

## In this Issue

AG Leadership	
Board of Directors.....	2
Arts and Crafts.....	14
Birthdays.....	18-19
Calendar of Events.....	8
Caregivers.....	21
CEO Letter.....	2
Club Notes & Special Interest.....	9, 10
Computer Info.....	14
Day Break.....	22
Donations & Gifts.....	3, 17
Drop-In Activities.....	6
Fitness and Exercise.....	4-5
Lifelong Learning.....	8
Membership Information.....	2
Menu.....	24
Mission Statement.....	1
New Members.....	18
Nutrition.....	23
Outdoor Activities & Clubs.....	6
Social Services.....	21
Staff Directory.....	2
Volunteers.....	11
What's Happening.....	3
Workers on Wheels.....	23

**HOURS OF BUSINESS**  
**MONDAY, WEDNESDAY, THURSDAY**  
**7 A.M.-7 P.M.**  
**TUESDAY - 7 A.M.-9 P.M.**  
**FRIDAY - 7 A.M.-5 P.M.**  
**SATURDAY - 8 A.M.-3 P.M.**  
**OFFICE HOURS:**  
**MONDAY-FRIDAY - 8 A.M.-4:30 P.M.**



Join us for  
**GREAT** music,  
food and **COOL**  
cars

**Wed., Aug. 2**  
**5-8 pm**

Thanks to Trail Ridge and First Premier Bank for partnering with us on this event.



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Active Generations  
2300 W. 46th St., Sioux Falls, SD 57105

Active Generations located on Bus Route #2.

2300 W. 46th St., Sioux Falls, SD 57105  
Ph (605) 336-6722 • [www.activegenerations.org](http://www.activegenerations.org)

TO PROMOTE POSITIVE AGING FOR ADULTS AND TO  
ENHANCE THE QUALITY OF LIFE FOR ALL GENERATIONS  
THROUGH PROGRAMS SERVICES AND EDUCATION.

OUR MISSION



## President & CEO Report



**Gerald Beninga**  
President and C.E.O.  
gbeninga@activegen.org

We are experiencing exciting times at Active Generations!

Sioux Falls continues to become a popular destination due to our vibrant community and we are excited to be a part of this. Our membership growth requires us to think of new ideas and processes to help lead us in a positive direction. As always, our decision is focused on the services we provide for you while supporting our mission statement. "Promoting Positive Aging for Adults and to Enhance the Quality of Life for All Generations through Programs, Services and

Education".

One of those decisions is the new facility on the east side of Sioux Falls. It presented the opportunity to review our membership structure to promote active aging by including the use of the fitness room and most activities.

Our operation costs have increased significantly over the past several years. We have been effective stewards of your membership contributions. To be able to continue to offer outstanding programming opportunities, we needed to take a strategic look at our current practices. A detailed letter will be mailed to our members explaining the updates.

There are two facilities that you are welcome to use, and we encourage you to do so. Our activity schedules are in process and will be communicated soon but we know both sites will offer a variety of unique and fun experiences.

Thank you for your current membership at Active Generations. It is individuals like you that have been an important part of our success, we look forward to continuing to serve you.

Take care,

*Gerald Beninga*  
President & CEO

## Membership Information

Membership is required to use our facility. Membership is for a year from when you sign up with Active Generations. Active Generations is open to all adults, 18 and older. Renewal letters are sent out when your membership is due again.

Active Generations has two membership options for our members. A Social Membership entitles you to take part in recreation, educational and social programs. A Fitness Membership is required, in addition to the Social Membership, if you would like to access our fully equipped fitness room and locker room facilities.

Active Generations is pleased to offer many free benefits with your membership. Some of these include fitness assessments and orientation, special events, library, educational classes, special interests clubs and computer/internet access. Some programs, clubs and classes require additional participation fees, including, but not limited to pool room, Computer Technology Center, fitness classes, travel, arts/crafts classes, dances, and some health screens.

### MEMBERSHIP OPTIONS

Social Membership:	Single	Couple
1-Year Membership	\$40.00	\$70.00

Fitness Membership: (including tax)	Single	Couple
Monthly	\$15.93	\$31.86
Quarterly (Save \$24/yr)	\$41.42	\$82.84
Annually (Save \$60/yr)	\$127.44	\$254.88

Pool Room Membership \$6/month or \$66/annually

Table Tennis Membership \$4/month or \$44/annually

As a new member, you are invited to an orientation being held each month on the second Friday at 12:30 p.m. or the fourth Thursday at 4:30 p.m. You are invited to try Active Generations with a one-week free trial membership (available at the information window). Volunteer vouchers or scholarships are available for those on limited incomes. See the Activity & Volunteer Director for application information.

### GUEST POLICY

**Guests are welcome at Active Generations!**

If you have a local friend or family member, who is over the age of 18, and would like to try Active Generations, a free one-week trial membership is available.

For in-town or out-of-town visitors over the age of 18, the daily guest fee is \$5 per day. Members are responsible for their guests at all times.

All guests must sign in at the Information Window, where the one-week application can be completed or a guest pass can be paid.

Have questions? Visit our Information Window.

## STAFF directory

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Senior Citizens Services, Inc.  
dba

### Active Generations Board of Directors

Gerald Beninga - President and CEO

Erik Gaikowski – Chairperson

Kelsey Stevens – Vice Chairperson

Dr. David Basel, M.D.

Dawn Duerksen

Lisa Groon

Ralph Lindner

Wade Merry

Mark Millage

Don Scott

Luke Tibbetts

Stacy Wrightsman

**Mission Statement:** To promote positive aging for adults and to enhance the quality of life for all through programs, services and education.

**Beth Koeddam** • 333-3313  
Meals on Wheels  
Nutritionadmin1@activegen.org



*We are grateful* to these generous sponsors...  
Your support means a great deal to us!



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Bonanza**



**Monthly  
Birthday Party**



**Interim  
HEALTH CARE®**

**Special Event  
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Active Generations is proud to be a partner of Sioux Empire United Way. United Way funds 90 different health and human service programs in Lincoln, McCook, Minnehaha and Turner Counties. One in three people in the Sioux Empire benefit from these partner programs. For more information, contact 605-336-2095 or visit [www.seuw.org](http://www.seuw.org).



### Lifetimes News

A monthly publication of Senior Citizens Services, Inc., an equal opportunity employer and service provider. Offices are located in Active Generations, 2300 W. 46th St., Sioux Falls, SD (handicapped accessible).

Active Generations does not endorse the advertisers in this publication. Active Generations reserves the right to change, cancel, refuse, omit, or postpone publication of any advertisement in any issue of Active Generations' news.

To advertise in this newspaper, call Nancy Wehrkamp at 605-336-6722..

This paper is available for on-line viewing via the Active Generations website. Go to [www.activegenerations.org](http://www.activegenerations.org), click on the "Activities & Clubs" tab, and use the arrows to download a PDF copy.

Active Generations strives to have this newspaper delivered to subscribers by the first of each month. Please understand if it arrives late due to holidays or unforeseen delays in the printing or mailing process.

**Subscription Rate: \$15 per year.**

Send your check to:  
Lifetimes News  
2300 W. 46th Street  
Sioux Falls, SD 57105-6528

### Funeral Pre-planning

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**Jenny Centra**

[jcentra@activegen.org](mailto:jcentra@activegen.org)

## What's Happening? National Pickleball Day – August 8, 2023

*Some of the information taken from the Internet*

Active Generations' Pickleball will be at both locations.

(Inside at the Main building & Inside and Outside on the Eastside)!

Keep you posted on the exact hours for each building. More opportunities to play. Help spread the word.

### JOIN ACTIVE GENERATIONS TO PLAY PICKLEBALL!

#### History Timeline

National Pickleball Day is on August 8, and we are here to show you can celebrate the day in a fun-filled way. Do you know that it has been 57 years since Pickleball was invented? The game combines traditional lawn tennis, ping-pong, a.k.a. table tennis, and badminton. The game is played with ping-pong rackets on a badminton court with a tennis net. Similar to tennis, but is less challenging, it's suitable for people of all ages. National Pickleball Day was created in 2021 to encourage people to learn to play pickleball.

The popularity of the game increased exponentially. It is noteworthy that in just three years, from 2016 to 2019, the number of people playing pickleball reached 3.3 million. In 2021, pickleball was declared the fastest-growing sport in the United States by the Sport and Fitness Association.

### NATIONAL PICKLEBALL DAY FAQS

Is pickleball a national sport? Several pickleball tournaments have been held in recent years. Many national and international pickleball championships have been organized.

What is a poacher in pickleball? A player is called a poacher if they decide to cross the center line and enter their partner's area of the court. This is usually done during a rally to surprise the opponent and to play offense.

Which is the hardest shot in pickleball? The third drop shot is supposed to be the hardest shot in pickleball. It is a shot performed near the baseline that lands softly in the opponent's non-volley zone. It is designed to allow your team time to get further toward the net.

### 5 FACTS ABOUT PICKLEBALL RULES THAT WILL BLOW YOUR MIND

- An underarm serve is used. The serve in a pickleball game is done underarm and to the service court area of the opponent.
- There is a kitchen zone. The non-volley zone, called the kitchen, is an area covering seven feet from either side of the net.
- There are several ways to fault. There are 10 ways by which you can commit a fault.
- Volleying on return is fault. Volleying on a service return is considered a fault.
- It is an 11-point system. The player or team to get 11 points first with a two-point lead, wins the game.

### REASONS TO LOVE PICKLEBALL

It gives us a chance to be active. Pickleball requires you to be active but at the same time, it is not demanding on the body. Pickleball is perfect for people who want to stay active, but don't want to torture their bodies.

It allows us to have family & friends time. Pickleball provides the perfect opportunity for families & friends to come together and share an activity. It brings families & friends closer and strengthens bonds.

It gives us a chance to learn something new. Pickleball is one of the fastest-growing sports in the United States. It has a short learning curve and people can pick it up after playing for just five minutes. Join Pickleball...try something NEW!

**Soon Active Generations will have 4 indoor and 2 outdoor pickleball courts.  
More information will be communicated soon!**



**Nancy Wehrkamp**

[nwehrkamp@activegen.org](mailto:nwehrkamp@activegen.org)



# Active Generations Fitness and Wellness

Active Generations is a fitness and wellness provider for the following insurance plans:



## Help us promote fitness...recruit your friends!

An Active Generations membership as well as a fitness membership is required in order to use the facilities. Fitness Room Rates: \$15.93/month, \$41.42/3 months, \$127.44/1-Year. Fill out a fitness membership application at the front desk. You will receive a separate fitness card that you must show when coming to work out in the fitness room. Locker room and shower facilities are available.

### Fitness Room Information:

- 7 treadmills
  - 4 Octane 5000s
  - Free weights
  - Variety of weight machines
- 4 elliptical trainers
  - 2 cardio machines
  - 1 fitness bike
  - Ergometer (shoulder machine)
- 6 Nu-Steps
  - 1 InspireCS4
  - 1 TRUE

### Fitness Room Hours:

Mon., Wed., Thurs.: 7 a.m.–7 p.m. • Tue.: 7 a.m.–9 p.m.;  
Fri.: 7 a.m.–5 p.m. • Sat.: 8 a.m.–3 p.m.

Fitness Membership Required. Inquire at Information Window

### Attention Fitness Members:

Active Generations is mandated to collect 6.2% sales tax on all Fitness memberships to be in compliance with state law.

**Rates with taxes will be as follows:**

- Monthly Membership: \$15.00 + \$0.93 (tax) per month, total: \$15.93
- Quarterly Membership: \$39.00 plus \$2.42 (tax) for 3 months, total: \$41.42
- Annual Membership: \$120 plus \$7.44 (tax) annually, total: \$127.44

### AG FITNESS CLASS PAYMENT OPTIONS:

**AG NEW Fitness Class Punch Card! CAN BE PURCHASED ANYTIME!**

- Fitness Class Punch Card (\$50 per card with 10 punches = 10 classes).
- Fitness Class Punch Card (\$25 per card with 5 punches = 5 classes).

**Punch cards increase course flexibility; able to attend more than one type of class and when classes fit into your personal schedule.**

## Fitness and Wellness Class Schedule

**\*\*STARTING AUGUST 1, ONLY CERTAIN CLASSES WILL BE COVERED BY INSURANCE INCENTIVE PROGRAMS. ALL OTHER FITNESS CLASSES WILL COST \$5.00 PER CLASS. PUNCH CARDS WILL BE AVAILABLE: 10 CLASSES FOR \$50.00. Please pay at the front information window!**

Fitness Room Orientation • By appointment, 336-6722

- A social membership (\$40/single or \$70 couple) is required prior to taking a class.

**Reservations are required for all fitness classes! Please call 336-6722!**

CLASS	TIME	DAYS	DATE
<b>INSURANCE PAID CLASSES</b> (Healthy Contributions, Silver & Fit, SilverSneakers)			
Body Sculpting	12–12:45 p.m.	Mon./Wed./Fri.	August 2 – August 30 (no class 8/11)
Get Active, Stay Healthy	7–7:45 a.m.	Mon./Wed./Fri.	August 2 – August 30
	10:30–11:15 a.m.	Tues./Thurs.	August 1 – August 31 (no class 8/10)
SILVERSNEAKERS Classic	9:30–10:15 a.m.	Tues./Thurs.	August 1 – August 31 (no class 8/10)
<b>SPECIALTY CLASSES: ALL CLASSES YOU WILL HAVE TO PAY OUT OF POCKET (Insurance Not Accepted)</b>			
CORE on the FLOOR	8:00-8:45	Mon/Wed/Fri	Aug 2-30 (No class 8/11)
Calming Mobility	8:30-9:15	Tues/Thurs	(Starting in September)
Yoga	1–1:45 p.m.	Wednesdays	August 2 – August 30
Chair Yoga	2–2:45 p.m.	Thursdays	Aug 3-31 (No class 8/17)
*Need minimum of 4 - 6 students to hold classes!			
Personal Training with Kayla	By Appointment	Call 336-6722	4 one-hour sessions

**No monthly payments anymore. Punch cards required! \$50.00 for 10 punches; \$25.00 for 5 punches (expires 1 month from purchase date)**

**Reservations are needed for these activities. Please call 336-6722!**

## Other Fitness Fun . . . Dance, Pickleball and Table Tennis

CLASS	TIME	DAYS	LOCATION	COST
Line Dancing	1:30 p.m.	Mon.	Sertoma A	\$1 members
	3:00 p.m.	Wed.	Sertoma B	\$1 members
	2:30 p.m.	Fri.	Sertoma A	\$1 members
Beginner Line Dancing	12:00 Noon	3rd Monday	Sertoma B	\$1 members
<hr/>				
Advanced/Intermediate Pickleball	1:30-4:30 p.m.	Tues./Thurs.	Sertoma A	\$1.00 per time
	8–11 a.m.	Saturdays	Sertoma A	\$1.00 per time
Beginners Pickleball	1:30-5 p.m.	Wed.	Sertoma A	\$1.00 per time
	4:30-7 p.m.	Thurs.	Sertoma A	\$1.00 per time
	8–11 a.m.	Saturdays	Sertoma A	\$1.00 per time
<hr/>				
Table Tennis (\$4 per month plays for all Table Tennis Dates/Times)	3:00–5:00 p.m.	Mon.	Room 204	\$4/month
	5:00–7:00 p.m.	Mon.	Sertoma B	
	3:00–5:00 p.m.	Tue.	Room 205	
	6:00–9:30 p.m.	Tue.	Room 205	
	3:00–5:00 p.m.	Wed.	Room 204	
	5:00–7:00 p.m.	Wed.	Room 205	
	5:00–7:00 p.m.	Thurs.	Room 205	
	8 a.m.–3 p.m.	Sat.	Sertoma B	
	11:30 a.m.–3 p.m.	Sat.	Sertoma A	

### NEW Activity Punch Card Available!

Each punch is worth \$1, purchase a card with 10 or 20 punches. Easy way to pay for Pickleball and Line Dancing without having to carry dollar bills. Money is still accepted too.





# Make Active Generations Your Fitness & Wellness Partner!

## *Fitness Class Descriptions*

### **SilverSneakers Classic - Beginner**

Uses Hand weights, bands and small handheld balls. Overall fitness course.

### **Body Sculpting - Advanced**

Boot Camp style exercises (must be able to get on the floor). BOSU Training

### **CORE on the Floor - Intermediate**

Muscle building course, use planks to build strength. Uses stability balls. Must be able to get on the floor.

### **AB/BACK-Beginner - Advanced**

Concentrates on back strengthening while doing stretching and crunches. Must be able to get on the floor.

### **Circuit Training- Beginner - Advanced**

Train you how to use weight machines, help set up routines, cardio workout.

### **Balance Class - Beginner**

Manage falls, increase activity along with hand and eye coordination.

### **SAIL Class - Beginner**

FREE – Sanford Health course sponsored by a grant, taught at AG. Balance and Flexibility along with Cardio and Strength.

### **Get Active (Power) - Level 3-4**

Whole body workout. Strength training. Balance. Cardio. Core.

### **Restorative Stretch - Level 1**

Mobility practice. Stretching of the whole body. Controlled movements of body.

### **Calming Mobility - Level 1**

Similar to Restorative Stretch. Range of motion work. Use of light bands.

### **Bosu Ball Training - Level 3-4**

Use of Bosu Balls. Focusing on leg strength, balance, cardio, and core.

### **Functional Fitness - Level 2-3**

Whole body workout. Use of many equipment options such as hand weights, bands, weighted balls and more.

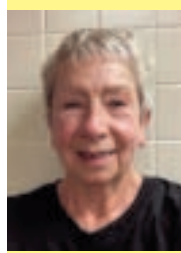
### **Circuit Training - Level 2-3**

Uses of fitness equipment machines. Focus on upper and lower body.

### **HIIT/ PLYO - Level 4-5**

High intensity Cardio and Stability Ball work. Use of

We have all you need...JOIN US!



**Nancy Dickinson**  
Yoga Instructor

I enjoy leading yoga sessions with Active Generations members. Everyone has such a positive attitude toward trying a physical activity, perhaps one that they already like or to experience ones that they may not have done in the past. Because the cost of membership in Active Generations is so reasonable, it is easy to try a physical activity for a few sessions. Many members become regulars in yoga class, while others sample yoga among all the activity opportunities available. We have a rapport in the group that allows for a laugh or two as we "activate".

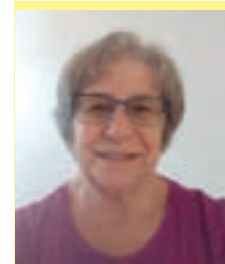


**Jenny Centra**  
(AG's Director of Fitness)

My favorite part of teaching is watching members get stronger and having a more positive attitude towards themselves! Teaching classes for 26 years, Jenny's specialty classes are balance and strength training. We do not judge! We want you to take classes to become stronger and feel more energized to be able to keep active for the rest of your life! From a beginner exerciser to advanced, we love them all!

### **Kayla Andernacht**

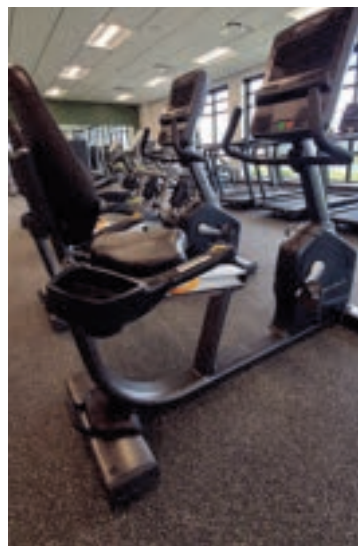
I love my new clients that I meet and that come to my classes. Fitness has always been a part of my life but I have been an instructor for 5 years. If you come to my classes you will soon find out that each of my classes are different in their own unique way. We will use any equipment in our fitness closet depending on the class. There's always a surprise in store when you come to Kayla's class! If you are looking for friendship, laughter, and a heart healthy workout. Come to Kayla's fitness classes!



**Bev Austin**  
Chair Yoga Instructor

My favorite parts of teaching are the wonderful members who attend and their reaction that this was just what they needed today. I have 28 years of teaching various types of yoga; 19 of those focusing on Chair Yoga. My style of teaching includes humor, compassion, and a concentrated emphasis on body awareness and self-care. Each week, the sequence of poses is adjusted to the needs of those present. Chair yoga is a practice itself plus it complements all AG classes. Yoga is a mind-body method that brings the body into balance, resulting in overall well-being.

**Active Generations will have two fitness equipment rooms...join us at both locations**



hand weights, weighted balls, and stability balls.

### **Chair Yoga – Beginner to Advanced**

Yoga postures adapted to sitting on chair or standing, with props. Targets physical, breath, mental, result-

ing in a full-body experience. Promotes body awareness, modifications, and self-care. Suitable for beginners to advanced, including wheelchair and walker users.

### **Yoga – Beginner to Advanced**

Yoga sessions focus on

balance, strengthening, and flexibility. All the poses can be modified for an individual's current range of motion. We move our spines in all six directions, (extensions, forward folds, side stretches and twists in each direction),

often as part of a flow series. Connecting the breath with the pose is an important factor. Each session ends with a short, reclined relaxation.



## August Drop-In Activities

### MONDAY

7 a.m.-7 p.m. Exercise Room and Pool Room open  
 9-11:30 a.m. Woodcarving Club – Room 132  
 9:30 a.m. Book Club – Room 128 (4th Mon.)  
 12:30 p.m. Whist Club – Room 203  
 Noon Drama Club – Sertoma B (2nd and 4th Mon.)  
 1 p.m. Dominoes – Room 204  
 1:30-3:30 p.m. Line Dancing class – Sertoma A  
 5-7 p.m. Evening Table Tennis – Sertoma A  
 6:30-9:30 p.m. Bridge (Duplicate) – Room 203

### TUESDAY

7 a.m.-9 p.m. Exercise Room and Pool Room open  
 9 a.m. Shuffle Board (2nd and 4th Tues.) – Sertoma A  
 9 a.m. Walking Club – Foyer (1st and 3rd Tues.)  
 9-11:30 a.m. Sanford Health Co-op – Room 128  
 9-11 a.m. Quilting Club – Room 201  
 9:30 a.m. Sheephead Club – Sertoma B  
 10:30 a.m. Sing-along – Lounge  
 9 a.m.-2 p.m. Painting/Drawing Open Studio – Room 132  
 Noon-2:45 p.m. Cribbage – Room 204  
 12:30 p.m. Pitch Club – Room 203  
 12:30 p.m. Hand and Foot – Lounge  
 1:30-4:30 p.m. Advanced/Intermediate Pickleball – Sertoma A  
 5-10 p.m. Chess Club – Gen's Coffee  
 6-9:30 p.m. Evening Table Tennis – Room 205  
 6:30-9:30 p.m. Duplicate Bridge – Room 203  
 7-10 p.m. Tuesday Night Dance – Sertoma A/B

### WEDNESDAY

7 a.m.-7 p.m. Exercise Room and Pool Room open  
 9 a.m. Ukulele/Kazukes Club – Room 203  
 9 a.m.-Noon Knitting Club – Room 201  
 10 a.m. Ladies Pool – Billiards Room  
 11 a.m.-2 p.m. Painting/Drawing Open Studio – Room 132  
 12:30 p.m. Pinochle – Room 203  
 1 p.m. Dominoes – Sertoma B  
 1:30 p.m. Novice/Beginning Pickleball – SA  
 3-4:30 p.m. Line Dancing – Sertoma B

### THURSDAY

7 a.m.-7 p.m. Exercise Room and Pool Room open  
 9 a.m.-Noon Craft Club - Room 201  
 10 a.m. Adult Coloring Club (1st & 3rd Thurs.) – Room 132  
 10 a.m. Fast Track – Room 203  
 10:15 a.m.-Noon Bean Bag Club – Room 205  
 Noon-3 p.m. Bridge – Room 203  
 1 p.m. Canasta Club – Room 204  
 1:30 p.m. Photography Club (1st Thurs/month) – Room 203  
 1:30-4:30 p.m. Advanced/Intermediate Pickleball – Sertoma A  
 4:30 - 7 p.m. Beginners' Pickleball (Sertoma A)  
 5-7 p.m. Evening Table Tennis – Room 205

### FRIDAY

7 a.m.-5 p.m. Exercise Room and Pool Room open  
 8:30-11 a.m. Mah Jongg – Room 203  
 9-11:30 a.m. Woodcarving Club – Room 132  
 Noon-3 p.m. Bridge Club – Room 203  
 12:30 p.m. Setup Bingo Bonanza – Sertoma B  
 1 p.m. Start (no Bingo on the 2nd Fri.)  
 12:30-3:30 p.m. Canasta – Lounge  
 1 p.m. Birthday Party (2nd Friday)  
 2:30-4:30 p.m. Line Dancing – Sertoma A

### SATURDAY

8 a.m.-3 p.m. Exercise Room and Pool Room open  
 8-11 a.m. Beginner's Pickleball (West Court)  
 8-11 a.m. Adv./Interm.'s Pickleball (East Court)  
 8 a.m.-3 p.m. Table Tennis – Sertoma B  
 9-11:30 a.m. Woodcarvers Club – Room 132  
 11:30 a.m.-3 p.m. Table Tennis – Sertoma A  
 Noon 500 Card Club – Room 203

## Outdoor Activities and Clubs

### SPRING/SUMMER/FALL HIKING CLUB

**Schedule:** Tuesday, August 8-Tuthill, Tuesday, August 22-Newton Hills

**The Hiking Club hikes on the 1st and 3rd Tuesdays of each month at 9:00 a.m. . To participate, you must be a member of Active Generations.** Call Jenny at 605-336-6722 or email jcentra@active-gen.org to register each week (Call by the Monday before the hike) Hikes are typically 4 to 6 miles. Hikers MUST be able to navigate uneven surfaces and elevation, tolerate various weather conditions and maintain a steady pace. REMEMBER, you get in shape to hike. You don't hike to get in shape.

### ACTIVE CRUISERS MOTORCYCLE CLUB

**Upcoming Rides:** Aug 2nd Madison SD Area; Aug 16th Brookings SD Area; Sept 6th Vermillion SD Area; Sept 20th Martinsburg NE Area; Oct. 4th Hudson SD Area; Oct. 18th Lake Benton MN Area.

**Typically meet at 9:45 AM and leave at 10:00 AM.** For more information contact: Milton Ellis at 359-1397 or milt761@outlook.com

**Please remember that you need to be an Active Generations member to participate in the Outdoor Activities and Clubs! Check at the Information Window for details.**



## Generations of Gaming



Join us for an intergenerational night of board games, food and fun! All ages welcome.

**Friday, September 8**

**6:30-8:30 p.m.**

**Active Generations East  
5500 East Active Gen Place**

**Register: [aarp.org/siouxfalls](http://aarp.org/siouxfalls)**



**-Prairie-  
REHAB AT HOME**



## Physical Therapy, Occupational and Speech Therapy

**Prairie Rehabilitation's outpatient clinics remain open to serve you. You can also receive therapy from the comfort of your home with Prairie Rehab at Home.**

***Join us on Facebook Live every Tuesday and Thursday at 1:00 p.m.***

**Schedule an appointment at any of our Sioux Falls locations - No prescription needed.**

**If you are not sure you can be helped by therapy, free assessments are available.**

Central Sioux Falls - 26th St. and Cliff Ave. **605-334-5630**

East Sioux Falls - 57th St. and Dubuque Ave. **605-271-3378**

West Sioux Falls - 26th St. and Marion Rd. **605-271-6920**

**Can't make it out to one of our clinics? Call 605-271-0808 to ask about our At-Home program.**

**[www.prairierehab.com](http://www.prairierehab.com)**

**"Striving for Excellence in Physical Rehabilitation and Wellness"**



# MEMBER *Highlights* Everyone has a story...

## Barb Muller

by Veronica Stoneall, Active Generations member

"When I was seven years old, Mom had a baby boy. He was very sick with a serious illness," Barb Muller said. "We lived across the street from the hospital. I remember watching Mom carry him to the hospital. It was hard. The baby died. Mom had a nervous breakdown. But, the Doctor invited us to attend his church. We started our faith journey as a family. We were all baptized and the Lord has been part of our lives ever since."

Today, Barb is enjoying a Bible study. They are studying the book of John. John 3:16. "For God so loved the world, that he Gave his only begotten Son that whosoever believes in Him should not perish, but have everlasting life." This is one of Barbs favorite verses.

"Words like this are good to follow," Barb said. "Listening and studying the bible can be encouraging."

Besides reading the Bible and reading Christian novels, Barb does a mile prayer walk each day to pray for each person in her family.

"This is a great way to keep in touch with my children and grandchildren," Barb said. "The Lord is my help and I ask Him to be with my family daily."

Barb grew up in Sioux Falls with two younger brothers, Mike and Scott. Barb was 12 and 14 when the boys were born. She was like their little mom and helped raise them. Her dad was a good Buick salesman. Mom was a stay at home mother and took a job at the telephone company when the kids were grown.

Barb graduated from Washington High School and attended Sioux Falls College where she met her husband Will.

"He was a freshman and I was a senior. He had been in the army and spent time in Germany," Barb said. "We were married and I graduated from Sioux Falls College with a major in English. I taught English at Worthington, Minnesota while Will finished college. Next, I taught at Hawthorne."

Will graduated and they moved to Ft. Morgan. Barb taught English for two years. Will taught elementary physical educa-

tion and did a lot of coaching. Their first baby, Caroline was born. Next stop was Hendricks, Minnesota.

"We both taught for fourteen years. We added our second daughter, Susan, and our son, Greg. We also adopted a daughter, Tammy," Barb said. "I enjoyed being in a small town where we knew everyone. We bought a new house and unfortunately we had a fire in the basement. The community helped us with finding a place to live while the house was cleaned and repaired. It was special to have such caring neighbors and friends."

Moving to Sioux Falls was the next move. Will taught Physical Education in various elementary schools and did some coaching.

"I saw the opportunity to try something new and applied for a teaching position at the Penitentiary in Sioux Falls. I got the job and found it a very rewarding experience," Barb said. "The inmates were happy to be in class. I taught a class called 'Impact of Crime on Victims.' I invited Christian people to come tell how crime had affected their lives. I retired after

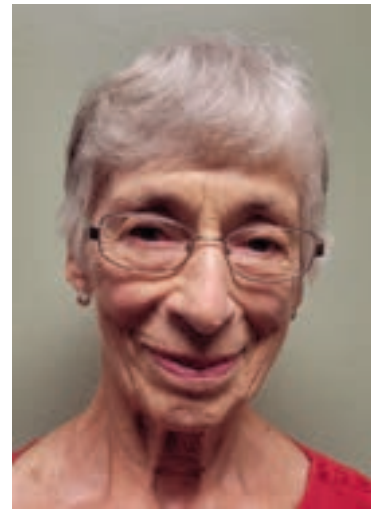
twenty years at the prison."

Over the years the family enjoyed a lot of tent camping. Susan was their last baby and was a lot younger than the other kids. She was a constant companion with them when they camped. It was a lot of fun.

"I used to take my word find book with me. I would write down the date of our trip and the destination. It was fun to look back on that information," Barb said. "My husband and I were married for sixty years. About three years ago, Will and I joined Active Generations. He wanted to do line dancing. We did just that until he became ill and couldn't do it any more. You never quite get over losing ones spouse, but life does go on and I am trying to learn new things," Barb said.

Barb has enjoyed coming to Active Generations again. People have been very supportive.

"The line dancers welcomed me back and remembered Will. It was nice to be back among friends,"



Barb said.

Barb appreciates the exercise classes. They are geared for older people and are great.

"I come every day Monday through Friday for an exercise class. I enjoy the sing-a-long held on Tuesdays and I hope to try the Ukulele class sometime. I am also interested in finding a place to volunteer at Active Generations."

"It is hard for me to believe I used to weigh fifty more pounds than I do now. I joined, 'First Place'. I still use their recipes when I cook," Barb said.

"I feel well everyday. I am glad I can exercise and not hurt," Barb said. "I can still do stairs and love to exercise. Life is good."





# Mark Your Calendars!

## Active Generations Hours

**Mon, Wed and Thurs. 7am-7pm • Tues. 7am-9pm • Friday, 7am-5pm • Sat. 8am-3pm**

Everyday AG is open (in the library)  
Monday-Friday  
Monday-Friday  
Tues. August 1 & 15

Tues. August 1, 8, 15, 22 and 29  
Tuesday, August 1, 8, 15, 22, and 29

Wed. August 2, 9, 16, 23 and 30  
Wed. August 2, 9, 16, 23 and 30  
Wed. August 2

Thurs. August 3, 10, 17, 24 and 31  
Fri. August 4  
Fri. August 4 & 18  
Mon. August 7, 14, 21 and 28  
Tues. August 8  
Tues. August 8  
Wed. August 9, 16, 23 and 30  
Thurs. August 10  
Fri. August 11  
Fri. August 11  
Fri. August 11  
Mon. August 14  
Tues. August 15  
Tues. August 15  
Wed. August 16

Thurs. August 17  
Thurs. August 17  
Mon. August 21  
Mon. August 21 – Mon. October 2  
Wed., August 23

Fri. August 25

Fri. August 25  
Mon. August 28  
Wed. August 30

Mon. Sept. 4  
Fri. Sept. 8

Puzzle Exchanges ..... All Day  
Lunch at Active Generations ..... 11-12:30pm  
Gen's Coffee House ..... 9am-1pm  
Hiking Group (Locations Vary) ..... 9am  
(Meet at AG at 8:30am if need a ride)  
Sing-Along ..... 10:30-11:30am  
Tuesday Evening Dances (Stateline Drifters, Clay Creek Deaf Cowboy, Leslie Blasing, Norgaard Country, and MacAlly) ..... 7-10pm  
Open Computer Lab Help – Each Wednesday ..... 10-Noon  
Blood Pressure Checks - Each Wednesday ..... 10:30am-12:30pm  
Car Show (Outside) and AG Jamboree (Janene and the Machine)-FREE ..... 5-8pm  
Bible Study ..... Noon-1pm  
Southwest Tour ..... 10am-Noon  
Ukulele Lessons (1st & 3rd Fridays) ..... 1-2pm  
Christmas Ornaments Making ..... 1-2:30pm  
Sioux Empire Fair (Senior Day), Active Sponsored "Active Hour" ..... 1-4pm  
Art Class – Desert Scenes ..... 2-4pm  
Country Dance Instruction (Each Wednesday) ..... 5:30-7pm  
Grandparents Day ..... 1-3pm  
Ask the Instructor – Computer Help ..... 10-Noon  
Craft Sale ..... 10-3pm  
Monthly Birthday Party ..... 1-2:30pm  
Edith Sanford Mobile Mammograms ..... 8-11am  
Cyber Security Discussion (3rd Tuesday of each month) ..... 12:30-1:30pm  
Leslie Blasing (Special Music Event....YOU DON'T WANT TO MISS).... 6:30-9pm  
Understanding Medicare – SHIINE Seminar ..... 1-2pm  
(New time each month)  
Movie Matinee – A Man Called Otto ..... 3-5pm  
Learn How to "Zoom" ..... 10-11am  
Beginning Line Dancing Instruction ..... Noon-1pm  
Intermediate Bridge Instruction (Mon. and Wed.) ..... 1-3:30pm  
Downsizing and Relocation Support...Lunch and Learn  
Presented by: Parkwood, ..... 11am-Noon  
Estate Planning Seminar with Frontier Bank & Thompson Law (FREE LUNCH, Registration Required) ..... 10am-Noon  
Banana Split Day ..... 1-2pm  
Minnesota State Fair (Day Trip) ..... 6:30am-10:30pm  
AARP Smart Drivers Course ..... 1-4:30pm

## Upcoming Events

Labor Day – AG CLOSED ..... All Day  
Family Game Night (AG East) Sponsored by AARP-FREE ..... 6:30-8:30pm



**CANCELLED  
AUGUST**



# Life-Long Learning

## BIBLE STUDY – 4 WEEK STUDY

**Thursdays, August 3, 10, 17, 24 and 31; Noon–1 p.m.  
Room 128; Cost: FREE  
Limit: 10**

**Leader: Pastor JoAnn Lagge (from Grace Communion Church. They meet at AG on Sundays)**

The group that attended the Bible Study on Advent enjoyed their Bible Study so much that they decided to continue in January and beyond. You are welcome to join. If the numbers increase we will find a larger room to meet.

## UNDERSTANDING MEDICARE WITH SHIINE

**Wednesday, Aug. 16  
1–2 p.m., with SHIINE rep.  
Room 202**

Medicare can be complicated and sometimes costly. SHIINE is a federally-funded program that advocates for,

educates and assists consumers with Medicare and related health information, to allow consumers to make timely and informed decisions and access necessary resources. SHIINE is committed to providing FREE, confidential and unbiased information to Medicare beneficiaries. SHIINE is not affiliated with any company that sells or distributes a product or service.

**Pre-register by calling SHIINE at 333-3314.**

**LEARN HOW TO "ZOOM"**  
**Thursday, Aug. 17  
10-11 a.m.**

**Presenter: Nancy Wehrkamp  
Cost: \$5.00  
Location: Computer Technology Center (CTC).**

Are you missing your family and friends? Why not learn how to visit with folks through your computer! Join this informative course to learn how to join a Zoom meeting, along with how to be the person

that sets one up.

Pre-register at the AG Information Window or call the main number at 336-6722 by Friday, May 26. Payment is required when registering.

## Downsizing and Relocation Support... LUNCH AND LEARN

**Wednesday, August 23  
11am-Noon  
Room #128  
Presented by:  
FREE LUNCH!**

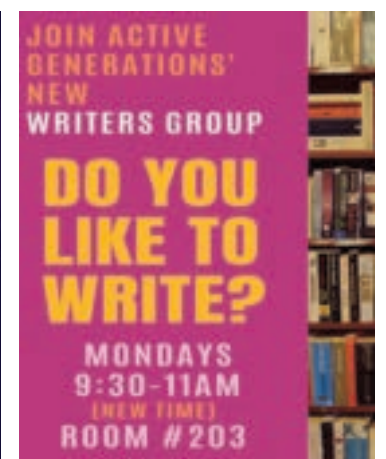
Come enjoy a FREE lunch and learn about how The Parkwood, a brand-new 55+ active adult independent living community in Sioux Falls, can help you downsize, sell your house (or we will buy your house), and move into this beautiful new community opening in early 2024.

**HIP, KNEE AND BACK PAIN WORKSHOP**  
**Wednesday, September 20  
10-11am • FREE**

## Presenter: Dr. Rob Plemel Room #128

Join us for a Hip, Knee and Back Pain Workshop! You'll learn about signs and symptoms of pain that you

shouldn't ignore and what treatment options are available. Presentation by Dr. Rob Plemel, PT, DPT, with InReach Physical Therapy. No pre-registration required.





A.G. Card and Game Clubs (21 to choose from!)

GAME	DAY	TIME	LOCATION	LEADER
500	SAT	Noon - 2:30pm	Room 203	Participants
Bingo	FRI	1 - 2:30pm (Come at 12:30 to setup)	Sertoma B	Richard Miller Dean Dewes
Bridge (Duplicate)	MON	6:30 - 9:30pm	Room 203	Svein Sjovold
Bridge (Duplicate)	TUES	6:30 - 9:30pm	Room 203	Svein Sjovold
Bridge (Duplicate)	FRI	Noon - 4 pm	Room 204	Svein Sjovold
Bridge (Party)	THURS	Noon - 3pm	Room 203	Arlene Salter & Carolee Olson
Bridge (Party)	FRI	Noon - 3pm	Room 203	Arlene Salter & Alayne Meyer
Bunco	2nd & 4th WED	1:30 - 3pm	Lounge	Regina Hlebichuk
Canasta	THURS	1 - 4pm	Room 204	Gail Dybdahl & Cherielee Murphy
Canasta	FRI	12:30-3:30pm	Lounge	Cella Determan
Cribbage	TUES	Noon - 2:45pm	Room 204	Shirlee Flood
Dominoes	MON	1 - 3pm	Room 204	Rosemary & Dick Campbell
Dominoes	WED	1 - 3pm	Room 204	Carolyn Colombe Lorraine Dahlhoff Sherrill Bessey
Fast Track	MON	10 - 11:30am	Lounge	Donna Poppen
Fast Track	THURS	10 - 11:30am	Lounge	Leo Falconer
Hand & Foot	TUES	12:30 - 3:30pm	Lounge	Brenda Ahrendt
Mah Jongg	FRI	8:30 - 11am	Room 203	Sharon Schwaderer
Pinochle	WED	12:30 - 3pm	Room 203	Becky Grave
Scrabble	THURS	2 - 4pm	Lounge/Room 201	Albert Benoit
Sheepshead	TUES	9:30 - 11am	Room 203	Dean Dewes
10 pt Pitch	TUES	12:30 - 2:30pm	Room 203	Les Brandhagen Violet Reiners
Texas Hold'em	FRI (Postponed)	2:30 - 4:30pm	Coffee Shop	Darryl Verley and Robyn Anderson
Whist	MON	12:30 - 3:30pm	Room 203	Elsie Fitz

Active Generations members are invited to join our many different card clubs. • **The cost to play (per club, per day) is 75¢.** • Members are expected to know how to play the game when they join. • Lessons are not provided during club hours. • Formal lessons are provided periodically throughout the year. • At the first meeting of each month, club leaders will give a refresher and visit with new members (see schedule above). • Each card club scores its own way. Ask the leaders for specific card rules and scoring guidelines. \*Please come at least 15 to 30 minutes prior to start time to register and sign in!

Active Generations Members Learning Hands Only CPR



Find Your Niche In Our SPECIAL INTEREST CLUBS (40 to choose from!)

CLUB or ACTIVITY	DAY	TIME	LOCATION	LEADER
Active Cruisers Motorcycle	WED	Various	See Club Note, Pg 7	Milton Ellis
Bean Bag Club	THURS	9 - 11 am	Sertoma A	AG Representative
Book Club	4th MON	9:30 - 11:30 am	Room 128	Pat Flatequal
CAT Team	2nd MON	10 - 11 am	Room 201	Jean Lounsbery
Chess Club	TUE	5 - 10 pm	Gen's Coffee	Robert Karsten & Nels Truelson
Color Me Happy Coloring Club	1st & 3rd THURS	10 am - Noon	Room 132	Doris O'Dea
Couples Billiards	TUES	6 - 8 pm	Billiard Room	Glenn Walker & Cathy Walker
Craft Club	THURS	9 am - Noon	Room 201	JoAnn Avery
Dances (Members & Non-Members)	TUES	7 - 10 pm	Sertoma A/B	AG Dance Committee
Early Birders Club (Postponed)	2nd & 4th THURS	8 - 8:30 am	Room 128	TBD
Genealogy Club	1st TUES	1 - 2 pm	CTC	Lois Peterson
Golf Club (April-September)	MON	Various Times	See schedule on pg 6	Bob Black
Gold'n Silver Drama Club	2nd & 4th MON	Noon - 1:30 pm	Sertoma B	Veronica Stoneall, Nancy Lange, Donna Shumaker
Hiking Club	2nd & 4th WED	Various times	See page 6	TBD
Knitting Club	WED	9 am - Noon	Craft Room 201	AG Representative
Ladies Billiards	WED	10 am - Noon	Billiard Room	Cathy Walker
Line Dancing	MON	1:30 - 3 pm	Sertoma A	Bonnie Shumaker
Line Dancing	WED	3 - 4:30 pm	Sertoma B	Dance Participants
Line Dancing	FRI	2:30 - 4 pm	Sertoma A	Dance Participants
Line Dancing (Beginners)	3rd MON	Noon - 1 pm	Sertoma B	Bonnie Shumaker
Line Dancing (Intermediate)	1st MON - postponed	Noon - 1 pm	Sertoma B	Bonnie Shumaker
Painting/Drawing Open Studio	TUES & WED	9 am - 2 pm	Room 132	AG Art Members
Photography Club	1st THURS	1:30 - 3 pm	Room 128	Ken Rasmussen
Pickleball (Advanced/Intermediate)	TUES & THURS SAT	1:30 - 4:30 pm 8 - 11 am	Sertoma A (Mixed Play)	Linda Pierson, Allan Hembree
Pickleball (Beginners)	WED SAT	1:30 - 7 pm 8 - 11 am	Sertoma A (Mixed Play)	Debbie Biegger, Sandi Plooster
Pickleball (Beginners)	THURS	4:30 - 7 pm	Sertoma A	Pickleball Representative
Quilting Club	TUES	9 - Noon	Craft Room 201	Carolyn Colombe
Shuffleboard	2nd & 4th TUES	9 - 11 am	Sertoma A	Denny Baltzer
Sing-Along Group	TUES	10:30 - 11:30 am	Lounge	Nancy Lange & Dennis Renli
Table Tennis	MON, TUES	3 - 5 pm	Mon: Rm 205 Tue: Rm 204	Terry Bong & Willy Hoff
Table Tennis	MON	5 - 7 pm	Sertoma B	Terry Bong
Table Tennis	TUES	6 - 9:30 pm	Room 205	Terry Bong & Willy Hoff
Table Tennis	WED	3 - 5 pm	Room 204	Terry Bong
Table Tennis (Evening)	WED & THURS	5 - 7 pm	Room 205	Terry Bong
Table Tennis	SAT	8 am - 3 pm	Sertoma B	Terry Bong & Willy Hoff
Table Tennis	SAT	11:30 am - 2:30 pm	Sertoma A	Lei Ji
Ukulele/Kazukes Club	WED	9 - 11 am	Room 203	Kazukes Members
Walking Club	1st & 3rd TUES	9 - Varies	See page 6	TBD
Woodcarving Club	MON, FRI, SAT	9 - 11:30 am	Room 132	Nancy Cummings & Derek Boekhoff
Writers Group	MON	9:30 - 11 am	Room 203	AG Representative

Read Club Notes each month to check for cancellations or room location changes.  
If you have an idea for a new club, see Jenny or Nancy.

Outside Groups Meeting at Active Generations

GROUP	DATE/TIME	ROOM	CONTACT
Applecore of Siouxland (Macintosh computer learning user group)	Third Tuesday, 6 p.m.	204	Robert Tebben 605-359-8086
Grace Communion Church	Sundays, 11 a.m.	203	Pastor JoAnn Lagge, 371-3441
NARFE Chap. 0201	Third Tuesday, 11:30 a.m.	SB	Stan Christopherson, 371-1180
Sioux Empire Gem & Mineral Society	Second Tuesday, 7-9 p.m.	204	Helen Hoogeterp, 214-4410
Sioux Empire Lions Club	First Wednesday, 12 noon	203	Mike Thefenvize, 215-3025
Sioux Falls Morning Optimists	Third Thursday, 7 a.m.	203	Kevin Watt, 333-8209
"Spares and Pairs" Square Dancing Club	Sundays, 6-9 p.m.	Sertoma A	Duane Rhoadarmer , 310-1622

Recreation and Leisure Activities

CLUB	DAYS	TIME	MEETING PLACE	LEADER
Line Dancing	Mon.	1:30 p.m.	Sertoma A	Bonnie Shumaker, Joy Outka Volunteers Joy Outka
	Wed. Fri.	3:00 p.m. 2:30 p.m.	Sertoma B Sertoma A	
Advanced/Intermediate Pickleball	Tue. Thurs. Sat.	1:30 p.m. 1:30 p.m. 8 a.m.	Sertoma A Sertoma A Mixed Play	Tom Denevan Allan Hembree
	Wed. Thurs. Sat.	1:30 p.m. 4:30 p.m. 8 a.m.	Sertoma A Sertoma A Mixed Play	
Beginning Pickleball	Wed. Thurs. Sat.	1:30 p.m. 4:30 p.m. 8 a.m.	Sertoma A Sertoma A Mixed Play	Pickleball Representative
Bean Bags	Thurs.	10:15 a.m.	Room 205	AG Representative
Shuffleboard	Tues. (2nd and 4th)	9 a.m.	Sertoma A	Denny Baltzer
Table Tennis	Mon.	3:00 p.m.	Room 204	Terry Bong Terry Bong Willy Hoff Terry Bong & Willy Hoff Terry Bong Terry Bong
	Mon.	5:00 p.m.	Sertoma B	
	Tue.	3:00 p.m.	Room 205	
	Tue.	6:00 p.m.	Room 205	
	Wed.	3:00 p.m.	Room 204	
	Wed.	5:00 p.m.	Room 205	
	Thurs.	5:00 p.m.	Room 205	
	Sat.	8:00 a.m.	Sertoma B	
	Sat.	11:30 a.m.	Sertoma A	
All Table Tennis only \$4 per month				

Check your emails and posted signs for updates and occasional changes.



# Active Generations Club Notes

## BEAN BAG CLUB

Meets every Thursday, 10:15 a.m.–12 Noon in Room 205. Please join us.

## PICKLEBALL CLUB NOTES

The Pickleball Club offers 4 skill-defined play days each week. Active Generations membership or guest pass is required before playing.

Our advanced/intermediate play is held Tuesdays and Thursdays, 1:30–5 p.m. Tuesday and Thursday play is specifically reserved for advanced/intermediate players and definite skill levels are expected of all players. We do not teach the game on Tuesdays or Thursdays.

Beginner/Novice play time is Wednesdays from 1:30–5 p.m. and Thursdays from 5:30–7 p.m. and is specifically reserved for beginner level players and those who are just getting started in the sport. Experienced players are encouraged to be on hand on Wednesdays to help newer players get started and to fill in on doubles teams if needed. Intermediate/advanced play is appropriate after new players have tired or left.

Active Generations supplies all necessary equipment except your gym shoes. Non-marking indoor court shoes are required. Club leadership may decline certain shoes for player safety reasons.

There is a nominal \$1 minimum fee to play.

For the most up-to-date schedule and contact information see the Pickleball Club's own website <http://activegenerationspickleballclub.webs.com/>.

## SHUFFLEBOARD

Meets the 2nd and 4th Tuesdays of each month, from 9–11 am in Sertoma A. Join us!

## "COLOR ME HAPPY" COLORING CLUB

The Color Me Happy club meets the first and third Thursday of each month at 10 a.m. We come with our coloring books and col-

ored pencils. We exchange ideas, explore new techniques, and enjoy each other's company. It's relaxing and relieves the stress in our lives. If you liked coloring as a child you'll enjoy it now. There's no right or wrong. Come join us. Call Doris O'Dea if you have questions. 605-361-7228.

## BOOK CLUB

The next book will be Sooley by John Grisham.

This is a story of a young man from the Sudan who is a talented basketball player. He becomes a basketball star due to his hard work.

Sooley works hard and is successful but is always concerned about his family at home in Africa.

Everyone is welcome to join the Book Club. The Active Generations office will have the contact information for the leader.

## PHOTOGRAPHY CLUB

The Active Generations Photography Club met on Thursday, July 6th at 1:30pm with nine members in attendance.

Members shared their photos from the assignment on Extraction, Impressionism, and Surrealism. The first set included a study of iron stakes, rings, and chains embedded in rock with various exposures and filter adaptations. Flowers were the next subject of alterations with a dramatic change between color and black & white with a warming filter.

A fisheye effect transformed a leafy plant and a macro look gave an extreme close-up of an insect. Zooming out during the exposure gave potted flowers a great look and a blueish filter added to foliage made for an airy appearance. A wide shot of a daylily was radically changed with tight cropping and desaturating all color. The strength and damage of flood waters were shown in black & white and color photos. A simple sunflower can invoke several emotions with a wide

shot and a close-up.

A simple device, an international voltage adapter, takes on several looks when different post-production applications are used. The Falls at Falls Park were changed with a swirl effect and a bubble effect. The face plate of an iron provided the reflective surface for a portrait in color and black and white.

Various trees, birch trees, and stream photos had ICM intentional camera movement applied to them with very impressionistic results. A shot through a rain droplet filled window produced a similar shot. Two detailed shots were extracted from a fire engine. An area rug was transformed with blurring and muted colors. Three photos illustrated surrealism with changed colors, altered skies, and other post production filters.

The group looked at photos from the Facebook group ICM Photography Magazine and noted the photographers' notes about lens, aperture, and shutter speed. The B&H video on Intentional Camera Movement was noted as a resource as well as a general search on Google for images on ICM.

The group viewed and discussed "Fundamentals of Photography II" by Joel Sartore and focused on Lesson 13—Art Photography: Having Fun. Sartore reminds us that our photography can be more unusual by adding props like a silly box or placing different than expected things in juxtaposition. Multiple exposure shots can create a group shot from a single subject. And lastly, experiment with a slow shutter zoom (both zooming in and zooming out) to see different effects.

## ASSIGNMENT—August, 2023

Experiment with one or more of these approaches/techniques-- ICM (Intentional Camera Movement) using slow shutter speeds, variable ISOs, and higher

F-stops (i.e., F11, F16, F22) and try out camera movement during the photo exposure

Having Fun—consider using masks/ costumes/boxes/colored smoke bombs/other unusual things on subjects and take or make a photograph in different light either literally or figuratively.

Try multiple exposures in camera—2 or try more than 2 exposures such as 3, 4, or 5 (check to see if your camera has Auto Gain to help reduce burn outs). Your smart phone may have this feature for double exposures. Try superimposing objects from a black background in a double exposure.

Experiment with slow shutter speeds zoom (zoom in and/or zoom out).

The next meeting will be on Thursday, August 3rd at 1:30pm at the AG Center.

Thanks, Ken Rasmussen

## UKULELE / KAZUKES CLUB

Do you want to learn how to play the ukulele as a hobby or for your own amusement?

OR do you want to entertain at nursing homes benefitting others?

You can do BOTH, if you want!! Ukulele playing can be a stress reliever, and if you enjoy singing, put the two talents together and you have a "double bonus"!

The Beginners group meets every first and third Friday of the month at 1 pm in room 205. Many new faces have been showing up which has been encouraging. There are also a few extra ukuleles to try the feel of it.

The regular class meets every Wednesday from 9:30 to 11:30 am in room 203 to practice old and new songs for future "gigs". Many in the group have been together for over 12 years. Playing the ukulele is not difficult and quite fun. Try some "me time" and enjoy the results!

## CAT (COMMUNITY ACTION TEAM) CLUB

The Community Action Team

will not be meeting in August.

Our next meeting will be on September 11, 2023 at 10:00.

## KNITTING CLUB

The Knitting Club has been down in numbers for several months. Please join us again for knitting and fellowship. If you have been knitting at home please bring any items you have for Warm Up America or Caps for Kids. We miss everyone!

## GOLD 'N' SILVER DRAMA CLUB

Drama Club meets 2nd and 4th Mondays at Noon.

Come Join Us! Everyone Welcome!

## WII BOWLING CLUB

If you've never tried Wii Bowling before, now is the time! We have a couple of open spots and would love to see some new faces. We get together on Wednesdays at 12:45pm for approximately 1 to 1-1/2 hours of total fun. Each session lasts for 8 weeks, starting May 17. If you are interested please contact Kathie Smith at 503-929-7603.

## THE CRIMSON CHAPEAUX

Darlene has planned an outing for us at beautiful Falls Park. We will meet at the Falls Overlook Café on Wednesday, August 16th at 11 AM. Please let Darlene (605-332-5410) know if you are or are not planning to join us. Hope to see you there! Madame Hatter, Sharon

## DANCING DIVAS

Dancing Divas are Back!

Since February Joanna Salmon has been training a new group of Divas who were ready for their debut at a local nursing home in September. The goal of the Divas has always been to bring some joy into the lives of nursing home residents. The NEW Divas are avid Line Dancers. Their names are Joanne Runge, Joan Hall, Ann Engebretson, Arlyce Benson, Shirley Bock and Joanna Salmon. We would like to thank all those who have been so supportive of us.



The subtitle for this book is: "Finding your voice, Telling your story, and Building a community that will listen." This author explains how to start a podcast in 7 chapters and 207 pages!

In Chapter 1, Kristen asks readers to focus on their inspiration and purpose. In Chapter 2, she describes 13 possible formats such as interviews, advice, roundtable, investigation and more. In Chapter 3, she explains the

role of a host and talks about including a co-host. Interestingly, she talks about dealing with co-host conflict.

In Chapter 4, the topics are getting the guests you want, preparing your guests, and conducting a first-rate interview. Then she suggests getting a producer. That sounds as if the podcast is succeeding and/or it is becoming a lot of work or both.

In Chapter 5, Kristen includes technical issues such as: the equipment that you will need, understanding how to use music, movie

clips, and other features. Then she talks about determining the best length for the podcast. She said studies suggest that most listeners prefer podcasts that are 20 to 40 minutes long. Then she said, "start out making a show that is about 20 minutes long." She said it will train you to make every minute count.

The next two sections are: "know what listeners love" and "know what listeners hate." Here are some likes: conclusions and lessons from the content, hosts

that reveal aspects of themselves, and a mix of predictability and surprises. Here are some dislikes: bad audio, overproduced audio (sounds that could irritate), inconsistency, and a lack of empathy for listeners.

In Chapter 6, Kristen describes the importance of creating a release schedule. She is firm in saying that listeners want to know the day and time of your podcast. She suggests once a week or once every two weeks. Also, be sure to tell listeners when to expect your next release.

She recommends including a number in the title of each episode. Here is an example: "Episode 1: Why I hate birthdays." In the next section, she gives a technical explanation of how to distribute the podcast. This statement is very important. "The vast majority of podcasts don't make money." Finally, in Chapter 7, Kristen explains how and why you should promote your podcast. The book is available in the Sioux Falls Public Library system.

## Book Review By Sharon DeVaney So You Want to Start a Podcast by Kristen Meinzer



# Volunteer Opportunities

## ONGOING OPPORTUNITIES MEALS ON WHEELS DELIVERY DRIVERS AND SUB DRIVERS NEEDED:

Please call Samantha Locke at 605-333-3305. Or stop out at Active Generations and fill out a Volunteer application.

## COMPUTER COACH VOLUNTEERS

Do you know enough about computers to help others learn more? The Computer Technology Center is looking for more volunteers who are willing to assist as coaches for all levels of computer classes. Please email Nancy Wehrkamp at [nwehrkamp@activegen.org](mailto:nwehrkamp@activegen.org) if you are interested in finding out more about serving in this vital capacity.

## TRANSPORTATION VOLUNTEERS NEEDED

Workers on Wheels is looking for volunteers to transport clients to medical appointments or help do grocery shopping. These are flexible volunteer opportunities since the volunteer can pick what hours work for them. The medical appointments are as needed and the grocery shopping can be arranged for once or twice a month.

The first step is to complete a WOW Volunteer Application and send it in or drop it off. Once a background check is completed, you will start receiving emails with client requests that you can accept and help or decide that that particular job won't work for

your schedule.

If you are interested in the volunteer opportunity, please contact Workers on Wheels at [wow@activegen.org](mailto:wow@activegen.org) or call Rebecca Behnke at 333-3304.

## DINING ROOM HOST

Hours: 11:15 am to 1:00 pm

Days: Any day you like: Monday-Friday; Thursday is most needed

Duties: Carry trays for diners if needed; help dining guests find a seat; assist with tray after diner has finished meal, if needed, fill coffee and water pitchers, as needed. Clean tables after service.

Contact: Chef Dan at 605-333-3309 or stop by The Kitchen at Active Generations: 2300 W 46th St. Sioux Falls, SD 57105.

## JOB COACHES NEEDED!

Are you a retired business owner, HR professional or a person that is energetic and interested in helping others succeed in the business arena? Being a BRIDGES Employment

Resource Center Job Coach may be just what you are looking for! Contact Nancy Wehrkamp at [nwehrkamp@activegen.org](mailto:nwehrkamp@activegen.org) to discuss the possibilities and timing.

## CIVIC ORGANIZATION/ LUNCH HOST & SERVER

If interested in any of these volunteer positions see Nancy or Jenny.

**1. South SF Kiwanis Club Meeting/Lunch Host**  
**Need 1 person**  
**Each Thursday**

Greet and welcome Kiwanis members, deliver lunch trays to lunch participants (expect around 40+ per day) pick up trays at the end of meeting.

**2. NARFE**

**Need 1 person**  
**Once a month on 3rd Tuesday**

Greet and welcome Retired School Professional members, deliver lunch trays to lunch participants (expect around 40+ per day), pick up trays at the end of meeting.

## WANTED! FITNESS ROOM MENTORS

Active Generations is looking for volunteers to mentor in the fitness room. You have the option of 1-2 hour shifts Monday-Friday. You will help members check in and mark them off the check-in sheets, wipe down and sanitize machines, make sure members are paid and up to date, and keep fitness members socially distanced. Please visit with Jenny if you are interested in this position. Call 333-3306 or email [jcentra@activegen.org](mailto:jcentra@activegen.org)

## MOVIE NIGHT

## MOVIE MANIA!

### A Man Called Otto

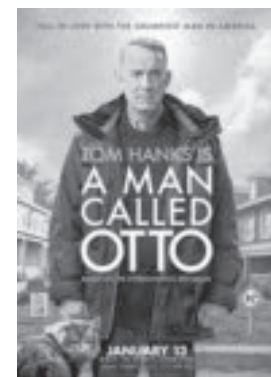
Thursday, August 17 • 3-5 p.m.

Computer Tech Center

**PG 13 | Comedy/Drama | 2 hrs. 6 min.**

At first sight, Otto is almost certainly the grumpiest man you will ever meet, a curmudgeon with staunch principles, strict routines, and a short fuse. People think him bitter, and he thinks himself surrounded by idiots. Otto's well-ordered, solitary world gets a shake-up one snowy morning with the appearance of new neighbors, a chatty young couple and their two daughters, who announce their arrival by accidentally driving over a curb with their U-Haul. What follows is a heartwarming tale of unkempt cats, unlikely friendships, and a community's unexpected reassessment of the one person they thought they had figured out.

Sponsored by



**River Ridge Bingo Winners.**



**Inn on Westport Bingo Winners: Eileen Leischner, Cal Haskett, Jan Thompson**



**THE INN  
ON WESTPORT**  
Senior Living

Sponsors monthly Bingo

Come join the fun on the first Friday of each month!

Thank you to the Inn on Westport for your ongoing support and sponsorship.



**Back row L to R: Tom Raap, Darrell Solberg, Margaret Bogenhagen, Bob Hille, Dean Dewes. Front row L to R: Jane Painter, Rose Ebdrup, Dee Black, Nate Keyman, Roma Kutzik**



# Active Generations...Great Place to be During the Summer Months!



Winner of "March Madness" gets her delated chocolate prize



Thanks St. Croix for partnering with our "Pie & Ice Cream Social".



Roast Beef Lunch is always popular!





**Computer Questions?**  
**ASK THE INSTRUCTOR SESSION**  
Friday, August 11 • 10 a.m.–12 p.m.  
**AG Members FREE, Non-Members \$5**  
This event will be held in person this month!


If you would like to try using ZOOM as an option to contact your family, this is the time to learn it. If you have questions about your computer software, please join us to have some of our great computer volunteers try to assist you. You may need to wait your turn since we can only help one person at a time, but you may learn something listening in as well! This will be a “come and go” format that we hope will be able to help you with some of your questions.

ACTIVE GENERATIONS

**AG COMPUTER OPEN LAB**

COME GET HELP WITH THE INTERNET OR YOUR COMPUTER QUESTIONS

Each Wednesday of the month  
10 a.m. – Noon  
Lab Helper: Mike Benson



FREE  
OPEN TO ALL ACTIVE GENERATIONS MEMBER



AG Craft volunteers sharing their talents, making wheel chair bags for the Veterans at the VA.



**Desert Scenes Acrylic Painting**  
Date: Tuesday, August 8  
Time: 2-4pm  
Cost: \$10  
Instructor: Lisa Rinaldo  
Pinks, oranges, earth tones – the desert is a rainbow of colors that make for a beautiful painting. Choose one of these 4 scenes -- instructor will have patterns for those who want to use them.

News from our

*Computer Technology Center*

Active Generations' Computer Technology Center

August Classes

- Become an Active Generations member and save on classes!
- Classes held in the Computer Technology Center unless otherwise noted.

NEW REDUCED PRICES! QUALITY COMPUTER INSTRUCTION MADE MORE AFFORDABLE! Take advantage of these reduced prices!					
Computer Classes (Please preregister with payment at least one day prior to course date)				Member Cost	Non-Member Cost
Ask the Instructor Session	Fri.	8/11	10 a.m.–Noon	Free	\$5
Cyber Security	Tues.	8/15	12:30–1:30 p.m.	Free	Free
“Zoom” Instruction (1 Session Course)	Thurs.	8/17	10–11 a.m.	\$5	\$10
Open Computer Lab	Wed.	Every Wed.	10 a.m.–Noon	Free	Free



Registration Policy for Art Classes: You can sign up any time for the art classes unless otherwise indicated. Payment is required at time of registration. Thank you for your cooperation. —Active Generations Staff



**A Rainy Night Acrylic Painting**  
Date: Tuesday, September 12  
Time: 2-4pm  
Cost: \$10  
Instructor: Lisa Rinaldo  
Sometimes a chilly, rainy night in the fall is just what our souls need to be refreshed. Come learn to paint raindrops and reflections on canvas.

**WOODCARVING CLUB**  
Mondays, Fridays, Saturdays, 9 a.m. • Room #132  
Active Generations' Woodcarving Club meets Monday, Friday and Saturday at 9 a.m. in the Art Room (132). For more information, contact Nancy Cummings at 332-3120 or Derek Boekhoff, 759-3482.

**QUILTING CLUB**  
Every Tuesday, 9 a.m. – Noon  
Room #201  
The Active Generations quilting club is looking for more quilting enthusiasts. We are looking for individuals who enjoy quilting and being creative. Our club makes quilts, wall hangings and more to sell at our annual bazaar and showcase throughout the building. If you like to be creative and use your hands to help make beautiful creations — WE WANT YOU! For information, contact our leader: Carolyn Colombe at 605-291-9385

**PAINTING AND DRAWING OPEN STUDIO**  
Tuesdays • 9 a.m. – 2 p.m.  
Wednesdays 9 a.m. – 2 p.m.  
Room #132  
Learn about oils, watercolors, and drawing. Students mentor each other. No registration required. Cost: Own supplies.

**KNITTING CLUB**  
Wednesdays, 9 a.m. – Noon  
Room #201  
Active Generations Knitting Club meets Wednesday mornings at 9:30 in Room 201. Come and learn to knit or bring a project that you are working on and socialize. The club is working on two community service projects: “Keep America Warm” afghans for the homeless, and “Caps for Kids” for needy school children.

**“COLOR ME HAPPY” COLORING CLUB**  
First & Third Thursdays of Month • 10 a.m.  
Room #132  
A few were already using the adult coloring books and shared some helpful hints. Coloring has become quite the rage and we know why. It's not just about colors and coloring in the lines. It's a great way to ease stress and relax. Come and join us. For questions or more information, call leader, Doris O'Dea at 361-7228.

**CRAFT CLUB**  
Thursdays, 9am-Noon, Room #201  
Are you creative? Love to make things? Join this creative craft group as they create useful, interesting, whimsical, and fun crafts that can be purchased at our monthly Craft Sale or out the display window in the AG foyer area. For more information contact JoAnn Avery at 339-1516.

Wish List  
from the Craft  
Group:

- Large round wood beads, 1/2" width and up
- Zap wrap • Clear storage containers (medium and small)
- 9 yard lengths of nylon netting
- Bed sheets (used is fine, for making rugs)
- Sugar and Cream cotton yarn
- Tiny Syrup Bottles that are given out at the Cracker Barrel

Craft group has numerous items for sale in the lobby window by the reception desk. When craft group members meet on Thursday mornings, members would be happy to assist them in finding any specific items they are looking for.





*AG has dedicated staff and families! Sally and her husband pulling weeds at AG on their day off.*

## Ladies Only Billiards!

Did you know that the billiard/pool room at Active Generations has a ladies only time? We have reserved the room for 2 hours, once a week.

Every Wednesday from 10am to 12noon is LADIES ONLY time! We have a great time and would love to have more ladies join us each week. Not sure if you are good enough? If you would like to learn, we would be happy to help you. We are NOT experts, by any means! There is no judging, just a fun time.

Stop in and check it out, we would love to see you.



## Wii Bowling at Active Generations Club Notes

Summer is here! The Wii Bowling club held their last session before the summer break. We enjoyed adding a few new people to our club. Welcome again to Lulu, Jane and Debi!

We will take our summer break and will hold the next session beginning Sep 27th. We have no news on whether we will have the East Side open in time for that session, but I will keep you informed as I get the information.

West Side will continue meet on Wednesday at 12:45pm in Sertoma B. Whenever the East Side opens will hold those sessions on Thursdays from 1:30 to 3:30pm each week.

If you are interested in joining either facility, please call Kathie Smith at 503-929-7603 to reserve a spot on one of our teams.

## Wii Bowling League



Back Row: Anne Maka, Lulu Rehurek, Jackie Klimisch, Jane Stoltz, Linda Powell, Cathy Anderson, Martin Saffel, Phyllis Howell, and Ellen Caspers  
Front Row: Deb Warner, Annie Sullivan and Joy Kaliszuk. (Kathie Smith not pictured)



Winner Highest Average:  
Jackie Klimisch  
238

The Wii Bowling Club finished their 2nd Spring Session and will be taking a summer break. We had some outstanding scores and some new members. Welcome to Deb Warner, Jane Stoltz and Lulu Rehurek.

We are looking forward to resuming in the fall. Also looking forward to taking Wii Bowling to the East Side facility whenever it opens. West Side will continue to meet on Wednesdays at 12:45, and East Side will start on Thursdays at 1:30. Each session is approximately 2 hours and takes 8 weeks.

This session saw some fun times and some really good scores. Our highest average prize goes to Jackie Klimisch with 238! Congrats to Jackie!



## Helping Hand Assisted Living, Inc.

1000 Teakwood  
Brandon, SD 57005

An Independent and Assisted Living Community

Accepting private pay and Medicaid/Title XIX

We invite you to call for information and a tour!

**(605) 582-7939**

An alternative to nursing home care . . .



## The Mini Movers

The Easiest Way to Avoid The Hardest Part of Moving.

A powerfully small and affordable moving company.

Senior Citizen Discount

**361-9363**



GRACE COMMUNION  
INTERNATIONAL

Sioux Falls Church

Worship Service- Sundays at 11 a.m.

Active Generations, Room 203 - *please use east door*

For more information contact Pastor JoAnn 605-371-3441

or visit our website [gcichurches.org/siouxfalls](http://gcichurches.org/siouxfalls)

Thursday Bible Study at 12:30 p.m., Room 128.

Watch on Zoom or Facebook

## Stanford Hearing Aids — Better Hearing, Better Living, Starts Here

Call today for a free trial of today's  
*latest* hearing technology!



**Stanford**  
Hearing Aids

Call TODAY to schedule your appointment for a complimentary hearing evaluation!

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(605) 338-6251

Visit our website at [www.stanfordhearingaids.com](http://www.stanfordhearingaids.com)



ACTIVE GENERATIONS  
BEAUTY ON 46TH STREET

Dayna Woodworth is the  
newest stylist at Active  
Generations! She & Lakeisha  
will share the beauty salon.

Tuesdays & Wednesdays  
from 9am-2pm.


Stop in for Walk-in  
Wednesdays (9am-2pm).



**WARRIOR’S HOPE Groups**  
7-8 p.m. at Active Generations  
Every Tuesday – Veterans and Family Members

Warrior’s Hope is a Veteran Peer Support Group. Anyone who has served in one of the five services may join as can any member currently serving. We include all Veterans regardless of their service dates or location of service given. We are Veterans committed to helping ourselves and other Veterans solve problems we, as Veterans, face. Warrior’s hope is self-supporting. As a group we seek Godly direction and encourage spiritual growth, but we do not require anyone to profess a belief in God to attend our meetings.

Warrior’s Hope operates with a distinctive spiritual approach to life issues. We are here to help ourselves and each other deal with problems such as anger, isolation and seclusion, anxiety, and depression. We are here to assist the Veteran in finding positive and alternative methods to deal with the things that trigger combat related imagery, other trauma or problems after returning to a civilian environment. We are here for fellowship and mutual benefit.



**Ukulele Lessons - FREE**  
1st and 3rd Fridays of Each Month  
**Aug. 4 and 18 • Time: 1–2 p.m.**  
**Room: 205**  
Do you have a passion for music and would love to learn an easy and fun instruction? How about learning how to play a Ukulele! Three basic cords will allow you to play many songs. We have loaner Ukuleles to use during instruction and to check out to take home. Join us.... you will be glad you did.



**Coffee Shop Hours**  
**9 a.m.–1 p.m.**  
**Monday–Friday**



**Beauty on 46th Street**  
Active Generations’ Hair Salon  
Stylist: Lakeisha Coleman  
**Open Fridays • 9:30 a.m. – 2:30 p.m.**  
Appointments Recommended & Walk-ins Accepted if Time is Available  
Phone: (605) 333-3308

Beauty on 46th Street - SALON SERVICES	AG MEMBER COST	NON-MEMBER COST
Haircut	\$20	\$25
Shampoo & Style	\$26	\$30
Permanent (Haircut & Basic Style)	\$70	\$85
Haircut, Shampoo/Conditioner & Style	\$38	\$45
Color/Tint with Shampoo/Conditioner & Style	\$65	\$80
Highlights (Full)	\$65	\$80
Accent Foils	\$45	\$60
Kid’s Haircut	\$15	XXX
Braids, Locs, Extensions	ASK PRICE	XXX
Eyebrow Wax	\$15	\$15
Lip Wax	\$8	\$8

**“Beauty on 46th Street” Clients**

- Payment Options: Debit Card, Credit Card, Check & Cash
- To secure that all appointments are on-time as scheduled & to respect all other clients...if you are 15 minutes or more late, your appointment will be cancelled and will need to be rescheduled.

**PUZZLE FUN!**

**AUGUST**  
**Word Search Puzzle**



Find these words related to the month of August

BOAT  
GARDEN  
CAMPFIRE  
BIKING  
FLOATIE  
FISHING  
RIVER  
AUGUST

KAYAK  
BARBECUE  
OCEAN  
CANOE  
PICNIC  
BEACH  
ICE (as in ice cream)

SUN  
SHADE  
VACATION  
SWIMSUIT  
SWIMMING  
POPSICLES  
READING

WARM  
LAKE  
TOWEL  
POOL  
PARK  
CAMPING  
SUNSET

Answers on page 22





The words may be hidden vertically, horizontally or diagonally.



# GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

## ACTIVITIES:

Eleanor McMahon  
In Memory Of Glenn  
Brueske:

Carol Knox  
Kris Otto  
Lavonne Robitschek  
Saki Tsuchiya

## AARP Smart Driving Course



**Wednesday  
August 30**

**1-4:30 p.m. • Rm 128**

Refresh your driving skills and you could save on auto insurance when you take the AARP Smart Driver™ course.

The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

**AARP members: \$20**  
**Non-AARP members: \$25**

Pre-register by calling  
Dee Lundeen • 605-335-0780

In Memory Of June  
Schroeder:  
Gwen Arechigo

**BRIDGES ERC:**  
Laura Cernick

**DANCING DIVAS:**  
Palisade Health Care  
Community

**DAYBREAK & CEILI  
COTTAGE & ARISE:**  
Laura Cernick  
Lisa & Jason Groon  
In Memory Of Rod Carlson:  
Michelle Morrison

## DEVELOPMENT:

In Memory Of Dan  
Beacom:  
Gerald Beninga  
In Memory Of Rod Carlson:  
Gerald Beninga

**MEALS ON WHEELS &  
NUTRITION:**  
Laura Cernick  
Faith United Church

**WORKERS ON WHEELS  
& RAKE THE TOWN:**  
Laura Cernick  
Deloris Spaid



## Donations

*Thank you for your support!*

**ART ROOM  
BUCK-A-MONTH**

Ed Baatz  
Reeni Mc Kay

**FITNESS ROOM  
BUCK-A-MONTH**  
Donna Murphy

## Development Dates 2023

Member/Friend Drive  
September 2023

Your support of Active Generations is greatly appreciated. You may call (605) 275-7680 or visit [www.activegenerations.org](http://www.activegenerations.org) to make your gift today! Thank you!



## Make It Your Own

So many times, people come in to purchase a monument. It doesn't matter if that monument is for you, your mom, dad, son, daughter, whomever. The reality is that the monument that you choose is YOUR testimony...your life... what you did when you walked this earth. As my husband and I always say to the families that we are working with, "the monument you choose is really for those you leave behind." With that being said, when families walk through our doors, they have many questions. Do we get a monument that is the same color as the rest of our family? Can it be bigger or is that disrespectful? What kind of lettering style do we want for our last name? Do the letters for our last name have to match the other letters? Do we want our anniversary date on the stone? How about our children's names... grandchildren's names? Do we want our name on the back? When we die, is the final date included? We are asked all of the above questions on a daily basis. ALL GREAT QUESTIONS! I just thought that it would be great to give you, the readers something to think about if you are in the pre-planning stages of your monument.

What do you want on your monument? I always encourage people to get out there in the different cemeteries and take pictures... build your own portfolio. Come in with pictures and we can build whatever it is you are hoping for!



*"Preplanning brings peace of mind, for yourself and your loved ones."*



Katherine Bieber  
Store Manager  
605-339-3180



4901 W 12th Street • Sioux Falls  
[www.SiouxFallsMonument.com](http://www.SiouxFallsMonument.com)  
[KatherineB@SiouxFallsMonument.com](mailto:KatherineB@SiouxFallsMonument.com)

When you're ready,  
let me help you design  
the perfect memorial.





# August

# Birthdays

Jennifer Achey  
Susan Aldrich  
Doreen Allen  
Fran Anderson  
Helen Anfinson  
Steven Barjenbruch  
David Baumgard  
Nikki Beetsch  
Mary Jo Benson  
Judy Bentson  
James Bishop  
Patricia Bishop  
Kathleen Blackwell  
Colleen Boddicker  
Donna Bodewitz  
Loren Bogen  
Barb Boldt  
Barbara Boone  
Brad Bresee  
Jan Brewer  
Dianne Brockberg  
Jim Brooks  
Nancy Brown  
Michael Burke  
Dianne Burman  
"Lyle ""Bill"" Burrell"  
Ramona Burrell  
Kevin Buseman  
Sally Calkins  
Jim Carlson  
Anita C-Braunschmidt  
Mary Ann Centra  
Vann Chau  
David Christensen  
Duane Coatsworth  
Rebekah Craddock  
Betty Crawford  
Karolyn Cressman  
Sadie Dardis-Knudtson  
Rich De Young  
David Dill  
Hilma Downing  
Donna Dreesman  
Mohamed Dumbuya  
Gail Dunwoody  
Renee Dyer  
Susan Eleeson  
Kathleen Ellenbecker  
Bonnie Ellis  
Beverly Eloge  
Pam Evenson  
Deb Farmer  
Janith Farnham  
Ladonna Fedders  
Judy Fickbohm  
Betty Fidler  
Sjyrlie Fisher  
Kathy Fitzler  
Larry Flakus  
Bonnie Fuerst  
Jeanette Gebel  
Jeanne Gerken  
Jim Gilman  
Becky Girton

Fred Glaubitz  
Jay Goehring  
Sue Good  
Marjorie Goodroad  
Masako Gould  
Jason Graham  
Robert Graham  
Darell Grase  
Mary Graves  
Shirley Gray  
Cathy Griesenbrock  
Christine Gross  
Diana Hagan  
Russell Hanken  
Cheryl Havelaar  
Donna Hawks  
Connie Hay  
John Hay  
Rosemary Hefner  
Anna Heidinger  
Gernot Heidinger  
Jean Heinz  
Cathy Hendriks  
Allen Herrboldt  
Marilyn Herrboldt  
Brett Hestdalen  
Linda Higgason  
Cheryl Hilbrands  
Regina Hlebichuk  
Janice Hofer  
Willis Hoff  
Francis Hoffman  
Dody Hopkins  
Diann Huisenga  
Mary Husby  
Charlyne Jensen  
Wanda Jensen  
Nancy Jerentowski  
Beverly Johnson  
Terry C. Jones  
Corine Jordan  
Edith Jorgensen  
Peggy Juffer  
Bonita Juillard  
Harriet Kelley  
Janet Kennedy  
Michael King  
Elaine Klingenberg  
Bonnie Krochock  
Judy Krohnke  
Becky Jo Kuemper  
David Kult  
Barb Langhoff  
Diana Legrand  
Cheri L. Lehmann  
Jean Lewis  
Tim Lewis  
Sandra Lickteig  
Marilyn Lone Hill  
Sally Love  
Chad Lueders  
Cherie Lunden  
Lorna Luther  
Clarence Mardian  
Lorraine Matzen  
Mary Mayer  
Lori Mc Ginnis  
Gene Mc Gowan

Vivian Faye Mc Graw  
Jean Mc Guire  
Reeni Mc Kay  
Laurita Mc Kercher  
Jolene Mc Manigal  
Boyd Mc Peek  
Clarice Megard  
Debra Meiers  
Ron Messenger  
Barbara M Messer  
Darlene Michael  
Doris Miller  
Marge Miller  
Todd Miller  
Lori Mix  
Lisa Monson  
Glenda Morton  
Linda Mousel  
Audrey Munro  
Robert Natz  
Nancy Neff  
Marla Nelson  
Nina Nelson  
Dale Nesheim  
Ruth Nesheim  
Veronica Oberg  
Duane E Olson  
Shirley A. Olson  
Ronald Orth  
Lynn Osterberg  
Russell Parker  
Veda Parlet  
Susan Pearson  
Marlene Percy  
Marilyn Person  
Elaine J Peterson  
David Phalen  
Dennis Plooster  
Mary Lou Poppenga  
Jeff Powell  
Allen Price  
Monica Pruys  
Ginny Puffer  
Bill Rang  
Mary Ranney  
Kenneth Rasmussen  
Michael Reker  
Kay Renli  
Nancy Renner  
Rhoda Renville  
Cindy Rheault  
Janice Rieckman  
Karen Rieckmann  
Darlene Sanders  
Mario Sassani  
Raymond J Schley  
Robert Schmaus  
Al Schmidt  
Bridget Schmidt  
Bob Schneider  
Sandy Scholten  
Marie Schulz  
Mary Schuster  
Bonnie Shumaker  
Kathie Smith  
Shari Smith  
Stacy Snetsinger  
Jan Sommer

Maureen Sorgdrager  
Dee Sorvaag  
Craig Spencer  
Charles Stanga  
Gillas Stern  
Jeff Stingley  
Linnea Strande  
Anne Sullivan  
Nancy Swenson  
Eugene Tagtow  
Stanley Ter Horst  
Jan K Theobald  
Sharon Thompson  
Fern Tolly  
Bill Towns  
Blair Tremere  
Donna Uhrich  
Diane Valland  
Bill Van Duyn  
Joyce Vanderlugt

Liz Ver Steeg  
Donna Ver Wey  
Rollie Ver Wey  
Ronald Ver Wey  
Cindy Vigen  
Don Vitek  
Glenn Walker  
Robert Waxdahl  
Barb Weber  
Cindy Weber-Mardian  
Janice Weinkauf  
Cathy Wencil  
Barbara Wentzel  
Aleta White  
Sharon Winget  
Susie Wiswall  
Enid Wong  
Charles E. Wren  
Larae Zwart  
Kevin Zywicki

Sioux Falls Good Samaritan Communities  
Invites You to The

## Good Sam Birthday Bash

2nd Friday of Each Month

**BIRTHDAY PARTY**

**FRIDAY, AUGUST 11 • 1 – 2:30 P.M.**

ENTERTAINMENT BY:

TBD



Sponsored the second Friday of each month by:  
SIOUX FALLS GOOD SAMARITAN COMMUNITIES  
HELPLINE CENTER/RSVP



## New Members JUNE

Welcome, glad to have you join  
Active Generations!

Lorraine Alfred  
Sandy Alfred  
James Arndt  
Ladene Bachtell  
Rick & Lou Barondeau  
Jean Beck  
Marilyn Boggess  
Gladys Brouwer  
Clinton Brown  
Janice Burke  
Deanna Darr  
Lori Dump  
Jay Evans  
Deb Fischer-Clemens  
Peggy Freiberg  
Charles Glanzer  
Debra Graves  
Marlene Hartzell  
Donn Hofmeister  
Jean Hurlbert  
Char Jensen  
Jolene Klein

Deanne Kracht  
Dennis Pearson & Karen Kraus  
Harry Laue  
Bruce Lovro  
John Matthews  
Charlene Mc Avoy  
Vickie Meester  
Marcia Mentele  
Darwin Miller  
Kent Olson  
Nancy Olson  
Emily & Lee Stevens Rosenthal  
Corinne Rupert  
Ramona Rupp  
Kay Scheibe  
Cindy Schulz  
Robin Stadtfeld  
Leonard & Joann Steckley  
Jill & Murray Haar Storm  
Elizabeth Waldner  
Mimi Watroba-Laroche  
Julie Wentzel



# July Birthday Bash!

Sponsored By:



**Gift Card Winners:**  
Mary Lou Savold, Anna Carlson, Wanda Todd, Janet Clark



Band: Dakota Suede....so GOOD!



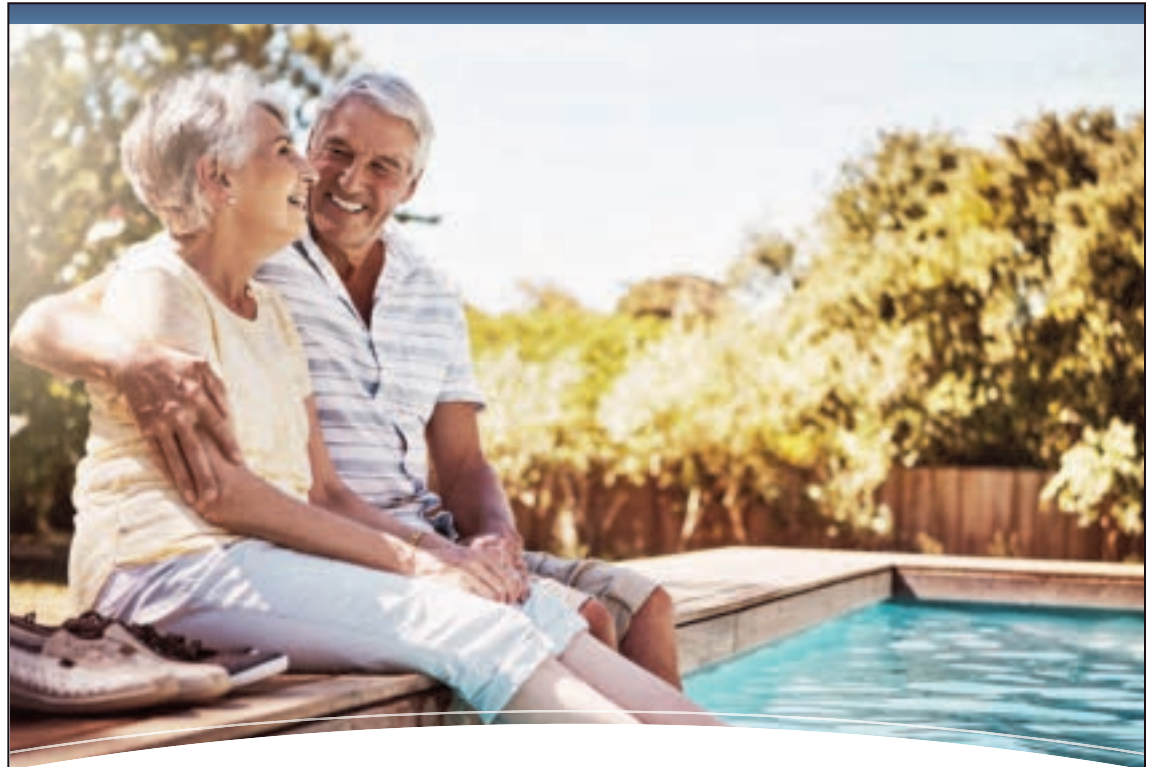
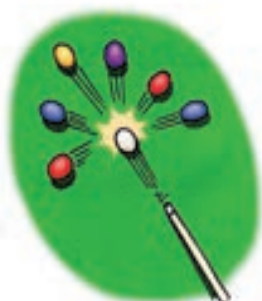
## Billiards for Couples!

Did you know that the billiard/pool room at Active Generations has an evening set aside for couples in the pool room? Every Tuesday evening from 6pm to 8pm is reserved for couples to enjoy some company and a lot of fun.

We are not experts, just people who enjoy playing pool with others. There is always room for more AG couples to join in the fun.

We play a very relaxed game, no pressure and no judging. It is a fun way to pass the evening in the company of others who enjoy the sport.

Stop in and say hi and check it out.



## ENJOY THE SUMMER SIGHTS WITH LIFESTYLE LENSES

Our selection of lifestyle lenses (placed within the eye) use the most advanced technology to offer cataract patients a more functional range of clear vision, from near to far.



Learn more about our **Cataract Services** at [OphthalmologyLTD.com](http://OphthalmologyLTD.com)



Search **Ophthalmology LTD** on YouTube for patient stories



**CATARACT CENTER** *at*  
**OPHTHALMOLOGY LTD.**

(605) 336-6294 • [www.OphthalmologyLTD.com](http://www.OphthalmologyLTD.com)

David R. West, MD • Bryan J. Hammer, MD • Eric R. Thomas, MD • Dustin L. Dierks, MD  
Ryan L. Geraets, MD • Michael K. Eide, MD • Elizabeth A. Atchison, MD • Elise J. In't Veld, MD  
Karen E. Dickes, DO • Andrea L. McCann, OD • Emily L. Walters, OD • Tyler W. Vermeer, OD

The Region's Most Trusted, Experienced Eye Surgeons





## MINNESOTA STATE FAIR SENIOR DAY

Attention Seniors! Plan to join us for this fun adventure to the "Great Minnesota Get-Together." Community Education is planning a trip to the Minnesota State Fair! The Minnesota State Fair is full of fun exhibits, stage shows, educational sights, parades, great food, and lots of fun! This trip is specifically planned for ages 65 and up. This is the Senior Day at the fair. Let us do the driving and the parking; you can relax and enjoy this action-packed day! Departure Times: Sioux Falls Active Generations @ 6:30 a.m.; Luverne Community Ed Parking Lot @ 7:00 a.m.; Worthington Community Ed Parking lot @ 7:30 a.m. Departure from the Fairgrounds will be at 6:30 p.m. with a rest stop on the way home, but we are not stopping for a meal, so enjoy supper at the Fair before we leave. Registration with payment deadline is Friday, August 18, 2023.

Mon., August 28, 2023 \$90  
7:30 a.m. - 10:30 p.m.  
Coordinator: Soom Chandaswang  
Depart - Worthington Community Education Parking Lot  
827 N Crailsheim Road, Worthington, MN 56187



## Have you always wanted to attend the Minnesota State Fair?

Now is your chance! Active Generations is joining with Luverne and Worthington, MN groups to travel to this GREAT Fair.

### FULL DAY of FUN!

Monday, August 28...Leaving Active Generations' parking lot at 6:30am and leaving the Fair at 6:30pm, arriving back to Sioux Falls around 10:30pm.

Cost: \$90 for AG Members, \$100 for Non-Members. To register, stop by Active Generations....deadline is Friday, Aug. 18 or until the bus is full.



**CHRISTMAS ORNAMENTS COLLABORATIVE NEEDLEWORK ART**

CREATE MANY BEAUTIFUL & UNIQUE ORNAMENTS

MONDAYS  
JULY 24-NOV. 20  
ATTEND WHEN YOU ARE ABLE  
1-2:30PM  
INSTRUCTOR: VICKIE SYLVESTER  
ROOM #201  
COST ONLY \$25  
SPACE IS LIMITED  
REGISTER AND PAY AT AG  
INFORMATION WINDOW

ACTIVE GENERATIONS

**Craft Sale**

Friday  
August 11, 2023  
10-3pm  
Main Active Generations  
AG Lounge Area

**SENIOR COMPANIONS**  
OF THE SOUTHERN PLAINS  
"Sharing Friendship & Time"

Join our dedicated volunteers in their mission to assist other seniors in South Dakota to stay in their own homes

An opportunity to serve your community... with many personal benefits:

- ✓ Paid hourly, tax-free stipend
- ✓ Mileage reimbursement
- ✓ Paid training
- ✓ Paid personal leave
- ✓ Paid holidays
- ✓ Friendship with peers

Call For More Information  
(605) 361-1133

**\$100 Sign-On Bonus\***  
(\*conditions apply)

Must be 55+, meet an income guideline, and be able to serve 15-40 hours a week.

Good Samaritan Society | AmeriCorps Seniors

**OSTEO STRONG**

Call NOW and let us show you how OsteoStrong can help!

- Increased bone density
- Improved balance, posture, agility & flexibility
- Reduced back & joint pain
- Increased overall strength, energy and endurance
- Reduced A1C in Type 2 Diabetes

**1x/week, sweat-free effort!**

Stop in @ 57<sup>th</sup> & Louise  
605-988-8596  
[www.osteoststrong.me](http://www.osteoststrong.me)

**STRONG IS AGELESS**  
#STRONGME

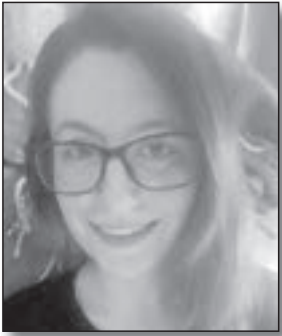
**AG GOLF July 2023**

Starts at 9am  
Meet at the golf course  
Prices vary...NO pre-registration needed

Mon. August 7 - Spring Creek, Harrisburg  
(Don't plan on starting early on Aug. 7)  
Mon. August 14 - ParkMar, Parker  
Mon. August 21 - Northern Links, Renner  
Mon. August 28 - Lenkota, Lennox

**KOLBE CLOCK REPAIR**  
Buys Antiques, Books, Watches, Photos, Etc.  
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### Becca Pound

CAREgivers Case Manager  
275-7682 • 1-800-360-6161  
bpound@activegen.org

### Caregiver Support Group

**Topic:** Recurring Caregiver Support Hybrid Group.

**Time:** This is a recurring meeting Wednesdays at 1:30–2:30 p.m. virtually and at Active Generations Room 104 unless otherwise specified

### Grief Group

**Topic:** Recurring Grief Group Hybrid Group.

**Time:** This is a recurring meeting The third Monday of each month at 10:30–11:30 a.m. virtually and at Active Generations Room 104 unless otherwise specified

### PD Support Group

**Topic:** Recurring PD Support Group Hybrid Group.

**Time:** This is a recurring meeting every other Thursday from 10:15–11:15 a.m. virtually and at Avera Performance Center, Conference Room, 6800 S. Louise Ave., Sioux Falls. If you are interested in this group please call your Caregiver Case Manager Becca Pound at 605-275-7682 or email bpound@activegen.org to be added to the email list for your Support Group reminder

### Memory Care Caregiver Support Group

Alternating every Thursday.

**Topic:** Recurring Caregiver Support Hybrid Group for those caring for someone with Alzheimer's and related Dx.

**Time:** This is a recurring meeting Alternating Thursdays from at 10:00-11:00am virtually and at Active Generations Room 104 (room may be subject to change)

It's a known fact that happiness is contagious and sharing your happiness can bring a smile to someone's face. This month reminds us that happiness can be found in even little things that we might not notice and that spreading the same joy amongst others can help make the world a better place.

We can seek happiness out of love, work, personal interests, social work, animals, the list is endless. A happy mind in fact allows us to live a longer and more satisfying life. Happiness is all about positive thoughts and joy can be found anywhere only if one looks.

### WHY HAPPINESS MATTERS:

1. The world needs more happy people

We are constantly surrounded by negative news and negative thoughts. Even if one person decides to share positive thoughts, it can have a snowball effect and help make the

## August is Happiness Happens Month

world a happier place.

2. Happy people are healthier

Happy people are more caring about their health and look after themselves. They have better peace of mind, less stress, and a stronger immunity system.

3. Happiness is contagious

People we know directly and indirectly can influence our state of mind. Happiness is very contagious! Just smile at those you walk by and watch the smile spread to their faces.

### FIVE FACTS:

1. Pets make you happy

When you play with pets, your brains release chemicals such as dopamine that are known for triggering happiness.

2. Green surroundings

When you surround yourself with greenery, you will notice an improvement in your overall life satisfaction.

3. Regular exercise

When you exercise you

feel more confident and capable, which also helps in coping up with stress and anxiety.

4. Throw away unhappy thoughts

If you breathe and focus well, you have the ability to throw away unhappy thoughts and learn to see the brighter side of things.

5. Happiness is not the same for everyone

Different things make different people happy because each person is different owing to diverse life experiences.

<https://nationaltoday.com/happiness-happens-month/>

Check out all the happy activities at Active Generations!

Another way to support your happiness is to support your mental health, especially when caring for others as a family caregiver. Check out our free caregiver support services, which also includes grief services. All at no cost. Reach out today.



## SOCIAL services

for Active Generations Members and the Community

### INDIVIDUAL SERVICES ON SITE

**Paratransit Tickets:** Books of 20 tickets for \$50.

**Cash only.** Available at Information Window during office hours; Mon-Fri 8 am - 4 pm

**Health Cooperative Clinic:** Tuesdays, 9 a.m.–11:30 a.m. Conference Room #128 (See page 21 for details)

**Vision Impaired Support Group:** Meets 1st Monday of each month at 1 p.m., Conference Room. For more information, contact Rochelle Hart at 332-6059.

### OUTREACH SERVICES OFF-SITE

**Care Callers** (phone assurance): Please call Active Generations at 336-6722 for further information.

**Care Callers program seeks clients** — Would you like a daily telephone call from a Care Caller? We have volunteers who make daily telephone calls to individuals who are living alone, who find it difficult to leave their home on a regular basis, or who would just like to have someone “check on them” in the mornings. Our volunteer callers enjoy phone conversation, and are waiting for the opportunity to call you Monday through Friday (at the time you prefer) to say, “Hello! How are you doing today?” Our hope is to eliminate the feeling of isolation that you have, and provide emergency response services as necessary.

There is no charge for Care Callers. One of our current Care Caller clients has greatly appreciated the friendly call each morning. “You have given me a reason to get up in the morning!” she said. If you want to be part of this wonderful program, or if you would like to refer someone to the program, please call Jenny Centra at 336-6722 and we will get you started as soon as possible. This program is coordinated through Active Generations.

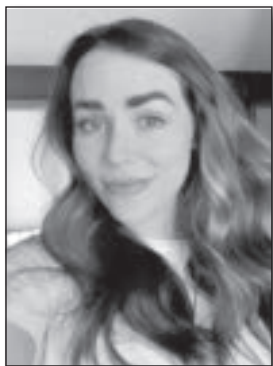
*Don't leave your family wondering...*

Let **Miller Funeral Home & on-site crematory** help you plan your personalized service in advance.

Call **605-336-2637** for your **FREE** appointment and planning guide.







### Berkeley Stancer

Adult Day Services  
Program Manager  
bstancer@activegen.org

Summer is for sensory activities! We have had a great Summer so far at our programs and have incorporated a few fun activities to our schedule! Our biggest hit was "What's in the bag" – this game is easy to put together and fun

for all ages. All you need is about 6 to 8 paper bags and a few different items to put in the bags – we have used many items for this game such as, marbles, a sponge, a small swiffer, a bar of soap, a box of sewing needles, a chocolate bar, a pinecone, a feather, a wax Scentsy package, a rock, a marker, an essential oil etc. – you staple the bag shut and start passing the bag around – on a whiteboard write down all of the guesses for each bag. Once everyone has guessed and felt the bag – open the

bag up and have them feel the item (try to not let anyone see what's in the bag) and once again, write the guesses on the board. Once the bag goes around the circle for the second time, reveal the object. It is such a fun and interactive game! We have also been playing a few yard games such as, ring toss, bean bags, rocket throw, water balloons, ball toss, and cup ball while the weather is nice.

### What's in the Bag?

Below is a wish list for our Daybreak Programs and while donations are appreciated, they are not necessary. We will be updating our wish list monthly to reflect the current wishes of our ADS Programs. Donations can be dropped off at our Daybreak entrance – If you have any questions please feel free to call, (605) 336-6751 and ask for Berkeley Stancer (ADS Program Manager).

### Wish List

Ceramics to Paint • Wooden craft kits • Bingo candy (fun size pieces) • Family friendly DVDs • Nail polish • 60 and 100 Piece Puzzles (larger pieces) • Colored Pencils • Markers • Watercolor Paints • Acrylic Paints • Gel Pens • Legos • Medium/Large Rocks • Large Felt Coloring Pads • Stickers • Books • Magazines





**Wheelchair Express**  
Sioux Falls

**338-9529**

Specialized Elderly and Handicapped Transportation  
Providing Title 19 Medicaid  
Licensed • Bonded • Insured

**24 Hours a Day • 7 Days a Week**

## For your Good Health

### MASSAGE THERAPY

1 - 7 p.m.

Next available dates are:

**Tuesday, August 29th**

**Wednesday, Sept. 13th**

**Wednesday, Sept. 27th**

**Room 128**

Call Active Generations to set up an appointment (1:30–6:30 p.m.) with massage therapist CarolAnn Schroeder; \$17 for 15 minutes, \$34 for 30 minutes.

### SANFORD HEALTH COOPERATIVE

**Tuesdays - Room 128**

**8:30 a.m. – 12 noon**

Every Tuesday morning, many of you stop in the Conference Room to see one of our team of nurses, or our pharmacist, dietitian, social worker, or therapists.

### Who comes to the Co-Op?

Anyone is welcome who has a health complaint, a nagging problem, or just has a desire to get better acquainted with their own health and learn how to do better self-management. We have an expert team to

help with new or existing health problems; to do regular blood pressure checks; to answer questions about medications or their side effects; to evaluate mobility problems such as weakness, poor balance or risk for falls.

**Is the Health Co-Op for you?** It is really for everyone, especially those receiving Medicare or Medicaid or who have little or no health insurance. Stop in and chat with our committed and friendly staff! We'd love to offer health care surveillance, if desired, or wellness and prevention screening and education.

To contact Sanford Health Cooperative to schedule an appointment, contact them at 605-333-3217.

### ACTIVE GENERATIONS BLOOD PRESSURE CHECKS

**Wednesdays**

**10:30 a.m. – 12:30 p.m.**

Active Generations provides FREE blood pressure

checks every Wednesday. Our volunteer nurse, Lois, will be available from 11:30 a.m. to 12:45 p.m. in the foyer. Stop by to have your blood pressure checked.

### SANFORD FOOT CLINIC

Next available dates are:

**Thursday, October 26th**

**Friday, October 27th**

**Room 132**

Make appointments at Active Generations' front desk. Cost: \$30, payable at appointment. Foot care performed by a nurse.

Please call Active Generations at (605) 336-6722 to schedule an appointment.

### Answers to puzzle on page 16



**JOIN US IN  
CELEBRATING LIFE**  
at  
**Sunnycrest Retirement Village**

**Offering:**  
Quality, life-enriching, faith-based apartments.

- 1 or 2 bedroom apartments
- Daily I'm Ok checks • Optional noon meals
- Beauty shop • Chapel services
- Social events • And more!

**SUNNYCREST  
RETIREMENT VILLAGE**

3900 S. Terry Ave.  
Sioux Falls, SD 57106  
[www.sunnycrestvillage.com](http://www.sunnycrestvillage.com)  
**605-361-1422**





**Rebecca Behnke**  
Nutrition Director  
rbehnke@activegen.org



## Nutrition Notes



For tasty, healthy snack recipes that fit your budget, visit [www.foodhero.org/recipes/snacks](http://www.foodhero.org/recipes/snacks)



Apples



Bananas



Bell Peppers



Berries



Carrots



Cereal Bars



Cheese



Crackers



Fruit Cups



Melon



Oranges



Pears



Tomatoes



Trail Mix



Vegetables with Salsa



Yogurt

## Services to the Blind and Visually Impaired RESOURCES IF YOU HAVE VISION LOSS

Knowing about your options is very important if you have vision loss. Service to the Blind and Visually Impaired provides education and information about vision loss and eye disease. We have many resources available including large print copies of Getting Started 2020: a Guide for People New to Vision Loss. Its free and full of great information. Call 1-800-265-9684 if you want a copy or have any questions about how we can help.

You can also learn about different types of vision loss and how you can learn essential skills for everyday living using the internet. A SAFE place to explore and learn is Vision Aware which is a website sponsored by the American Printing House for the Blind.

**Go to [www.visionaware.org](http://www.visionaware.org) to learn about:**

- Everyday Living • Working Life • Your Eye Condition •
- For Seniors • Emotional Support •

**Providing education and information about vision loss and eye disease is one of many services offered by Service to the Blind & Visually Impaired. Call Service to the Blind & Visually Impaired at 1-800-265-9684 if you have questions or need solutions.**



**Allyson Bork**  
Workers on Wheels  
Coordinator  
**605-333-3317**  
abork@activegen.org



## Happy Summer!

Happy Summer everyone! By now the summer is more than half over. It goes by way too fast.

Our 1st Annual Spring Clean-Up event, held May 4th through the 6th, was a huge success. Unfortunately, we had to limit the number of yards we could do based on our volunteer participation. We did approximately 50 yards and had 16 teams. Our volunteers did a great job and our homeowners seemed very grateful for this, beginning of the summer, help. I was not sure the snow would be gone by the time we held this event, but it was.

Thank you to all who participated; homeowners and volunteers. I have a few photos from the event that I would like to share with you.



**RAKE THE TOWN**  
October 26<sup>th</sup> Thru 28<sup>th</sup>, 2023

Rake the Town event this year will take place on Thursday, October 26<sup>th</sup>, Friday October 27<sup>th</sup> or Saturday, October 28<sup>th</sup>, volunteers will be out raking lawns for homeowners in need of assistance.

Even though you were on the list last year, you **NEED** to register again this year.

Please call Workers on Wheels at Active Generations to get your name on the list.

Registration begins September 18<sup>th</sup> at 8 a.m. Registration ends at 3pm on October 12<sup>th</sup>.

Call 605-333-3317 and ask for Workers on Wheels to register or register online on the Active Generations website.

Once registered, please remember the important notes below:

- We appreciate your cooperation and patience in welcoming the Rake the Town volunteers to your home!
- Volunteers will bring their own rakes and bags. The leaf bags will be hauled away within 7-10 days after your yard is raked.
- In case of inclement weather during the event, volunteers are asked to rake when possible and the team leader will coordinate that timing with you.
- **DOG OWNERS:** Your yard **must** be free of dog waste or the volunteers may refuse to rake.
- Donations are appreciated and help to maintain the Worker on Wheels program.

If you need assistance with other services offered by Workers on Wheels, please contact our office at 605-333-3317. We offer light housekeeping, minor home repair, yard work, transportation for medical appointments & grocery shopping and snow removal. Call for eligibility guidelines.

WOW/Rake the Town — 605-333-3317

Rake the Town is sponsored by:





Noon Meals Served  
11:00 a.m.–12:30 p.m.

Menus Subject to Change  
Without Notice

**AUGUST** *menu*

ALL MEALS SERVED WITH  
1% MILK and WHOLE-WHEAT BREAD  
(except where otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.	MEATLOAF BAKED SWEET POTATO WINTER MIX VEGETABLES FRUIT	HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	SLOPPY JOE ON A BUN TRI-TATERS GREEN BEANS FRUIT	PULLED PORK ON A BUN STEAK FRIES BAKED BEANS FRUIT
7	8	9	10	11
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY PEAS & CARROTS FRUIT	CHICKEN A LA KING OVER BISCUIT WINTER MIX VEGETABLES FRUIT	MEATBALLS IN GRAVY AMERICAN FRIES GREEN BEANS JELL-O WITH FRUIT	BAKED CHICKEN THIGHS BAKED POTATO WITH SOUR CREAM CARROTS FRUIT	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
14	15	16	17	18
SWISS STEAK BAKED POTATO & SOUR CREAM STEWED TOMATOES FRUIT	LASAGNA CASSEROLE GREEN BEANS GARLIC TOAST FRUIT	CHICKEN SALAD ON A BUN 3-BEAN SALAD POTATO SALAD FRUIT	HAMBURGER GRAVY OVER MASHED POTATOES BROCCOLI & CARROTS FRUIT	PORK CHOP WITH HERBS & ONIONS AMERICAN FRIES PEAS & CARROTS FRUIT
21	22	23	24	25
CRISPY CHICKEN SANDWICH PARMESAN FRIES ORIENTAL STYLE VEGGIES FRUIT	HAMBURGER STROGANOFF OVER NOODLES CALIFORNIA STYLE VEGGIES FRUIT	CHICKEN CHOW MEIN OVER RICE PEAS FRUIT	HAMBURGER & RICE CASSEROLE GREEN BEANS FRUIT	BBQ RIBS AU GRATIN POTATOES CORN FRUIT
28	29	30	31	
TATOR TOT CASSEROLE BROCCOLI FRUIT	GRILLED CHICKEN BREAST CREAMED POTATOES CARROTS FRUIT	HAMBURGER ON A BUN STEAK FRIES CALIFORNIA STYLE VEGGIES FRUIT	PORK LOIN MASHED POTATOES & GRAVY HARVARD BEETS FRUIT	<b>PLEASE NOTE:</b> Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies.



# Trail Ridge Senior Living Community *now offers* Home Care Services!

Trail Ridge Senior Living Community, a trusted name in the Sioux Falls area for over 25 years, is now offering Home Care Services to area residents!

Trail Ridge Home Care provides a variety of supportive options to assist seniors who wish to remain in their own home.

- **Companion Care**  
Social Engagement
- **Personal Care**  
Nutrition & Meal Prep  
Housekeeping!
- **Advanced/Specialized Care**  
Memory Care support
- **Post-Operative Support**  
Assistance while you Rehab

Call for your **FREE In-Home Care Consultation** today!

Trail Ridge Home Care

3408 W. Ralph Rogers Road, Suite 200 • Sioux Falls, SD 57108

605-231-8141

TrailRidgeHomeCare.com



TRAIL RIDGE  
HOME CARE

Trail Ridge Home Care is owned and operated by American Baptist Homes of the Midwest, a not-for-profit provider of senior housing and healthcare since 1930.



## DO YOU NEED HELP CARING FOR A LOVED ONE?

- Safety Supervision & Transportation
- Ambulation, Dressing & Bathing Assistance
- Daily Health Reminders, Meal Prep & House Chores
- Alzheimer's, Stroke Recovery & Hospice Support



**Right at Home**  
In Home Care & Assistance

The Right Care, Right at Home  
1400 W. Russell Street  
Sioux Falls, SD 57104



605.275.0070 | [www.RAHSED.com](http://www.RAHSED.com)