NOT spray directly onto equipment.

President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization which has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

## AARP Tax-Aide Service

WHEN: March 2 to April 8, 2021

Tuesdays & Thursdays - 10am—3pm

**NO IN PERSON APPOINTMENTS or CALLS to the Senior Center**

This year, due to COVID-19, appointments will be taken by phone or online only. **Call 605-824-8350 on Tuesdays or Thursdays from 10am-3pm or schedule an appointment @ aarp.org.**

AARP will require you to do taxes in two sessions: One to provide your information and one to pick up the finished tax form. For your appointment, please enter through the far EAST door.

This year AARP won't itemize (SCH. A), do small business (SCH. C), or any land rent unless you have no expenses, not even pay the taxes.
**MASKS ARE REQUIRED.**

### NOTICE

The **Technology Room** and **Library** will be closed on Tuesdays and Thursdays from March 2 - April 15, 2021, to accommodate the AARP tax-aide service. **Penning the Past** will be moved to the **Activity Room** on Thursdays.
**We apologize for the inconvenience!**

**Have you had your COVID-19 vaccination?**

**The Senior Center does NOT provide this service.**

**Please contact your physician.**

**The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."**

# MARCH BIRTHDAYS

Mary Amacher
Judy Biegler
Diana Bladow
Dean Click
Ed Coleman
Shirley Coleman
Tricia Dornbush
Richard Donovan
C. Scott Dufault
Dolly Dunwoody
Don Fischer
David Ford
Gail Forsberg
Leann Fredrickson
Vicki Fredrickson
Laverna Fuhrmann
Matthew Fuhrmann
Elroy Goetz
Carol Gossmann
Sue Graves
Buff Heinle
Ted Heupel
Jared Hunstad
Leone Jondahl
Joy Krueger
Helen Loebs
Arnold Mehlhoff
Diane Mielke
Juanita Misslitz
Claudette Moran
Deanna Munsch
Judy Noethlich
John O'Conner
Mike Olsen
Rose Olson
Arlene Opp
Marilyn Overbey
Sandra Payne
Shirley Pelkofer
Alan Pine
Dale Reich
Richard Sahli
Norma Salmons
LeRoy Schaefers
Jean Schaffer
Millie Schilling
Dennis Schnabel
Susan Scrupski
Leonard Sears
Dale Shearer
Joanne Soucier
Ron Therkelsen
Vernon Walth
Lorraine Wasem
Lyle Weiszhaar
Linda White
Margaret Wiederrich
Weston Wiggins

March birth flower is the daffodil which represents hope.

March babies are spoiled with two birthstones: aquamarine and bloodstone which symbolize courage.

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Meghan Sell
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Laurie Baumgartner
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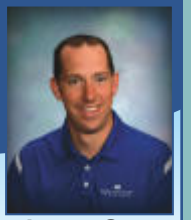
Lorne Serr
Agent

www.mmiaberdeen.com
706 S. Main St. • Aberdeen, SD

3M Employees & Retirees - If you volunteer just 25 to 40 hours per year, 3M will make a volunteer match of $500 to the non-profit organization of your choice. Several retirees have been participating in this program for many years, and have designated the Aberdeen Area Senior Center to receive their volunteer match funds. This has been a wonderful boost for the Senior Center programs. It's quick and easy to register for these funds. Just stop by the office, Jackie or Laura can get you started.

Thank you to Mike & Cindy Kocabinski for donating homemade face masks from Faith United Methodist Church to the Senior Center. We so appreciate your kindness.

## MEALS ON WHEELS
## Needs Your Help!

This non-profit service provides a nutritious meal, a quick safety check and much-needed personal connection from volunteers who deliver approximately 14,000 meals every year.

**It is becoming more difficult for our local Meals On Wheels program to cover our daily routes in Aberdeen. Many of our current volunteers are doubling their routes just to make sure all of our recipients are covered.**

**At this time we are searching for volunteers to deliver meals in Aberdeen.** You can volunteer to deliver meals once a week, once a month, with a friend, with a group or on your own—whatever is convenient for you.

Contact the Aberdeen Area Senior Center to get started.. **605.626.3330**

### BRING A SPARE PAIR

IF YOU ARE USING THE EXERCISE ROOM, PLEASE BRING A SPARE PAIR OF SHOES.

The mud, water and snow is not good for the equipment. Thank you for your cooperation.

## NAUGHTY LEPRECHAUN

There's a mischievous little Leprechaun at the Senior Center. Each day he is rearranging or moving SOMETHING while the center is closed at night.

How well do you know your Senior Center? Can you spot what's different each day? If so, stop by the office and tell us what you've observed. We'll reward you with a treat, and enter your name in a drawing for a $25.00 gift card to be awarded on St. Patrick's Day!

That's March 17th for all you non Irish folks out there! The more observant you are, the more often your name goes in the Pot O' Gold!

## THANK YOU ADVERTISER OF THE MONTH

ABERDEEN HOUSING AUTHORITY

310 S Roosevelt St. - Aberdeen SD 57401
605-226-2321

## Donations

Wayne Fischer
Mike & Cindy Kocabinski
Linda McQuillen

*Your kindness is appreciated.*

Wii Bowling:
1/12/21: Judy Bulian 204; Eunice Sayler 166; Judy Bulian 215
1/20/21: Judy Bulian 247; Marilyn Rieger 181; Judy Bulian 204
1/27/21: Judy Bulian 215; Judy Bulian 257; Eileen Kriech 212
2/3/21: Judy Bulian 226; Marilyn Rieger 199; Marilyn Rieger 200
2/10/21: Judy Bulian 267; Marilyn Rieger 195; Eunice Sayler 197

## Welcome to our New Members

Ron Keats
Delano Claymore
Tom & Debra Riecker
Keith Peterson
Jan Glau
Jeanne Tople

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# SENIOR MEALS PROGRAM

## Reservations: 225-0182
## Call Day Before by 1:30pm

**MARCH 2021**
month/year

**SITE: ABERDEEN**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 1<br>Beef Stew<br>Buttermilk Biscuits<br>Fruit Salad<br>Cookie | 2<br>BBQ Chicken Breast<br>Baked Potato w/S.Cream<br>Carrots<br>Applesauce<br>Whole Wheat Bread | 3<br>Chili<br>Cornbread<br>Coleslaw<br>Pears | 4<br>Roast Pork<br>Mashed Potatoes/Gravy<br>Beets<br>Carrot Bar<br>Whole Wheat Bread | 5<br>Baked Fish<br>AuGratin Potatoes<br>3-Bean Salad<br>Blueberry Cobbler<br>Whole Wheat Bread |
| 8<br>Meatballs<br>Mashed Potatoes/Gravy<br>Carrots<br>Mixed Fruit<br>Whole Wheat Bread | 9<br>Ginger Pork Chop<br>Baked Potato / S. Cream<br>Mixed Vegetables<br>Peaches<br>Whole Wheat Bread | 10<br>Parmesan Chicken<br>Potato Wedges<br>Peas<br>Fruit<br>Whole Wheat Bread | 11<br>Beef Tips w/ Gravy<br>Noodles<br>Lettuce Salad w/ Dressing<br>Fruit<br>Whole Wheat Bread | 12<br>Goulash<br>Green Beans<br>Apple Crisp<br>Whole Wheat Bread |
| 15<br>Turkey Chow Mein<br>Rice and Chow Mein Noodles<br>Broccoli<br>Waldorf Salad<br>Whole Wheat Bread | 16<br>Meatloaf<br>Baked Potato/S.Cream<br>Creamed Peas<br>Fruit<br>Whole Wheat Bread | 17 St Patrick's Day<br>Corned Beef<br>Boiled Potato<br>Steamed Cabbage<br>Jello Cake<br>Whole Wheat Bread | 18<br>Spaghetti/Meat Sauce<br>Broccoli<br>Garlic Toast<br>Fruit<br>Sherbet | 19<br>Breaded Codfish<br>Parsley Buttered Potatoes<br>California Blend<br>Tropical Fruit<br>Whole Wheat Bread |
| 22<br>Sloppy Joe on Wheat Bun<br>Oven Roasted Potatoes<br>Mixed Vegetables<br>Applesauce | 23<br>Baked Chicken Breast<br>Rice Pilaf<br>Green Beans<br>Fruit<br>Whole Wheat Bread | 24<br>Swiss Steak<br>Mashed Potatoes<br>Cauliflower<br>Apricots<br>Whole Wheat Bread | 25<br>Hot Turkey Sandwich<br>Macaroni Salad<br>Fruit Cocktail<br>Peanut Butter Cookie | 26<br>Baked Pork Chop<br>AuGratin Potatoes<br>Peas and Carrots<br>Fruit<br>Whole Wheat Bread |
| 29<br>Spanish Rice/Hamburger<br>Mixed Vegetables<br>Mandarin Oranges<br>Chocolate Pudding<br>Whole Wheat Bread | 30<br>Salisbury Steak<br>Mashed Potatoes/Gravy<br>California Blend Vegetables<br>Fruit<br>Whole Wheat Bread | 31<br>Ham and Bean Soup<br>Egg Salad Sandwich<br>Tomato Spoon Salad<br>Oatmeal Raisin Cookie | | |

MEALS APPROVED BY: REGISTERED DIETITIAN

All meals include milk

## WINTER WEATHER CLOSING POLICY

When the Aberdeen Public Schools close OR open late for weather related reasons, the Aberdeen Area Senior Center will NOT be open. If the forecasters are incorrect, or the weather improves throughout the day, the center will remain CLOSED for that day once the decision is made.

## RENEW

your Aberdeen Area Senior Center membership by *March 15th* to continue receiving the monthly newsletter.

Membership dues are $30.

Stop by the office to sign up and get your new 2021 membership card.

NEW members welcome!

Thank you for donating to the mailing fund. Donations help defray the mailing cost. Donations may be made to this fund any time. These were received through February 10, 2021.

Anonymous, Mary Lou Delzer, LeAnn Conn, Maxine Dinger, Darlene Aho, Harold & Mavis Kempf, Elsie Weigel, Randy & Cheryl Robinson, Joyce Weisser, Marie Schumacher, Muriel Pigors, Betty Pinkerton, Richard & Caroline Sahli, Marian Holty, Georgia Eastman, Gladys Melcher, and Priscilla Linn.

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**Aberdeen Area Senior Center**

# 2021

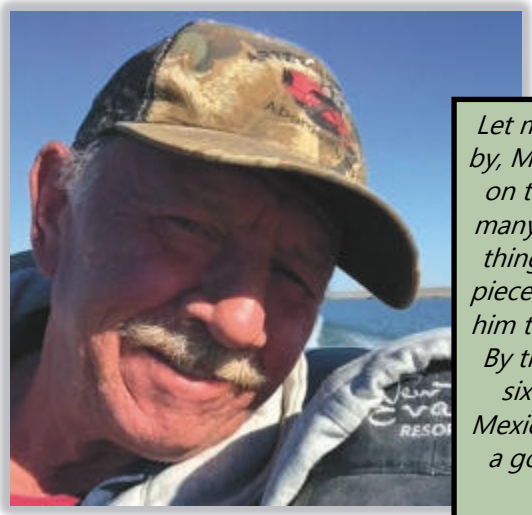
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **1**<br>10:30 Pickle Ball (BLC)<br>1:00 Bingo | **2**<br>9:00 Yoga<br>1:00 Line Dance (ARCC)<br>1:00 Yahtzee/L-R-C | **3**<br>8:30 Wii Bowling<br>1:00 Mahjong | **4**<br>9:30 Dance Fitness<br>10:00 Penning the Past (Activity Room)<br>1:00 Trivia<br>1:00 Line Dance (ARCC) | **5**<br>9:00 Tai Chi<br>1:00 Mexican Train |
| **8**<br>10:30 Pickle Ball (BLC)<br>Center Closing @ 2:30<br>BINGO at the ARCC | **9**<br>9:00 Yoga<br>1:00 Line Dance (ARCC)<br>1:00 Yahtzee/L-R-C | **10**<br>8:30 Wii Bowling<br>1:00 Mahjong | **11**<br>9:30 Dance Fitness<br>10:00 Penning the Past (Activity Room)<br>1:00 Trivia<br>1:00 Line Dance (ARCC) | **12**<br>9:00 Tai Chi<br>1:00 Mexican Train<br>1:00 Brain Health (Activity Room) |
| **15**<br>10:30 Pickle Ball (BLC)<br>1:00 Bingo | **16**<br>9:00 Yoga<br>1:00 Line Dance (ARCC)<br>1:00 Yahtzee/L-R-C | **17**<br>8:30 Wii Bowling<br>1:00 Mahjong | **18**<br>9:30 Dance Fitness<br>10:00 Penning the Past (Activity Room)<br>1:00 Trivia<br>1:00 Line Dance (ARCC) | **19**<br>9:00 Tai Chi<br>1:00 Mexican Train |
| **22**<br>10:30 Pickle Ball (BLC)<br>1:00 Scrabble | **23**<br>9:00 Yoga<br>1:00 Line Dance (ARCC)<br>1:00 Yahtzee/L-R-C | **24**<br>8:30 Wii Bowling<br>1:00 Mahjong | **25**<br>9:30 Dance Fitness<br>10:00 Penning the Past (Activity Room)<br>1:00 Trivia<br>1:00 Line Dance (ARCC) | **26**<br>9:00 Tai Chi<br>1:00 Mexican Train |
| **29**<br>10:30 Pickle Ball (BLC)<br>1:00 Bingo | **30**<br>9:00 Yoga<br>1:00 Line Dance (ARCC)<br>1:00 Yahtzee/L-R-C | **31**<br>8:30 Wii Bowling<br>1:00 Mahjong | | |

*Dance Fitness is well attended on Thursdays. Go ladies...*

*Members playing a game of Yahtzee!*

*Good turnout for Bingo at the Sr Center.*

*Mexican Train players appreciate the new game pieces.*



*Let me introduce my handyman hubby, Marlin. When he's not working, or on the river fishing, he gets out his many tools and fixes things or makes things. In this case, I broke a game piece while sanitizing and convinced him to make one piece for the center. By the end of the day, he had made six wooden game pieces for the Mexican Train game! There should be a good supply for quite sometime! Thank you, Honey! Susan*

## Groton Senior Center News

**January 11th** - Groton seniors met with eleven members present. President Ruby Donovan opened with the Pledge of Allegiance to the flag. A short meeting was held. Because of Wells Fargo bank closing, the Senior Center account was moved to Dacotah Bank. Meeting was adjourned. Cards were played. The winners were: *Pinochle*: Sarge Likness; *Whist*: Dick Donovan, *Canasta*: Marilyn Thoreson. Door prizes went to Darlene Fischer, Dick Donovan, and Bev Sombke.

**January 18th** - Seniors met with thirteen members present. President Ruby Donovan led the pledge to the flag. Cards were played and the winners were: *Pinochle*: Kelly Miracle; Whist: Tony Goldade and Marilyn Thoreson; *Canasta:* Belinda Nelson. Door prizes went to Ruby Donovan, Marilyn Thoreson, and Eunice McColister.

**January 25th -** The Groton Senior Center had their pot luck dinner. Eleven members attended. President Ruby Donovan led the flag pledge and prayer before the meal. After dinner, Bingo was played. Kelly Miracle won Black Out. Cards were played after Bingo. Winners of door prizes were Darlene Fischer, Kelly Miracle, and Dick Donovan. -Submitted by Elda Stange, Secretary

**Everyone is Irish on St. Patty's Day!**

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CONNECTED CARE TIPS

## Seniors stay active when staying home

ADT Medical Alert

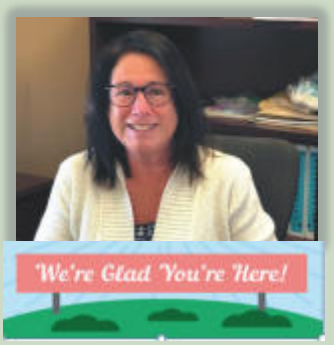
**Head rolls**
Move your head from left to right to stretch those neck muscles

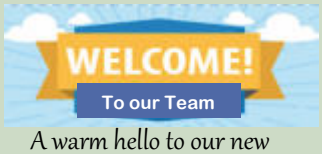
**Wall push-ups**
Leaning on a wall for support makes doing push-ups easier

**Toe lifts**
Raise and lower yourself on your tiptoes to work your calf muscles and balance

**Touch your toes**
Work on your flexibility by reaching down for your toes and feeling the stretch in your legs

**Workout safety tip**
Wear your ADT Medical Alert bracelet or pendant for help at the push of a button, just in case of falls or emergencies.

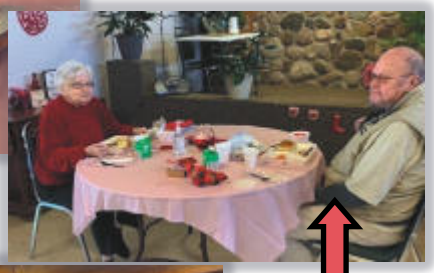



A warm hello to our new Membership Coordinator, Deb Rice.

I have so enjoyed my time with the Senior Center Team and will miss your friendly faces! I look forward to the day we can meet without a mask! Bye for now!

The beautiful table décor!

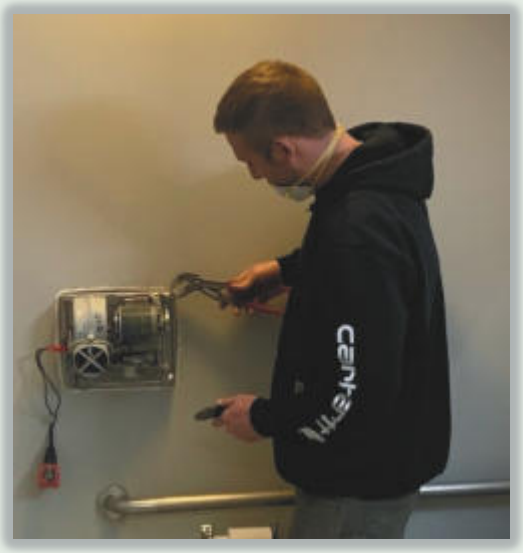


Valentines Special Happy Birthday to Mark Holty

Enjoying the Valentines Dinner

A big THANK YOU to Wayne Fischer for donating electric hand dryers to the Senior Center.

Leidholt Electric installed the new hand dryers in the main restrooms off the dining room.



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