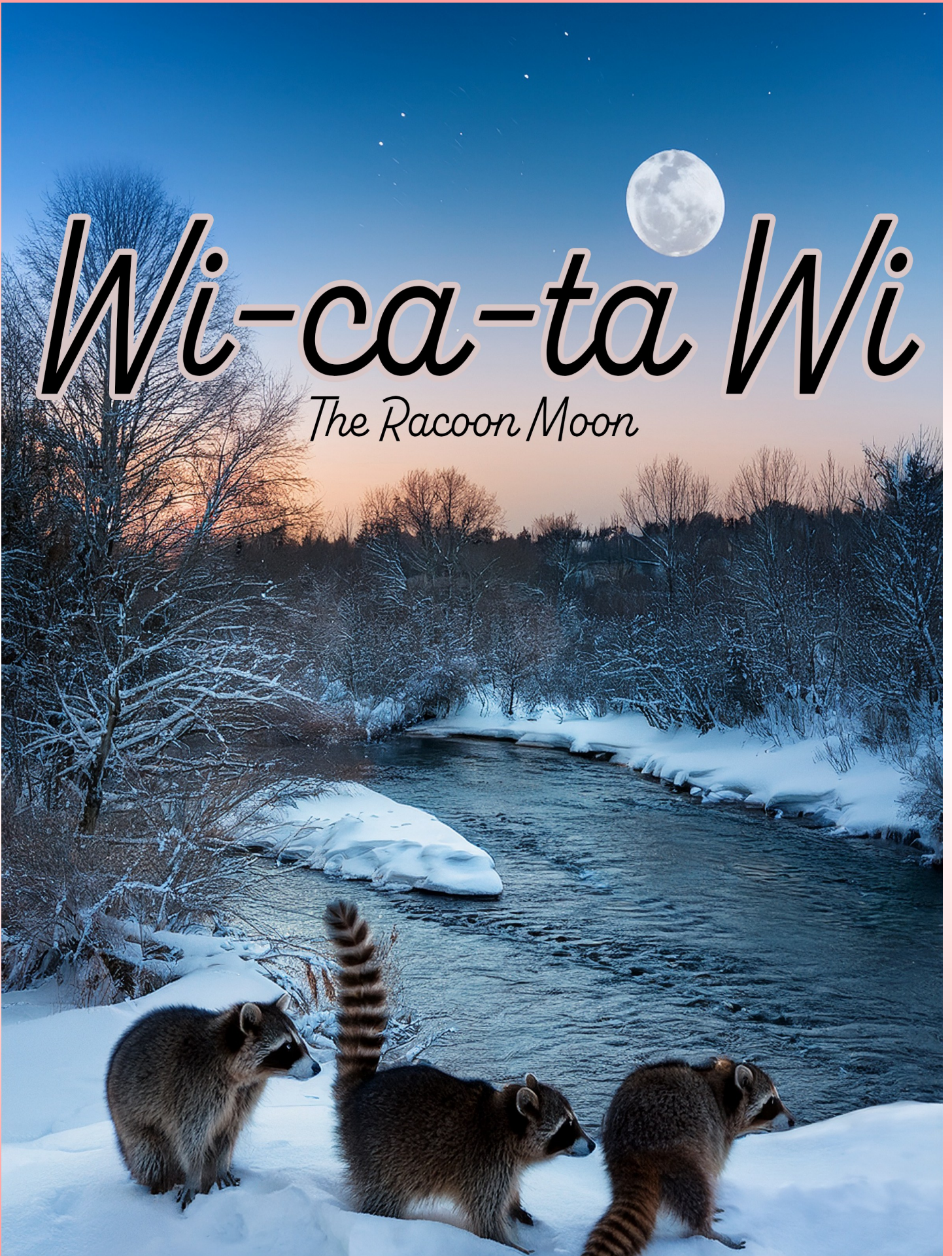
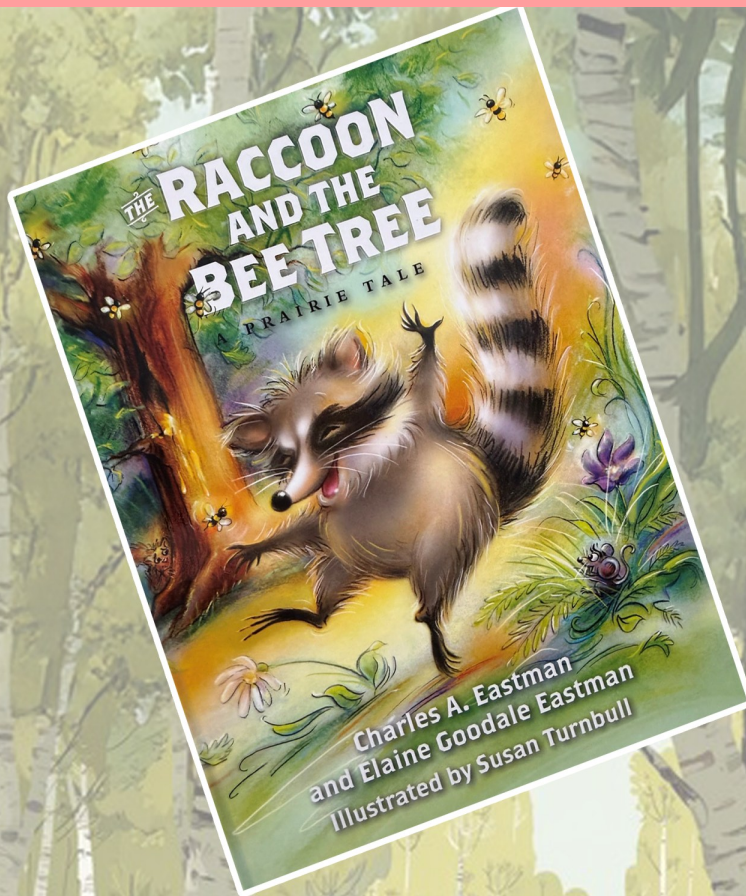


# *Wi-ca-ta Wi*

*The Racoon Moon*







Celebrate the Wicata Wi (Raccoon Moon) with a cute bedtime story orally told to Dakota children. Dr. Charles Eastman preserved these and many other stories in a book called Wigmam Evenings published in 1909.

Dr. Eastman places the animal characters in human situations designed to teach Dakota children lessons on morality. The preface briefly mentions his upbringing in the Flandreau area and his life leading up to his published stories.

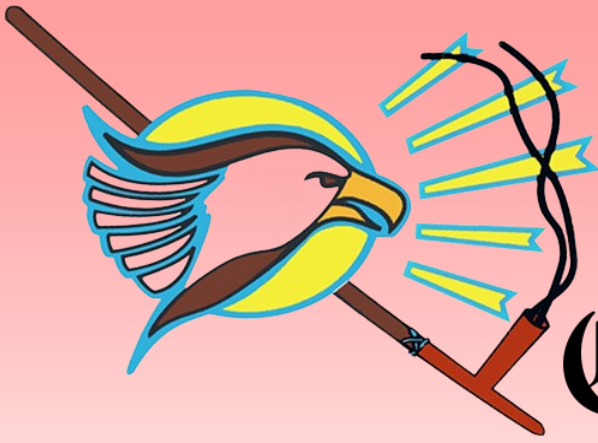
This Dakota Storynbook can be found and purchased via [Amazon.com](https://www.amazon.com).



# Happy Birthday Members!

02/01 Jason Johnnson-Flute	02/11 Saphire Blue	02/19 Aklisa Jones
02/01 Destiny Nelson	02/11 Addison Fisherman	02/19 Patrina Roy
02/02 Lamuel Armstrong	02/12 Della Cole	02/20 Betty Armstrong
02/02 Thomas Penny	02/12 Jacob Patterson	02/23 Damien Burkhardt
02/03 Diane Austin	02/12 Louis Payer Jr.	02/23 Marissa Ross
02/03 Chaska Barse	02/12 Clover Sheely	02/24 Isiah Fisherman
02/03 Jennifer Fawkes	02/12 Guno Yankton	02/25 Luciano Cavender
02/03 Clyde Hasvold	02/13 Russell Faulk	02/25 Jesse Hansen
02/03 James Ross	02/13 Rudolph Lovejoy	02/25 Robert Hansen
02/03 Micheal Corcoran	02/14 Jessi Davis	02/26 Cheyenne Allen
02/04 Ashely Stellmach	02/14 Francis Eastman	02/26 John Fluery
02/05 Justin Cadotte	02/14 Sonya Jones	02/26 Carol Johnson
02/05 Kiloni Eastman	02/14 River Ladeaux	02/26 Gerald Roy
02/06 Leah Mackintosh	02/14 Donald Montoya	02/27 Maria Patterson
02/06 Damon Taylor	02/14 Darrion Williams	02/28 Dylan Peters
02/06 Daniel Taylor	02/14 Dakota Yellow	02/28 Kenneth Weston
02/06 Joseph Yankton	Cloud Jr.	
02/07 Tyce Flute	02/15 Bryson Fleury	
02/09 Arleen Fierro	02/15 Michael Wakeman	
02/09 Andrew Weston	02/16 Betty Taylor	
02/10 Sheila Buhr	02/16 Cindy Weston	
02/10 Robert Van Dam Jr.	02/17 Christina Weston	
02/10 Diane Van Dam	02/18 Roberta Cavender	
02/10 James Weston	02/18 Ashley Flute	
02/10 Rebecca Weston	02/18 Randy Wade	
02/10 Sarah Weston	02/19 Ana De Luna	





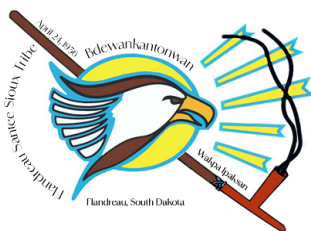
# Quarterly General Council Meeting

When: Saturday, February 7, 2026  
Where: Royal Room  
Royal River Casino & Hotel  
Time: 9 am to Noon

*Happy Birthday  
Employees!*

**02/26 Nicholas Schuchhardt**  
**02/27 Maria Patterson**  
**02/28 Kenneth Weston**





January 12, 2026 – Flandreau, SD

By now, many of you have heard the tragic events that have taken place over the past several days. We have heard the stories of Native Americans being detained by federal agents across the nation. Although unfortunate, rest assured, those citizens are being assisted by their elected representatives.

For the safety of our members, we urge everyone, when approached by federal agents, to comply with their requests. We respect your right to protest the actions of the federal government, however, obstructing or interfering with their official duties is a federal offense.

What you need to know as a U.S. Citizen:

- 1) **SEARCH WARRANT:** A signed Judicial Warrant is the only warrant where your compliance is mandatory. This warrant must be signed by a Judge for your property to be searched.
- 2) **IDENTIFICATION:** Show a valid identification upon request; Tribal, State & Federal ID's and Passports.
  - a. **FSST Identifications Cards are FREE to all members regardless of age.**
  - b. **Call Member Services at (605) 997 3891 – ext. 5 to OBTAIN a FSST ID Card.**
- 3) **FEDERAL TRIBAL RECOGNITION:**
  - a. Identify yourself as a member of a Federally Recognized Tribe known as the Flandreau Santee Sioux Tribe headquartered at 603 West Broad Avenue in Flandreau, South Dakota.
  - b. **Verification of Tribal Member status, call: (605) 997 3891 ext. 5**
- 4) **INDIAN CITIZENSHIP ACT OF 1924:**
  - a. State the following: I am a U.S. Citizen as defined by the Indian Citizenship Act of 1924, all Native people born within the territorial limits of the United States are recognized as U.S. Citizens by birthright. Because I am a Tribal Citizen and a U.S. Citizen, ICE has no authority to detain me.

If you wish your voice to be heard, here are the Washington D.C. offices of our state's Congressional representatives:

U.S. Senate Majority Leader  
John Thune  
(866) 850 3855

U.S. Senator Mike Rounds  
(844) 875 5268

U.S. Representative Dusty Johnson  
(855) 225 2801

No matter our political beliefs, our Constitution and our oath of office dictates compliance and respect for Federal Law, as is required of all leaders of tribal nations, states and municipalities. We as citizens can show our displeasure with federal policies by participating in lawful protests and by contacting your Congressional representatives. We are following the situation as it unfolds, at this time, we are unaware of any federal actions taken against our membership. Should a situation arise, we will respond appropriately.





# Valentine's Day

## GIVEAWAY

**FEB 14TH | 8AM-8PM**

Earn points with your Royal Rewards Card & receive up to four gifts.

Swipe at a kiosk after earning points to receive your gift voucher(s) and redeem at Guest Services.

### Amy Miller Collection



**WRISTLET**  
EARN 50 POINTS



**CROSSBODY BAG**  
EARN 75 POINTS



**TOTE BAG**  
EARN 100 POINTS



**WEEKENDER DUFFLE**  
EARN 125 POINTS



# Valentine's Day

## PRIME RIB BUFFET

RIVER'S BEND RESTAURANT

**SAT FEB 14TH | 4:30PM-9:30PM**

ADULTS

**\$28**

CHILDREN

**\$20**

Treat that special person in your life to slow cooked Prime Rib and fall in love all over again with food!





# FEBRUARY 2026

## Heart Health Month

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3 Wicozani Gathering	4	5	6	7
8	9	10 Wicozani Gathering	11	12 Heart Health Screenings 11am - 1pm	13	14
15	16 Sorry We're CLOSED	17 Wicozani Gathering	18	19	20	21
22	23	24 Wicozani Gathering	25	26	27	28



### February 12th | 11am - 1pm:

Look after your Heart: Health Screenings with Public Health and SDSU Nursing Students at JJ's Coffee Spot and The Merc.

**Health Center & Wellness Center will be CLOSED  
February 16th (Monday) for President's Day**



# February Wellness Challenge

## *Healthy Habits for Healthy Hearts*

This month's goal is to integrate heart-healthy habits into your everyday life. Consider making small changes like enjoying well-balanced home-cooked meals, increasing your physical activity, and getting plenty of rest. These simple steps can significantly contribute to maintaining a healthy heart!

**Stop by the Tribal Health Center or Wellness Center to pick up a calendar, conveniently located in the front entrance of both locations.**

### *Top 8 Habits for a Healthy Heart*

Moving more  
Stressing less  
Prioritizing sleep  
No smoking or vaping  
Eating well-balanced meals  
Keeping your blood sugar and blood pressure in check



## **LOOK AFTER YOUR HEART**

Cante Awanhdaka

“Chan-teh Ah-wahn-hdah-kah”

**503 W. Broad Ave | Flandreau, SD | 605.573.4188**



**11AM-8PM**

11AM-2PM ON  
SEAFOOD BUFFET NIGHT

# FRY BREAD *Fridays*

RIVER'S BEND RESTAURANT

ADULTS

**\$15**

CHILDREN

**\$10**

Enjoy traditional fry bread  
made fresh and top with a  
large selection taco toppings  
and wojapi!

*Royal River*<sup>®</sup>  
CASINO • HOTEL

Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice.



RIVER'S BEND RESTAURANT

## ALL-YOU-CAN-EAT **PRIME RIB**

**SATURDAYS**

**4:30PM-9:30PM**

**\$21.99**

Enjoy tender & juicy, house made dry-rubbed, and slow  
cooked prime rib with an assortment of sides and salad bar!

*Royal River*<sup>®</sup>  
CASINO • HOTEL

Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice.



## **A Solitary Journey**

Many may have forgotten the reason for the alliance known as the seven council fires, which consisted of the Bdewankantonwan, Sissetunwan, Wahpekute, Wahpetunwan, Ihanktunwan, Ihanktunwanna, and the Teton. These seven bands are known as the Great Sioux Nation. Historically, these nations formed an alliance that stood with each other to oppose the United States unlawful and intrusive stance toward Indian country. Over the years, this alliance began to lose its historic significance as many tribes entered into treaties, which ultimately lead to federal recognition and tribal autonomy.

Many of us are remnants of that past. The last generation, who truly knew what it was to be a community bound by survival and a newly formed government. Hard work, dedication and occasional struggles were woven into our daily lives. Racism and extreme prejudice existed then too. The challenges we faced and overcame were discussed and debated with respect. There were disagreements, but the one thing we all agreed upon, hate was never a part of that dialog.

Many of us remember growing up in a time when only a few land leases and an old smoke shop running out of a makeshift mobile home was our only source of economic development. Our leaders sought a more prosperous path forward, a future that could sustain our growing population. This path led to the opening of our first convenience store, a motel, a Class II Bingo Hall which ultimately led to a Las Vegas style casino. These economic ventures changed our lives as well as many of the residents around Wakpa Ipaksan, providing employment where few jobs existed.

The efforts of our past leaders led us on a solitary journey. We often called for support from many of our allies and no such support was ever afforded to nation of “White Indians” as we are known. Perhaps our efforts are seen by some to be too conciliatory, most notably our refusal to allow the State of South Dakota to levy taxes against us. We formed the foundations for other nations to follow and yet to this day, some still collect and pay taxes to the state. Just to clarify, we fought and won that battle on our own.

## **Where was the alliance when we needed their support?**

In the past year, we have all been dismayed by the actions of this regime, whose seismic shifts in legislative priorities have left some of our most innovative strategies temporarily disrupted, an opportunity often seized upon by the perpetually misinformed. During the past couple of years, our president and his leadership team, maintained and strengthened diplomatic relationships with state and federal authorities, forming essential partnerships that have had a profound effect not only on the security of our nation but the surrounding community as a whole: natives, whites and immigrants.

Our generosity extends beyond our borders. Did you know our government provides administrative services to our relative nations undergoing operational challenges that would otherwise prevent them from providing essential services to their people? We deliver food and water to our fellow nations in need and honor our veterans, who among many services distribute toys and books to Dakota children across the region. We honor and show our appreciation to one of our members who selflessly dedicates her time, energy and resources to memorialize one of our Dakota nation’s most tragic events, the hanging of our Dakota Akicitas. If you take this small sampling of good deeds into consideration, the evidence suggests that your government has not turned a blind eye to the needs of our fellow native nations, surrounding community nor its own citizens.



## Perhaps it's time to pay attention.

Lately the outcry to “Stand in Solidarity” once again reverberates through our society. Fueled by the instant gratification felt when one receives a Blue Thumbs up or the vindication one feels upon reading a comparative thought, a medium where the voiceless can finally be heard. But does this online activism do anything to move the needle? We have all heard the stories and seen the posts that are designed to spread like wildfires across the open prairie, instantly enraging the passionate, only to be recanted through a series of clarifications. These “creators of dissention” are never apologetic to the masses who leapt to their feet in solidarity or to those who felt the ire of their misinformed followers.

Once again, the battle cry to banish federal officials spreads across Indian country without contemplating the larger question; **Why would there be a need to banish ICE from tribal lands?** If the primary objective is to remove the undocumented and criminal migrants from our unsuspecting population, what would they be doing looking at some of our allies? Could this recent social media blitz be a sign confirming the presence of illegals (aka the Cartels) in Indian Country? Time will tell and those that called for solidarity might need to humbly review who and what causes they support.

Most recently the Standing Rock Oyate issued a press release stating that one of their citizens had been detained and through their **diplomatic relationships**, secured their member's release without incident. The consensus among the masses is we'll continue to remain here long after the sun has set on this authoritarian regime. Unfortunately, many will continue to fight this battle from the security and comfort of their own couch, counting their LIKES and being content with their misguided rhetoric.

If there is a lesson to be learned, digital displeasure does nothing compared to the voices of informed citizens who lawfully exercise their first amendment rights. Let the history of our own members teach us what it means to participate in peaceful and sometimes not so peaceful protests, standing up and placing themselves in harms way for our right to exist. Meanwhile our leadership maintained a diplomatic path forward, fully understanding the complexities of leading a newly formed nation into the future.

In summary, online discourse and their “digital creators” have the luxury of publicly sharing their views and opinions for the world to see, whereas a government, responsible for the well-being of **ALL** its citizens, does not.

There lies the difference.







United States Department of Agriculture

# GARDENS IN TRIBAL COMMUNITIES

\* \* \* \* \*

**TRIBAL COMMUNITIES** are growing gardens of all forms from medicinal gardens and small community gardens to larger food production gardens to school gardens. This fact sheet will primarily focus on tribal school gardens. Tribal Nations are increasingly leveraging school gardens as tools to preserve tribal language, a connection to the land, culture and a source of food for child nutrition programs.

Introducing whole, traditional foods into student diets can help children form life-long, healthy eating habits.

**Research** indicates that children are more likely to taste, consume, and have positive opinions of fresh produce when they are given hands-on opportunities to plant and harvest. School gardens offer an interactive, outdoor classroom for engaging both elders and students in linking their past and future, and a broader educational and cultural history. USDA supports tribal communities and schools who use school gardens for educational purposes and as a source of produce for child nutrition programs.

The following are examples of tribal schools growing gardens to provide food for child nutrition programs, connect children to the source of their food, and create hands-on interdisciplinary learning experiences.

## **Arizona: Rooting Traditions to Today with Three Sisters**

Service to All Relations (STAR) School has a garden program that includes outdoor, hydroponic, aquaponic, and greenhouse gardens. The greenhouses, certified by the Arizona Department of Health Services, provide produce for the school's salad bars. STAR also hosts a harvest festival,

where students prepare a feast for the community using the garden's bounty. The "three sisters" – blue corn, beans, and squash – play a prominent role in the gardens, teaching students about their heritage, health, and sustainable growing strategies.

## **New York: Kanenhi:io & Akwesane Freedom School (AFS)**

The Akwesane Freedom School conducts full-day Mohawk language immersion classes for students in pre-K to grade 8. The AFS owns a 10.5 acre site where Kanenhi:io, a collective of community farmers, educators, and entrepreneurs, has developed a community garden, greenhouse, and cannery. In addition, school staff and parents are partnering with Kanenhi:io members to involve students in the growing and production of food.

## **Colorado: Montezuma School to Farm Program**

Since 2009, **Montezuma School to Farm program** has used their Seed to Table curriculum to teach students how to grow, harvest, and cook local foods. Students receive experiential education related to water and soil conservation practices. The school garden products are sold at student-run farmers' markets and cooked and eaten by students at pop-up restaurants and in nutrition classes.



OFFICE of  
COMMUNITY  
FOOD SYSTEMS







## Planting Seeds

Use these key steps to plan a successful garden:

- 1. Build a team:** Connect with tribal school administrators, teachers, community members, cooperative extension agents, food service directors, student groups, and the Indian Health Service or public health service agency to get everyone on the same page about the garden's location, scope, and focus.
- 2. Choose a location:** Consider elevation, water source, sunlight exposure (at least 6 hours per day), soil health, and accessibility for students.
- 3. Design the space:** Choose your plants, consider heirloom, traditional or native varieties, making sure that they will thrive in the local environment. Include students in the design and develop a planting and harvesting plan for all seasons.
- 4. Build your garden:** Schedule a kick-off event before the first seeds are planted. Getting community members, staff, and students involved ensures you will have support to keep your garden growing strong.

## Procurement

Federal funds, including USDA Farm to School Grants and National School Lunch Program funds, can and have been used to support garden supplies, equipment, and staff. From a federal perspective, USDA allows the purchase of garden products for use in child nutrition programs. Tribal schools should always check with their state agency and local tribal authority for other rules or regulations regarding procuring school garden produce. Tribal schools have three options for using school garden products in school meals:

\* \* \* \* \*

For more information, and to sign up for the bi-weekly E-letter from the Food and Nutrition Service's Office of Community Food Systems, please visit [www.fns.usda.gov/farmtoschool](http://www.fns.usda.gov/farmtoschool). Questions? Email us at [farmtoschool@fns.usda.gov](mailto:farmtoschool@fns.usda.gov).

USDA is an equal opportunity provider and employer. March 2017.

donations, intergovernmental agreements, and purchases. For more information on how to procure from school gardens, please refer to the **Farm to School and School Garden Expenses Memo (SP 06-2015)**.

## Food Safety

USDA developed a basic recommendation sheet titled **Food Safety Tips for School Gardens** that highlights considerations when developing an edible school garden, including testing soil and ensuring a safe water source. When these considerations are taken into account, food grown in tribal school gardens can be safely served in child nutrition programs. School garden produce has a short supply chain to the school cafeteria where it is prepared, which allows the highest level of food safety transparency of any food that enters child nutrition programs. Check with the local Indian Health Service (IHS) office to see if they have a policy that governs school gardens. Tribal governments have the ability to allow or prohibit school garden produce in school meals.

## Learn More

For more information about farm to school strategies in tribal communities check out our **Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Gardens Fact Sheet** and **Traditional Foods Memo**; for more on how to build school gardens visit **USDA's Office of Community Food System's school garden resources**.

The National Farm to School Network has collated stories and resources for **Farm to School in Tribal Communities**. This **FoodCorps in Native Communities** resource provides on-the-ground accounts of their work.

OFFICE of  
COMMUNITY  
FOOD SYSTEMS



RIVER'S BEND RESTAURANT

# BREAKFAST FOR *Dinner*

**THURSDAYS | 5PM-9PM**

**ALL YOU CAN EAT  
BREAKFAST BUFFET**

Assorted breakfast meats, breakfast potatoes, egg bakes, crepes, waffles, French toast sticks, sweet breads, fruit, and the "endless egg station" to include omelets and eggs cooked to order.

# \$19.99

*Royal River*  
CASINO • HOTEL



EVERY THIRD FRIDAY  
5PM-9:30PM

# SEAFOOD BUFFET

RIVER'S BEND RESTAURANT

ADULTS <b>\$50</b>	CHILDREN <b>\$25</b>
-----------------------	-------------------------

Enjoy unlimited crab legs and an assortment of seafood.

*Royal River*  
CASINO • HOTEL





*Sorry* We're  
**CLOSED**

**Monday, February 16th, 2026**

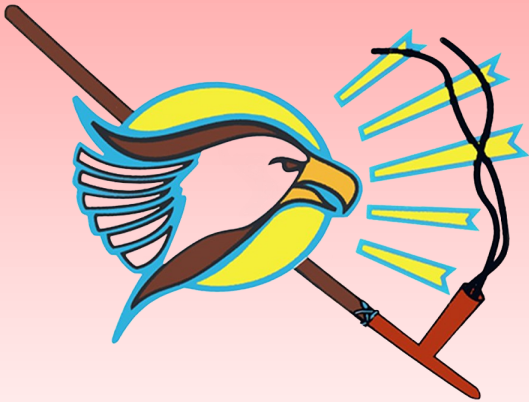


The Flandreau Tribal Health Center and Wellness Center will be closed on Monday, February 16<sup>th</sup>, in observance of President's Day.

**Regular hours resume Tuesday, February 17<sup>th</sup>**

# *State of the Tribes*

*President Kathleen Wooden Knife*



*On January 14th we attended the State of Tribes Address at the Capitol. We received a warm welcome from the Governor upon arrival.*

*President Kathleen Wooden Knife addressed the legislature and covered a wide range of topics affecting all Indian country and urged cooperation among the state and tribal nations.*

*Here are some pics from our day at the capitol.*







## Property of Wakpa Ipaksan





### snapshot

**Auction Date:** Thurs, Jan 15, 2026 @ 11am  
**Auction Location:** William J. Janklow Community Center  
802 W Community Dr, Flandreau, SD 57028  
**Online Bidding Starts:** Tuesday, January 13

**Total Acres:** 146.14± **Total Taxes:** \$3,968.10 **Buyer Credit:** \$65,790

**Legal:** SW1/4 Except Lot 1 and Lot 2 of Kohler's Addition in the Northwest Quarter of the Southwest Quarter and Except Lot H-1, Lot H-2 and Lot H-3, SEC 3-T106N-R48W, Moody County, South Dakota.

- Crossroads of SD Hwy 13 & SD Hwy 34.
- Overall Soil PI of 90.4%.
- 144.43 FSA Cropland Acres.
- Farm Corner to Corner!
- Gently Sloping Topography.
- Heartbeat of SD Ag Land.



### broker notes

Having been in the Kohler Family three generations, this 146.14± acre farm offers excellence in soil quality, location, access, appeal and stewardship. Grovena loam and Grovena-Bonilla loam are the primary soils that embody this farm with a 92% and 90% productivity index, with an overall PI of 90.4%. Presented by Advantage Land Company, this dirt is situated in Grovena Township, South Dakota's heartbeat for row crop production. FSA reports a total of 144.43 Cropland acres with 144.40 total base acres comprised of a 72.03 acre Corn base with a 154 bu PLC yield and a 72.37 acre Soybean base with a 47 bu PLC yield.

Placed at 3 mile corner, the junction of SD Hwy 13 and SD Hwy 34, let this land grow your enterprise with ease, providing easy access, half mile rounds, a gentle roll and good drainage. Rarely does land of this caliber become available on the open market, so whether you're an expanding farmer or an avid investor, this property represents a quality investment for future generations! This sale is one for the books, so take Advantage of this opportunity, and we'll see you sale day!

AdvantageLandCo.com • 605.692.2525 • 517 6th St, Brookings, SD 57006

On January 16, 2026 the Executive Committee purchased a parcel of land that is adjacent to 3 Mile corner and is directly Northeast of the City Airport. We now own the land from this new parcel to the buffalo pasture land along highway 34.

This parcel is prime agricultural land and will more than likely be a welcomed addition to our land leases for the foreseeable future. Executive Committee is currently reviewing our current land holdings across the region and discussing future possibilities for their usefulness to the tribe.





First Presbyterian Church  
presents...

# Valentine's Day

Come Hungry  
Delicious Food., Drinks  
& Desserts!

# BINGO

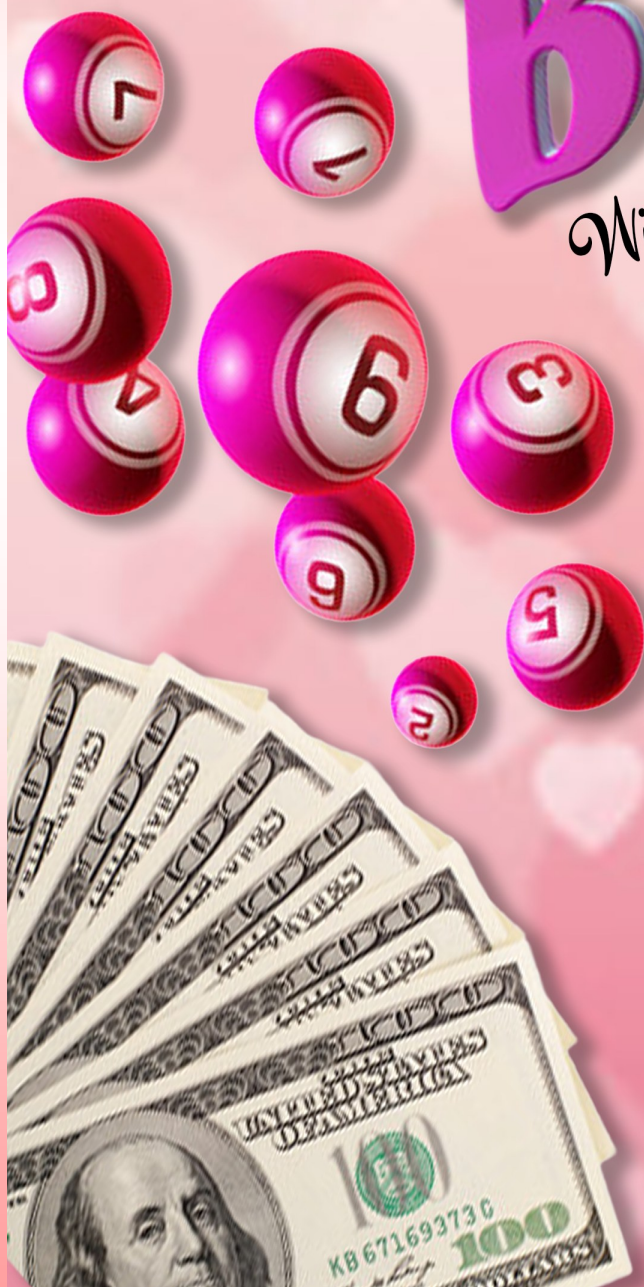
Win Donated Prizes & Cash!

Join Us!

Saturday, February 14th  
Doors Open 1 p.m.  
Games Start 2 p.m.

Guild Hall  
22882 SD Hwy 13  
Flandreau, SD

North of town on Highway 13







# FEBRUARY DRINK SPECIAL

CENTER BAR

## Love Potion

Fruity and creamy, share this romantic and festive cocktail!

*Royal River*  
CASINO • HOTEL



ROYAL RIVER GIFT SHOP

FRI FEB 13TH + SAT FEB 14TH | 8AM-MIDNIGHT



# Valentine's Day SALE

25%  
OFF

JEWELRY  
WALLETS  
PURSES  
BLANKETS



# Heart Health

## Education & Screenings

### **Tribal Health Center + SDSU Nursing Students**

Join us for heart health education and screenings performed by our Public Health Team alongside SDSU Nursing Students!

*Participants will receive a jump rope and a pedometer, both are excellent tools for promoting heart health!*

### **JJ's Coffee Spot and The Merc**

Thursday, February 12th  
11:00am - 1:00pm

**Both located in the HEART of Flandreau!**

*Support local and stay for lunch, both locations have amazing drinks, food and heartwarming vibes!*



*For any inquiries, feel free to reach out to our Public Health Team at 605.997.2642.*



# What too much stress can do to your heart



*Chronic Stress is a consistent sense of feeling pressured or overwhelmed for long periods of time. Symptoms include aches & pains, insomnia, weakness, less socialization, and unfocused thinking.*

## ***Can too much stress really cause a heart attack?***

High stress thickens your blood. This is to encourage clotting of blood in the case of a physical attack... this defense mechanism can sometimes lead to heart attack.



## ***It's time to recognize the negative role that it can play.***

We've all heard that smoking is bad for your health and bad for your heart, but it may never occur to us that chronic stress is harmful to our hearts as well.

*Anxiety can be a signal that you are experiencing stress. The effects of stress and anxiety on the heart may not be immediately visible, often leading to symptoms that go unnoticed and untreated. However, the long-term consequences can be significant.*



If you've been dealing with prolonged stress or anxiety, call our Behavioral Health Center for services available, including stress management!

**Behavioral Health Center**  
**605.997.3844**

# First Presbyterian Church



Follow Us on Facebook  
Watch Service Live  
Every Sunday

**Join Us!**

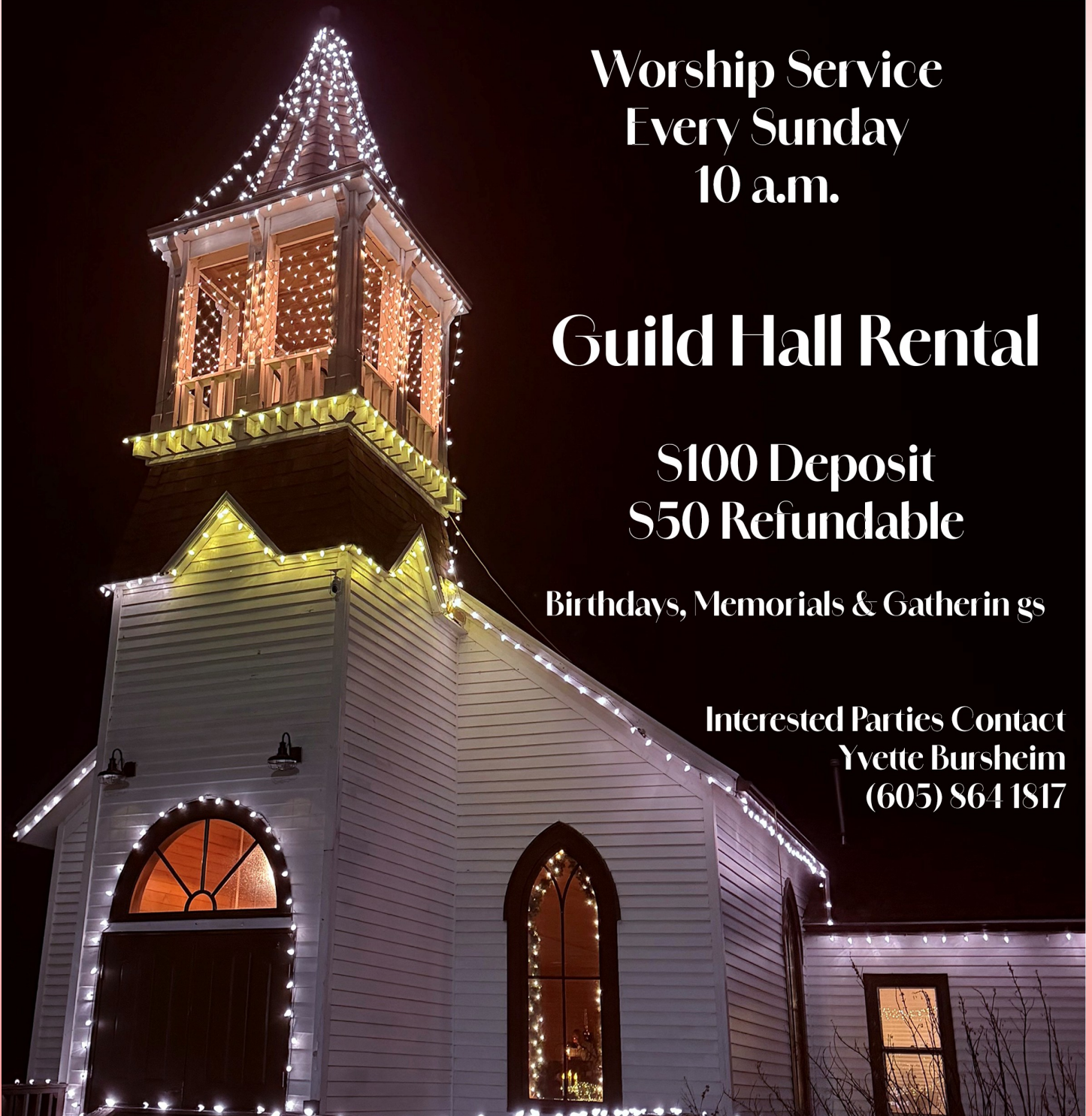
**Worship Service  
Every Sunday  
10 a.m.**

**Guild Hall Rental**

**\$100 Deposit  
\$50 Refundable**

**Birthdays, Memorials & Gatherings**

**Interested Parties Contact  
Yvette Bursheim  
(605) 864 1817**





# FEBRUARY 2026

## *Healthy Heart Month*



### **WICOZANI GATHERING**

Community Room  
Tuesdays from 9:00am to 11:30am

#### **February 3<sup>rd</sup> - Sick Day Prep**

*On the Menu - Beef and Wild Rice Soup*

#### **February 10<sup>th</sup> - Winter Safety**

*On the Menu - Egg Bites*


#### **February 17<sup>th</sup> - Heart Health**

*On the Menu - Heart Healthy Smoothie*

#### **February 24<sup>th</sup> - Halt 360 Program**

*On the Menu - Cottage Cheese Snack Pack*

# FEBRUARY 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Hamburgers with All the fixins Mac. Salad Bakes Beans Apple pie	<b>3</b> Tomato Soup Grilled Cheese Sandwich Ham & veggie Salad Mississippi Mud Cake	<b>4</b> Meatloaf Potato's/gravy Buttered Corn Autumn Tossed Salad Pears	<b>5</b> Wild Rice Casserole Mixed Veggies Mandrin Orange Salad Blueberry Muffin	<b>6</b> Zucchini Garden Chowder Confetti Cottage Cheese Chicken Salad On Croissant Cookies
<b>9</b> Goulash Glazed Carrots Caesar Salad Rice Krispy Bar	<b>10</b> Minestrone Soup Ham & Cheese Sandwich Cucumber Salad Lemon Bread	<b>11</b> Hot Beef Potato's/gravy Green Beans Tossed Salad Pears in Lime Jello	<b>12</b> BBQ Ribs Bakes Potato Cali-Blend Veggies Honey Apple Salad Cranberry Bar	<b>13</b> Chicken & Rice soup Turkey Sandwich Straight A Salad Chips Grapes
<b>Closed President Day 16</b> 	<b>17</b> Orange Chicken Fried Rice Eggroll Oriental Slaw Cinnabon Coffee Cake	<b>18</b> Baked Ham w/sauce Red Potato Bake Green Bean Casserole Festive Tossed Salad Pineapple upside down cake	<b>19</b> Beef Stroganoff Over noodles Mixed Veggies Nuttty Apple Salad Lemon meringue pie	<b>20</b> Chili Corn Bread Mac. Salad Fruit Cocktail Cake
<b>23</b> Bean & Beef Burrito Green Chile Rice Red Bean Toss Candied Applesauce	<b>24</b> Beef Stew Fry Bread 7-layer Salad Rhubarb Dessert	<b>25</b> Breaded Chicken Breast Mashed potato/gravy Silverglade Salad Brussel Sprout Bake Stawberry Lasagne	<b>26</b> Wild Rice Soup Ham & Cheese Sand. Spinach Salad Choc. Poke Cake	<b>closed 27</b> 