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Active
Generations
East!
Opens September 1, 2023!



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.



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57105

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

OUR MISSION
TO PROMOTE POSITIVE AGING FOR ADULTS AND TO
ENHANCE THE QUALITY OF LIFE FOR ALL GENERATIONS
THROUGH PROGRAMS SERVICES AND EDUCATION.
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
Active Generations (MAIN) located on Bus Route #2.

ACTIVE GENERATIONS MEMBERSHIP OPTIONS

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



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We are here to meet your needs:

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- Social & Fun
- Learning
- Nutrition

Additional fees only for:

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



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\$30 or \$60 cards available. Plus Fitness Studio, Billiards,
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**Monthly Bingo
Bonanza**



**Monthly
Birthday Party**



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



Sioux Empire United Way

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

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What's Happening?

Dear Active Generations Members,

I hope this letter finds you well. With a mixture of feelings, I am writing to formally announce my resignation from my position of Director of Programming at Active Generations. It has been an incredibly fulfilling journey working with you all and contributing to Active Generations and its mission to promote positive aging within our community.

I would like to express my deepest gratitude for the opportunities and experiences I have had during my tenure at Active Generations. The chance to interact and plan fun activities for you has been immensely rewarding. I will forever cherish the memories and relationships formed during my time here.

I have been fortunate to work with a team of dedicated professionals and compassionate individuals who share the same passion for ensuring the well-being and happiness of our AG Members.

As I embark on a new chapter in my life, I will carry positive memories created here. While I may no longer be a part of the team, please know that I am always thinking positive thoughts about you and hope that your experience at Active Generations will continue to bring you happiness. I genuinely wish the entire team at Active Generations continued success in their noble endeavors. As I move forward, I will fondly remember the joyous moments spent with you all and the laughter shared.

Thank you once again for everything. I hope our paths cross again someday.

Wishing you happiness and joy in the future. My last day will be Friday, September 1, 2023. Stop by my office and say "hope to see you around town".



Nancy Wehrkamp

Nancy Wehrkamp nwehrkamp@activegen.org



Kazukes Players and AG Members taking kayaking lessons...always FUN.



Above: Gen's Coffee House...great place to gather with friends.



Left: AG volunteers are the best!

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 Room Hours:

Mon., 6:30am-8pm (Both Locations)
Tues., 6:30am-9pm (Main); Tues., 6:30am-8pm (East)
Wed., 6:30am-8pm (Both Locations)
Thur., 6:30am-8pm (Both Locations)
Fri., 6:30am-8pm (Both Locations)
Sat., 8am-3pm (Both Locations)

Bronze, Silver, Gold and Platinum Members are welcome to workout in the Fitness Room

Attention Fitness Members:

Active Generations membership options are now all inclusive, fitness room is included. Locker room and shower facilities are available.

Fitness and Wellness Class Schedule

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

Fitness Room Orientation • By appointment, 336-6722

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

East Location:

Ab/Back***
Balance
Circuit
Circuit
Functional Fitness
HIIT/PLYO Ball
Kettlebell Training
Restorative Stretch***
SAIL I

Insurance Covered ***

2:00-2:45p.m.
9:30-10:15am
1:00-1:45p.m.
2:00-2:45p.m.
12:00-12:45 p.m.
1:00-1:45p.m.
11:15am-12:00 p.m.
8:30-9:15am
10:00-11:00am

Tues/Thurs
Tues/Thurs
Tues/Thurs
Tues/Thurs
Mon/Wed/Fri
Tues/Thurs
Mon/Wed/Fri
Mon/Wed/Fri
Mon/Wed

Sept 5-28
Sept 19-Oct 26
Sept 5-28
Sept 5-28
Sept 1-29 No Class 9/4
Sept 5-28
Sept 1-29 No Class 9/4
Sept 1-29 No Class 9/4
Sept 11-Nov 29
Call Sanford (605-333-4440) to sign up for this class
Sept 5-28
Sept 7-28
Sept 9-30
Sept 7-28 No Class 9/28

Main Location:

Balance
Body Sculpting***
Calming Mobility
Core on the Floor
Get Active(Power) ***
Get Active(Power)***
SAIL II
SILVERSNEAKERS Classic***
Yoga

Insurance Covered ***

9:30-10:15am
12:00-12:45 p.m.
8:30am- 9:15am
8:00-8:45am
7:00-7:45 a.m.
10:30-11:15 a.m.
2:00-3:00pm
9:30-10:15 a.m.
1:00-1:45 p.m.

Mon/Wed
Mon/Wed/Fri
Tues/Thurs
Mon/Wed/Fri
Mon/Wed/Fri
Tues/Thurs
Mon/Wed
Tues/Thurs
Wednesdays

Sept 18-Oct 25
Sept 1-29 No Class 9/4
Sept 5-28
Sept 1-29 No Class 9/4
Sept 1-29 No Class 9/4
Sept 5-28
Sept 11-Nov 29
Sept 5-28
Sept 6-27

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. Daily money will not be accepted anymore.



SAIL Class



Balance Class



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

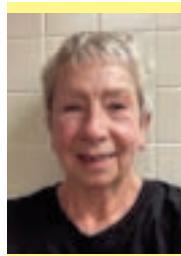
Whole body workout. Use of many equipment options such as hand weights, bands, weighted balls and more.

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".

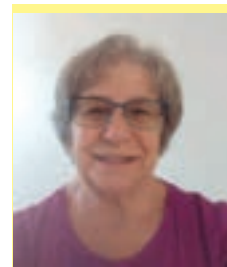


Jenny Centra
(AG's Director of Fitness)

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!



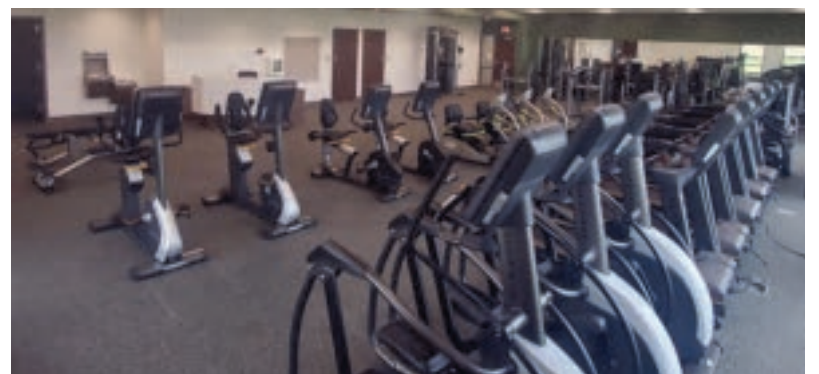
Bev Austin
Chair Yoga Instructor

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



Jenny and Ricky unpacking the NEW fitness equipment for the eastside.



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

September 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: September 5-Big Sioux Recreation-Brandon; September 19-Beaver Creek

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: Sept 6th Vermillion SD Area; Sept 20th Martinsburg NE Area; Oct. 4th Hudson SD Area; Oct. 18th Lake Benton MN Area.

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

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



Generations of Gaming



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

Friday, September 8

6:30-8:30 p.m.

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

Register: aarp.org/siouxfalls



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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.**

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"Striving for Excellence in Physical Rehabilitation and Wellness"

MEMBER *Highlights* Everyone has a story...

Sharon Van Wyhe

by Veronica Stoneall, Active Generations member

Born in Akron, Iowa, Sharon Van Wyhe lived in South Dakota on a farm near Alcester.

"I attended a country school by Spink, South Dakota. The grade school was called Pleasant Hill Country School. I walked one and one half mile every day. No matter what kind of weather we were having, we kids walked in the rain, the snow or the sunshine," Sharon said. "I enjoyed the country school. We had fifteen kids in eight grades and learned to help each other. I helped a younger child learn to spell. He could not spell cat, but finally caught on how to spell it and many other words."

Years later Sharon saw this boy and he remembered how she had helped teach him to spell. Sharon graduated from Alcester High School in 1960.

"This year, we held our 60th reunion. We had 32 graduates from our high school class. Eleven of them are gone and 21 are left," Sharon said. "Sixteen of us were able to attend the reunion. I was the only one who needed to use a cane. We had a great time."

After graduating, Sharon married and had three boys. She ended up raising the three boys by herself.

"When I was a single mom, things were not always easy. I had to do everything," Sharon said. "I was very busy running my household, being a mom and earning a living for the four of us. I worked at Otis Radio making cords in Canton. After they closed, I attended South East Tech and earned an LPN nursing degree. Those were the days. Trying to study and take care of three little boys was not easy, but I did it. I ended up working at Sanford for thirty-six years."

Sharon met John Paulsen after the kids were grown. Life was much easier and much better.

"Meeting John was a real blessing to me," Sharon said. "John was a truck driver and I worked nights so it was not easy to find time together. After three weeks, we finally figured it out. It made life much more enjoyable. John was very easy to get along with and was easygoing."

Sharon and John were married in 1991 and moved to Sioux Falls. They

built a house in Crooks, South Dakota and lived there until John passed away five years ago. They were together for twenty-five years.

"While we were married, we did not travel a lot. John had driven truck all over the United States and had no desire to go on the road any longer," Sharon said. "I would, however, enjoy taking an Amtrak train sometime."

Sharon has attended church over the years. She enjoyed getting dressed up to go for worship. Covid has changed her desire to actually go to the church. Now, she likes a cup of coffee while watching Our Savior's Lutheran Church on television. "Today, it is harder for me to get around so staying home is easier for me," Sharon said.

Sharon has many good friends and likes spending time with them. They are important to her.

She has been coming to Active Generations for about ten years and enjoys the socialization.

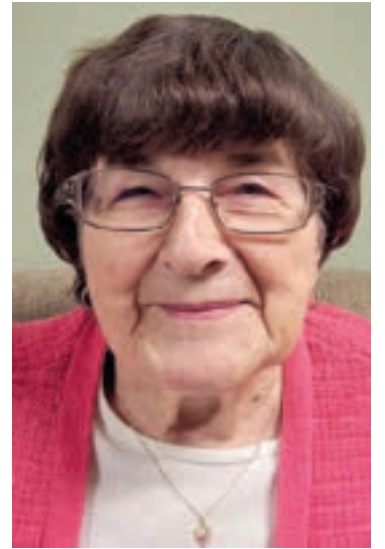
"I like coming to Active Generations. I attend the Tuesday night dances and love it," Sharon said. "I vol-

unteer at the front desk. I need to sit as I don't walk as well as I used to."

There are many great programs at Active Generations. There is something for everyone. You can play pool, cards, bingo and other games.

"I love playing bingo. I enjoy the people. I like going to the coffee shop. The goodies are excellent," Sharon said. "It is a great place to meet friends and enjoy a cup of coffee."

"If you are sitting in a chair looking at four walls being bored and depressed, come join us for the fun and friendships," Sharon said. "I like to get out when I can."



"Are you retired? Remember, You've got time! I've got time! What's the rush?" Sharon said. "Enjoy yourself and get out and have fun!"



BOTH LOCATIONS

ACTIVE GENERATIONS PICKLEBALL SCHEDULE

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

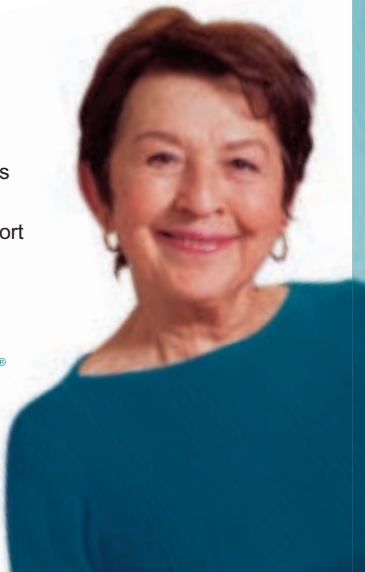
DO YOU NEED HELP CARING FOR A LOVED ONE?

- 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

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Sioux Falls, SD 57104

605.275.0070 | www.RAHSESD.com



Mark Your Calendars!

Active Generations Hours

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)

East	Friday, Sept. 1	Active Generations EAST	1st Day Open!
Main	Monday-Friday	Lunch at Active Generations	11am-12:30pm
East	Monday-Friday	Lunch at Active Generations	11am-1pm
Both	Monday-Friday	Gen's Coffee House; Gen's Bistro	9am-1pm
East	See page 4	NEW - Fitness Classes on the Eastside	See page 4
Main	Fri. Sept. 1 and 15	Ukulele Lessons (1st & 3rd Fridays)	1-2pm
Both	Mon. Sept. 4	Labor Day – AG CLOSED	All Day
Main	Everyday AG is open (in the library)	Puzzle Exchanges	All Day
East	Fri. Sept. 1, 8, 15, 22 and 29	NEW – Afternoon Walking	4-5pm
Main	Tues. Sept. 5 and 26	Hiking Group (Locations Vary)	9am (Meet at AG at 8:30am if need a ride)
Main	Tues. Sept. 5, 12, 19 and 26	Sing-Along	10:30-11:30am
East	Tues. Sept. 5, 12, 19 and 26	NEW - Pinochle	12:30-3pm
Main	Tuesday, Sept. 5, 12, 19 and 26	Tuesday Evening Dances (Stateline Drifters, Clay Creek Deaf Cowboy, Leslie Blasing, Norgaard Country, and MacAlly)	7-10pm
East	Wed. Sept. 6, 13, 20 and 27	NEW – Bean Bags	9:15-11:15am
East	Wed. 6, 13, 20 and 27	Beginning Mah Jongg Instruction	9:30-11:30am
Main	Wed. Sept. 6, 13, 20 and 27	Open Computer Lab Help – Each Wednesday	10am-Noon
Main	Wed. Sept. 6, 13, 20 and 27	Blood Pressure Checks - Each Wednesday	10:30am-12:30pm
East	Wed. Sept. 6, 13, 20 and 27	NEW – Lunch Walking	Noon-1pm
East	Wed. Sept. 6, 13, 20 and 27	NEW – Mah Jongg	12:30-4pm
Main	Wed. Sept. 6	Stay Bone Strong	1-2pm
Main	Wed. Sept. 6, 13, 20 and 27	Country Dance Instruction (Each Wednesday)	5:30-7pm
East	Thurs. Sept. 7, 14, 21 and 28	NEW - Dominoes	9-11am
Main	Thurs. Sept. 7, 14, 21 and 28	Bible Study	Noon-1pm
East	Thurs. Sept. 7, 14, 21 and 28	NEW – Wii Bowling	12:30-2:30pm
Main	Fri. Sept. 8	Ask the Instructor – Computer Help	10am-Noon
Main	Fri. Sept. 8	Quilt Sale	10am-3pm
Main	Fri. Sept. 8	Monthly Birthday Party (Dakota Suede)	1-2:30pm
East	Fri. Sept. 8	Family Game Night (AG East) Sponsored by AARP-FREE	6:30-8:30pm
East	Mon. Sept. 11, 18 and 25	NEW – Crafts R Us	9am-Noon
Main	Mon. Sept. 11	Social Media Computer Class	9-11am
East	Mon. Sept. 11, 18 and 25	NEW – Morning Walking	9:30-10:30am
East	Mon. Sept. 11, 18 and 25	NEW – Party Bridge	Noon-3pm
Main	Mon. Sept. 11, 18 and 25	Christmas Ornaments Making	1-2:30pm
East	Tues. Sept. 12	Watercolor Art Class - Sunsets	9:30am-12:30pm
Main	Tues. Sept. 12	A Rainy Night – Acyclic Art Class	2-4pm
Main	Wed. Sept. 13	AG Jamboree	5-6:30pm
East	Thurs. Sept. 14	Bean Bags and Brew	6-8pm
Main	Fri. Sept. 15	Craft Sale	10am-2pm
Arena	Sat. Sept. 16	Kazukes Playing at Community Health Fair	11:10-11:40am
Both	Mon. Sept. 18	National Cheeseburger Day	During Lunch
Main	Mon. Sept. 18	Beginning Line Dancing Instruction	Noon-1pm
East	Tues. Sept. 19	Watercolor Art Class	9:30am-12:30pm
Main	Tues. Sept. 19	Cyber Security Discussion (3rd Tuesday of each month)	12:30-1:30pm
Main	Wed. Sept. 20	FREE, Intro. Balance Class	9-9:30am
East	Wed. Sept. 20	Understanding Medicare – SHIINE Seminar	10-11am
Main	Wed. Sept. 20	Hip, Knee and Back Pain Workshop	10-11am
East	Wed. Sept. 20	Fall and Fire Prevention	10-11am
Main	Wed. Sept. 20	Understanding Medicare – SHIINE Seminar	1-2pm
East	Wed. Sept. 20	Organ Donations Forum`	6:30-8pm
East	Thurs. Sept. 21	FREE, Intro. Balance Class	10:30-11am
East	Thurs. Sept. 21	Mah Jongg, Wine & Snacks	2-5pm, Wine/Snacks at 5pm
Main	Thurs. Sept. 21	Movie Matinee	3-5pm
Main	Fri. Sept. 22	RSV Vaccine Clinic (Lewis Drug)	12:30-4pm
East	Tues. Sept. 26	A Rainy Night – Acyclic Art Class	2-4pm
Main	Tues. Sept. 26	The Clothesrack Boutique	Noon-2pm
Main	Wed. Sept. 27	The Clothesrack Boutique	9am-3pm
Main	Thurs. Sept. 28	The Clothesrack Boutique	8-10am
East	Fri. Sept. 29	Johnny Cash Music Night	6-9pm
Main	Sat. Sept. 30	Lionel Trains	8am-2pm

Life-Long Learning

STAY BONE STRONG (AG MAIN)
Date: Wednesday, Sept. 6
Time: 1–2pm
Location: Room 128
Presenter: Dr. Becky, OsteoStrong

Learn about the system that 70,000+ people across the globe are using to build bone density, improve strength & balance, & prevent fractures. FREE Fracture Risk Assessment and More!”

BIBLE STUDY – 4 WEEK STUDY (AG MAIN)
Thursdays, Sept. 7, 14, 21, 28;
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 wel-

come to join. If the numbers increase we will find a larger room to meet.

ORGAN DONATIONS FORUM (AG EAST)
Date: Tuesday, Sept. 12
Time: 6:30–8pm
Presenter: Donor Recipient Sponsored by all of Zone 7 Lions Clubs.

NATIONAL BALANCE AWARENESS WEEK (SEPT. 17-23) - FREE BALANCE CLASS (AG MAIN)
AG MAIN - Wednesday, Sept. 20, 9-9:30 a.m.
AG EAST - Thursday, Sept. 21, 10:30-11 a.m.
FREE Balance Class...Learn about ways to improve your balance and practice those skills.

HIP, KNEE AND BACK PAIN WORKSHOP (AG MAIN)
Wednesday, September 20 10-11am • FREE
Presenter: Dr. Rob Plemel

Room #128
Join us for a Hip, Knee and Back Pain Workshop! You’ll learn about signs and symptoms of pain that you shouldn’t ignore and what treatment options are available. Presentation by Dr. Rob Plemel, PT, DPT, with InReach Physical Therapy. No pre-registration required.

FALL & FIRE PREVENTION (AG EAST)
Wednesday, Sept. 20, 10–11 a.m. Presenters: Kirk Rangel, Fire Fighter and Noel Miller, Sanford Injury Prevention
Please join this interactive discussion on how to prevent both fires and falls. Coffee and donuts provided.

UNDERSTANDING MEDICARE WITH SHIINE (AG EAST – 10-11 A.M.) (AG MAIN – 1-2 P.M.)
Wednesday, Sept. 20 with SHIINE rep., Room 202
Medicare can be complicated

SEPTEMBER TED TALKS – MAIN

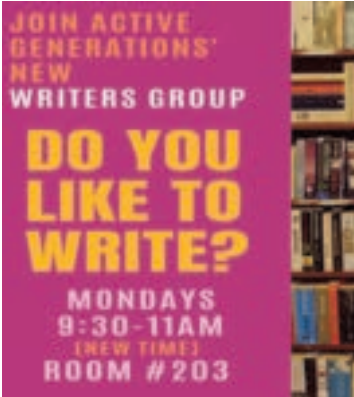
You can do these yourselves on your home computer! **First Friday; 10-11 a.m.**
Go to **www.ted.com** and search for these titles and/or speakers. **Computer Technology Center.**
The video/audio will play on your computer!

Friday, September 1, 10 a.m.

Cosmin Mihaiu: Physical therapy is boring -- play a game instead
You’ve just been injured, and you’re on the way home from an hour of physical therapy. The last thing you want to do on your own is confusing exercises that take too long to show results. TED Fellow Cosmin Mihaiu demos a fun, cheap solution that turns boring physical therapy exercises into a video game with crystal-clear instructions.
https://www.ted.com/talks/cosmin_mihaiu_physical_therapy_is_boring_play_a_game_instead

Sydney Jensen: How can we support the emotional well-being of teachers?
Teachers emotionally support our kids -- but who’s supporting our teachers? In this eye-opening talk, educator Sydney Jensen explores how teachers are at risk of “secondary trauma” -- the idea that they absorb the emotional weight of their students’ experiences -- and shows how schools can get creative in supporting everyone’s mental health and wellness.
https://www.ted.com/talks/sydney_jensen_how_can_we_support_the_emotional_well_being_of_teachers

Stanley McChrystal: Listen, learn ... then lead
Four-star general Stanley McChrystal shares what he learned about leadership over his decades in the military. How can you build a sense of shared purpose among people of many ages and skill sets? By listening and learning -- and addressing the possibility of failure.
https://www.ted.com/talks/stanley_mcchrystal_listen_learn_then_lead



September 17 -23 is Fall Prevention Awareness Week

Unfortunately, 1 in 4 older adults fall each year, resulting in hip fractures, broken bones, and head injuries. Even without injuries, a fall can lead to a decrease in activity, depression, and a loss of independence. September and October we celebrate both Fall Prevention Awareness and Fire Prevention Awareness Month (October). Please join this interactive discussion on how to prevent both of these devastating events.



Presenters:

Noel Miller RN, Injury Prevention, Sanford Medical Center

September 20, 2023

Time:

10:00-11:00 am

Where:

Active Generations East (NEW LOCATION)

5500 E. Active Generations Place, Sioux Falls SD

Coffee and donuts provided, Contact Karla at karla.cazer@sanfordhealth.org or 605-339-7295 if there are any questions.

and sometimes costly. SHIINE is a federally-funded program that advocates for, educates and assists consumers with Medicare and related health information, to allow consumers to make timely and informed decisions and access necessary resources. SHIINE is committed to providing FREE, confidential and unbiased information to Medicare beneficiaries. SHIINE is not affiliated with any company that sells or distributes a product or service.
Pre-register by calling SHIINE at 333-3314.

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
Bunco	2nd & 4th WED	1:30 - 3pm	Lounge	Regina Hlebichuk
Canasta	THURS	1 - 4pm	Room 204	Gail Dybdahl & Cherielee Murphy
Canasta	FRI	12:30-3:30pm	Lounge	Cella Determan
Cribbage	TUES	Noon - 2:45pm	Room 204	Shirlee Flood
Dominoes	MON	1 - 3pm	Room 204	Rosemary & Dick Campbell
Dominoes	WED	1 - 3pm	Room 204	Carolyn Colombe Lorraine Dahlhoff Sherrill Bessey
Fast Track	MON	10 - 11:30am	Lounge	Donna Poppen
Fast Track	THURS	10 - 11:30am	Lounge	Leo Falconer
Hand & Foot	TUES	12:30 - 3:30pm	Lounge	Brenda Ahrendt
Mah Jongg	FRI	8:30 - 11am	Room 203	Sharon Schwaderer
Pinochle	WED	12:30 - 3pm	Room 203	Becky Grave
Scrabble	THURS	2 - 4pm	Lounge/Room 201	Albert Benoit
Sheepshead	TUES	9:30 - 11am	Room 203	Dean Dewes
10 pt Pitch	TUES	12:30 - 2:30pm	Room 203	Les Brandhagen Violet Reiners
Texas Hold'em	FRI (Postponed)	2:30 - 4:30pm	Coffee Shop	Darryl Verley and Robyn Anderson
Whist	MON	12:30 - 3:30pm	Room 203	Elsie Fitz

Active Generations members are invited to join our many different card clubs. • **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	Glenn Walker & Cathy Walker
Craft Club	THURS	9 am - Noon	Room 201	JoAnn Avery
Dances (Members & Non-Members)	TUES	7 - 10 pm	Sertoma A/B	AG Dance Committee
Early Birders Club (Postponed)	2nd & 4th THURS	8 - 8:30 am	Room 128	TBD
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.

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 be meeting Monday, September 25th at 9:30 a.m. at the Active Generations Center (West).

The discussion for September will be

on "Sooley" by John Grisham. The book chronicles the journey of a young man from South Sudan who is torn by the suffering of the family he left behind and playing basketball.

The book for October discussion is "Neither Wolf nor Dog" by Kent Nerburn. This book takes readers to the heart of the Native American experience.

New members are always welcome to join in our lively discussion. If you are interested in the book club, please call the Active Generations Center for the contact information for the leader.

PHOTOGRAPHY CLUB

The Active Generations Photography Club met on Thursday, August 3rd at 1:30pm with six members in attendance.

Members shared their photos from the assignment on intentional camera movement, using masks, multiple exposures, and slow shutter speed zooming. The first sharing included a photo with flowers shot on a vivid setting which increased the color saturation. Other shots shared were a series of girls with wire basket hats decorated with flowers, a nice double exposure in camera of a still life, and a blurred field of flowers.

A window curtain sheer provided a diffused and soft light for a portrait. Intentional camera movement blurred two interesting shots of purple flowers. A profile head shot and a wood laser cut pencil were made into a double exposure B&W. A nearby statue was moved to the tundra with significant sky improvement. A waterfall capture was shown with a slow and fast shutter speed.

Intentional camera movement highlighted photos of a television and a display of bananas. Bowling balls hid the faces of group shot for a birthday party. Double exposures were used to insert portraits on jar labels and a modern poster was the foundation for building insert. Zooming out on an individual flower and a flower with surrounding blur and vignetting with white.

The group looked at a video from the library at LinkedIn Learning entitled Pro-Level Photography for Graphic Designers—a segment called, "Shooting a Window-Light Still Life." A simple set with only a chair, a backdrop, and a fruit or vegetable along with diffused window light provided the basics for a still life photo shoot.

The group viewed and discussed "Fundamentals of Photography II" by Joel Sartore and focused on Lesson 14—Art Photography: Still Life. Sartore reminds us

that still life photos are usually a found still life or a constructed still life. A classic approach would be to shoot from above or at a low angle. He closed by reiterating that photography guidelines of exposure, composition, and background concerns apply to shooting still life photos.

ASSIGNMENT—September, 2023

Still Life Photographs

Try shooting a window-light still life. You'll need any camera, a tripod or something to sturdy the camera, a chair/table or something to set your object or objects on, a backdrop (a bed sheet, blanket, etc.), a sheet of paper to reflect light on the shadow side, and a subject—something or somethings small enough to fit on your table/chair etc.

And/or

Look for and photograph a "Found Still Life"

Think about it and do a "Constructed Still Life" photograph(s)

The next meeting will be on Thursday, September 7th at 1:30pm at the AG Center at 2300 West 46th Street.

Thanks, 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. REEMBER: You are always WELCOME to stop in at either of the classes.

CAT (COMMUNITY ACTION TEAM) CLUB

The Community Action Team will meet on Monday, September 11th at 10:00. If you are interested in volunteering we would be happy to have you join us.

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 for lunch on Tuesday, September 5th at 11 AM at Zoup (2802 W. 41st St.). Please let Eileen (335-3071 or 201-5530) know whether or not you plan to come. 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.

Wii Bowling at Active Generations (AG Main)

It's almost time for the Autumn Wii
Bowling League!

We are due to start up on Wednesday,
September 27th at the West Side AG.
The time will be 1:00–2:30pm. All players
should arrive at 12:45 for team
assignments. On the East Side AG we will
start on Thursday, September 28th.
Please arrive at 1:15pm for team
assignments. The session will be from
1:30 - 3:00pm. If you are interested in
joining please call Kathie Smith at
503-929-7603.

Looking forward to seeing all of our
regular players and maybe even some new
ones.



Members of the Community Action Team (CAT) served popsicles and Gold Fish treats to the students at the Children's Home Society on July 26th. A tour of the school and home was also enjoyed. We look forward to our October 9th meeting, when Tom Roberts will give a presentation about the Children's Home Society.



Anthony Bourdain was a celebrity chef, author, and travel documentarian. He grew up in New York. His love of food began while on a family vacation in France and he tasted his first oysters from a fisherman's boat. He enrolled at Vassar College but dropped out after two years. He graduated from the Culinary Institute of America in 1978. He ran various restaurants in New York City and he became the

Book Review By Sharon DeVaney

In the Weeds: Around the World and Behind the Scenes with Anthony Bourdain by Tom Vitale

executive chef at Brasserie Les Halles in Manhattan. His book, Kitchen Confidential: Adventures in the Culinary Underbelly, published in 2000 was a New York Times bestseller.

Eventually Bourdain hosted many food and travel series including his first show, A Cook's Tour (2002 to 2003). It ran for 35 episodes. In 2005, he premiered the series: Anthony Bourdain: No Reservations on the Travel Channel. From 2013 to 2018, he worked for CNN and the show was titled Anthony Bourdain:

Parts Unknown. He died on June 8, 2018 while on location in France, filming for Parts Unknown. His death was an apparent suicide.

This book was written by Tom Vitale, who worked for Anthony (known to his crew as Tony) for 16 years. Tom started working for Tony after finishing college and worked his way up to producer and director. He was devastated when he learned about Tony's death. I believe that writing this book was Tom's attempt to honor Tony and to lessen his guilt in not realizing that Tony

might be contemplating suicide. Tony frequently talked about death but Tom always thought he was joking.

The book includes 16 chapters. Most chapters are about the local food and eating places in a setting that involved risky travel. For example, Burma (Myanmar), Romania, the Democratic Republic of Congo (DRC), Iran, and Jamaica. The stories are about the complicated logistics related to filming and making it look natural. Tom was very complimentary about Tony's ability to engage the local

people in friendly conversation. He observed that Tony had a knowledge of culture and historic events in each location. Tom stated that Tony and Parts Unknown created good will for Americans around the world.

The book is available at the Sioux Falls Public Library. I recommend it to everyone who enjoyed Anthony Bourdain's television series or books. It is also an insight into understanding grief following the suicide of a friend.

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 Appli-

cation 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



Winners: L to R: Dee Black, Zhora Aprikyan, and Vickie Schumacher.



MOVIE MANIA!

(AG Main)

Till

Thursday, September 21 • 3-5 p.m.

Computer Tech Center

PG 13 | Biography/Drama | 2 hrs. 10 min.

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett.



Sponsored by



Winners: Margaret Bogenhagen, Sue McMartin, Beth Neal, Judy Miller, Emily Rosenthal, Mariann Weber, Bob Sarges, Joanne Switzer, Karen Haynes, Jane Painter



Winners: Tom Raap, Dee Black, Ross Painter



THE INN
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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.

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The Hardest Part of Moving.

A powerfully small and
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Senior Citizen Discount
361-9363

Helping Hand Assisted Living, Inc.

1000 Teakwood
Brandon, SD 57005

An Independent and
Assisted Living Community

Accepting private pay and
Medicaid/Title XIX

We invite you to call for
information and a tour!

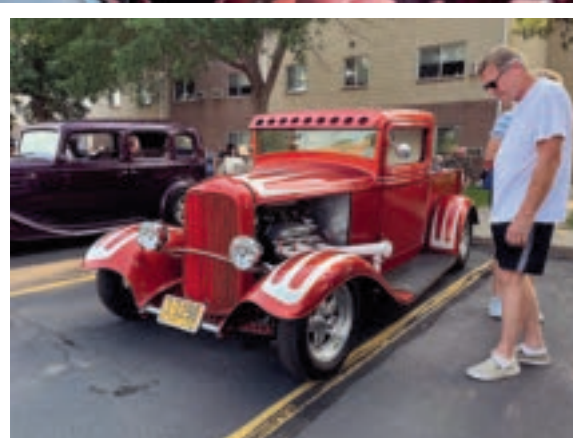
(605) 582-7939

An alternative to
nursing home care . . .



Car Show and AG Jamboree...

Movin' and shakin' at Active Generations



Grandparent's Day was a BLAST!



"Active Hour" at the Sioux Empire Fair... Fun Time by All....Thanks Dancers!



Computer Questions?
ASK THE INSTRUCTOR SESSION
Friday, September 8 • 10 a.m.–12 p.m.
AG Members FREE, Non-Members \$5
This event will be held in person this month!

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

ACTIVE GENERATIONS

AG COMPUTER OPEN LAB
COME GET HELP WITH THE INTERNET OR YOUR COMPUTER QUESTIONS
Each Wednesday of the month
10 a.m. – Noon
Lab Helper: Mike Benson



FREE
OPEN TO ALL ACTIVE GENERATIONS MEMBER

EVERY TUESDAYS THURSDAYS 10-1PM

PC COMPUTER HELP WITH RETIRED IT PROFESSIONAL...BILL



- WORD PROCESSING
- SPREADSHEETS
- ELECTRONIC PRESENTATION
- WEB NAVIGATION
- USING WEBSITE BUILDING SOFTWARE
- EMAIL MANAGEMENT
- FILES AND FOLDER MANAGEMENT USING WINDOWS EXPLORER
- DOWNLOADING SOFTWARE FROM THE WEB
- DOWNLOADING PICTURES FROM YOUR PHONE TO YOUR COMPUTER
- INSTALLING COMPUTER SOFTWARE ONTO A COMPUTER SYSTEM
- COMPUTER-RELATED STORAGE DEVICES (CDs, USB DRIVES, DVDS, ETC.)
- INTERNET SERVICE, CABLE MODEMS AND WI-FI ROUTERS
- COMPUTER SECURITY KNOWLEDGE
- KEEPING YOUR WINDOWS BASED COMPUTER HEALTHY

WATERCOLOR ART CLASSES
ACTIVE GENERATIONS EAST
INSTRUCTOR: BARBARA SPARKS

4 DIFFERENT COURSES
EACH COURSE COST \$10 FOR MEMBERS, \$15 NON

SUNSETS – SEPT. 12, 9:30-12:30PM
BUTTERFLIES – SEPT. 19, 9:30-12:30PM
FLOWERS – SEPT. 26, 9:30-12:30PM
BIRDS – OCT. 3, 9:30-12:30PM

Fall in LOVE with Watercolors
SIGN UP AT AG FRONT DESK

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


News from our

Computer Technology Center

Active Generations' Computer Technology Center
September Classes at AG MAIN

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

FREE! QUALITY COMPUTER INSTRUCTION FREE!		
Computer Classes (Please pre-register at least one day prior to course date)		
PC Computer Help	Every Tues. & Thurs.	10 a.m.–1 p.m.
Ask the Instructor Session	Fri., 9/8	10 a.m.–Noon
Social Media	Mon., 9/11	9–11 a.m.
Cyber Security	9/19	12:30–1:30 p.m.
Open Computer Lab	Every Wed.	10 a.m.–Noon



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

A Rainy Night Acrylic Painting (AG East Location)
Date: Tuesday, September 26
Time: 2-4pm
Cost: \$10 for AG Members, \$15 for Non-Members
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.

**Little Chapel in the Woods Acrylic Painting**
Date: Tuesday, October 10
Time: 2-4pm
Cost: \$10
Instructor: Lisa Rinaldo
A small, white chapel stands out from the colorful fall trees in this painting. Come learn how to paint it with “dots and dashes” of color, the style of the Impressionists of the late 1800’s.

Little Chapel in the Woods Acrylic Painting
Date: Tuesday, October 10
Time: 2-4pm
Cost: \$10
Instructor: Lisa Rinaldo
A small, white chapel stands out from the colorful fall trees in this painting. Come learn how to paint it with “dots and dashes” of color, the style of the Impressionists of the late 1800’s.



**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, Friday and Saturday at 9 a.m. in the Art Room (132). For more information, contact Nancy Cummings at 332-3120 or Derek Boekhoff, 759-3482.

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

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

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

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

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

Active Generations- East Location

Beginning Mah Jongg Instruction

Want to learn how to play Mah Jongg? Now is your chance.

Wednesdays, September 6, 13, 20 and 27

9:30-11:30am at AG East

Cost: **\$30** (Includes Mah Jongg Card) or **\$15** if you already have a card.

Register at either the AG Main Information Window or AG East Welcome Desk.

AG SEPTEMBER JAMBOREE

FREE FALL Music Event

Wed. Sept. 13

5-6:30pm

Inside AG Main

Entertainment:
Mogen's Heroes

Meal & beverages for purchase.

ACTIVE GENERATIONS

Craft Sale

Friday

Sept. 15, 2023

10-2pm

Main Active Generations AG Lounge Area

ACTIVE GENERATIONS

SEPTEMBER TUESDAY NIGHT DANCES

BAND SCHEDULE

Tuesday, Sept. 5 - Country Flavor

Tuesday, Sept. 12 - Stateline Drifters

Tuesday, Sept. 19 - Clay Creek Deaf Cowboy

Tuesday, Sept. 26 - Norgaard County

7-10pm

AG Members \$6

Non-Members \$10

SEPTEMBER QUILT SALE

FRIDAY

SEPTEMBER 8, 2023

10-3PM

ACTIVE GENERATIONS LOUNGE

Mah Jongg & Wine

ACTIVE GENERATIONS EAST

THURSDAY, SEPTEMBER 21

2-5PM

\$5 FOR A GLASS OF WINE

The Clothesrack Boutique

will be at

Active Generations

(2300 W. 46th St. location)

Tuesday, Sept. 26 ~ Noon to 2 pm

Wednesday, Sept. 27 ~ 9 am to 3 pm

Thursday, Sept. 28 ~ 8 am to 10 am

Featuring

Fall & Winter Clothing

\$1.00 per item

Ladies clothing sizes: Small to 3XL

Men's shirts: Small to 3XL

Small bills requested - no checks ~ no credit cards

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**Beauty on 46th
Street Salon Open**

**Tuesday & Wednesday
9-1pm**

**Wed afternoon-
Appointments Available**

Schedule an appointment

605-333-3308

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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

Sept. 1 and 15 • 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)**

9-1pm

PUZZLE FUN!

September Word Search

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

September

School

Acorn

Sunflower

Classroom

Fall

Autumn

Harvest

Sapphire

Equinox

Patriot Day

Aster

Labor Day

Migrate

Homework

Apples

Trails

Teacher

GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

AARP TAX-AIDE:

Mary Ann Clark

ACTIVITIES:

Mary Tramp Estate
Jeanie Young
St. Croix Hospice
In Memory Of Glenn Brueske:
Jared & Carol Hills

BRIDGES ERC:

Laura Cernick

DAYBREAK & CEILI

COTTAGE & ARISE:

Laura Cernick
Lisa & Jason Groom

GEN'S COFFEE HOUSE &

BAKERY:

John & Rosemary Hefner

KAZUKES:

Edgewood Vista

MEALS ON WHEELS &

NUTRITION:

Laura Cernick
In Memory Of Delayne Bickett:
Julie & Michael Twedt
In Memory Of M. Dean Frederick:
Dale E & Karla M Olson

WORKERS ON WHEELS &

RAKE THE TOWN:

Laura Cernick

Donations *Thank you for your support!*

ART ROOM
BUCK-A-MONTH

Ed Baatz
Reeni Mc Kay

FITNESS ROOM
BUCK-A-MONTH

Donna Murphy

Development Dates 2023

Member/Friend Drive

September 2023



Sioux Empire Lions Club donated a bench to East side Active Generations as we prepare for our grand opening. The bench was from recycling 500 pounds of plastic film through a program with Rex Trex. For information about this Lions Club, you can go to their Facebook page at Sioux Empire Lions Club. Thank you.... Lions Club.

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!



GRACE COMMUNION
INTERNATIONAL

Sioux Falls Church

Worship Service- Sundays at 11 a.m.

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

For more information contact Pastor JoAnn 605-371-3441

or visit our website gcichurches.org/siouxfalls

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

Watch on Zoom or Facebook

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



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

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

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

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

Trail Ridge Home Care

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

605-231-8141

TrailRidgeHomeCare.com



TRAIL RIDGE
HOME CARE

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



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
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www.SHIINE.net



September

Birthdays

- Chris Achey

Jerry Ackerman

Marv Addink

Jill Amdahl

Linda Anderson

Bill Anderson

Rita Arneson

Carol Arnold

David Bacon

Elaine Baltzer

Cathy Barringer

Linda Bauer

Kathy Becker

Mavis Benda

Eileen Bergerson

David Bertelson

Linda Bickett

Peter Boeve

Ron Bowden

Janice Bren

Jean Brennan

Mary Breuer

Margarete Buegner

Janice Campbell

Rosemary Campbell

Victor Carella

Robert Carr

Sandra Childs

Mary Ann Clark

Brenda Cleberg

Janel Cole

Bernita Crapser

Nancy Dahl

Richard Damian

June Darger

Leeanne Davis

Sara Davis

Marla Dawson

Peggy De Boer

Ruth De Jong-Hoiten

Sharon De Vaney

James De Witte

Sharon Dehaan

Deborah Denevan

Joann Dietrich

Cari Linn Dilley

Bev Dooley

Lois Duxbury

Barbara East

Rose Ebdrup

Joyce Egge

Roald Eidsness

Larry Eisenbraun

Veronica Elmore

Julie Elson

Anita Engel

Nancy A. Everist

Leon Feldhaus

Sandra Feller
- Sandy Fischer

Judy Flaten

Kristy Flora

Dana Fravel

Eileen Friest

Judy Galbreath

Robert Gaut

Nancy Geffre

Gerald Gerken

Jolaine Gerlach

Tammy Giblin

Joyce Giedt

Charles Glanzer

Bonnie Gloe

Sandra Goetsch

Joanne Goldammer

Lynne Grabowska

Joel Greene

Charles Gregg

Pat Griesse

Janet Grunewaldt

Gladys Gunderson

Doris Haas

Pat Haberer

Morrie Hansen

Gordon D Hansen

Roger Hansen

Leslie Harmon

Velma Harms

George Harter

Lynette Hartman

Helen Hartmann

Tom Hayes

Thadd Heberling

Rodney Heiman

Mary Heimark

Douglas Henderson

Jan Hendrix

James Henriksen

Sharon Hietbrink

Jean Hill

Sally Hines

Arlene Hoff

Barbara Hofstad

Mike Hollingshead

Sharon Hoover

Joann Hoppenrath

Garna Horst

Gene Hugh

Kathleen Iskra

Wini Iverson

Robert Jenson

Diane D. Johnson

Carole F Johnson

Sharon Johnson

Gordon Johnson

Jeri Jordan

Craig Jurczewsky

Carolyn Kading
- Charles Kellogg

Sherrey Kellogg

Kelly Kelly

Charlene Kelly

Brent Kelly

Randee Kemna

John Kemna

Dale Kiebach

Leo King

Chris Kirkus

Roine Klassen

Audrey Kleinsasser

Anita Klune

Earleen Knauer

Dorothy Korstad

Sharon Kostboth

Deanne Kracht

Joan Kramer

Karen Kraus

Cindy Krehbiel

Robert Kunzelman

Janice Lajoie

Edie Larsen

Lois Larsen De Vries

Roy Lauck

Thomas Le Vasseur

Linda Leddy

Jerry Livermore

Jack Lovett

Janet Luce-Elrod

Mike Lynch

Michael Markstrom

Junelle Marso

Linda Maxwell

Beverly Mc Dowell

Wayne Mc Fall

Joan Mc Fall

Susan Mc Gowan

Donna Meinen

Clay Melton

Curt Miller

Audrey Miller-Brush

Kate Mogen

Brian Moore

Karen Morfitt

Mary Moser

Connie Moulton

Loretta Munson

James T. Nelson

Carmel Nelson

Norma Newberger

Daniel Nichols

Neda Nissen

Charlotte Nordman

Donna Nugteren

Mark Oberg

Sharon Olsen

Donna M. Olson

Marjean Olwell

- Susan Omanson

Roger Opheim

Marilyn Osborn

Timothy O'Shea

Roman Parfeniuk

Bruce Peterson

Gerald Peterson

Barbara J Peterson

Patricia Pibal

Gary Pierson

William Pigman

Linda Powell

Loraine Price

Tom Raap

David Ratajczak

Andrea Rausch

Robert Rea

Nola Redd

Mike Reddy

Sharon Reilly

Linda Rensberger

Fran Rice

Patricia Richards

Georgie Richardson

James Ricketts

Cinda Rippentrop

Joan Robinson

Marcene Rokusek

Arlayne Ruhaak

KC Sangam

Mary Scheel

Kay Scheibe

Darrell Schelske

Charles Schmidt

Dale Schnabel

Kathleen Schroeder

Douglas Schulz

Edwin Schuster

Lois Seibel

Curt Seiders

Jill Seiler

Marlys Shade

Jean Shepard
- Norma Shumaker

Janet Skiles

Jim Smalley

Dollie Stansbury

Josephine Stapleton

Arthur Stelzer

Norman Steuck

Alice Stevens

Veronica Stoneall

Bill Strandell

Myrna Stuefen

Daniel Styles

Arlene Suurmeier

Vickie Sylvester

Annetta Talsma

Victor Thomlinson

Bonnie Thurman

Brenda Tibbetts

Joe Tischler

Jan Tollefson

William Topel

Rhonda Topliff

Ann Tripp

Margaret Tunender

Mary Uecker

Jayne Valnes

Ann Van Bochove

Karen Van Der Vliet

Karen Vander Wal

Cindy Walberg

Elizabeth Waldner

Kathy Walsh

Lynn Waters

Stacy Weller

Phyllis Wendell

Victoria Wilde

Larry Wilske

Connie Wilson

Nancy Winness

Diane Wullstein

John Zeiszler

Terry Zerfas

Sioux Falls Good Samaritan Communities

Invites You to The

Good Sam Birthday Bash

2nd Friday of Each Month

BIRTHDAY PARTY

FRIDAY, SEPTEMBER 8 • 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

SENIOR COMPANIONS

OF THE SOUTHS

Sharing Friendship & Home



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.



New Members

JULY

Welcome, glad to have you join Active Generations!

Robert and Sheryl Andera

Marianne Anderson

Jolene Armbrust

Bruce Card

Victor Carella

Devin Carpenter

Hilarie Hanthorn

Gail Hedstrom

Teresa Hinz

Paul and Julie Jordahl

Jeri Jordan

Deanna Junso

Richard Kalb

Charles and Sherrey Kellogg

Donovan and Vicki Kost

Judy Learning

Janet Liefeld

Mary Newman

Amanda Ode

Valoy and Pam Poppenga

Lavae Ruby

Ted and Janet Schurman

Thomas Slagle

Kathy Sorensen

Kathryn Stevens

Nettie Talsma

Julene Theis

Joyce Ulven

Joe and Gerry Van Holland

Jackie and Jim Wentworth

August Birthday Bash!

Sponsored By:



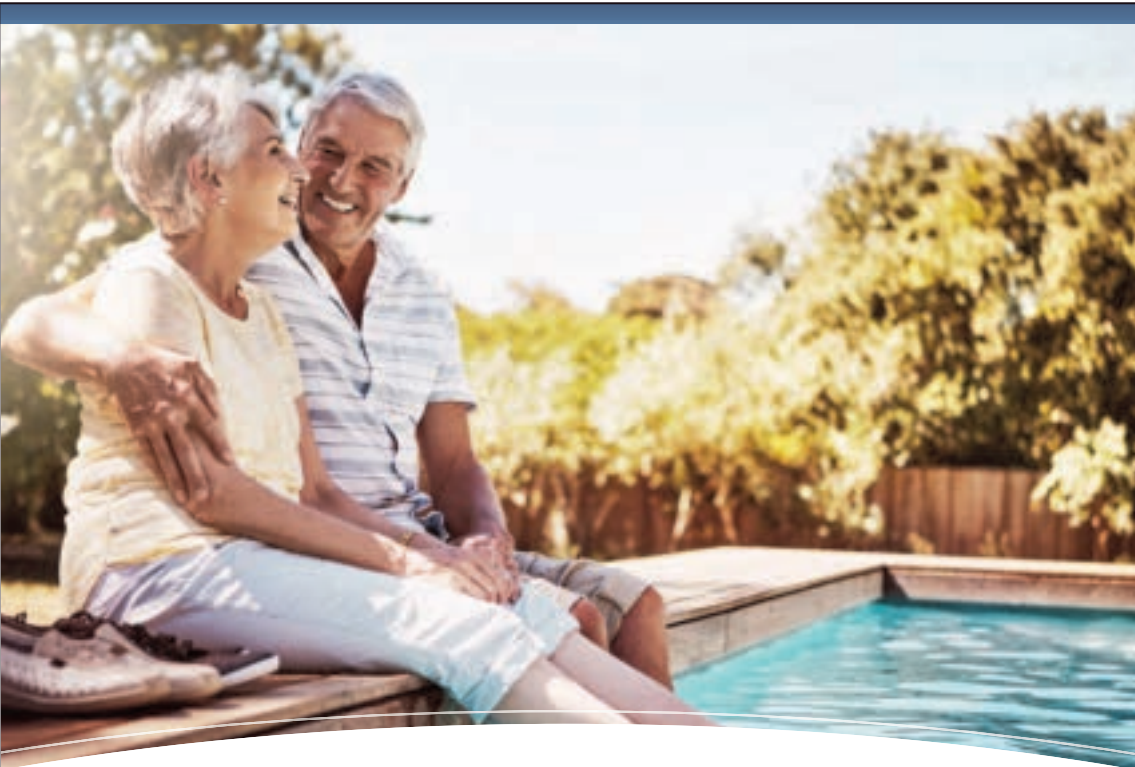
Winners: Ron Ver Wey, Karen Rieckmann, Glenda Morton, Bonnie Ellis



Thanks to Jamie and Barb from Good Sam for partnering with us for the AG monthly Birthday Parties.



David and Maggie were fabulous!!



ENJOY THE SUMMER SIGHTS WITH LIFESTYLE LENSES

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



Learn more about our **Cataract Services** at OphthalmologyLTD.com



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



Happy Labor Day!

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

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



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The Region's Most Trusted, Experienced Eye Surgeons



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

WATERCOLOR ART CLASSES
ACTIVE GENERATIONS EAST
INSTRUCTOR: BARBARA SPARKS

4 DIFFERENT COURSES
EACH COURSE COST
\$10 FOR MEMBERS, \$15 NON

SUNSETS – SEPT. 12, 9:30-12:30PM
BUTTERFLIES – SEPT. 19, 9:30-12:30PM
FLOWERS – SEPT. 26, 9:30-12:30PM
BIRDS – OCT. 3, 9:30-12:30PM

Fall in LOVE with Watercolor

SIGN UP AT AG FRONT DESK

AG September Birthday Party

Friday, Sept. 8
1-2:30pm
Entertainment:
Dakota Suede

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

Line Dancing
AG - East
Wed. Sept. 6, 13, 20, 27, Oct. 4, 11, 18, and 25
1-2:30pm
One punch (\$1) each dance date, use punch card.

Oh, My Aching Legs!
Vascular Health for Legs and Feet

Come to learn about:

- PAD- Peripheral Arterial Disease
- Intermittent Claudication
- The importance of foot exams

TWO DATES

Date: **Friday, September 1st** (AG Main, 2300 W. 46th Street)
and
Date: **Friday, September 8th** (AG EAST, 5500 E. Active Gen Place)
Time for both location: **10-11am**
Presented by: **Sanford Vascular Team**





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SIOUX FALLS MONUMENT
employee owned | established 1947

“Preplanning brings peace of mind, for yourself and your loved ones.”



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Katherine Bieber
Store Manager
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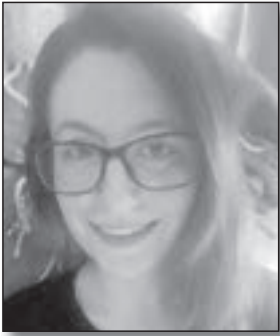
*Results vary by individual



BONE DENSITY INCREASE!
After 2 years of OsteoStrong, my recent DEXA scan showed a 10.2% increase in my left hip which has now gone from osteoporosis to osteopenia! And a 5.7% increase in my right hip! I am thrilled and OsteoStrong really works!
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Visit **WWW.OSTEOSTRONG.ME** to learn more!



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)

Healthy Aging Month was started to encourage people to focus on their health and take precautions to help them face the challenges that come with aging. September is Healthy Aging is a brand that started over 30 years ago in 1992 when people born in the 1940s were turning 50. It spread the message that it is possible to adopt a healthier lifestyle at any age and mature gracefully.

The origins are credited to a television special that inspired people to make lifestyle and dietary changes to prevent heart problems. In 1996, the United States Postal Service (U.S.P.S.) launched the Healthy Aging campaign. A letter-writing contest was initiated with the topic "What's Your Secret For Healthy Aging?" The goal was to raise awareness about leading a healthy life and to make people recognize the importance of letter writing. The campaign also included television ads, seminars, guides and kits, and prizes.

September is Healthy Aging Month

HEALTHY AGING MONTH ACTIVITIES:

1. Pick an activity – and do it at Active Generations!

Make a change in your lifestyle today. Choose an activity you enjoy. It can be anything from playing a sport, exercising, going for walks, or making changes in your diet. Pick one and commit to it.

2. Share it on social media

Let everyone know the importance of this day. Take pictures of yourself working out or eating a healthy meal, and share them on your social media page. This will inspire more people to follow in your footsteps.

3. Read more about health and nutrition

Leading a healthy, active lifestyle is important, especially after the age of 45, when our bodies tend

to be more prone to injuries and ailments. Hence, it is important to gather knowledge to help you live a long, healthy, and happy life.

DO IT BECAUSE:

1. It's good for the brain

Leading a healthy, active lifestyle is important, especially after the age of 45, when our bodies tend to be more prone to injuries and ailments.

2. It slows down aging

Exercise is known to slow down the process of aging.

3. It makes the skin healthier

The pores of the skin that are often blocked by dead cells and debris are cleared when you sweat during exercise.

4. It improves sleep quality

Research shows that exercising can help you fall asleep faster and improve sleep quality.

5. It boosts confidence

Exercise gets you in

shape and releases endorphins, which boosts your confidence levels

And remember that mental health is just as important. If you are a Caregiver, make sure you are managing your stress. Talk to Case Management about free support services.

<https://nationaltoday.com/healthy-aging-month/>

AG GOLF
September 2023
Starts at 9am
Meet at the golf course
Prices vary...NO pre-registration needed

Tues, Sept. 5	- Spring Creek at Harrisburg
Mon. Sept. 11	- Meadow Acres at Larchwood
Mon. Sept. 18	- Hiawatha at Canton
Mon. Sept. 25	- Northern Links at Renner

KOLBE CLOCK REPAIR

*Buys Antiques, Books,
Watches, Photos, Etc.*

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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.

Sunnycrest Village, where seniors celebrate life!

Offering:

Quality, life-enriching, faith-based apartments.

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



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Sioux Falls, SD 57106

www.sunnycrestvillage.com

605-361-1422





Niki Anderson

Adult Day Services
Lead Program Assistant
daybreakads@activegen.org

It has been a summer full of anticipation for the participants and staff of the Day Break Men's Program. On September 1st, they will be open for business at their new home in Active Generations East near Dawley Farms. Major changes are not typically easy to make and a transition to a new setting can be especially challenging for those with Dementia or Alzheimer's. With patience and preparation, everyone

Adult Day and Caregiver Support Services

Roll with the Changes

can embrace the challenges and roll with the changes.

Although the surroundings will be new and improved, many aspects of the Men's Program will remain the same. The daily newspaper will be available to read and fresh coffee and cold water will be served all day long. Participants will still see the whiteboard with the daily activities that are planned. The routines of morning exercises, walking and sharing the Pledge of Allegiance will still take place. Favorites like Dominoes, King's Corners, Bean Bags and Jeopardy are going to be part of the week as well.

At Day Break and at home, there are several environmental factors that can trigger a behavioral reaction in someone whose

memory, comprehension or orientation is limited. If the surroundings are too noisy or there are too many choices, it can be overwhelming. Changes in routine and unfamiliar settings may lead to restlessness, anxiety, or agitation. Sometimes a lack of personal space, or the alternative, a desire for more attention that is not offered, can be frustrating. Poor communication and confrontations with others can also be a cause for challenging behaviors.

The best way to prevent difficult situations is by offering patience, understanding, and planning ahead. Considerations when setting up a calming environment include good lighting, safe floor coverings and calm, contrasting

colors. Labels and signs with words or pictures can be gentle reminders of where one is or how things work. Fresh air and quiet spaces can help as well. The most important thing

to remember is that everyone is different. Pay attention and provide solutions that work for each specific individual.

Embrace the change and keep on rolling.

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

Wish List

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



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

Tuesdays - Room 128

8:30 a.m. – 12 noon

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

Who comes to the Co-Op?

Anyone is welcome who has a health complaint, a nagging problem, or just has a desire to get better acquainted with their own

health and learn how to do better self-management. We have an expert team to help with new or existing health problems; to do regular blood pressure checks; to answer questions about medications or their side effects; to evaluate mobility problems such as weakness, poor balance or risk for falls.

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

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

ACTIVE GENERATIONS BLOOD PRESSURE CHECKS

Wednesdays

10:30 a.m. – 12:30 p.m.

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

SANFORD FOOT CLINIC

Next available dates are:

Thursday, November 16

Friday, November 17

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.





Rebecca Behnke
Nutrition Director
rbehnke@activegen.org



Nutrition Notes



The Meals on Wheels program is in need of volunteer delivery drivers!

Delivery is Monday-Friday, estimated hours are 10:30am-12:30pm.

Meals on Wheels delivery takes approximately 1 to 1 1/2 hours and the routes are kept under a 20 mile radius.

Delivery is a very rewarding experience, for many of our participants our volunteers are the only human interaction they receive on a daily basis.

We have some routes that are open weekly. However, drivers can always choose how many days they would like to volunteer per month. Some volunteers drive weekly while others drive once or twice a month.

We also have an email substitute list and volunteers pick up routes when they are available.

Please email rbehnke@activegen.org or call (605) 333-3304 if interested.

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



**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.
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!!!




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

SEPTEMBER

menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.			
4	5	6	7	8
CLOSED	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	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT 
11	12	13	14	15
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	PORK CHOP AMERICAN FRIES CORN FRUIT
18	19	20	21	22
HAMBURGER ON A BUN STEAK FRIES CARROTS FRUIT	HAM & SCALLOPED POTATOES CASSEROLE CORN FRUIT	BEEF STEW CALIFORNIA BLEND VEGGIES BISCUIT FRUIT	CHICKEN THIGHS HERBED POTATOES GREEN BEANS FRUIT	BBQ RIBS AU GRATIN POTATOES CORN FRUIT
25	26	27	28	29
PORK FRITTER MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT	CHILI CRACKERS SWEET ROLL FRUIT	LASAGNA CASSEROLE ITALIAN VEGETABLES GARLIC TOAST FRUIT	CHICKEN SANDWICH TATER TOTS PEAS FRUIT	HAMBURGER GRAVY OVER MASHED POTATOES GREEN BEANS FRUIT



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:

