

Noon Meals Served

MAIN: 11:00 a.m.–12:30 p.m.


EAST: 11:00 a.m.–1 p.m.

Menus Subject to Change
Without Notice

OCTOBER

menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
MEATLOAF BAKED POTATO WITH SOUR CREAM GREEN BEANS FRUIT	HAMBURGER STEAK AU GRATIN POTATOES ITALIAN VEGETABLES FRUIT	PULLED PORK SANDWICH STEAK FRIES CORN FRUIT	FISH STICKS TRI-TATERS PEAS & CARROTS FRUIT	PEPPER STEAK AMERICAN FRIES CARROTS FRUIT
9	10	11	12	13
CHEESY CHICKEN TATER TOT CASSEROLE BROCCOLI FRUIT	BEEF STROGANOFF OVER EGG NOODLES CORN FRUIT	PARMESAN CHICKEN BREAST SCALLOPED POTATOES GREEN BEANS FRUIT AG JAMBOREE	BEAN & HAM SOUP HAM & CHEESE SANDWICH CALIFORNIA BLEND VEGGIES FRUIT	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT 
16	17	18	19	20
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY PEAS FRUIT	CHICKEN & DRESSING CASSEROLE MASHED POTATOES & GRAVY SLICED CARROTS FRUIT	SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	MEATBALLS & GRAVY GARLIC MASHED POTATOES GREEN BEANS FRUIT	PORK CHOP AMERICAN FRIES CORN FRUIT
23	24	25	26	27
TATER TOT CASSEROLE BROCCOLI APPLESAUCE	SWISS STEAK STEAK FRIES SCANDINAVIAN VEGETABLES FRUIT	CORN CHOWDER WITH HAM CARROTS FRUIT	SLOPPY JOE TRI-TATERS WINTER MIX VEGETABLES FRUIT	BBQ RIBS AU GRATIN POTATOES CORN FRUIT
30	31			
HAMBURGER ON A BUN STEAK FRIES CARROTS FRUIT	GOULASH ITALIAN VEGETABLES BREAD STICK FRUIT	All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.	PLEASE NOTE: 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.	



AG MAIN





Rebecca Behnke
Nutrition Director
rbehnke@activegen.org



Nutrition Notes

"Your Choice Meal Program"

What is the "Your Choice" program?

Hy-Vee & Active Generations Nutrition Department have teamed together to offer "Your Choice Meals" to adults age 60 and over, their spouse and/or dependent adult living with them, a hot nutritious meal.

How do I sign up?

Fill out a NAPIS form that can be picked up at the Active Generations front desk; or by calling the Nutrition Department at 333-3305.

What do I need?

Once you have filled out a NAPIS form you can purchase a meal ticket at Active Generations front desk.

What is the cost?

Persons over the age of 60 are asked to contribute as much as they feel they can afford towards the cost of the meal. The average donations is \$5.00 per meal

How do I use the "Your Choice" card?

The diner presents their punch card to the deli counter and selects a meal from the designated menu.

Using Your "Your Choice" dining card is easy and convenient. After you select your meal, staff will punch your meal card.

Where can I use my card?

Punch cards can be used at all 6 Hy-Vee locations in Sioux Falls. You can enjoy breakfast, noon and evening meals 7 days a week at Hy-Vee.

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 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



"The leaves are all falling, and they're falling like they're falling in love with the ground."



RAKE THE TOWN

October 26th Thru 28th, 2023

Rake the Town event this year will take place on Thursday, October 26th, Friday October 27th or Saturday, October 28th, 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 18th at 8 a.m. Registration ends at 3pm on October 13th.

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:



Improve your Balance, Strength, Agility & Coordination

Gentle as a breeze,
calm as a clam.

Featuring the Posture: Zhan Zhuang Standing positions which increase the flow of energy and internal strength.

Location:
Active Generations East

Tai Chi

FOR BEGINNERS

October Thursday Dates: 5, 12, 19, 26
6:00-7:00pm

October Saturday Dates: 7, 14, 21, 28
9:30-10:30am

Purchase a Punch Card at the Front Desk



For your Good Health

MASSAGE THERAPY

1 - 7 p.m.

Next available dates are:

Wednesday, October 11

Wednesday, October 25

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

MAIN LOCATION

Tuesdays - Room 128

8:30 a.m. – 12 noon

EAST LOCATION:

Thursdays - Room 113

9 a.m. – 12 noon

The Health Co-Op team of nurses, pharmacist, dietitian, social worker or therapists is now available at both Active Generations locations.

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, December 28

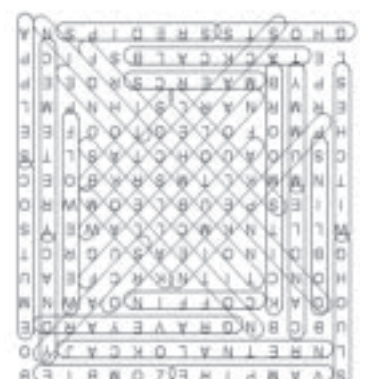
Friday, December 29

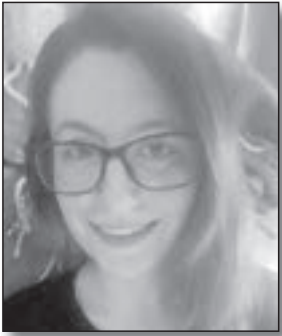
Room 132

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





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)

Caregiver Connection to Fall for

ANNUAL FREE EVENT TO CELEBRATE YOURSELF!

SATURDAY, NOVEMBER 4TH
9:00AM-1:00PM

5500 E. ACTIVE GEN PLACE
SIOUX FALLS, SD

RSVP TO CARMEN SPURLING 605-333-3319

• SPECIAL GUEST: HOLLY HOFFMAN •
LIVE VENDORS • LAUGHTER YOGA AND MORE
BREAKOUT SESSIONS • LUNCH PROVIDED
• DOOR PRIZES • DAY BREAK AVAILABLE •

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

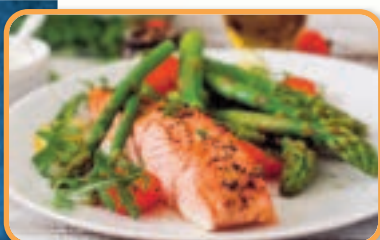
Care Callers (phone assurance): Please call Active Generations at 336-6722 for further information.

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.

PICKLEBALL FUN AT ACTIVE GENERATIONS EAST!





Discover the Quality Care at Trail Ridge Assisted Living

- Balanced nutrition – menus change daily
- Comfortable and safe setting
- Social & physical activities
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Tudor Oaks is owned and operated by American Baptist Homes of the Midwest, a not-for-profit provider of senior housing and healthcare since 1930.

AG EAST - WALKING GROUPS

MEET AT YOUR
ROUTE WILL BE DETERMINED THEN



MONDAY MORNING WALKING CLUB, 9:30-10:30AM
WEDNESDAY LUNCH HOUR WALKING CLUB, NOON-1PM
FRIDAY AFTERNOON WALKING CLUB, 4-5PM

NEW FOR ACTIVE GENERATIONS EAST GAMES AND ACTIVITIES

(LIST WILL CONTINUE TO GROW)

Crafts R Us (Mon)	9-Noon
Morning Walking (Mon)	9:30-10:30am
Party Bridge (Mon)	Noon-3pm
Lunch Walking (Wed)	Noon-1pm
Pinochle (Tues)	12:30-3pm
Bean Bags (Wed)	9:15-11:15am
Mah Jongg (Wed)	12:30-4pm
Dominoes (Thurs)	9-11am
Wii Bowling (Thurs)	1:30-3:30pm
Afternoon Walking (Fri)	4-5pm
Duplicate Bridge Instruction & Play Starts in Oct. (Sat)	11-3pm



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Katherine Bieber
Store Manager
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www.SiouxFallsMonument.com • KatherineB@SiouxFallsMonument.com



HAPPY HALLOWEEN!



Please call me if you or someone you know is thinking about buying or selling a home!

Katie Day
Realtor / Broker
Senior Real Estate Specialist
605-941-6903



September *Birthday* Bash!

Sponsored By:



Winners:
*Carole Johnson,
 Barb Hofstad,
 LaVoy Gerlach,
 Lynn Waters*



Entertainment by *Dakota Suede!*



SAY GOODBYE TO CATARACTS

& REDISCOVER THE BEAUTY OF FALL

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Ophthalmology LTD on
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Medicare Part D Plan Enrollment Assistance

SHIINE volunteers will assist Medicare beneficiaries with prescription drug plan comparisons, FREE of charge, and information needed to make informed decisions and/or enroll in a new plan.

SHIINE also assists with:

- Medicare Parts A & B
- Medicare Part D Plans
- Medicare Savings Plans
- Choosing a Medigap Policy
- Medicare Advantage Plans
- Protecting your Medicare benefits
- Medicare fraud, waste & abuse
- Extra Help, Low income subsidy for Part D

Open Enrollment Period:
 October 15 - December 7

Help is Available:

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

To schedule an appointment,
 please call 605-333-3314 or
 1-800-536-8197

SHIINE is not affiliated with any company
 that sells or distributes a product or service.

www.SHIINE.net



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 Andrea N. Bordewyk, MD • Andrea L. McCann, OD • Emily L. Walters, OD • Tyler W. Vermeer, OD

The Region's Most Trusted, Experienced Eye Surgeons



October

Birthdays

Lisa Achterberg
Brenda Ahrendt
Patricia Ahrens
Sherry Alexander
Julie Allen
Sheryl Andera
Joan Anderson
Eugene A Anderson
Betty Jean Ankrum
Jolene Armbrust
Betty Arp
Edwin Baatz
Pat Baker
Melania Barnes
Jeff Barth
Elsie Baye
Rita Becker
Linda Beckman
Lynetta Belmore
Patty Berlin
Steve Berning
Michael Berreth
Ilene Bertelsen
Deb Blom
Doug Boddicker
Brooke Boddicker
Wayne Boddicker
Dean Bodholdt
Arlene Brandt-Jenson
Jane Brenon
Gladys Brouwer
John A Brown
Pauline Buckstead
Susanne Burney
Jim Cero
Kathie Chaput
Norma Chesshir
Jennie Chinn
Kathleen A. Christensen
Ron V Christensen
Darrel Christensen
Joan Clement
Jackie Conley
Colleen Cousins
Sara Crawford
Raymond Cross
Bob Cumber
Ruth Daucsavage
Cami Deelstra
Lee Dickerson
Leann Du Bois
Darlene Dulaney
Norma Dunker
Sandra Ellingsen

Charles Eloge
David Elson
Chip Elverud
Michael Emerson
Harry Engberg
Ann Engebretson
Sandra J Erickson
Joyce Erickson
Carol Eriksen
Jerry Evans
Ken Fedders
Robert Fетters
Chris Fischer
Shirlee Flood
Carol Flyger
Roberta Foltz
Sandra France
Peggy Freiberg
Darlene Frueh
Denny Gaspar
Stan Gebhart
Paul Gerhart
Lee Ann Gerlach
Glee Gile
Kim Gillen
Rodney Gist
Don Gohl
Marlys Goodyear
Jacqueline Gorospe
Jerald Gorter
Esther Grasma
Barbara Gravett
Shirley Grindberg
Chuck Haberer
Michael Halverson
Eileen M Halverson
Rosemary Hammond
Carol A. Hansen
Lori Hanson
Allan C. Hanson
Donna Harr
Barbara Harris
Shirley Hayes
Ken Headrick
Jean Henderson
Leamon Hendrix
Rita Hessling
Carol Hettinger
Patricia Higgins
Loretta Hill
Robert Hille
Denis Hofflander
Harlen Hohn
Robert Holbert

Sue Hood
Steve Horst
Phil Howard
Mary K. Howard
John Howd
Dennis Hunter
Nancy Hurley
James Hutchins
Janie Illing
Jim Irby
James P. Ivers
Sally Ivy
Darlene C. Jacobson
Richard Jarvis
Janet Jelinski
Cheri Jensen
Carol Jibben
Audrey Johannsen
Leland Johnson
Ellen Johnson
Joe Jones
Joel Juillard
Janet Keenan-Hauck
Marilyn Keintz
Vicki Klamm
Mike Klimisch
Sharon Klueber
Larry Kofoid
Mark Koll
Patty Kruse
Rose Larson
Sheila Larson
Mary Le Mair
Jim Leckner
Eileen Leischner
Darrel Leischner
William Lengefeld
Leola Losing
Leslie Madison
Michael Mahon
Sharon Manuel
Mike Manuel
Julie Marienau
Linda Marquardt
Steve Marthaler
Charlene Mc Avoy
Rachel Mc Cleary
Michael Mc Entee
John Mc Laren
Eleanor Mc Mahon
Susie Mc Martin
Judy Mickalowski
Gregory Micko
Verona Moen

Judy Morgan
Donna Mouser
Shirley Nagel
Beth Neal
Ardis Nelson
Mary Lou Nelson
Raymond Nemer
Deanna Nolz
Edward Nolz
Jane Novotny
Jenny Oakland
Virginia Olsen
Lynnette G. Olson
Eric Olson
Joe Olson
Carolee Olson
Le Roy Osborn
Joy Outka
Jane Painter
Ellen Palmer
Robert Parmley
Eileen Paulson
Dennis Pearson
Caron Peck
Debbie Pendergrass
Marge Perry
Bonnie Peterson
Brian Raffel
Rod Rearick
Renae Reu
Sandra Rivers
Ron Roehr
Darwood Sandberg
Dave Schaefer
Joan Schaffer
Shirley Schallenkamp
Cindy Schulz
Gary Schuster
Edward Searles
Francis Sehr
Ervin Serck

Colleen Sevold
Janice Sievers
Steven Sikorski
Twilla Sinning
Don W. Smith
Darlene Sopko
Lee Stadem
Lavonne Stelter
Christine Stevens
Thomas Stritecky
Ron Struck
Brian Stubson
Gerald Svoboda
Sandra Swaney
Mary Sykora
Steve Taylor
Patricia Teeman
Julene Theis
Joe F. Thompson
Dawn Thornton
Michael Thuringer
Mary Lou Tunender
Joyce Van Ruler
Fran Van Twisk
Cecil Vander Woude
Linda Vlastuin
Janet Von Auer
Denny Voss
Vicky Walker
Chuck Wattier
Susan L Weinkauff
Jim Wentworth
Margaret Westphal
Barb J. Williams
Barbara Williams
Roy Wineman
Don Witte
John Youmans
Sharon Young
Linda Zimmer



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.



Sioux Falls Good Samaritan Communities
Invites You to The

Good Sam Birthday Bash
2nd Friday of Each Month
BIRTHDAY PARTY
FRIDAY, OCTOBER 13 • 1 – 2:30 P.M.
ENTERTAINMENT BY:
DAKOTA SUEDE



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



New Members
AUGUST

Welcome, glad to have you join
Active Generations!

Ralph & Patricia Armstrong
Yvonne Behrends
Roger Berndt
Linda Braun
Gloria Doohen
Mark & Sheila Duinkerken
Vincent Green
Patricia Gregory
Jeff Guse
Jerry & Gladys Hall
Mark Koll
Nicole Larson

Bernice Moore
Sue Rayman
Debra Reed
Dave & Bonnie Schaefer
Cindy Schneider
Karen Severtson
Sharon Smith
Gloria Stanley
Carol Stobbs
Arlen Thomsen
Nancy Jo Van Veldhuizen
David & Vicki Wood

GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

Activities:

Trail Ridge Retirement
Community
In Memory Of Mary Lou
Anderson:
Jan Halstenson

Bridges ERC:

Laura Cernick

**Daybreak & Ceili Cottage &
Arise:**

Laura Cernick
Lisa & Jason Groom

Development:

Carolyn Colombe
Dan Costello
Donna Jean Rentschler
Endowment
Freda B. Lemke Fund -
Restricted
Sharon Haselhoff
Marvis Jensen

Fitness Room:

Mary Ulmer

**Meals On Wheels &
Nutrition:**

Mavis Carl
Laura Cernick
Hymen & Nila Pitts Charitable
Fund II
Brenda Kelley

**Workers On Wheels &
Rake The Town:**

Laura Cernick
Harvey Elcock

Donations

Thank you for your support!

ART ROOM
BUCK-A-MONTH
Ed Baatz
Reeni Mc Kay

FITNESS ROOM
BUCK-A-MONTH
Donna Murphy

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



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Is Medicare Advantage right for you?

powered by
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Open Enrollment
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Choose Align powered by Sanford Health Plan for an all-in-one Medicare Advantage option with plans from a local insurance provider you can trust. With Medicare Parts A and B, prescription coverage and extra benefits, one complete plan cares for the whole you.

• Monthly premiums
• Primary care copays
• Specialty care copays

Additional benefits:

Health navigator services

Dental coverage

Hearing benefits

Vision benefits

Fitness incentives

Prescription drug coverage

Care management

Visit align.sanfordhealthplan.com for a free guide to Medicare Advantage.
Call (888) 299-0156 (TTY: 711) to speak with a licensed agent.

Align powered by Sanford Health Plan is a PPO with a Medicare contract. Enrollment in Align powered by Sanford Health Plan depends on contract renewal. Sanford Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, or any other classification protected under the law. If you need language services or information given in a different format please call (888) 278-6485 (TTY: (888) 279-1549). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (888) 278-6485 (TTY: (888) 279-1549). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電(888) 278-6485 (TTY: (888) 279-1549).

H8385_135-856-243-PY2024-ND-SD-IA_M H3186_135-856-243-PY2024-MN_M 135-856-243 Rev. 5/23



Dayna Woodworth

Beauty on 46th Street Salon Open

Tuesday & Wednesday 9-1pm

Wed afternoon- Appointments Available

Schedule an appointment

605-333-3308

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

Oct. 6 and 20 • 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 (Main)

9 a.m.–1 p.m.

Monday–Friday

Coffee

Bistro (East)

9 a.m.–1 p.m.



PUZZLE FUN!

Halloween

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES COSTUME JACK O LANTERN SKELETON
BATS DRACULA MASK SKULL
BLACK CAT FRIGHTENING MUMMY SPIDERS
BROOMSTICK FULL MOON NIGHT TOMBSTONE
CANDLE GHOSTS PUMPKIN VAMPIRE
CANDY GHOULS SCARECROW WEREWOLF
CEMETERY GOBLINS SCARY WITCHES
COFFIN GRAVEYARD SCREAM ZOMBIE

Answers on page 22

AARP Foundation TAX-AIDE

Free tax assistance for those who need it most

Interested in a new volunteer opportunity? Tax- Aide needs your help!

Many low- to moderate-income people in Sioux Falls need help preparing their taxes. We invite you to join this volunteer-run tax preparation program which assists taxpayers at Active Generations.

- Good with numbers? Be a Tax Counselor who prepares tax forms with the taxpayer present
- Love working with people? Be a Client Facilitator and act as host/hostess to greet taxpayers and insure they have the appropriate information with them
- Are you well-organized? Be a coordinator – help organize and execute operational systems including scheduling, technology, program promotion, and more
- Speak a second language? Bilingual speakers needed in all roles

Computer skills are needed for counselors. Training is provided for all positions, and takes place in November-January.

For more information contact: Sue Roust at sueroust@gmail.com or 605-251-8632

Helping Hand Assisted Living, Inc.

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Brandon, SD 57005

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presents Travel Show for 2024 Tours

Held at Active Generations on the **EAST SIDE** at
5500 East Active Generations Place Sioux Falls, SD

Wednesday, Nov. 8

9:30-11:00 a.m. AND 2:00-3:30 p.m.



Receive the Beautiful Color
Catalog for 2024 and hear
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Sioux Falls, SD 57106

www.sunnycrestvillage.com

605-361-1422



Computer Questions?

ASK THE INSTRUCTOR SESSION

Friday, October 13 • 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.



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

AG MAIN



A Rainy Night Acrylic Painting

Date: Tuesday, October 10

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.



Autumn Candles and Pumpkin - Acrylic Painting

Date: Tuesday, November 7

Time: 2-4pm

Cost: \$10

Instructor: Lisa Rinaldo

When the days get shorter and darker, we long for light. Come paint a lovely scene of candles and a bright pumpkin.

WOODCARVING CLUB

Mondays, Fridays, Saturdays,
9 a.m. • Room #132

Active Generations' Woodcarving Club meets Monday 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.



National Banana Split Day

sponsored by Senior Companions



GAME ON!!



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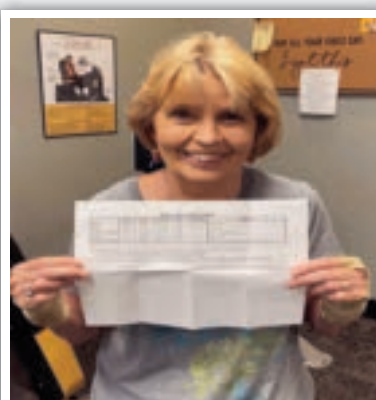
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Visit WWW.OSTEOSTRONG.ME to learn more!

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 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 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 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



MOVIE MANIA!

(AG Main)

HUBIE HALLOWEEN

Thursday, October 19 • 3-5 p.m.

Computer Tech Center

PG 13 | Comedy/Horror | 1 hr. 43 min.

Adam Sandler plays kind-hearted Hubie, a local busy-body who is the victim of bullying in his hometown of Salem in Massachusetts. As the official Halloween Helper, he is responsible for monitoring the city for any weird goings-on during trick or treat season. And with a new suspicious neighbor, an escaped convict on the run and people



Sponsored by



disappearing mysteriously, Hubie has his hands full this Halloween. PG-13. 1h 43m.



Rose Ebdrup, Lee Stevens, Dennis Greenfield, Janet Jelinski



Judy Miller, Rose Ebdrup, Darrel Leischner



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: Richard Miller, Kevin Buseman, Rose Larson, Jan Thompson, Pam Simanek, Dean Dewes, Kevin Haiar. Front Row: Dee Black, Jackie Eilerstrom, Julie Hyink, Sue McMartin

Active Generations Club Notes (AG Main)

BEAN BAG CLUB
Meets every Thursday, 9–11 a.m. 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 colored 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 Active Generations Book Club will meet on Monday October 23 at 9:30 a.m. at the West Active Generations Center.

The discussion for the month will be on "The Invisible Wall" by Harry Bernstein. "The Invisible Wall" is the street that divides the Jewish and Gentile neighborhoods in a small town in England on the eve of WWI.

The book for November discussion will be "Neither Wolf Nor Dog" by Kent Nerburn. This is a story of two men struggling to find common ground. An Indian elder named Dan takes readers to the heart of the Native American experience.

New members are always welcome, if you are interested, contact Active Generations for the contact information for the leader of the group.

Happy Reading!

PHOTOGRAPHY CLUB
The Active Generations Photography Club met on Thursday, September 7th at 1:30pm with eleven members in attendance.

Members shared their photos from the assignment on Still Life Photographs including both "found" and "constructed." A dried flower corsage arrangement was the highlight of the first group that included a semi-sleeping Canada goose, an exquisite flower, a dried bridal bouquet, and a special collage. Three blue glass bottles were captured on a window sill. Two different bird carvings and their shadows were nicely included. A pepper was featured in two photos included an added geometric figure.

A cast iron sculpture and a stuffed animal had interesting texture and shadows. A blue background was used to frame a jewelry piece and a camera study. Brick pavers proved to be interesting in color, texture, and placement. A mossy lion, dried flowers, and a ceramic tea were developed into three well lighted photos.

Three spheres placed in drift wood provided great contrast. A constructed still life of a wedding photo, the rings, clock, and a growing plant told an interesting story. A red tea service with flowers shown

on a crocheted cloth provide great simplicity. The reflections in silverware were captured. A tool barn and tool display showed great brown wood tones. Bread and wine were featured telling an interest tale. A cantaloupe was the subject of several photos documenting several techniques. A glass vase, stained glass, and a beaded glass pencil holder all worked light and shadow. Lastly a simple bud vase with salt and pepper shakers in B&W were shown. Musical instruments were displayed on a piano. An installation of miniature buffalo were featured with a single white buffalo in the center.

The group viewed a YouTube video entitled "The Timeless Photography of Alan Schaller" who is a photographer from London, England that specializes in black & white photography with amazing results.

The group viewed and discussed "Fundamentals of Photography II" by Joel Sartore and focused on Lesson 15—Black and White Photography. He indicated that black & white photos often convey a sense of drama, mystery, and timelessness. Sartore reminds viewers that the quality or source of light is less critical to black & white than to color photography and in harsh light it is more forgiving. Shooting in black & white seems to have a unifying effect.

I have left Active Generations. Thanks for the photography memories.

Ken Rasmussen.

UKULELE / KAZUKES CLUB
Are you ever nostalgic for melodies of the 40's, 50's and beyond? If so, stop in and listen to the weekly ukulele/kazukes class that meets Wednesdays at 9:30-11:30am in room #203. We practice forgotten songs of the past, give them a "new life" and put them in our play book for the future. In addition, a guest can see the fun in playing a ukulele and may consider checking out the "FREE" beginner's class that meets 1st and 3rd Fridays of the month at 1pm, in Room #205. Learn a few chords, strum a few chords and you are "on your way" to being a beginner or advanced ukulele player.

REMBER: You are always WELCOME to stop in at either of the classes.

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!

THE CRIMSON CHAPEAUX
We will meet on Tuesday, October 3rd at 11:15 at the Pizza Ranch on W. 41st St. Maybe it will be cooler

in October and we'll be in the mood for pizza!

Please let Doris (605-212-4851) know whether or not you plan to attend. 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.

Children's Home Society – 130 Years of Service
Sponsored by: AG CAT (Community Action Team)
Location: Active Generations (Main) • Sertoma B
Monday, October 9, 2023 • 10-11am

Established in 1893, Children's Home Society of South Dakota is the state's oldest human service nonprofit organization. Serving as South Dakota's primary orphanage and adoption agency for more than 70 years, thousands of children were rescued, cared for, and provided permanent families.

More information about Children's Home Society may be found at www.chssd.org

TOM ROBERTS

Author/Storyteller, Tom Roberts, has been sharing the mission of Children's Home Society of South Dakota (CHS) for the past 20 years through the many Christmas books he writes as a benefit for the kids and families they serve. His books include, 'Twas The Night Before Christ; Santa's Prayer; The Little Lost Sock; Return To The Farm; The Greatest Gift; On That One Christmas Eve; Something About Christmas; and Christmas Reflections. His book and presentation entitled, A New Norm, which was created in partnership between Children's Home Society and Avera Behavioral Health, continues to be a popular program that helps youth and their families start a conversation about mental health.



Kristi (now Governor Noem) served 2 terms in the South Dakota legislature and 4 terms in the US House of Representatives. Currently she is serving her second 2nd term as Governor. Here are some highlights from the book.

Kristi's father died in a farm accident. Kristi's life story really touched me because I grew up on a farm in South Dakota and my father was seriously injured in a

farm accident. However, my father recovered and Kristi's did not. A few months after her father's death, Kristi found audio tapes that her father left in the glove compartment of his pickup. The directions for farming in her father's voice brought her calm and have had a major influence on her life.

Governor Noem quoted her father who said, "We don't complain about things. We fix them." One of his sayings was: "We're burning daylight?" Farmers work from dawn to dusk and

even longer when they are harvesting and the weather is right.

Her political career in South Dakota state politics began when she ran for an open state legislature seat in 2002. However, she made a "mistake" when she was a brand-new legislator. She spoke up about an issue when she should have kept quiet. Then majority leader Larry Rhoden invited Kristi to meet for supper with a few of the other legislators. They shared their experiences with Kristi and helped her

grow in the job.

In February 2010, Kristi received several nudges to run against a sitting US congresswoman, Stephanie Herseth Sandlin. She won. In Washington DC, in January 2011, Kristi was sworn in as a new member of Congress. She said that her most important wardrobe decision was to continue to wear cowboy boots for work. She said her boots were more comfortable than dress shoes.

After serving in Congress for 4 two-year terms, Kristi ran for Governor of South

Dakota. She won. It was the closest gubernatorial race in SD in 30 years. The honeymoon as a new Governor did not last long. There was a winter storm named Ulmer in March, three tornadoes in Sioux Falls in September, floods in Madison, and more issues to deal with.

I will close with Chapter 20, Principles for a Pandemic. On page 232, Kristi stated her principles: "Stay transparent, Know government's true limits, and Trust the people."

Book Review By Sharon DeVaney Not My First Rodeo: Lessons from the Heartland by Governor Kristi Noem

AG Card and Game Clubs MAIN (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 Sjøvold
Bridge (Duplicate)	TUES	6:30 - 9:30pm	Room 203	Svein Sjøvold
Bridge (Duplicate)	FRI	Noon - 4 pm	Room 204	Svein Sjøvold
Bridge (Party)	THURS	Noon - 3pm	Room 203	Arlene Salter & Carolee Olson
Bridge (Party)	FRI	Noon - 3pm	Room 203	Arlene Salter & Alayne Meyer
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	Sherrill Bessey
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. • **Active Generations' games are \$1, please purchase a punch card to use, at the AG Info Window (Main) or AG Welcome Desk (East). A punch card used until member has converted to a Bronze, Silver, Gold or Platinum Membership Level.** • 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!

Pickleball (AG East)

Inside (2 courts)	Outside (2 courts)
Court times will include both open reserved and pickleball clubs. Reservations can be made online or at the welcome desk.	One hour court time can be reserved online or at the welcome desk.
Mondays, Wednesdays, Fridays	Mondays, 6:30am - 8pm
6:30-10am RESERVE OPEN COURT TIME	Tuesdays, 6:30am - 8pm
10-Noon BEGINNERS CLUB	Wednesdays, 6:30am – 8pm
Noon-2pm RESERVE OPEN COURT TIME	Thursdays, 6:30am – 8pm
2-4pm INTERMEDIATE CLUB	Fridays, 6:30am – 8pm
4-6pm RESERVE OPEN COURT TIME	Saturdays, 8am – 3pm
6-8pm ADVANCE CLUB	
Tuesdays and Thursdays	
6:30-10am RESERVE OPEN COURT TIME	
10-Noon INTERMEDIATE CLUB	
Noon-2pm RESERVE OPEN COURT TIME	
2-4pm ADVANCED CLUB	
4-6pm RESERVE OPEN COURT TIME	
6-8pm BEGINNERS CLUB	
Saturdays	
8am-3pm RESERVE OPEN COURT TIME	

Find Your Niche In Our SPECIAL INTEREST CLUBS MAIN (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	Billenn 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
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)	Sandi Plooster
Pickleball (Beginners)	THURS	4:30 - 7 pm	Sertoma A	Sandi Plooster
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 Main

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 (AG Main)

CLUB	DAYS	TIME	MEETING PLACE	LEADER
Line Dancing	Mon. Wed. Fri.	1:30 p.m. 3:00 p.m. 2:30 p.m.	Sertoma A Sertoma B Sertoma A	Bonnie Shumaker, Joy Outka Volunteers Joy Outka
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
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. Mon. Tue. Tue. Wed. Wed. Thurs. Sat. Sat.	3:00 p.m. 5:00 p.m. 3:00 p.m. 6:00 p.m. 3:00 p.m. 5:00 p.m. 5:00 p.m. 8:00 a.m. 11:30 a.m.	Room 204 Sertoma B Room 205 Room 205 Room 204 Room 205 Room 205 Sertoma B Sertoma A	Terry Bong Terry Bong Willy Hoff Terry Bong & Willy Hoff Terry Bong Terry Bong Terry Bong Lei Ji Lei Ji

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



THANK YOU FOR YOUR COMMUNITY
APPEALS INVESTMENT!

Avera Health Billion Automotive First PREMIER Bank/PREMIER Bankcard George Sercl, Jr. Henry Carlson Construction, LLC L.G. Everist, Inc. Miles and Lisa Beacom Sanford Health	Best Western Plus Ramkota Hotel and Conference Center Bill and Jill Gassen Bob and Lori Sutton Bockorny Group, Inc. Boyce Law Firm, L.L.P. CAPITAL Services Central Bank CNA Surety CoTrust Bank Dacotah Bank Davenport, Evans, Hurwitz & Smith, LLP Direct Companies, LLC Dizco, Inc. Eide Bailly LLP ELO CPAs & Advisors First Interstate Bank Five Star Call Centers Gerald and Brenda Beninga Graham Tire Company Holmes Murphy & Associates Jacobson Family Foundation Jennifer and Joe Kirby Jim Jarding Journey Group Companies KELOLAND Media Group Kirby Financial, L.L.C. Lawrence & Schiller, Inc. Maguire Iron, Inc. MarketBeat Marsh McLennan Agency Mickelson & Company Midwest Railcar Repair, Inc. Minnwest Bank Muth Electric, Inc. Raven Industries, Inc. Ryan and Sara Tysdal Sammons Financial Group Sands Wall Systems	SCHEELS Sioux Falls Specialty Hospital The Everist Company W. Tim and Kori Kromminga Williamson Management Group, Inc. Woods, Fuller, Shultz & Smith P.C. Workplace IT Management	John T Meyer John and Ann Henkhaus K & J Trucking, Inc. Krier & Blain, Inc. Kristen and Chris Thorkelson Legacy Law Firm, P.C. Liberty National Bank Limestone, Inc. Maribella Ristorante/R Wine Bar Maximizing Excellence, LLC McDonalds Restaurants Montgomery's Furniture Nathan and Alexandra Schema NorthWestern Energy Northwestern Mutual ONE AMERICAN BANK Paul and Krista Tschetter Paws Pet Resort Principal Financial Group - Ron Staebell Randy and Sonia Bury Runge Enterprises, Inc. Sandra and Joel Dieleman Service First Federal Credit Union Silencer Central SilverStone Group/HUB International Sioux Falls Area Community Foundation Skinner Financial Services South Dakota Trust Company Standard Services, LLC The Event Company Think 3D Solutions TSP, Inc. Tyler and Michelle Haahr Vance Thompson Vision Viaflex (Engineered Films) Woltman Group, PC X-Freight/X-Linx, Inc./X-Trux, Inc.
Citi JDS Industries, Inc. Lloyd Companies Pathward Plains Commerce Bank The First National Bank in Sioux Falls	First Bank & Trust Geotek Engineering & Testing Services, Inc./Ralph Lindner Gunderson's Jewelers ISG Architects Kelly Family Business Lewis Drug, Inc. Midco Risk Administration Services RMB Associates, LLC Soukup Construction, Inc.	Aaron and Kimber Severson Amy Stockberger Real Estate Architecture Incorporated Arin and Nate Gonseth ARTvision/ARTisan Skin & Laser Center Bierschbach Equipment Bill and Teresa Townsend Black Hills Federal Credit Union Boen & Associates, Inc. Cadwell Sanford Delbert & Garry LLP Century Business Products, Inc. Chris and Joni Ekstrum Claims Associates, Inc. Click Rain Inc. Component Manufacturing & Reaves Buildings Cresten Capital Holdings Culligan Water Conditioning Culver's Cutler Law Firm, LLP Dorsey & Whitney Trust Company LLC Electric Supply Co., Inc. Ernst Capital Group Eye-Site First Savings Bank Friessen Construction Co., Inc. Graham & Cortney Van Horn IFAM Capital Intek, Cleaning & Restoration Interstate Office Products	Jason and Amanda Seykora Joe and Kira Dylla
American Bank & Trust/American Trust Insurance American State Bank Anesthesia Physicians Ltd, Sanford USD Medical Center Austad's Golf Bender Commercial Real Estate Services	American Bank & Trust/American Trust Insurance American State Bank Anesthesia Physicians Ltd, Sanford USD Medical Center Austad's Golf Bender Commercial Real Estate Services		

ACTIVE GENERATIONS ALL ACCESS COMMUNITY APPEALS CAMPAIGN VOLUNTEERS

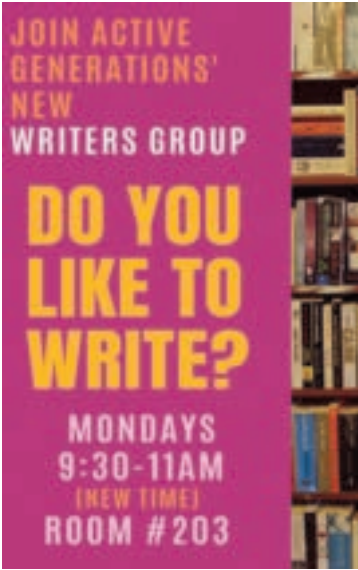
CAMPAIGN CHAIRS		
Miles Beacom, PREMIER Bankcard	Bob Sutton, Avera Health	Bill Gassen, Sanford Health
LEADERSHIP TEAM		
Ryan Budmayr, Lawrence & Schiller, Inc Randy Bury, Community Volunteer Chris Ekstrum, The First National Bank in Sioux Falls	Kristin Hoefert-Redlinger, Northwestern Mutual Tim Kromminga, Community Volunteer Joel Sylvester, Five Star Call Centers	Bill Townsend, Marsh McLennan Agency Paul Tschetter, Boyce Law Firm, LLP Paige Wilbur Bock, Wilbur Alan P.C.
CAMPAIGNER TEAM		
Ryan Ammann, NAI Sioux Falls Ryan Austad, Austad's Golf Mike Begeman, Community Volunteer Kim Burma, Midco Adam Buss, New York Life Insurance Co. Andrea Carstensen, Minnwest Bank Kent Cutler, Cutler Law Firm, LLP Dan Doyle, Lloyd Companies Joe Dylla, The First National Bank in Sioux Falls Andrew Eitreim, Architecture Incorporated Joni Ekstrum, South Dakota Biotech Association Lexie Frankman, Midco Brian Gilbert, The First National Bank in Sioux Falls Arin Gonseth, MarketBeat Jeff Gordon, IFAM Capital Tyler Haahr, Community Volunteer	Jacob Hawk, US Bank John Henkhaus, The Everist Company Jay Huizenga, Community Volunteer Brad Jankord, South Dakota Development Corporation Anna Jankord, Midco Shelly Johnson, Montgomery's Furniture Travis Kasten, Service First Federal Credit Union Ashley Kayser, Creative Surfaces Mallory Kloucek, NAMI South Dakota Adam Kniffen, First Bank & Trust Scott Lawrence, Lawrence & Schiller, Inc Luke Lindberg, South Dakota Trade Alexis Mahlen, Lloyd Companies John Meyer, Leadership South Dakota Courtney Meyer, Sanford Health Plan Mark Millage, Furniture Mart USA Tiffany Miller, Davenport Evans Law Firm	Josh Muckenhirn, ISG Architects TJ Nelson, Redstone Law Firm Tony Nour, First PREMIER Bank Ryan Pidde, Mickelson & Company Amy Pokela, AMPO Nate Schema, Good Samaritan Society Aaron Severson, Wells Fargo Advisors Amanda Seykora, Community Volunteer Karlie Solum, Marsh McLennan Agency Kristen Thorkelson, Community Volunteer Luke Tibbetts, First PREMIER Bank Bobbie Tibbetts, Bender Commercial Real Estate Galen Van Otterloo, Dacotah Bank Mark Wahlstrom, Community Volunteer Sara Waldner, Sampson House Dr. Mike Wilde, Sanford Health Greg Woods, POET Dave Zimbeck, Community Volunteer

Life-Long Learning

BIBLE STUDY – 4 WEEK STUDY (AG MAIN)
Thursdays, Oct. 5, 12, 19, 26; 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.

CHILDREN’S HOME SOCIETY – 130 YEARS OF SERVICE (AG MAIN)
Monday, October 9, 2023, 10-11 a.m.
Sponsored by: AG CAT (Community Action Team) Sertoma B
Established in 1893, Children’s Home Society of South Dakota is the state’s oldest human service nonprofit organization. Serving as South Dakota’s primary orphanage and adoption agency for more than 70 years, thousands of children were rescued, cared for, and provided permanent families.

More information about Children’s Home Society may be found at www.chssd.org
UNDERSTANDING MEDICARE WITH SHIINE (AG MAIN – 1–2 P.M.)
Wednesday, Oct. 18 with SHIINE rep., Room 133
(AG MAIN – 1–2 P.M.)
Wednesday, Nov. 15 with SHIINE rep., Room 128
(AG MAIN – 1–2 P.M.)
Wednesday, Dec. 20 with SHIINE rep., Room 202
Medicare can be complicated and sometimes costly. SHIINE is a federally-funded program that advocates for, educates and assists consum-



ers 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 ser-

ACTIVE GENERATIONS

3rd Tuesday of each month
12:30-1:30 p.m.
Computer Technology Center
How to protect yourself online!
Bring your Questions!

vice.
Pre-register by calling SHIINE at 333-3314.
THE DO AND DON’T OF RECYCLING (AG MAIN)
Wednesday, Oct. 18 1–2 p.m., Room 128
(AG EAST)
Thursday, Oct. 19 1–2 p.m., Dining Room

OCTOBER TED TALKS – MAIN

You can do these yourselves on your home computer!
Go to www.ted.com and search for these titles and/or speakers.
The video/audio will play on your computer!

First Friday; 10-11 a.m., Computer Technology Center.

Friday, October 6, 10 a.m.
Eduardo Briceño: How to get better at the things you care about
Working hard but not improving? You’re not alone. Eduardo Briceño reveals a simple way to think about getting better at the things you do, whether that’s work, parenting or creative hobbies. And he shares some useful techniques so you can keep learning and always feel like you’re moving forward.
Nadya Mason: How to spark your curiosity, scientifically
Curious how stuff works? Do a hands-on experiment at home, says physicist Nadya Mason. She shows how you can demystify the world around you by tapping into your scientific curiosity -- and performs a few onstage experiments of her own using magnets, dollar bills, dry ice and more.
Celeste Headlee: 10 ways to have a better conversation
When your job hinges on how well you talk to people, you learn a lot about how to have conversations -- and that most of us don’t converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations.

Friday, October 20, 10 a.m.
Robert Waldinger: What makes a good life? Lessons from the longest study on happiness
What keeps us happy and healthy as we go through life? If you think it’s fame and money, you’re not alone – but, according to psychiatrist Robert Waldinger, you’re mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.
Julian Treasure: How to speak so that people want to listen
Have you ever felt like you’re talking, but nobody is listening? Here’s Julian Treasure to help. In this useful talk, the sound expert demonstrates the how-to’s of powerful speaking -- from some handy vocal exercises to tips on how to speak with empathy. A talk that might help the world sound more beautiful.
Sam Berns: My philosophy for a happy life
Born with a rare genetic disorder called progeria, Sam Berns knew he’d be facing more obstacles in life than most. This didn’t stop him from taking charge of his own happiness. In this moving and inspirational talk, Berns lays out the three principles of the personal philosophy that allowed him to do so.



MEMBER *Highlights* Everyone has a story...

Susan Eckstrom

by Veronica Stoneall, Active Generations member

Working with children has always been a passion for Susan Eckstrom. She is drawn to helping them learn in many ways.

"I love to minister to the kids in my church and Sunday School. I am a children's leader for Bible Study Fellowship here in Sioux Falls. I love teaching young people," Susan said. "It energizes and exhausts me at the same time."

Susan taught elementary school for a few years and worked at an inner city ministry in Minneapolis, Minnesota. Her time was divided between office work and the children's ministry.

"Those were exhausting years, but it was good. My co-workers who ran the place were funny and often challenged me. We ran Bible clubs for the children. Our buses would go out and pick up the students," Susan said. "We also did door-to-door ministry with the kids. Different nationalities made our work interesting. We worked with children from Laos, Africa,

Native American Indian and Caucasian. They all lived in the same area but they did not like each other. We had to watch them carefully. I worked in this ministry for fourteen years."

In 1995, Susan moved to Sioux Falls to live with her mom who was widowed. She encouraged Eckstrom to attend the North American Baptist Seminary. It was a good relationship for both of them. In 1996, Susan took a job at Trail Ridge and worked while she earned her Master of Arts degree in Christian Education.

"I worked at Trail Ridge for twenty-one years. In all those years, I had only three different administrators," Susan said. "Working at Trail Ridge was very good for me even through all the changes. I was a receptionist and eventually became the office manager," Susan said. "I lived and worked through many changes. Technology was a big learning curve for me. Things changed so quickly. Life is so different since

technology exploded in everything."

Susan did not teach at this time, but did use her education teaching Sunday School at her church.

Susan grew up on an 80 acre farm located south of St. Paul, Minnesota. Her mom was a hard worker. She helped her husband outside and had a huge garden, baked and cooked to take care of the family.

"Mom always said she would never marry a farmer. However, when she met my Dad, he was a Research Chemist for Hair Care Products by Rayette," Susan said. "My dad fell in love with the farmer's daughter, my mom! My dad fell in love with the farmer's life. My uncles influenced him to be a farmer. He did not know how to milk the cows so Mom had to teach him. He loved the 80 acre farm."

Susan grew up on the 80 acre farm with one sister, Betty. Susan loved the farm and was a tom boy who loved climbing trees and climbing around on the hay bales in the hay-

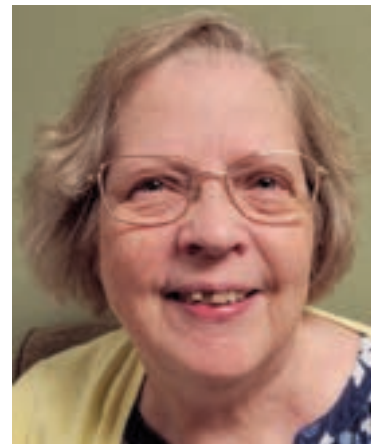
mow.

"Luckily I never broke any bones in my climbing escapades," Susan said. "I attended school for nine years at Farmington, Minnesota. I rode the bus every day. The bus driver was strict. He turned around in our driveway as we were the last pickup for school."

The family moved to a 280 acre farm in Chipewewa County in Minnesota between Montevideo and Clara City.

"There was a very small town named Maynard where I attended the rest of high school. I graduated and attended my freshman year at Bethel College in St. Paul. I finished my degree in Elementary Education at the University of Minnesota at Morris," Susan said. "I taught for a few years in elementary school. I went to work at an inner city ministry in Minneapolis. I did office work and children's ministry."

Susan has been coming to Active Generations for about five years. It is a good place for her to



get out of the house and meet people. She is excited about the new East Active Generations.

"It is good for our health to be out with other people," Susan said. "I like hanging out with the quilters and craft groups. I enjoy embroidering towels. I volunteer at the Humane Society where I am a 'Cat Cuddler.' The cats like to come out and play. They climb all over me and I don't mind one bit."

"Find something you will enjoy in your life and you won't have to work a day!" Susan said. "I learned from my parents as a Christian you are to be involved with the church. But, we also need to go outside the church to spread the gospel to others. Enjoy each day to the fullest!"

ACTIVE GENERATIONS PICKLEBALL SCHEDULE

BOTH LOCATIONS

AG MAIN PICKLEBALL INSIDE PICKLEBALL CLUBS

Intermediate & Advanced
Tuesdays, 1:30 - 4:30

Beginners
Wednesdays, 1:30 - 7pm

Intermediate & Advanced
Thursdays, 1:30 - 4:30pm

Beginners
Thursdays, 4:30 - 7pm

All Levels
Saturdays, 8am - 3pm

AG EAST PICKLEBALL INSIDE COURT TIMES WILL INCLUDE BOTH RESERVED AND PICKLEBALL CLUBS

Mondays, Wednesdays, Fridays
6:30 - 10am - Reserved
10am - Noon - Beginners Club
Noon-2pm - Reserved
2 - 4pm - Intermediate Club
4-6pm - Reserved
6-8pm - Advanced Club

Tuesdays and Thursdays
6:30am - 10am - Reserved
10am - Noon - Intermediate Club
Noon - 2pm - Reserved
2pm - 4pm - Advanced Club
4 - 6pm - Reserved
6 - 8pm - Beginners Club

Saturdays
8am-3pm - Reserved

AG EAST PICKLEBALL OUTSIDE ONE HOUR COURT TIMES CAN BE RESERVED ONLINE OR AT WELCOME DESK

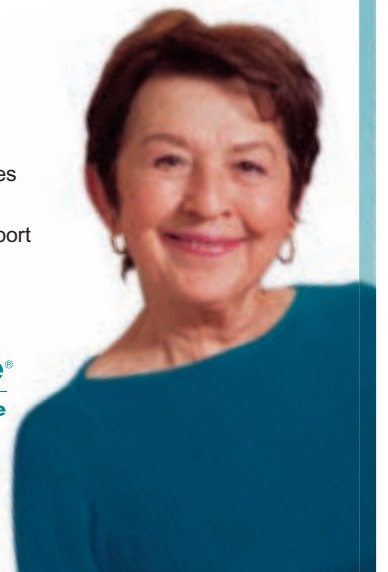
Monday, 6:30am - 8pm
Tuesday, 6:30am - 8pm
Wednesday, 6:30am - 8pm
Thursday, 6:30am - 8pm
Friday, 6:30am - 8pm
Saturday, 8am - 3pm

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.RAHSESD.com

October Drop-In Activities (MAIN)

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: Oct. 3rd - Good Earth, meet at shelter; 3 mile hike (easy to moderate). Oct. 17th - Palisades; 4 mile hike (moderate to hard).
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@activegen.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: 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

GOLF CLUB SCHEDULE

Oct 2nd Spring Creek Golf Course, Harrisburg, 9:00 start, Back nine (probably)
Oct 9th Northern Links Golf Course, Renner, 9:00 start
Oct 16th Lenkota Golf Course, Lennox, 9:00 start
Oct 23rd Bridges at Beresford, 10:00 start Double-check due to possible maintenance
Oct 30th Hiawatha Golf Course, Canton, 9:00 start

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.

Three myths about activity and aging

Myth 1: “There’s no point to exercising. I’m going to get old anyway.”
Fact: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer’s and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.
Myth 2: “Exercise puts me at risk of falling down.”
Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.
Myth 3: “It’s too frustrating; I’ll never be the athlete I once was.”
Fact: Changes in hormones, metabolism, bone density, and muscle mass mean that your strength and performance levels inevitably decline with age. But that doesn’t mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate for your age. And remember: a sedentary lifestyle takes a much greater toll on athletic ability than biological aging.



Physical Therapy, Occupational, and Speech Therapy

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

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

Free assessments are available to determine therapy needs.

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**

Brandon- 1220 E Holly Boulevard **605-582-3103**

Hartford - 100 W. Hwy 38, Suite H **605-528-1901**

Harrisburg- 301 W Willow St Suite 1 **605-605-767-3008**

Tea- 725 Kevin Dr **605-605-368-9897**

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

www.prairierehab.com “Striving for Excellence in Physical Rehabilitation and Wellness”

Make Active Generations Your Fitness & Wellness Partner!

We have all you need...JOIN US!

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) - Intermediate

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

Restorative Stretch - Beginner

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

Calming Mobility - Beginner

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

Kettleball Training - Advanced

Use of Kettleballs. Focusing on leg strength, balance, and core.

Functional Fitness - Intermediate

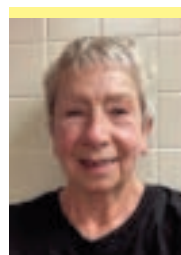
Whole body workout. Use of many equipment options such as hand weights, bands, weighted balls and more.

Circuit Training - Beginner

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

HIIT/ PLYO - Advanced

High intensity Cardio and Stability Ball work. Use of hand weights, weighted balls,



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".

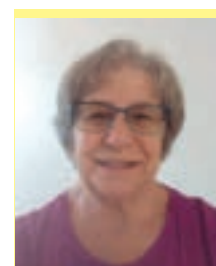


Jenny Centra
(AG's Director of Fitness)

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 has two fitness equipment rooms...join us at both locations



and stability balls.

Chair Yoga – Beginner to Advanced

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

Beginner – Novice; little or no fitness class experience
Intermediate – Some fitness class experience
Advanced – Have been involved in a variety of fitness classes, in pretty good shape



Active Generations Fitness and Wellness

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



Help us promote fitness and wellness...recruit your friends to join Active Generations. Membership is NOW all-inclusive, which means you can use the fitness room to help improve your health.

Fitness Room Information (MAIN):

- 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 Information (EAST):

- 5 Lifestyle Premium LED Treadmills
- 3 Endurance Prem LED Elliptical
- 3 NuSteps
- 2 Rowers
- 2 Performance Premium LED Hybrid Mlk Matt
- 2 Endurance Prem LED Recumbents
- 1 Versa Functional Trainer Heavy Stack
- 1 Chest Press
- 1 Shoulder Press
- 1 Lat Pulldown
- 1 Seated Row
- 1 Triceps Press
- 1 Abdominal
- 1 Leg Press
- 1 Leg Extension
- 1 Bicep Curl
- Rack of Weights & Benches

Fitness and Wellness Class Schedule

****ONLY CERTAIN CLASSES ARE 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

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

East Location:	Insurance Covered ***			
Ab/Back***	2:00-2:45p.m.	Tues/Thurs	Oct 3-31	9 Punches
Balance	9:30-10:15am	Tues/Thurs	Oct 3-26	8 Punches
Circuit	1:00-1:45p.m.	Tues/Thurs	Oct 3-31	9 Punches
Circuit	2:00-2:45p.m.	Tues/Thurs	Oct 3-31	9 Punches
Functional Fitness	12:00-12:45 p.m.	Mon/Wed/Fri	Oct 2-30	13 Punches
HIIT/PLYO Ball	1:00-1:45p.m.	Tues/Thurs	Oct 3-31	9 Punches
Restorative Stretch***	8:30-9:15am	Mon/Wed/Fri	Oct 2-30	13 Punches
SILVERSNEAKERS Classic***	8:30-9:15 a.m.	Tues/Thurs	Oct 2-30	9 Punches
Tai Chi	6:00-7:00pm	Thursdays	Oct 5-26	4 Punches
Yoga	12:00-12:45pm	Thursdays	Oct. 5, 19, 26 (no class 10/12)	4 Punches
Main Location:	Insurance Covered ***			
Balance	9:30-10:15am	Mon/Wed	Oct 2- 25	8 Punches
Body Sculpting***	12:00-12:45 p.m.	Mon/Wed/Fri	Oct 2-30	13 Punches
Core on the Floor	8:00-8:45am	Mon/Wed/Fri	Oct 2-30	13 Punches
Get Active(Power) ***	7:00-7:45 a.m.	Mon/Wed/Fri	Oct 2-30	13 Punches
Get Active(Power)***	10:30-11:15 a.m.	Tues/Thurs	Oct 3-31	9 Punches
SILVERSNEAKERS Classic***	9:30-10:15 a.m.	Tues/Thurs	Oct 3-31	9 Punches
Yoga	1:00-1:45 p.m.	Wednesdays	Oct. 4, 18, 25 (no class 10/11)	4 Punches

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

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

NEW Pickleball Punch Card Available!

Silver and Bronze members that want to play Pickleball need to purchase a Pickleball Punch Card for \$3 per punch. Minimum of 10 punches required. Daily money will not be accepted anymore.



Sioux Falls Church

Worship Service- Sundays at 11 a.m.

Active Generations, Room 203 - please use east door

For more information contact Pastor JoAnn 605-366-8820.

or visit our website gcchurches.org/siouxfalls

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

Watch on Zoom or Facebook

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

Wellness Friday

October 6 • 9 a.m.-11 a.m.

EAST SIDE LOCATION FITNESS ROOM

Stop in the fitness room for a bottle of
water and a snack!

sponsored by:



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



**Monthly Bingo
Bonanza**



**Monthly
Birthday Party**



**Special Event
Sponsor**

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.



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, 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



Jenny Centra
jcentra@activegen.org

What's Happening?

Advantages of Being a Member at Active Generations

Being a member of Active Generations can offer numerous advantages, we are designed to provide support, engagement, and a sense of community for individuals. Here are some benefits:

Social Interaction: Active Generations provide opportunities for regular social interaction with friends who share similar life experiences and interests. This can help combat possible feelings of isolation and

loneliness.

Sense of Belonging: Belonging to Active Generations can foster a strong sense of belonging and identity. AG members often develop close relationships and connections, creating a supportive network that can enhance overall well-being.

Emotional Support: As life circumstances change, individuals might face challenges such as health issues, loss of loved ones, or retirement. Active Generations offers a platform for emotional support, enabling members to share their concerns, experiences, and coping strategies.

Intellectual Stimulation: Active organize activities, workshops, and educational sessions that stimulate the mind and encourage lifelong learning. Engaging in intellectually enriching activities can help maintain cognitive function and mental sharpness.

Physical Activities: Active Generations offer opportunities for physical activities such as exercise classes, yoga, dancing, pickleball and other sports. Staying physically active is crucial for maintaining mobility, balance, and overall physical health.

Volunteer and Service Opportunities: Active Generations engages in community service and volunteer work at AG. This gives our AG members a sense of purpose and fulfillment by contributing to the well-being of others.

Recreation and Entertainment: Active Generations frequently organize recreational outings, entertainment events, and trips. These activities provide enjoyable experiences and a chance to explore new interests.

Enhanced Quality of Life: Overall, being part of Active Generations can significantly improve the quality of life for our members.

WE HAVE FUN!



Kris Ekstrum

Active Generations' new Activities Director

Please welcome Kris Ekstrum to Active Generations as our Activities Program Director for both the east and main campus.

Kris has significant experiences as a Health and Fitness Club Manager, Certified Personal Trainer, Occupational Therapist, and Rehab Director.

She also has skills in personal training, group fitness, sports coaching, cross fit, yoga, program development and design, dementia care and event planning.

She also has a special interest with those living with Parkinson's Disease. She has skills in focusing on physical, mental, and social preservation to caregivers and individuals with P.D.

We are excited to have her join us!



President & CEO Report



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

Exciting times at Active Generations. On September 1st, our new East side campus opened. The successful opening is a great addition to Sioux Falls and will offer more accessible services to anyone living on the east side of Sioux Falls and the surrounding area. The new center offers Active Generations Day Break services as well as an expansive fitness center, dining area and pickleball courts.

More exciting news was celebrated on September 6th at the Community Appeals Campaign Wrap-up. Dave H. and Christine Billion presented Active Generations with a generous donation. A perfect way to end the Capital Appeals Campaign! The campaign chairs, leadership team, and volunteers donate their professional and personal time to make this a success, and they are a strong reason Sioux Falls is the amazing community we

enjoy each day. They are listed below. Thank you to this team!

With 94% of our goal and two parts of our campaign completed, we will now enter our third and final portion campaign. We are thrilled to launch our Friends and Family campaign! Thank you to those that have committed support for expanding our programs and services through two locations. You are appreciated!

Our Sioux Falls Area Chamber Ribbon Cutting and Mixer will be held on Tuesday, October 10th with the ribbon cutting at 4pm and the Mixer beginning at 4:30pm. It will be a great day for Active Generations!

We are also now beginning to update and refresh our main location. You will see this through some updated flooring to ensure a safer surface for activities, fitness room equipment, and paint colors throughout. We are excited about these updates!

As we move forward, we will be constructing a format for room rentals for members and nonmembers at both locations. Stay tuned as these universal rates will be implemented soon.

On September 1st, Active Generations introduced new membership options which are more inclusive. Your membership is good at both locations. The new options include activities and the fitness room, which previously were paid for each time the member participated. Active Generations is a fitness and wellness provider for some Medicare insurance plans. Bronze membership is offered to members enrolled under these Medicare insurance plans. A list of those insurances is provided in this newsletter.

We hope you are enjoying the excitement of having two locations. We have received so many compliments regarding our programs and services being provided to more people in our community and accessibility for all of you and our volunteers. Enjoy the beginning of Fall and being "Active".....socially, mentally, and physically!

Gerald Beninga, President & CEO

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ACTIVE GENERATIONS MEMBERSHIP OPTIONS

Both Locations... We Are Excited To Offer This Comprehensive Experience For You

*Active
Generations*

**YOU DECIDE
WHICH PLAN
WORKS BEST!**

We are here to meet your needs:

- Fitness & Wellness
- Social & Fun
- Learning
- Nutrition

Additional fees only for:

- Fitness Classes
- Personal Training
- Dances
- Art Classes
- Special Events
- Pickleball Punch Card
(for Silver Members)



**1
PLATINUM**

Ultimate All-Inclusive Lifetime Membership
Includes All Gold Membership Privileges

\$3,000



**2
GOLD**

Ultimate All-Inclusive Membership
Includes prepaid Pickleball

\$25 per month or

\$300 for the Year

Unlimited Pickleball Play, Fitness Studio, Billiards, Table Tennis,
Activities & Events, Computer, Library, Clubs & Games,
Line Dancing, Special Interest Groups



**3
SILVER**

Ultimate All-Inclusive Membership
Includes Fitness Studio, Games,
Education & Activities

\$15 per month or

\$180 for the Year

Pickleball Game Punch Cards for \$3 per play...
\$30 or \$60 cards available. Plus Fitness Studio, Billiards,
Table Tennis, Activities & Events, Computer, Library,
Clubs & Games, Line Dancing, Special Interest Groups

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.

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.

Halloweech

In this Issue

Arts and Crafts..... 14

Birthdays..... 18-19

Calendar of Events 8

Caregivers 21

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

Volunteers..... 11

What's Happening 3

Workers on Wheels 23

HOURS OF BUSINESS

MONDAY: 6:30 A.M.–8 P.M. (both locations)

TUESDAY: 6:30 A.M.–9 P.M. (Main)

TUESDAY: 6:30 A.M.–8 P.M. (East)

WEDNESDAY: 6:30 A.M.–8 P.M. (both locations)

THURSDAY: 6:30 A.M.–8 P.M. (both locations)

FRIDAY • 6:30 A.M.–8 P.M. (both locations)

SATURDAY • 8 A.M.–3 P.M. (both locations)

OFFICE HOURS:

MONDAY–FRIDAY • 8 A.M.–4:30 P.M.

We're looking for
rakers & leaf haulers

Rake the Town 2023

Rake the Town
Registration has begun!!!!

It is time to organize your team for the annual Rake the Town event on October 26th, 27th, & 28th, 2023! Over 1,200 volunteers will be needed to rake the yards of nearly 400 elderly and disabled homeowners.

To register Contact: 605-333-3317 or email wow@activegen.org. Or signup on line at <https://activegenerations.org/support-services/workers-on-wheels/rake-the-town/volunteer-registration/>

Only team leaders need to register.

Registration:

- Organize an enthusiastic group of 4–6 co-workers, students, church members, service groups, or friends and family who enjoy helping the elderly. Teams of 1 or 2 are also welcome and needed.
- Children are welcome to participate if supervised by adults.
- We estimate it takes a team 1-4 hours to rake a yard depending on the yard size and the team.
- Teams can register to rake as many yards as they feel they can complete. Remember, once you accept a yard assignment, you are committing to completing the assignment.
- If the weather is nice like last year, you can contact Active Generations to get the yard bags earlier in the week to do your yards if it works best for your team.
- When registering, you will be able to choose a preferred zip code area.
- Not interested in raking, no problem. We need haulers. Some teams are not able to haul the leaves they rake so we have haulers to follow up and take the bags of leaves to the city drop site!!!

Thank you in advance for volunteering!!!

CANDY DONATIONS WANTED!

Active Generations is hosting our 2nd Annual Trunk-or-Treat on Sunday, October 29th from 3-5pm. The Trunk-or-Treat will take place in the parking lot of the main location building (2300 W. 46th St). We invite you to bring the kids in your life, enjoy the cleverly decorated trunks and spooktacular costumes. More event details can be found on the Active Generations Facebook page.

Last year you saved the day by providing candy for us to use in a bind in case the trunks ran out – and we used it ALL! We had over 800 kids attend our event, and the “trunks” were so grateful for the spare candy.

We are again asking for your donations of wrapped, store bought candy to use in case “trunks” run out. Please drop your donations off at the front desk and they will be saved for our Trunk-or-Treat event. Thank you for your consideration!

Active Generation's Semi-Annual
Book Sale

Tuesday, November 7: 8 am – 5 pm

Wednesday, November 8: 8 am – 5 pm

Thursday, November 9: 8 am – 9 pm

Enjoy some great deals on books!

Hard Covers...Paperbacks...Many Genre...

Book donations accepted through the end of October!

All proceeds support Active Generation's Activities Department!

Active Generations Main
2300 West 46th Street
Sioux Falls, SD
(located south of the Western Mall)

The Gold'n Silver Drama Club presents:
"For the Birds.
The Final Show"

Thursday, November 9, 2023
2:30 pm

or
7:00 pm

Tickets will go on sale
October 2nd!

\$7.00 per ticket

Non Profit Org.
US POSTAGE
PAID
Permit No. 676
Sioux Falls, S.D.
57105

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

Active Generations (MAIN) located on Bus Route #2.

AG MAIN: 2300 W. 46th St., Sioux Falls, SD 57105
AG EAST: 5500 E. Generations Place, Sioux Falls, SD 57110
PH (605) 336-6722 • 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