



ABERDEEN AREA SENIOR CENTER

A UNITED WAY AGENCY

AUGUST 2022 ISSUE VIII



AUGUST ACTIVITIES

- Pool Room, Open Daily, 8:00am-4:30pm
- Pickle Ball, Mondays, **BLC, 10:30am
- Scrabble, Mondays, August 8 & 22, 1:00pm
- Popcorn & Movie, Monday, August 8, 1:00pm
- Card Bingo, Monday, August 22, 1:00pm
- Yoga, Tuesdays, 9:00am
- Whist, Tuesdays, 1:00pm
- Line Dance, Tuesdays & Thursdays, @ ***ARCC, 1:00pm
- Drawing, Tuesdays & Thursdays, 1:00pm
- Wii Bowling, Wednesdays, 8:30am
- Vet's Coffee, Wednesday, August 3, 9:00am
- Trivia/Mahjong, Wednesdays, 1:00pm
- Caregiver Support Group, Wednesday, August 10, 2:00pm, Derian Lodge (Old Primrose)
- Dance Exercise, Thursdays, 9:30am
- Penning the Past, Thursdays, 10:00am
- Pinochle, Thursdays, 1:00pm
- TECH Club, Friday, August 5, 9:00am
- Healthy Cooking, August 10, 9:30am
- Mexican Train, Fridays, 1:00pm

**BLC-Bethlehem Lutheran Church
 ***ARCC-Aberdeen Recreation & Cultural Center

Check the calendar for a full list of activities.

If you have questions call the center.



CENTER INFORMATION

Director: Jackie Witlock
 Activity Supervisor: Stacy Morman
 Membership Coordinator: Linda Davis
 Meals on Wheels: Norma Nielson & Lonna Fulda



1303 7th Ave. SE
 Aberdeen, SD 57401



(605) 626-3330



seniorcenter@aberndeen.sd.us
 Jackie.witlock@aberndeen.sd.us



www.Aberdeen.sd.us/senior



Aberdeen Area Senior Center

Hours: 8am-4:30pm, Monday-Friday

SENIOR BINGO AT THE BROWN COUNTY FAIR

It's all happening under the Kessler's BIG Tent!

SENIOR BINGO on the following dates:
 August 17, 18, 19 and 20 from 9:00am to 11:00am

The Senior Center Staff will call **SENIOR BINGO** at the Brown County Fair Thursday and Friday, August 18 and 19, 2022 at 9:00am.



HEALTHY & FUN COOKING FOR 1 OR 2

Preparing a meal for just one or two can be a real challenge. Join Annie Jacobson, Registered Dietitian with Sanford Health, as she demonstrates how to make cooking for one or two less of a chore.

When: August 10, 2022

Time: 9:30am

Location: Dining Room

Fee: No Charge



Current members and potential new members often would love to participate in activities but have not had the opportunity to learn.

If you would be willing to help others learn new skills like backgammon, cribbage, cards, dominoes, majohng or any other activity, *PLEASE* stop by the Senior Center office and speak with us about fun new opportunities!



POPCORN & MOVIE

"Julie & Julia"

MONDAY, AUGUST 8, 2022, 1:00PM

Julia Child and Julie Powell - both of whom wrote memoirs - find their lives intertwined. Though separated by time and space, both women are at loose ends... until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

Stars: Meryl Streep, Amy Adams

Rated PG-13

Runtime: 2 hours, 3 minutes



Thank our Advertiser of the **MONTH**

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Aberdeen SD, 57401**

O: (605) 225-0295
C: (605) 228-1017

YOGA CLASS

Come and learn how to relax your mind, body and soul.

When: Tuesdays

Time 9:00am

Location: Dining Room



AUGUST BIRTHDAYS

LaVern Albrecht
 Sheri Azzone
 Jan Bohling
 Charles Bonen
 Ralph Borge
 Curtis Bossert
 Beth Bottge
 Linda Brandner
 Regina Breitling
 Sharon Bryant
 Duane Buntrock
 Doug Carter
 Daniel Danburg
 Kathryn Dennert
 Vickie DeWalt
 Maxine Dinger
 Marvin Dutenhoffer
 Carol Eisenbeisz
 Katherine Entzel
 Doris Felix
 Wayne Fischer



Steve Gebur
 Kathryn Griffin
 Daryl Hein
 Linda Heiser
 Rita Heupel
 Lyle Jackson
 Monica Jenner
 Tracy Jurgens
 Julie Kettering
 Janet Kretschman
 Loren Leitzke
 Darcey Leshey
 Bob Lien
 Tim Marzenell
 Geraldine McIntire
 Lowell McIntire
 Debbie Meehan
 Barbara Morrissey
 Gladys Moser
 Belinda Nelson
 JoEllen Palmer
 Janice Reich



Marilyn Rieger
 Cheryl Robinson
 Debra Roettele
 Garroll Salmons
 Delphina Sanborn
 Elaine Scherbenski
 Roger Schipke
 Sharon Schipke
 Beverly Shaw
 Geri Sillman
 Wesley Stern
 Rose Tewksbury
 Daniel Vetter
 Bernice Wald
 Kathy Webb
 Pete Weig
 Mary Jane Weisenburger
 Marcella Welch
 Karen Wise
 Art Witchey
 Doug Witlock

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Rebecca Rich, AuD
 Doctor of Audiology

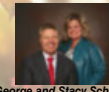
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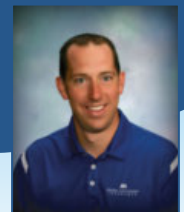
Mark Mehlhoff
 LUTCF, LTCP



Meghan Sell
 FHIAS



Laurie Baumgartner
 Agent



Lorne Serr
 Agent

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



For ad info. call 1-800-950-9952 • www.lpiconmunities.com

Aberdeen Senior Center, Aberdeen, SD A 4C 02-1027



SENIOR DAY AT STORYBOOK LAND

Revive old Memories! Make new memories!

Be our guest at Storybook Land every Wednesday during the summer and receive a 50¢ discount on Storybook Land and Land of Oz rides.

Share friendship and enjoy Wylie Park.

Accompanying grandchildren will receive a 50¢ discount on all rides on Senior Day!



VET'S COFFEE

Wednesday, August 3, 2022, 9:00am

This group is open to veterans from all branches of the military. Guest speakers often share information regarding veteran's issues; other months participants come together for coffee and donuts. Senior Center membership is not required to participate. Cookies and donuts provided by Prairie Heights Healthcare. We Thank You for your service.

Special Thanks to Prairie Heights Healthcare for helping sponsor this event.

SORRY... WE'RE CLOSED

MORNING OF AUGUST 18 AND 19

All morning activities are cancelled on August 18th and 19th due to Senior Bingo at the Brown County Fair. Senior Center will **open at 1:00 pm** on August 18 and 19.

Hope to see everyone there!



FAMILY CAREGIVERS SUPPORT GROUP

**August 10, 2022
2:00pm
DERIAN LODGE**

Our Family Caregivers Support Group brings family caregivers together & provides an opportunity to share experiences in a safe setting & discover resources for those who are caring for a loved one. This group is open to all caregivers, whether you are caring for a loved one with Alzheimer's, Cancer, terminal illness, etc. You are not alone.

Please call Jackie Witlock, 626-3330 with any questions or to RSVP to our meetings.



DANCE FITNESS

Step up your exercise routine with some dance fitness presented by the Aberdeen Family Y.

Instructors will have you rocking to the beat with routines specially designed for the 50+ age group.

When: Thursdays

Time: 9:30am

Location: Dining Room





On Exhibit at the ARCC GALLERY
225 3rd Ave SE
AUGUST 3-31, 2022
Reception - August 24th, 2022
2:00-4:00pm

Our **DRAWING CLASS** which meets on Tuesdays and Thursdays is getting their very own Art Exhibit! Their work will be displayed all month. Enjoy their talents and join us for a reception on August 24th from 2:00-4:00pm.



GROTON NEWS

June 13, 2022: Groton Seniors met for a meeting and cards. Twelve members were present. President Sarge Likness opened the meeting with allegiance to the flag. Minutes and treasurers report were read and accepted. Old business concerned the three trees that were planted on the west side of the community center. The Groton Seniors planted the trees in memory of members who passed away. There was no new business. The meeting was adjourned. Cards were played. Winners of games were as follows: Pinochle – David Kliensasser, Whist – Darlene Fischer, Canasta – Eunice McColister and Belinda Nelson. Door Prizes went to Pat Larson, Elda Stange and Belinda Nelson. Lunch was served by Eunice McColister.

June 20, 2022: Groton Seniors met to play cards. Twelve members were present. Cards were played and the winners were as follows: Pinochle – Ruby Donovan, Whist – Darlene Fischer, Canasta – Eunice McColister and Pat Larson. Door prizes went to Ruby Donovan, Elda Stange and Belinda Nelson.

June 27, 2022: Groton Seniors met for their potluck dinner. Eleven members attended. The president opened the meeting with the flag pledge and table prayer. After dinner, bingo was played. Tony Goldade and Dick Donovan both won black out. Cards were played after bingo. Before going home, we celebrated Paper Paul's birthday with angel food cake and ice cream. Cake was baked by Bev Sombke. Door prizes went to Darlene Fischer, Eunice McColister and Belinda Nelson.

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SENIOR MEALS PROGRAM

Aug-22
month/year

RESERVATIONS 605-225-0182
CALL THE DAY BEFORE BY 1:30 P.M.

SITE: ABERDEEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bratwurst with Bun Mashed Potatoes Sauerkraut Beets Fruit	2 DRI-32 Goulash Green Beans Apple Crisp Whole Wheat Bread	3 DRI-13A Hot Turkey Combination Mashed Potatoes/Gravy Seven Layer Salad Applesauce	4 DRI-46 Ham Sweet Potatoes Mixed Vegetables Acini Depepi Fruit Salad Whole Wheat Bread	5 DRI-20 Chicken & Pasta Salad Plate Apple Juice Fresh Fruit Dinner Roll
8 BBQ Beef Sandwich Potato Salad Carrots & Peas Seasonal Fresh Fruit	9 Chicken Alfredo Broccoli Mandarin Oranges Bread Stick	10 DRI-11 Swiss Steak Mashed Potatoes Cauliflower Fruit Whole Wheat Bread	11 DRI-21 Teriyaki Chicken Almond Rice w/ Peas Pineapple Strawberry Ambrosia Dinner Roll	12 DRI-17 Pork Chop Baked Potato/S. Cream Tomato Spoon Salad Cinnamon Applesauce Whole Wheat Bread
15 DRI-14 Tator Tot Holdish Green Beans Grape Juice Apple Pie Square Whole Wheat Bread	16 DRI-6 Meatloaf Baked Potato/S. Cream Creamed Peas Fruit Whole Wheat Bread	17 DRI-5 Hot Pork Sandwich Coleslaw Baked Beans Fruit	18 DRI-62 Stir Fry Beef w/ Rice Oriental Blend Vegetables Honey Fruit Salad Whole Wheat Bread	19 DRI-17 Spaghetti w/ Meat Sauce Broccoli Fruit Garlic Toast
22 Ranch Chicken Creamy Noodles Green Beans Fruit Whole Wheat Bread	23 Taco Salad Mexican Rice Fresh Fruit Bread Stick	24 DRI-66 Sloppy Joe on Bun Oven-Roasted Potatoes Mixed Vegetables Jello Salad w/ Fruit	25 DRI-2 Scalloped Potatoes & Ham Peas Mandarin-Orange Salad Whole Wheat Bread	26 DRI-1 Roast Beef Mashed Potatoes/Gravy Carrots Fruit Whole Wheat Bread
29 DRI-23 Meatballs Mashed Potatoes/Gravy Baby Carrots Fruit Whole Wheat Bread	30 Chicken Salad Croissant Sandwich Macaroni Salad Fruit	31 DRI-38 Breaded Codfish Parsley Buttered Potatoes Creamy Coleslaw Fruit Whole Wheat Bread		

MEALS APPROVED BY: REGISTERED DIETITIAN

All meals include milk

SAFETY NOTES

The **Automated External Defibrillator (AED)** device is located in the Senior Center Dining Room on the West Wall.



The **First Aid Kit** is located on the north wall in the Senior Center Office.



Phone dial out instructions have been posted by each phone in the Senior Center. To dial out, you must dial **9+1+Area Code+Phone Number.**

BEGINNING LINE DANCE LESSONS

Line dancing is an excellent way to keep physically fit, build agility and exercise the memory.

Line Dancing lessons will be held on Mondays from 1:00pm to 2:00pm beginning on September 19th and ending on November 28th. October 10th is a holiday so there will not be a lesson on that day.

If you are interested in learning how to line dance, please call the Aberdeen Senior Center at 626-3330 to register before September 19th.



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AUGUST 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:30 Pickle Ball (BLC) 1:00 Bingo</p>	<p>9:00 Yoga 1:00 Line Dance (ARCC) 1:00 Whist 1:00 Drawing Class</p>	<p>8:30 Wii Bowling 9:00 Vet's Coffee 1:00 Mahjong 1:00 Trivia</p>	<p>9:30 Dance Exercise 10:00 Penning the Past 1:00 Pinochle 1:00 Line Dance (ARCC) 1:00 Drawing Class</p>	<p>9:00 TECH Club 1:00 Mexican Train 1:00 Bridge</p>
1	2	3	4	5
<p>10:30 Pickle Ball (BLC) 1:00 Scrabble 1:00 Popcorn & Movie</p>	<p>9:00 Yoga 1:00 Line Dance (ARCC) 1:00 Whist 1:00 Drawing Class</p>	<p>Healthy Cooking 9:30am 8:30 Wii Bowling 1:00 Mahjong 1:00 Trivia 2:00 Caregivers Support Derian Lodge</p>	<p>9:30 Dance Exercise 10:00 Penning the Past 1:00 Pinochle 1:00 Line Dance (ARCC) 1:00 Drawing Class</p>	<p>1:00 Mexican Train 1:00 Bridge</p>
8	9	10	11	12
<p>10:30 Pickle Ball (BLC) 1:00 Bingo</p>	<p>9:00 Yoga 1:00 Line Dance (ARCC) 1:00 Whist 1:00 Drawing Class</p>	<p>8:30 Wii Bowling 9:00 Brown County Fair Bingo 1:00 Mahjong 1:00 Trivia</p>	<p>9:00 Brown County Fair Bingo 1:00 Pinochle 1:00 Line Dance (ARCC) 1:00 Drawing Class Center Opens @ 1</p>	<p>9:00 Brown County Fair Bingo 1:00 Mexican Train 1:00 Bridge Center Opens @ 1</p>
15	16	17	18	19
<p>10:30 Pickle Ball (BLC) 1:00 Scrabble 1:00 Card Bingo</p>	<p>9:00 Yoga 1:00 Line Dance (ARCC) 1:00 Whist 1:00 Drawing Class</p>	<p>8:30 Wii Bowling 1:00 Mahjong 1:00 Trivia 2:00 Art Reception (ARCC)</p>	<p>9:30 Dance Exercise 10:00 Penning the Past 1:00 Pinochle 1:00 Line Dance (ARCC) 1:00 Drawing Class</p>	<p>1:00 Mexican Train 1:00 Bridge</p>
22	23	24	25	26
<p>10:30 Pickle Ball (BLC) 1:00 Bingo</p>	<p>9:00 Yoga 1:00 Line Dance (ARCC) 1:00 Whist 1:00 Drawing Class</p>	<p>8:30 Wii Bowling 1:00 Mahjong 1:00 Trivia</p>	<p>9:30 Dance Exercise 10:00 Penning the Past 1:00 Pinochle 1:00 Line Dance (ARCC) 1:00 Drawing Class</p>	<p>Aberdeen Senior Center Art Show 2022 at the ARCC Gallery - August 3-31</p>
29	30	31		

SAY WHAT?



Q C C I K T M M D X V B V I D
 D D A L N K E G H B A F N I P
 M S S E A N X P C B G T S R R
 L A M O T I M O B K E C E K O
 G A I I Y G M L K R L V M P C
 L U O N S W E Z J O E A C U L
 A N S T T R C E S A E C F B A
 C I T H W A C E L I X V V K I
 A K I L Q T I E V R E S B O M
 I N S I S T S N N I A L P X E

SEASOEDTIMES.COM

Look for the following words that describe different ways "to say" something. They may be spelled forward, backward, downward, upward, or diagonally.

- ADD
- GUSH
- MENTION
- BABBLE
- INSIST
- OBSERVE
- CLAIM
- INTERJECT
- PROCLAIM
- DISCLOSE
- LAMENT
- REVEAL
- EXPLAIN
- MAINTAIN



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WELCOME TO THE ABERDEEN SENIOR CENTER

Paul Riel Alvina Johnson
 Arnold Wiedrich Dwain Buntrock
 Curtis Harr Nella Thompson
 Rose Tewksbury



Annual Primrose Senior Day
 Wednesday, August 17th

9:00-11:00am
Senior Morning Bingo
 in the **Kessler's Tent** with Coffee, Donuts!

Main Events
-All Free Under the Ken's Tent-

11:00AM
 Blood Pressure Screenings
 Music by the Sherwin Linton Trio

NOON
 Primrose Senior Lunch

1:30PM
 Primrose Senior Bingo
 With gift card prizes valued at \$600!

3:00PM
 Primrose Ice Cream Social
 Featuring the **Freddie Prez**

BOWLING

- 06/13 Judy Bulian 221 & 188; Marilyn Rieger 192; Pat Walz 182
- 06/15 Judy Bulian 236; Eunice Sayler 220;
Dolly Dunwoody 191
- 06/29 Judy Bulian 225 & 216; Eunice Sayler 210;
Marilyn Rieger 168
- 07/06 Judy Bulian 224 & 192; Marilyn Rieger 190;
Dolly Dunwoody 182
- 07/13 Judy Bulian 249; Marilyn Rieger 193 & 189;
Dolly Dunwoody 186

BRIDGE

- 06/17 John Wallace 3200; Arlowyn Spencer 2960
- 06/24 Carol Peterson 5200; Arlene Opp 4050
- 07/01 Ray Pomplun 3120; Darlene Fischer 2860
- 07/08 Marilyn Pulfrey 3020; Bess Aman 2900

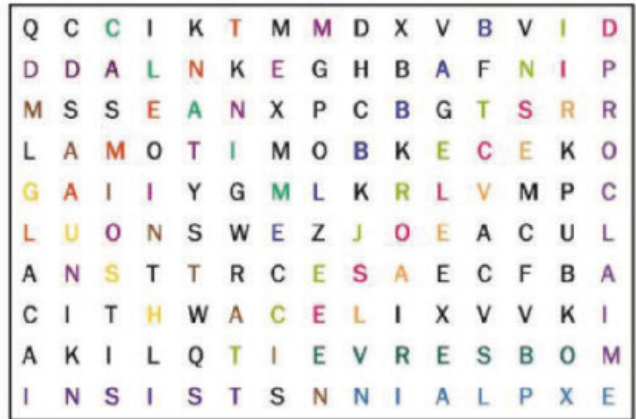
PINOCHLE

- 06/16 Nita Geranen 7960; Judy Gelling 6850
- 06/23 Dan Heidinger 6340; Evonne Hopfinger 5730
- 06/30 Nita Geranen 6290; Arnie Lunders 6120
- 07/08 Arnold Lunders 5470; Evonne Hopfinger 5370

WHIST

- 06/21 Doug Neuharth 50; Myrna Stange 44
- 06/28 Marilyn Gramlow 57; Curt Fredrickson 42
- 07/05 Doug Carter 49; Marilyn Gramlow 38;
Myrna Stange 38
- 07/12 Judy Gelling 50; Myrna Stange 49

Say What? Word Search Solution



- | | |
|----------|-----------|
| ADD | INTERJECT |
| BABBLE | LAMENT |
| CLAIM | MAINTAIN |
| DISCLOSE | MENTION |
| EXPLAIN | OBSERVE |
| GUSH | PROCLAIM |
| INSIST | REVEAL |

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THANK YOU TO ALL OF OUR VOLUNTEERS WHO HELP WITH THE ACTIVITIES AT THE SENIOR CENTER!

Bridge

Arlene Opp
Doris Felix

Bingo & Card Bingo

Eunice Sayler
Barb Imberi

Drawing

Ken Fiest

Yoga

Katie Berheim
Janene Papendick

Dance Exercise

Sara Schaffer

Line Dancing

Karen Lane
Ginny Schwab

Mahjong

Julie Kettering
JoAnn Yeske



Mexican Train

Gloria Kackman

Penning the Past

Mary Kost

Pickle Ball

Linda Schuh



Pool Committee

Jeff Andrews
Mike Olsen
Dan Heidinger

Puzzles

Beulah Deering

Scrabble

Kathy Dennert

Trivia

Margaret Wild

Wii Bowling

Marilyn Rieger

Dakota Sunshing

Singers

Angie Walth

Friendship Singers

Mark Rahm

Maintenance

Dan Heidinger
Butch Weiszhaar



Pickle Ball Players



Thank you to Rachel Dix for presenting at the HAPI Senior Money Matters Bingo on July 12, 2022



FATHER'S DAY DINNER & FRIENDSHIP SINGERS JUNE 15, 2022



Are you a THRIVENT Financial member? Did you know that **THRIVENT** allocates funds that help support nonprofit organizations each year? The Aberdeen Area Senior Center is one of those nonprofit organizations and you, as a **THRIVENT** member, can help.

How can you help? By letting **THRIVENT** know where to designate their charitable outreach funds. This can be done by calling your local representative or online. It's simple, easy & you don't have to give a thing!

Please consider helping the Aberdeen Area Senior Center today through the **THRIVENT** charitable grant program.



Contact Don Miller/Matt Scott
THRIVENT Aberdeen Office 725-2025
or stop by the Senior Center & the staff can help enroll you online.





**ABERDEEN AREA
SENIOR CENTER**
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