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ACTIVE GENERATIONS
FEBRUARY
TUESDAY NIGHT DANCES
 7:00-10:00 PM
 Sertoma A & B
 AG—Main Location

Tues. Feb. 6 State Line Drifters
 Tues. Feb. 13 Mac Alley
 Tues. Feb. 20 Clay Creek Band
 Tues. Feb. 27 Norgaard Country

Members \$6.00
 Non-Members \$10.00
 Beer and Water Available for Purchase

Active Generations Main and East
CLOSED Monday, Feb. 19
 in observation of Presidents' Day. Normal hours will resume Tuesday.

MOVIE MANIA! (AG EAST)
FAMILY SWITCH

Friday, Feb. 9 • 5:30 p.m.

PG | Comedy/Family | 1 hr. 45 min.



The Walkers are a nuclear family of five: Mom Jess, Dad Bill, daughter CC (16), son Wyatt (14), and son Miles (2). But when a mysterious event occurs at the Griffith Park Planetarium, the nuclear elements split and recombine; Jess's mind is in CC's body (and vice versa), while Bill's mind is in Wyatt's body (and vice versa). While CC and Wyatt try to navigate the impossibly complicated world that is adulthood (responsibilities, skills, fears, ambitions), Jess and Bill must work their way through the insanely intricate network of rites of passage (bullying, soccer games, music, parties, romance) that comes with being a teenager, while all four scramble to undo the spell that catastrophically recombined their personalities.

HOURS OF BUSINESS

MON.: 6:30 A.M.—8 P.M.
 (both locations)
TUE.: 6:30 A.M.—9 P.M. (Main)
TUE.: 6:30 A.M.—8 P.M. (East)
WED.: 6:30 A.M.—8 P.M.
 (both locations)
THUR.: 6:30 A.M.—8 P.M.
 (both locations)
FRI. • 6:30 A.M.—8 P.M.
 (both locations)
SAT. • 8 A.M.—3 P.M.
 (both locations)
OFFICE HOURS:
MON.—FRI. • 8 A.M.—4:30 P.M.

VALENTINE
AG JAMBOREE
 Wednesday, February 14th
 5:00-6:30 p.m.
 Sertoma A & B
 Featuring Sioux Falls
Tempo Band

Free to All
 Food & Drinks available for purchase

FEBRUARY
FITNESS
MARATHON
 KEEP YOUR BODY
 STRONG
 & FIT

Tuesday, Feb. 13—MAIN LOCATION
 Thursday, Feb. 29—EAST LOCATION
 8:00 a.m.—12:00 p.m.

Come in and check out a variety of fitness classes that are offered at AG Main and AG East. Classes led by our SDSU Interns!

Each class you attend, you'll receive a ticket that enters you into a drawing for a \$50 Visa card.

Members Free
 Non-Members \$5.00

AG-EAST
BEAN BAGS
& BEER

Tuesday
Feb. 27th
 5:00-7:00 pm
 Members Free
 Non-Members \$5.00

Beer \$5.00
 Soda \$1.00
 Water \$2.00

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

www.activegenerations.org

AG EAST: 5500 E. Generations Place, Sioux Falls, SD 57110 • (605)-275-7690

AG MAIN: 2300 W. 46th St., Sioux Falls, SD 57105 • Ph (605) 336-6722

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

OUR MISSION

Active
Generations

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

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

Help Wanted!

Are you interested in working for Active Generations on a part-time basis? We have a position open for someone to help with evenings, Saturdays and special events. If interested, please call our Main phone number (605-336-6722) and ask for Debbie.



Thank you to our friends with the Sioux Falls Bridge Club for their gift to Active Generations and Meals on Wheels. What a difference it will make!

ACTIVE GENERATIONS MEMBERSHIP OPTIONS

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

Active
Generations

YOU DECIDE WHICH PLAN WORKS BEST!

We are here to meet your needs:

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

Additional fees only for:

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



PLATINUM

Ultimate All-Inclusive Lifetime Membership
Includes All Gold Membership Privileges
\$3,000



GOLD

Ultimate All-Inclusive Membership
Includes prepaid Pickleball
\$25 per month or \$300 for the Year
Unlimited Pickleball Play, Fitness Studio, Billiards, Table Tennis, Activities & Events, Computer, Library, Clubs & Games, Line Dancing, Special Interest Groups



SILVER

Ultimate All-Inclusive Membership
Includes Fitness Studio, Games, Education & Activities
\$15 per month or \$180 for the Year
Pickleball Game Punch Cards for \$3 per play... \$30 or \$60 cards available. Plus Fitness Studio, Billiards, Table Tennis, Activities & Events, Computer, Library, Clubs & Games, Line Dancing, Special Interest Groups

STAFF *directory*

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GUEST POLICY

Guests are welcome at Active Generations!

For in-town or out-of-town visitors over the age of 18, the daily guest fee is \$5 per day.

All guests must sign in at the Information Window, where a guest pass can be paid.

Have questions? Visit our Information Window.

Senior Citizens Services, Inc.
dba

Active Generations Board of Directors

Gerald Beninga - President and CEO

Kelsey Stevens – Chairperson

Dr. David Basel, M.D.

Dawn Duerksen

Erik Gaikowski

Lisa Groon

Ralph Lindner

Wade Merry

Aimee Middleton

Mark Millage

Josh Muckenhirn

Lisa Schultz

Don Scott

Luke Tibbetts

Stacy Wrightsman

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

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



Monthly Bingo Bonanza



Monthly Birthday Party



Special Event Sponsor

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



For more information, contact 605-336-2095 or visit www.seuw.org.

Lifetimes News

Subscription Rate: \$15 per year.

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

Funeral Pre-planning

It pays to compare

Call Kristen Peterson, Funeral Director



4800 S. Minnesota Ave. • Sioux Falls, SD 57108

Phone: 605-334-9640

Fax: 605-334-4186

www.heritagesfsd.com • heritagefh@midco.net

Free Aging Well Watch Party on February 15th

Healthy Living for Your Brain and Body



Workshop Objectives

1. Identify how certain behaviors affect our brains and bodies.
2. List strategies for healthy decision-making in the following areas:
 - Sleep
 - Smoking
 - Mental Health
 - Physical Activity
 - Balanced Nutrition
 - Cognitive Engagement
 - Social Engagement

Workshop Summary

This program is intended to provide you with science-based recommendations about taking care of our brains and bodies. Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Time: 10:00 - 11:00 am (Central time)

Location:

Both AG Locations:
AG West/Main - Room 128
AG East - Room 117

Questions?

Contact Carmen Spurling - (605) 333-3319; please indicate which location you plan to attend.



County commissions, North Dakota State University, South Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender, expression, ethnicity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice President for Title IX/ADA Coordinator, Old Main 231, NDSU Main Campus, 701-231-7700, nlaw@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request. 701-231-7361.



Physical Therapy, Occupational, and Speech Therapy

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

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

Free assessments are available to determine therapy needs.

- Central Sioux Falls - 26th St. and Cliff Ave. **605-334-5630**
- East Sioux Falls - 57th St. and Dubuque Ave. **605-271-3378**
- West Sioux Falls - 26th St. and Marion Rd. **605-271-6920**
- Brandon- 1220 E Holly Boulevard **605-582-3103**
- Hartford - 100 W. Hwy 38, Suite H **605-528-1901**
- Harrisburg- 301 W Willow St Suite 1 **605-605-767-3008**

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

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

www.prairierehab.com

"Striving for Excellence in Physical Rehabilitation and Wellness"

Active Generations Fitness and Wellness

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



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:

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. Locker room and shower facilities are available.

Fitness and Wellness Class Schedule

****ONLY CERTAIN CLASSES ARE COVERED BY INSURANCE INCENTIVE PROGRAMS. You can purchase a punch card for classes if you do not have Insurance Incentive! Please pay at the Information Window! 10 Classes for \$ 50.00**

Fitness Room Orientation • By appointment, 336-6722

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

East Location: NO Classes Monday, February 19

Class	Time	Days	Insurance Covered ***
Balance Class	9:30-10:15 a.m.	Tues/Thurs	Feb. 6–Mar. 7
Circuit	10:00-10:45 a.m.	Tues/Thurs	Feb. 6–29
Circuit	1:00-1:45 p.m.	Tues/Thurs	Feb. 6–29
Medicine Ball	2–2:45 p.m.	Tues/Thurs	Feb. 6–29
Restorative Stretch*** (Video Led)	8:30-9:15 a.m.	Mon/Wed/Fri	Feb. 2–28 (no class 2/19)
SILVERSNEAKERS Classic***	8:30-9:15 a.m.	Tues/Thurs	Feb. 6–29
Yoga	12:00-12:45 p.m.	Thursdays	Feb. 1–29 (no class 2/22)

Main Location: NO Classes Monday, February 19

Class	Time	Days	Insurance Covered ***
Body Sculpting***	12:00–12:45 p.m.	Mon/Wed/Fri	Feb. 2–28 (no class 2/19)
Get Active(Power) *** (Video Led)	7:00–7:45 a.m.	Mon/Wed/Fri	Feb. 2–28 (no class 2/19)
Get Active(Power)***	10:30–11:15 a.m.	Tues/Thurs	Feb. 1–29
SILVERSNEAKERS Classic***	9:30–10:15 a.m.	Mon/Wed	Feb. 5–28 (no class 2/19)
Strength Training	10:00–11:00 a.m.	Tues/Thurs	Feb. 6–29
Yoga	1:00-1:45 p.m.	Wednesdays	Feb. 7–28 (no class 2/21)

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

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 and make sure members are paid and up to date. Please visit with Jenny if you are interested in this position. Call 333-3306 or email jcentra@activegen.org

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

Helping Hand Assisted Living, Inc.
 1000 Teakwood
 Brandon, SD 57005
 An Independent and Assisted Living Community
 Accepting private pay and Medicaid/Title XIX
 We invite you to call for information and a tour!
(605) 582-7939
 An alternative to nursing home care . . .




The Mini Movers
 The Easiest Way to Avoid The Hardest Part of Moving.
 A powerfully small and affordable moving company.
Senior Citizen Discount 361-9363

GRACE COMMUNION INTERNATIONAL
Sioux Falls Church
Worship Service- Sundays at 11 a.m.
Active Generations, Room 203 - please use east door
 For more information contact Pastor JoAnn 605-366-8820.
 or visit our website gcichurches.org/siouxfalls
Thursday Bible Study at 12 p.m., Room 128.
 Watch on Zoom or Facebook

February 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.	Sheepshead 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
1:30-8 p.m.	Beginner 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.) – Rm 132
10 a.m.	Fast Track – Room 203
9-11 a.m.	Bean Bag Club – Room 205
Noon-3 p.m.	Bridge – Room 203
1 p.m.	Canasta Club – Room 204
1:30-4:30 p.m.	Advanced/Intermediate Pickleball – Sertoma A
4:30-8 p.m.	Beginner 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.	Beg./Interm./Adv. Pickleball (Mixed Play)
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

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

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.	1:30 p.m.	Sertoma A	Bob Gaut
\$1.00 per dance (Punch card required if you have not upgraded your membership)	Wed.	3:00 p.m.	Sertoma B	Volunteers
	Fri.	2:30 p.m.	Sertoma A	
	Advanced/Intermediate	Tue.	1:30 p.m.	Sertoma A
Pickleball GOLD Membership FREE, SILVER and BRONZE \$3 per use	Thurs.	1:30 p.m.	Sertoma A	Allan Hembree
	Sat.	8 a.m.	Mixed Play	
	Beginning Pickleball	Wed.	1:30 p.m.	Sertoma A
\$3.00 per play (Punch card required if you have not upgraded your membership)	Thurs.	4:30 p.m.	Sertoma A	
	Sat.	8 a.m.	Mixed Play	
	Bean Bags	Thurs.	10:15 a.m.	Room 205
Shuffleboard	Tues. (2nd & 4th)	9 a.m.	Sertoma A	Denny Baltzer
Table Tennis	Mon.	3:00 p.m.	Room 205	Terry Bong
	Mon.	5:00 p.m.	Room 205	Terry Bong
	Tue.	3:00 p.m.	Room 205	Willy Hoff
	Tue.	6:00 p.m.	Room 205	Terry Bong & Willy Hoff
	Wed.	3:00 p.m.	Room 205	Terry Bong
	Wed.	5:00 p.m.	Room 205	Terry Bong
	Thurs.	5:00 p.m.	Room 205	
	Sat.	8:00 a.m.	Room 205	Lei Ji
	Sat.	11:30 a.m.	Room 205	Lei Ji
	\$3.00 per play (Punch card required if you have not upgraded your membership)			

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

ACTIVE GENERATIONS PICKLEBALL SCHEDULE

Inside	Inside (2 courts)	Outside (2 courts)
Intermediate and Advanced	Court times will include both open reserved and pickleball clubs. Reservations can be made online or at the welcome desk.	CLOSED FOR SEASON One hour court time can be reserved online or at the welcome desk.
Tuesdays, 1:30-4:30 p.m.	Monday, Wednesday, Friday	Mondays, 6:30am - 8pm
Beginners	8-10am RESERVE OPEN COURT TIME	Tuesdays, 6:30am - 8pm
Wednesdays, 1:30-7 p.m.	10-Noon BEGINNERS CLUB	Wednesdays, 6:30am - 8pm
Intermediate and Advanced	Noon-2pm RESERVE OPEN COURT TIME	Thursdays, 6:30am - 8pm
Thursdays, 1:30-4:30 p.m.	2-4pm INTERMEDIATE CLUB	Fridays, 6:30am - 8pm
Beginners	4-6pm RESERVE OPEN COURT TIME	Saturdays, 8am - 3pm
Thursdays, 4:30-7 p.m.	6-8pm ADVANCE CLUB	
All Levels	Tuesdays and Thursdays	
Saturdays, 8-11 a.m.	8-10am 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	



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)

MAIN LOCATION

Monday-Friday	Lunch at Active Generations.....	11 am - 12:30 pm
Monday-Friday	Gen's Coffee House; Gen's Bistro	9 am - 1 pm
Monday-Friday	SHIINE Consultations.....	8 am - 5 pm
Everyday AG is open (in the library)	Puzzle Exchanges	All Day
Mon., Jan 29	Mah Jongg Marathon – East	8 – 5 pm
Fri., Feb. 2	"Wear Red Day"	All Day
Tues., Feb. 6, 13, 20, 27	Eat Well Mobile Market – Main Parking Lot	11:30 – 12:30 pm
Tues., Feb. 6, 13, 20, 27	Tuesday Evening Dances	7 – 10 pm
Tues., Feb. 6	Coffee Cup Collage Acrylic Painting Class – Main	2 – 4 pm
Fri., Feb. 9	Monthly Birthday Party "Country Flavor"	1 – 2:30 pm
Fri., Feb. 9	Movie – East "Family Switch"	5:30 pm
Tues., Feb. 13	Fitness Marathon - Main	8 – noon
Tues., Feb. 13	Mah Jongg Mini Tournament – East	Noon – 5 pm
Tues., Feb. 13	Coffee Cup Collage Acrylic Painting Class – East.....	2 – 4 pm
Wed., Feb. 14	Jamboree - Tempo Band – Main	5 – 6:30 pm
Thurs., Feb. 15	Movie Matinee – Main – Sound of Freedom.....	3 – 5 pm
Mon., Feb. 19	Closed – President's Day – Both Locations.....	All Day
Tues., Feb. 20	Mah Jongg – Learn Siamese Mah Jongg – East	2 – 4 pm
Tues., Feb. 27	Bean Bags & Beer – East	5 - 7 pm
Thurs., Feb. 29	Fitness Marathon - East	8 – noon
Tues., Mar. 5	The Old Windmill Acrylic Painting Class - Main.....	2 – 4 pm
Tues., Mar. 19	The Old Windmill Acrylic Painting Class - East	2 – 4 pm
Tues., Mar. 19	Mah Jongg – March Madness – East	8 – 5 pm
Fri., Mar. 22	Vaccination Event – East – By Appointment	Starting at 9:30 am

EAST LOCATION

10 POINT PITCH

Saturdays 1 – 3 pm, Dining Room

BEAN BAGS

Wednesdays 9 – 11 am, Room 115

DOMINOS

Thursdays 9 – 11 am

HAND AND FOOT

Thursdays 12 – 3:30 pm, Dining Room

HEARTS

Mondays 9 – 11 am, Dining Room

PARTY BRIDGE

Mondays 12 – 3 pm

PINOCHLE

Tuesdays 12:30 – 3 pm

WOODCARVERS

Thursdays 9 – 11 am

EAST - SEE PREVIOUS PAGE FOR MAIN

Cards & Games
Monday:
Hearts 9-11am
Party Bridge 12-3pm
Tuesday:
Pinochle 12-30-3pm
Wednesday:
Bean Bags 9-11am
Mah Jongg 1-4pm
Thursday:
Dominoes 9-11am
Hand & Foot 12-30-3-30pm
Saturday:
10 Point Pitch 1-3pm

Pickleball Schedule
Monday/Wednesday/Friday:
8-10am Reserve
10-12pm Beginners Group
12-2pm Reserve
2-4pm Intermediate Group
4-6pm Reserve
6-8pm Advanced Group
Tuesday/Thursday:
8-10am Reserve Only
10-12pm Intermediate Group
12-2pm Reserve
2-4pm Advanced Group
4-6pm Reserve
6-8pm Beginners Group
Saturday:
8-3pm Reserve/ Open Play (with Gold or Punchcard)

Life-Long Learning

BIBLE STUDY - 4 WEEK STUDY

(AG MAIN)

Thursdays, Feb. 1, 8, 15,
22, 29; Noon–1 p.m.

Room 128; Cost: FREE
Limit: 10

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

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

HIGH TONE HEARING PRESENTATION AND HEARING SCREENS (AG MAIN)

Wednesday, Feb. 7, 10

a.m. - 12 p.m.

Come and listen to a
presentation on hearing
from High Tone Hearing
and then stay and have
your ears examined by a
professional. Cost FREE

10-11 a.m.-Presenta-
tion

11-12-Hearing Screens
Please call 605-336-
6722 to register.

FEBRUARY FITNESS SEMINAR (AG EAST)

Thursday, Feb. 8

2 p.m. • FREE

Want to reduce body
fat, increase lean muscle
mass, prevent injuries and
burn calories more effi-
ciently? Strength training is
the answer! Strength train-
ing is a key component of
overall health and fitness
for people of all ages.

Research shows that a
single set of 12 repetitions
with the proper weight can
build muscle efficiently in
most people and can be as
effective as three sets of the
same exercise.

Lean muscle mass natu-
rally diminishes with age.

You'll increase the per-
centage of fat in your body
if you don't do anything to
replace the lean muscle you
lose over time. Strength
training can help you pre-
serve and enhance your
muscle mass at any age.

UNDERSTANDING MEDICARE WITH SHIINE

(AG EAST - 3 P.M.)

Friday, Feb. 16

(AG MAIN - 10 A.M.)

Wednesday, Feb. 21

with SHIINE rep., Room

202

Medicare can be compli-
cated and sometimes costly.
SHIINE is a federally-funded
program that advocates for,
educates and assists con-
sumers with Medicare and
related health information,
to allow consumers to make
timely and informed deci-
sions and access necessary
resources. SHIINE is com-
mitted 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.

URINARY AND PELVIC HEALTH SEMINAR (AG MAIN)

Tuesday, March 26

1:00 p.m.

Urinary and Pelvic health
is an under mentioned topic
for women's health. We are
often told, urine leakage is
normal and to do your ke-
gels, however, the issue is
much more prevalent than
it appears. We are going
to have a nurse educator
coming to talk more about
Women's Urinary Health,
Urinary Incontinence/Leak-
age, and the next steps in
medicine for Stress Urinary
Incontinence.

Please call 605-336-
6722 to register for this
seminar.

AG Card and Game Clubs MAIN

GAME	DAY	TIME	LOCATION	LEADER
500	SAT	Noon - 2:30pm	Room 203	Barb Boddicker
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 - 3:30pm	Room 203	Arlene Salter & Carolee Olson
Bridge (Party)	FRI	Noon - 3:30pm	Room 203	Arlene Salter & Alayne Meyer
Canasta	THURS	1 - 4pm	Room 204	Gail Dybdahl & Cherielee Murphy
Canasta	FRI	12:30-3:30pm	Lounge	Cella Determan
Cribbage	TUES	Noon - 2:45pm	Room 204	Shirlee Flood
Dominoes	MON	1 - 3pm	Room 204	Rosemary & Dick Campbell
Dominoes	WED	1 - 3pm	Room 204	Carolyn Colombe Lorraine Dahlhoff Sherrill Bessey
Fast Track	MON	10 - 11:30am	Lounge	Donna Poppen
Fast Track	THURS	10 - 11:30am	Lounge	Leo Falconer
Hand & Foot	TUES	12:30 - 3:30pm	Lounge	Sherrill Bessey
Mah Jongg	FRI	9am - Noon	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!

Find Your Niche In Our SPECIAL INTEREST CLUBS MAIN

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
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	Bob Gaut
Line Dancing	WED	3 - 4:30 pm	Sertoma B	Bob Gaut
Line Dancing	FRI	2:30 - 4 pm	Sertoma A	Bob Gaut
Painting/Drawing Open Studio	TUES & WED	9 am - 2 pm	Room 132	AG Art Members
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 - 8 pm 8 - 11 am	Sertoma A (Mixed Play)	Sandi Plooster
Pickleball (Beginners)	THURS	4:30 - 8 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, SAT	9 - 11 am	Room 132	Nancy Cummings & Derek Boekhoff
Writers Group	MON	9:30 - 11 am	Room 203	AG Representative

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, 1:30–4:30 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 1:30–8 p.m. and Thursdays from 4:30–8 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/ad-

vanced 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.

SHUFFLEBOARD

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

BOOK CLUB

The Active Generations Book Club will be meeting Monday, February 26th at 9:30am.

The discussion will be over "The Great Alone" by Kirsten Hannah. This is a fictional story of a desperate family searching for a new beginning in the wilderness of Alaska.

Our next book is a classic. "A Tree Grows in Brooklyn" by Betty Smith. "A Tree Grows in Brooklyn" is an American classic about a

young girl's coming of age at the turn of the century

We are looking forward to some great discussions.

If you are a member and have checked out a book, and if you are unable to attend the meeting, please return the book to Jenny Centra's office.

Happy Reading!!

UKULELE / KAZUKES CLUB

Fun, fun and more fun! That's what the Kazoo/Ukulele group experienced in 2023!

Each facility we played at was unique and different, but they all had one common interest, which was they all loved the "old favorites". Even before we left, they requested that we come back the following month!

We will be adding new favorites to our line-up soon, as we play new "gigs" scheduled for 2024.

Stop in and give a listen as we practice every Wednesday at 9:30 am in room 203/204. It might be the fun New Year's Resolution!

Note: Beginner's class on hold until further notice!

CAT (COMMUNITY ACTION TEAM) CLUB

The Community Action Team will meet on Feb. 12th at 10:00. This will be an organizational meeting to see if there is interest in the continuation of this club. We usually select four or five organizations to help volunteer at during the year. If you like to

volunteer, please join us and learn about our volunteer projects.

THE CRIMSON CHAPEAUX

Donna has planned an outing for us on Tuesday, February 13th at 11:15 at Inca Restaurant—3312 S. Holly. Please let her know at 362-6515 or 310-9144 if you plan to join us. Hope to see you there! Madame Hatter, Sharon



WOW
workersonwheels

Active Generations
OPPORTUNITIES FOR A LIFETIME

WORKERS ON WHEELS
(605) 333-3317

Our mission is to assist the elderly in remaining in their homes. We offer rides to medical appointments, to the grocery store, along with Rake the Town each fall.

Eligibility of these services are offered to individuals that don't have transportation to take them to these services.

TRANSPORTATION SERVICES

GROCERY SHOPPING SERVICES

- WOW will pick you up and take you to the closest grocery store near you. You need to be able to shop independently.
- Provide a list and the WOW staff will place an online order for you. There is a \$5.00 delivery fee per order.

MEDICAL TRANSPORTATION SERVICES

- Transportation to and from Medical Appointments.
- Transportation to and from the grocery store.

TRANSPORTATION GUIDELINES

- Rides offered in all Sioux Falls zip codes.
- You need to pre-schedule any rides at least 24 hours before the ride.
- Clients must be ambulatory and able to get in and out of the vehicle independently. Canes and walkers acceptable.
- Cancellations of ride needs to be done as soon as you know you won't be using service.
- When calling to set up a ride, please have the date, time you want to arrive for the appointment and complete destination information.
- Allow up to 30 minutes pick-up time once done with appointment and have called for a pickup.
- Our services are not an emergency service.
- Clients Recommended donation for transportation one way is \$5.00.

ANNUAL RAKE THE TOWN — October/November
More than 1,000 volunteers go out into the community over the two days and help over 300 homeowners with leaf raking and removal.

JOIN US TODAY! FOLLOW US!

Your support of Active Generations is greatly appreciated. You may call (605) 333-3317 or visit www.activegenerations.org to make your gift today! Thank you!

Happy New Year!! We are in full swing now that it's February. The Workers on Wheels program is evolving and has made some changes. Please see our new brochure above and call with any eligibility questions. We provide transportation to and from medical appointments. We will provide rides to and from grocery stores, so clients are able to get their grocery shopping done. If you do not wish to actually go to the grocery store and would like to have your groceries delivered to you, we can help you with that. Please call the office at 605-333-3317 and we will be happy to explain how that works and we can determine if that would work for you. Our Requested donation is going to increase, as of March 1st, 2024, to \$5.00 per one way ride. If we provide a round trip, to the appt then back home, that would be a Requested donation of \$10.00 total. This donation helps with gas and maintenance expenses required to continue our transportation program.

We will still hold our Rake The Town event at the end of October. Homeowners and volunteers, please mark your calendars for the last weekend in October 2024.

Again, please review the brochure above and call with any questions.



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

Meet the Interns

Hello, everyone! We are your interns from South Dakota State University, and we are all seniors studying Exercise Science! We are super excited to be working with all of you this spring!



Hi, my name is Alexa Henry, I am originally from Rapid City, SD and after graduation I will be attending Physical Therapy school at the University of South Dakota. A fun fact about me is that I have never broken a bone or had a bloody nose! Looking forward to a fun semester!



Hello everyone! My name is Megan Mamer, and I am originally from Dawson, Minnesota. I currently work at Advance in Brookings, SD as a direct support professional for adults with intellectual/developmental disabilities. In August, I will be attending Des Moines University for my Doctor of Physical Therapy!



Hello! My name is Makayla Nelson, and I am from Arlington, SD. In May I will be moving to Springfield Missouri to attend Missouri State University to get my Doctor of Physical Therapy Degree. One fun fact about me is I bruise very easily. I look forward to meeting new people and having fun for the next few months!



Hello everyone, my name is Spencer Galbraith and I am from Blair, Nebraska. I will be attending the University of Jamestown's Doctor of Physical Therapy Program this coming fall. One fun fact is that I have poured concrete for 8 years now. I look forward to meeting everyone this spring and getting to interact with all.



Hi! My name is Alexa Steffl and I'm from Redwood Falls, Minnesota. Starting July, I will be attending the University of South Dakota's Doctor of Physical Therapy Program. A fun fact about me is that I've been playing the piano since I was 7 years old!

AARP Foundation Tax-Aide

Sioux Falls Tax-Aide 2024 Information

The Sioux Falls AARP Foundation Tax-Aide service is up and running for the 2024 filing season as of February 1. We are preparing 2023, 2022, and 2021 tax returns only. The program is operating at the Active Generations Main location (2300 W. 46th St., Sioux Falls, SD) from February 1 through April 11, 2024 for in-person tax preparation. We do not prepare state tax returns.

Call now to make an appointment. You can schedule an appointment by calling 211 (phone number) at the Helpline. 211 Helpline Specialists will be available between 8am and 5pm Monday through Friday to make, reschedule or cancel appointments.

We look forward to helping you get your taxes prepared and filed for Tax Year 2023.

What to bring to your appointment:

Photo IDs, Social Security cards (or ITIN/ATIN cards), all of your income tax related documents (including Affordable Care Act documents such as form 1095-A, B, or C), last year's tax return, and bank account information to use for electronic transfer of refunds or payments. You must have a Social Security card (or ITIN/ATIN card) for each person listed on the tax return. If you do not have your Social Security card(s), you need to contact the Social Security office in-person or via ssa.gov to have a replacement(s) issued prior to your appointment. Upon making an appointment, taxpayers will be asked to pick up an intake and interview packet to complete and bring with them to their scheduled appointment along with the items noted above.

Tax Situations NOT Covered in Sioux Falls:

(1) Tax returns or amendments from 2020 or earlier, (2) Itemized deductions, (3) Self-employment of any type, (4) Most income reported on Form 1099-MISC, Form 1099-NEC, or 1099-K, (5) Education tax credits, (6) Real Estate sales of any type, (7) State tax returns for any state, (8) Moving expenses, (9) Hobby income or other activities not for profit, (10) Complicated capital gains/losses, such as futures or options, (11) Schedule K-1 with anything other than permitted items such as interest, dividends, capital gains/losses, or royalties, (12) Rental income, except land-only rentals, (13) Royalty income, except those reported on a K-1, (14) Tax on a child's investment and other unearned income (kiddie tax), (15) Farm income or expenses, (16) Some income, deduction, or credit items that are not included in our training, (17) Alternative minimum tax, additional Medicare tax, or net investment income tax, (18) Foreign financial asset reporting requirements, (19) Any return where the answer to the digital asset (virtual currency) question on Form 1040 is "yes."

The AARP Foundation Tax-Aide program provides free tax preparation for taxpayers with low to moderate income in Sioux Falls. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attention to the older population. Tax-Aide is a partnership program supported by both the AARP Foundation and the IRS. Tax preparation is provided by IRS-certified volunteers. AARP or Active Generations membership is not required.

MOVIE NIGHT

MOVIE MANIA!

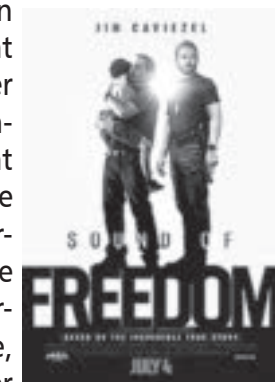
(AG Main)

SOUND OF FREEDOM

Thursday, Feb. 15 • 3-5 p.m.
Computer Tech Center

PG-13 | Crime/Drama | 2 hrs. 11 min.

Sound of Freedom, based on an incredible true story, shines a light on even the darkest of places. After rescuing a young boy from ruthless child traffickers, a federal agent learns the boy's sister is still captive and decides to embark on a dangerous mission to save her. With time running out, he quits his job and journeys deep into the Colombian jungle, putting his life on the line to free her from a fate worse than death.



Winners: Linda Higgason, Mike Dunn, Judy Miller



THE INN
ON WESTPORT
Senior Living

Sponsors monthly Bingo

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

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

Mah Jongg Fun!



Pickleball now back open at the Main location with the completion of the new flooring. Shuffleboard ready as well! Come try it out!



Please wish John & Rosemary a very Happy 50th Wedding Anniversary which was in December! We greatly appreciate all their volunteerism and consistent donations.



A huge thank you to Fireplace Professionals for using their Christmas fireplace contest to raise money for the Caregiver program and to collect items to give to Caregivers. We look forward to using these funds towards a spring Caregiver event!

National "Wear Red Day" is Friday, February 2, 2024.



The first Friday in February each year is National Wear Red Day to bring awareness to heart disease in women.

Heart disease is the number 1 killer of women, causing 1 in 3 deaths each year.

Heart disease and stroke can affect women at any age. Some of the symptoms are the same in men and women but women also experience lesser-known symptoms like nausea, shortness of breath and fatigue. Even pregnancy and menopause can increase the risk.

Some women shrug off symptoms as "not serious" and therefore delay treatment and increase the risk of death.

A healthy lifestyle can prevent or significantly reduce the risk of cardiovascular disease or stroke.

Healthy Lifestyle

Eat vegetables, fruit, whole grains, and lean protein.

Avoid over-processed food and food that is high in sugar, salt, and saturated and trans fats. This keeps your blood sugar and cholesterol levels down.

Look for the Heart-Check mark on food items. ❤️

Eat a balanced meal at Active Generations or purchase a Traditions Meal (frozen).

Exercise on a regular basis, whether it is walking your dog, taking an exercise class, or playing Pickleball at Active Generations.

Take the stairs instead of an elevator or park your car a little further from your destination to get in some extra steps.

Get enough sleep (7-9 hours) each night by sticking to a regular bedtime routine.

Get regular screenings for diabetes, cholesterol, and blood pressure.

Stop smoking. Smoking significantly raises your risk of heart disease and strokes.

Don't stress out. Stress can cause your blood pressure to rise and therefore increase your chances of having a heart attack or stroke.

DON'T FORGET TO WEAR RED ON FEBRUARY 2nd AT EITHER LOCATION!



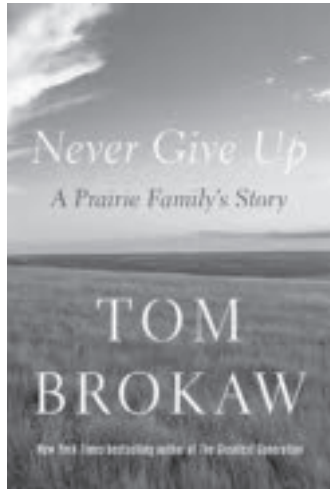
Thank you to Dr. Brechtelsbauer for the generous gift to Molly and her team in Adult Day Services/Daybreak. This donation will have a great impact on what her team provides to families each day!



Book Review

By Sharon DeVaney
Never Give Up: A Prairie Family's Story
 by Tom Brokaw

Tom Brokaw, the author, is a well-known broadcast journalist and the author of seven bestselling books. His most famous book is *The Greatest Generation*, the story of those who fought in World War II. In this book, Tom tells the story of his parents who lived through the Great Depression; their philosophy was "never give up."



The book includes 15 chapters arranged into three parts. Part I consists of 10 chapters. Chapter 1 is about Bristol, South Dakota where the Brokaw family (Tom's grandparents) had the only hotel. Tom describes the "growing up" years of his dad Red Brokaw. He had bright red hair. He had a learning problem and he was teased a lot in school. He dropped out of school after second grade. An older man asked him to be his sidekick. Together they did all kinds of maintenance jobs. Over time Red became very skilled running a Caterpillar for construction jobs.

Chapter 10 in Part I is about The Black Hills Ordnance Depot also known as Igloo, South Dakota. Part II has only one chapter titled Building the Fort Randall Dam. The size of the dam and the scope of the project was overwhelming. Workers came from many other states to work on the dam. Pickstown, the new town on the river, was considered to be an example for the future. We can say that Fort Randall Dam and Pickstown made South Dakota famous.

Part III tells the story of Tom's early career in Yankton, South Dakota, his work in Atlanta and also for NBC, and his thoughts about the future. The big take away from the book is Tom's appreciation for his dad who developed himself into a very capable jack of all trades. Also, Tom shows the effect of the Great Depression on his parents' life style. They were frugal. Tom explains that he goofed around in college. He credits his mother with getting him started in broadcast journalism. In addition, the hardships that his parents and grandparents experienced influenced his thinking about the need for government-sponsored programs for health care.

My parents were careful spenders throughout their life time. As I read, I learned more about the Great Depression. The book is available at the Sioux Falls Public Library. I highly recommend it.



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

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

QUILTING CLUB
 Every Tuesday, 9 a.m. – Noon
 Room #201

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

PAINTING AND DRAWING OPEN STUDIO
 Tuesdays
 9 a.m. – 2 p.m.
 Wednesdays
 9 a.m. – 2 p.m.
 Room #132

Learn about oils, water-colors, 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.



Acrylic Painting with Lisa Rinaldo
"Coffee Cup Collage"
 AG Main - Tuesday Feb 6, 2-4 pm*
 (*Members Only = \$15)
 AG East - Tuesday Feb 13, 2-4 pm**
 (**Members = \$15, Non-Members = \$20)

We wouldn't make it through February without hot drinks! Come learn how to combine collage and paint to create a one-of-a-kind coffee cup.

- All Supplies Provided -

Here are some samples. No previous art experience necessary.
 Sign up at Front Desk or call:
 AG Main 605-336-6722
 AG East 605-275-7690

ACRYLIC PAINTING with LISA RINALDO
"The Old Windmill"
 AG Main - Tuesday March 5, 2-4 pm*
 (*Members Only = \$15)
 AG East - Tuesday March 19, 2-4 pm**
 (**Members = \$15, Non-Members = \$20)

There's a certain beauty in an old, rusty windmill. Come paint a typical landscape of the plains that evokes a simpler time. No previous painting experience necessary.

All Supplies Provided

Sign up at Front Desk or call:
 AG Main 605-336-6722
 AG East 605-275-7690



Coffee Shop Hours (Main)
 9 a.m.–1 p.m. • Monday–Friday
Coffee Bistro (East)
 9 a.m.–1 p.m.



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.





Happy Valentine's Day!

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



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



Healthy for you. Helpful for all.

GET VACCINATED TO HELP SAVE LIVES

Sanford Health is partnering with your neighborhood pharmacy to provide easy access to important vaccines. Together, we are making it easier than ever for you to protect yourself and help prevent the spread of these diseases.

Visit helpfulforall.org to see a list of participating Lewis pharmacies.



This program is supported by the Administration for Community Living (ACL, U.S. Department of Health and Human Services (HHS)) through USAging as part of a financial assistance award to USAging totaling \$74,999,835 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement by, USAging, ACL/HHS, or the U.S. Government.



SIoux EMPIRE

SENIOR HOUSING OPPORTUNITIES

The Helpline Center, 211, offers Housing Lists for disabled and elderly personnel in our community.

Please call "211" for assistance or access the information via the link below:

<https://www.helpline-center.org/sioux-empire-housing-lists/>



Don't leave your family wondering...

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

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



Come check out why so many others have fallen in love with **Sunnycrest Village!** Happy Valentine's Day!!

SUNNYCREST RETIREMENT VILLAGE

3900 S. Terry Ave.
Sioux Falls, SD 57106
605-361-1422

www.sunnycrestvillage.com



Carmen Spurling

CAREgivers Outreach
Director

333-3319 • 1-800-360-6161
cspurling@activegen.org

While we traditionally think of Valentine's Day as a time for expressions of romantic love, it can also be a great time to show yourself some love and share some special moments with your care recipient.

Stretch— take a few moments to do some simple stretches and notice tense muscles soften.

Breathe— along with those stretches, take some long slow breaths to give yourself a little more relaxation.

Treat yourself to a hot beverage and perhaps a special snack. Savor the aroma of your tea, coffee, or hot cocoa. Feel the warmth of the mug in your hands. Enjoy a few minutes to yourself or include your loved one in this "tea party" as a small Valentine's Day celebration. Use respite care!!

Take a break from electronics— Our screen time adds up quickly each day and can create a fatigue that we often don't even realize. Try spending some time away from your devices. Work on a jigsaw puzzle, read a print book, sketch or doodle with paper and pencil.

Appreciate you and all you do— Don't think about your never ending "To do" list. Think about two or three things that you have accomplished today and give yourself a pat on the back.

Listen to music— Listening to something upbeat may boost your spirits on a wintery day or listening to something soft may soothe and relax you.

8 Tips for Caregivers on Valentine's Day

Laugh— A good laugh can warm the hearts of everyone. Share a joke, listen to a recording by a favorite comedian or bring to mind a fun memory that ignites your laughter.

Share something special with your loved one— reminisce by looking through a photo album together or ask your loved one to share a special Valentine's memory or tradition that was important

to them in previous years.

<https://springwell.com/blog/8-tips-for-caregivers-on-valentines-day/>

You bring love and dignity into your care recipient's life – for that we want to say thank you!

If you are feeling the stress of the holidays and need someone to talk to who gets it, reach out today to learn about Caregiver services. You are not alone!

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.

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).

Parkinson's Support Group

Topic: Parkinson's Support Group for individuals with Parkinsons and their caregivers. This will be a recurring meeting the third Wednesday of most months at 1:00-2:30 pm. Unless otherwise specified, the meeting will occur in Gen's Coffee Shop at the Main Active Generations campus.

FIRST-TIMERS MAH JONGG MINI TOURNAMENT

ACTIVE GENERATIONS-EAST
TUESDAY, FEBRUARY 13, 2024, NOON - 5PM

This event is designed for players who have been curious/interested but have not yet attended a tournament. This will be a perfect chance to "see what it's all about" in a more relaxed setting.

- ♠ 2023 NMJL Card
- ♠ Three timed rounds. Each round will include 4 games and should be completed in 80 minutes.
- ♠ After each round there will be a short break before players rotate to a new table.
- ♠ Score will be kept and prizes awarded.

GIVE YOURSELF A VALENTINES TREAT AND CELEBRATE
YOUR LOVE OF MAH JONGG!

Name: _____ Member \$20 Non-Member \$30

Email: _____ Phone # _____

Registration due by Friday 2/2/24, Register and pay at Active Generations East, 5500 E Active Generations Pl, Sioux Falls SD 57110. Most payment methods accepted.

Questions? Jane Novotny 605-310-1892 or jln2557@yahoo.com

Vaccination Event

Protect yourself, your loved ones, and your community. Get vaccinated.
helpfulforall.org

Vaccinations by appointment starting at 9:30am, Friday March 22nd, 2024 at **Active Generations East** 5500 E Active Generations Place

- Immunizations regularly recommended for individuals aged 65 years & older include:**
- **Tdap vaccine** (tetanus, diphtheria, and pertussis; protects against whooping cough) - a booster every 10 years is recommended
 - **Pneumococcal vaccines** - protect against pneumococcal disease, including infections in the lungs and bloodstream
 - **RSV Vaccine (Arexvy, Abrysvo)** - protects against lower respiratory tract disease caused by respiratory syncytial virus (RSV)
 - **Zoster vaccine (Shingrix)** - protects against shingles (recommended even if you have received Zostavax vaccine in the past)
 - **COVID 2023-2024 vaccine** -recommended to receive a COVID-19 2023-2024 dose to update your immunity against the COVID-19 virus

- Interested in learning if you are due for any of the above vaccination(s)?**
1. Pick up a form from the **Active Generations EAST Information Desk**, see your February newsletter email for the form or email Sara Hicks at shicks@lewisdrug.com
 2. Complete the information on the front of the form, and
 3. Return the form to AG East Information Desk or email shicks@lewisdrug.com

Completion of the form will allow a Lewis Drug pharmacist to search your immunization records in the South Dakota state immunization registry & determine your recommended vaccine(s). You will be contacted with further details regarding your immunization(s).

Forms must be submitted by Friday, March 15th, 2024
For the clinic Friday, March 22nd 2024; appointments start at 9:30am

MAH JONGG

MARCH MADNESS

TUESDAY MARCH 19TH

AG EAST - 8 AM TO 5 PM

All day Mah Jongg games - Come and go as you please

Bring friends or make new ones

Free or punchcard for AG Members

Non-Members - \$10

There will be prizes!

Questions? Jane Novotny 605-310-1892 or jln2557@yahoo.com

Catch up Vaccination Clinic

Active Generations East – Friday, March 22nd 2024

Immunizations regularly recommended for individuals aged 65 years & older include:

- **Tdap vaccine** (tetanus, diphtheria, and pertussis; protects against whooping cough) - a booster every 10 years is recommended
- **Pneumococcal vaccines** - protect against pneumococcal disease, including infections in the lungs and bloodstream
- **RSV Vaccine (Arexvy, Abrysvo)** - protects against lower respiratory tract disease caused by respiratory syncytial virus (RSV)
- **Zoster vaccine (Shingrix)** - protects against shingles (recommended even if you have received Zostavax vaccine in the past)
- **COVID 2023-2024 vaccine** -recommended to receive a COVID-19 2023-2024 dose to update your immunity against the COVID-19 virus; if you are immunocompromised, you may receive an additional dose of vaccine for sustained protection if it has been 2months since your last dose

Are you interested in learning if you are due for any of the above vaccination(s)?
Please complete the information below & return to the Active Generations EAST Information Desk.

Name _____

Phone Number: _____ Date of Birth _____ Age _____

Allergies to vaccines/medications _____

Completion of the form will allow a Lewis Drug pharmacist to determine your eligibility for the vaccine & run a test claim for insurance. You will be contacted with further details regarding your immunization.

Forms must be submitted by Friday, March 15th, 2024 for the clinic to be held on Friday, March 22nd, 2024.

***Immunizations will be scheduled by the pharmacist, you will receive a call regarding your immunization appointment.

Questions?? Please contact Sara Hicks, PharmD

at shicks@lewisdrug.com or 605.367.2839

February Birthdays

MaryKay Adam
 Kevin Anderson
 Ralph Armstrong
 Patricia Armstrong
 Tamara Baker
 Ginny Beck
 Jeanette Benson
 Kim Benson
 Marlyce Bernards
 John Bier
 Sandra Birk
 Diane Biver
 Robert Black
 Sharon Blaha
 Barbara Boddicker
 Sue Brands
 Nancy Brekke
 Jolene Brink
 Diane Buckhouse
 Janice Burke
 Andrew Bush
 Karen Butler
 Roberta Callaghan
 KathyLee Campbell
 Richard Campbell
 Charles Carpenter
 Sandy Case
 Aletha Clark
 Susan Condon
 Frankie Cooks
 John DeJong
 Jim DeKrey
 Charlie Dennis
 Sandy DeWitte
 Melvin Dieken
 Dianne Donahue
 Paulette Duffy
 Dennis Duncan
 Judy Eisenbraun
 William Ellenbecker
 Charlotte Espeland
 JuneKaye Fitch
 Doug Flyger
 John Fraser
 Jo Garner
 Jane Glasford
 Elaine Grandgenett
 Merlyn Grave
 Doris Green
 Dennis Greenfield
 Kay Greve
 Janet Gurley
 Gordon Hagfors
 Betty Hahn
 Rozella Halbersma
 Kenny Halbritter

Bev Hammrich
 Lonnie Hansen
 Rita Harges
 Marlene Hartzell
 Nancy Haspel
 Linda Hasvold
 Cheryl Haussman
 Erwin Heber
 Melbourne Helling
 Robin Herman
 Teresa Hinz
 Cindy Hitchcock
 Joyce Hoffman
 Janis Hoogestraat
 Cherie Hopper
 Carolyn Humphreys
 Kay Ideker
 Jeff Iverson
 Becky Jensen
 Becky Jensen
 Mark Johnson
 Kate Justice
 Kay Kasulka
 Roselyn Kaup
 Ken Kerschmann
 Wayne Kerslake
 Linn Kienast
 Zelda Kinkead
 Dorothy Kloiber
 Charlie Kneip
 Karen Koob
 John Korgel
 Stephanie Kriens
 Myron Kropp
 Evan Kruse
 Arlene Lefler
 Darlene Liberstein
 Craig Lickteig
 Verna Lingo
 Rhonda Little
 Carolyn Loe
 Brenda Ludens
 Deborah Lujan
 Kenneth Lundquist
 Veronica Madetzke
 Floyd McElroy
 Martha McKittrick
 Jami Metzger
 Suzanne Miller
 Michael Miska
 David Mork
 Joan Nelsen
 Jim Nelson
 Marie Nesson
 Duane Noerenberg
 Steve Nord

Willis Olsen
 Pamela Olson
 Susan Olson
 Mary Olson
 Lloyd Olson
 Larry Olwell
 Betty Overcash
 Judy Ovre
 Connie Parmley
 Rick Pesek
 Sandy Peterson
 Betty Poppens
 Patty Priebe
 Gloria Pruitt
 Jean Puls
 Bev Pyn
 Gary Rames
 Marilyn Rasmussen
 Jan Rea
 Robert Renner
 Marlene Ring
 Harlan Rohrbach
 Sharon Rueschhoff
 Sandra Schaefer
 Paul Schellpeper
 Ross Schmit
 Dianne Schultz
 Marvella Shatter
 Pam Simanek
 Svien Sjovold
 Barbie Slack
 Darlene Snapper
 Darrell Solberg
 Barbara Sparks
 Jeanette Stadtfeld
 Patricia Steele
 Kenneth Steuerwald
 Joyce Stotts
 RozAnn Stricherz
 Connie Sullivan
 Robert Swanson
 Patrick Symes
 Darlene Symes
 Jelene Tilden
 Janice Timmermann
 Rose Toering
 Jerold Topliff
 Jud VanDusen
 Pat Wagner
 Debbie Watson
 Jolene Wehde
 Douglas Wehrkamp
 MaryLavon Wells
 Astrid Ziedins

New Members DECEMBER

Steve Anderson
 Carolyn Andrews
 Paul Bertino
 Paula Bertino
 Sheila Beuckens
 Brad Beuckens
 Mike Billion
 Ivory Bolden
 Dennis Breitenstein
 Linda Breitenstein
 Tom Breuer
 Karen Breuer
 Arch Brummel
 Michael Burkard
 Connie Burkard
 Gregg Burtis
 Debra Butler
 Tracey Butler
 Mary Chretien
 William Christiansen
 Scot Collins
 Stephanie Collins
 Dawn Creech
 Suanne Derr
 John Derr
 Chris DeSchepper
 Julie Dixen
 Sue Endsley
 Diana Erickson
 Lizette Eskam
 Guy Faber
 Julie Faber
 Suzanne Fodness
 Dave Ford
 Brenda Ford
 Brenda Forseth
 Garry Forseth
 Patty Germain
 Yettee Girard
 Jane Hannestad
 Debra Hansen
 Milan Hansen
 Sandra Hansen
 Dan Hansen
 Eileen Hedge
 Helen Hermanson
 Pam Hobbs
 Jaqueline Hove
 John Hove
 Donna Humphrey
 Bonnie Jennings-Christiansenn
 Karen Johnson
 Craig Johnson
 Kathy Kemp
 Deb Kirk
 Myra Kluck
 Mike Klumpp
 Richard Knapper
 Mark Knutson
 Elaine Knutson
 Ron Kokenge
 Merlin Kramer
 Kelly Lashly
 Sharon Lee
 Julie Leimbach
 Wendell Leonard

Dale Lienhart
 Monica Likness
 Jerry Lipovsky
 Susan Luetgers
 Carla Lynn
 Wendy McDonnel
 Tammy Meland
 Alda Miller
 Sue Miller
 Brenda Mitzel
 Steven Mitzel
 Luann Murren
 Larry Nelson
 Jane Nestor
 Doug Nestor
 Pat Nickel
 LaMoine Nickel
 Julie Nikolas
 Roger Nolan
 Wendy Orr
 David Park
 Morris Patzlaff
 Roxanne Patzlaff
 Linda Powers
 Ana Proano
 Glenda Redding
 Jim Redlin
 Cary Reeves
 Anita Reeves
 Betsy Reinert
 Renae Reu
 William Roberts
 Joseph Rogers
 Kathy Rogers
 Richard Rohr
 Jennie Rohr
 Kathy Rustwick
 Ann Schiltz
 Linda Schoon
 Herb Schroeder
 John Seten
 Sandy Sherman
 Karen Sligar
 Tammie Smart
 Julie Stroup
 Bennett Sundvold
 Allen Svennes
 Toni Swedlund
 Sandra Tait
 Cindy Thoene
 Jackie Thomas
 Dave Tunender
 Mary Ugofsky
 Paul VanEngenhoven
 Duane Waack
 Debra Waggoner
 Savannah Walter
 Kim Weber
 Teresa Wessling
 Daniel Wilka
 Debra Wilka
 Christi Winter
 Kathleen Yanz
 Gerald Yanz
 Pei Yen
 Julie Zwak
 Gerald Zwak

LEARN TO PLAY

SIAMESE MAH JONGG
 A fun way to play your favorite game with just 2 people
Tuesday Feb 20th 2:00 - 4:00 pm
 Active Generations East - 18th St & Foss Ave
 Bring Your 2023 NMJL Card
 Participants must already know how to play 3-4 person Mah Jongg
 Cost: AG Members = \$5 Non-Members = \$10
Preregistration Due by Friday Feb 16th
 Register and pay at Active Generations East, 5500 E Active Generations Pl, Sioux Falls SD 57110 or call 605-275-7690. Most payment methods accepted.
 Questions? Jane Novotny 605-310-1092 or jln2557@yahoo.com
 -Siamese If You Please-

OSTEO STRONG®

DO YOU HAVE OSTEOPENIA OR OSTEOPOROSIS?

Would you like to increase your bone density, muscular strength, balance and posture in a once per week session?

Then OsteoStrong® is right for you!

Call Today 605-988-8596

Schedule a **FREE** Educational Trial Session and Personalized Wellness Assessment

*Results vary by individual

5031 S LOUISE AVENUE | SIOUX FALLS, SD 57108 | OSTEOSTRONGLOUISE@OSTEOSTRONG.ME



WOW! 10% INCREASE INCREASE IN BONE DENSITY!
 I joined OsteoStrong after my both my PA and my Chiropractor recommended I check it out. On my most recent scan, my lumbar spine showed a 10% bone density increase. Thank you OsteoStrong!

#PamelaSTRONG

Real Member Results!

Visit WWW.OSTEOSTRONG.ME to learn more!

HELPING YOU UNDERSTAND AND PROTECT YOUR MEDICARE BENEFITS

Join Our Team!



SHIINE
 Senior Health Information & Insurance Education

SHIINE is seeking volunteers in your area to assist Medicare beneficiaries with a variety of easy and rewarding volunteer roles.

This rewarding experience comes with training and support

www.SHIINE.net
 1.800.536.8197

The project was supported, in part, by grant number H415224 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20001. A disclaimer regarding project and grant funding is available at www.shiine.net.



Tradition of Caring Recipient
A Tradition Since 1998...


For more than 20 years, KELOLAND Media Group has provided public service through their "Tradition of Caring" program. Over the years, they have done spots supporting at least 134 organizations in over 20 communities and now Active Generations is a recipient that will benefit the CareGiver Services here. Look for a Keloland produced video in the future. Thank you!

January Birthday Bash!

Sorry no Birthday pictures due to closure that celebratory day. January Birthdays will be celebrated in combination with February Birthdays on Feb 9th.

Active Generations hopes that all January Birthday members had a fabulous day regardless of the weather!

Sponsored By:



Sioux Falls Good Samaritan Communities Invites You to The

Good Sam Birthday Bash
2nd Friday of Each Month
BIRTHDAY PARTY
FRIDAY, FEBRUARY 9 • 1 – 2:30 P.M.
ENTERTAINMENT BY:
COUNTRY FLAVOR

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

For your Good Health

MASSAGE THERAPY
 Main Location
 Next available date is:
Tues., Feb. 13
1:30 - 8:00 PM
Room 128
15 min \$22
30 min \$44
 Call Active Generations to set up an appointment (1:30-8 p.m.) with massage therapist CarolAnn Schroeder; \$22 for 15 minutes, \$44 for 30 minutes.

SANFORD HEALTH COOPERATIVE
MAIN LOCATION
Tuesdays - Room 128
8:30 a.m. – 12 noon
EAST LOCATION:
Thursdays - Room 113
9 a.m. – 12 noon
 The Health Co-Op team of nurses, pharmacist, dietitian, social worker or therapists is now available at both A.G. locations.

Who comes to the Co-Op?
 Anyone is welcome who has a health complaint, a nagging problem, or just has a desire to get better acquainted with their own health and learn how to do better self-management. We have an expert team to help with new or existing health problems; to do regular blood pressure checks; to answer questions about medications or their side effects; to evaluate mobility problems such as weakness, poor balance or risk for falls.

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

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

SANFORD FOOT CLINIC
 Next available dates are:
Thursday, April 25
Friday, April 26
Main Location
Room 132
 Make appointments at Active Generations' front desk. Cost: \$30, payable at appointment. Foot care performed by a nurse. Can put people on a waiting list for sooner dates.

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



Rebecca Behnke
Nutrition Director
rbehnke@activegen.org

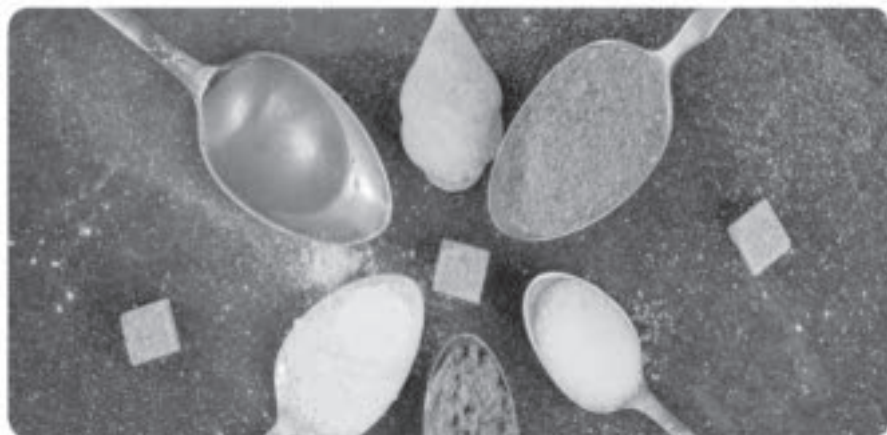
Nutrition Notes



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right with Less Added Sugars



Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Most Americans get too many calories from added sugars and over time this may affect their weight and health.

Many people think of desserts as the main source of added sugars, but many foods and drinks may contain added sugars. For example, sweetened drinks like regular soft drinks, some fruit drinks and energy drinks are all sources of added sugars. Snack foods, like crackers, and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. Some people may also add sugar to what they eat and drink, like sprinkling sugar over cereal or pouring flavored creamer in coffee.

How to Identify Sources of Added Sugars

Soon you'll be able to determine the amount of added sugars by looking at the Nutrition Facts label. For right now, the best place to find this information is in the ingredients list. The ingredients that appear first are in the largest amount.

Be sure to look for foods and drinks that don't have sugar (or some other sweetener) listed as the first ingredient. Other examples of sweeteners and sources of added sugars include: brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, maple syrup, molasses, sucrose, white granulated sugar.

Sources of added sugars often lack nutrients needed for good health, while foods and drinks that contain natural sources of sugar provide nutrients, like vitamins and minerals. For example, fruits like strawberries are a great source of vitamin C, and milk provides vitamins A and D and calcium.

It's not necessary to avoid all sources of added sugars. The problem is that many of us include too many sources of added sugars or eat and drink larger amounts than is recommended. When this happens there is less room for more nutritious foods and drinks.

If you have a taste for something sweet try eating some fruit first. When you're thirsty reach for milk or water. Other ways to reduce sources of added sugars include: making or buying healthier versions of baked goods; including foods and drinks with added sugars less often; and eating or drinking smaller amounts.

Tips on How to Reduce Sources of Added Sugars

- Sweeten low-fat plain yogurt with fresh, frozen or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.

- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk and yogurt in place of ice cream.
- Quench your thirst with water, low-fat milk or 100% fruit or vegetable juice instead of sweetened beverages, like energy, soft and sports drinks.

The 2015–2020 *Dietary Guidelines for Americans* recommend less than 10% of calories come from added sugars. Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

Visit www.ChooseMyPlate.gov for more information.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The **Academy of Nutrition and Dietetics** is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: Office of Disease Prevention and Health Promotion, health.gov and USDA's ChooseMyPlate.gov

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Now Open
Active Generations - Main
2300 W 46th St., Sioux Falls
Tuesdays from 11:30 a.m.-12:30 p.m.

Shop for discounted groceries near you.
We stock fresh fruits and vegetables, frozen meats, dairy, spices, breads, cereals, and boxed and canned goods.

EatWell
SIOUX FALLS
mobile market
Bringing healthy, affordable food right to your neighborhood.

For more locations and times, visit eatwellsf.org
or scan the QR Code:

Valentines Day

Answers to puzzle on page 15

Active Generations' Inclement Weather Policy:

The President & CEO will make the decision to close the facility, delay opening or close early. The general message to our members, participants, staff, and clients is if the Sioux Falls Public Schools are closed, Active Generations is closed. In case of this event, an announcement will be posted on local media. The goal is to have the decision made by 5:30 AM, or shortly thereafter, to delay opening or to close the facility for the entire day. The decision to close early will be made approximately 2 hours prior to closing time.

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*

FEBRUARY *menu*

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


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

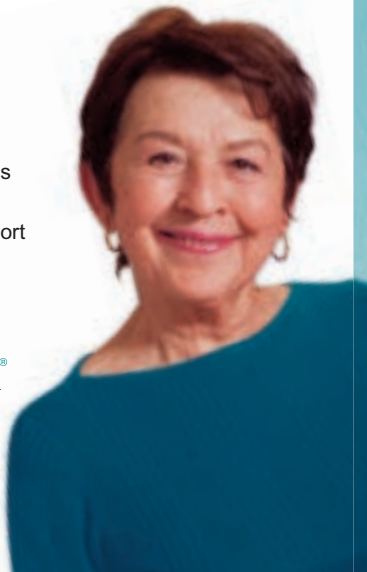
<p>PLEASE NOTE: Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies.</p>				
5	6	7	8	9
PULLED PORK SANDWICH CHEESY HASHBROWN BAKE MIXED VEGETABLES FRUIT	CHICKEN STROGANOFF OVER NOODLES ORIENTAL STYLE VEGETABLES FRUIT	MEATLOAF BAKED SWEET POTATOES CORN FRUIT	HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT 
12	13	14	15	16
MEATBALLS IN GRAVY BUTTERED POTATOES PEAS FRUIT	CHILI CRACKERS SWEET ROLL FRUIT	PORK CHOP AMERICAN FRIES GREEN BEANS FRUIT	GRILLED CHICKEN BREAST BAKED POTATO SQUASH FRUIT	SLOPPY JOE BAKED BEANS CARROTS FRUIT
19	20	21	22	23
CLOSED FOR PRESIDENT'S DAY	CHICKEN & WILD RICE CASSEROLE WINTER MIX VEGETABLES FRUIT	HAMBURGER STROGANOFF OVER NOODLES PEAS FRUIT	BAKED CHICKEN THIGHS FRIED POTATOES CORN FRUIT	BBQ RIBS AU GRATIN POTATOES PEAS & CARROTS FRUIT
26	27	28	29	
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY MIXED VEGETABLES FRUIT	SWISS STEAK BAKED POTATO STEWED TOMATOES FRUIT	CHEESY CHICKEN TATER TOT CASSEROLE BROCCOLI FRUIT	SPAGHETTI & MEATSAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.



*Happy
 Valentine's
 Day!*

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



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

605.275.0070 | www.RAHSED.com

In 2024 I want to...

With every new year comes the task of making a New Year's resolution. What can you do for yourself or for your family? What is your resolution for 2024?

One of the best things you can do for yourself, your spouse, and your children, is to spend time creating your personal planning organizer. When you lose someone you love so dearly, your parent or your spouse, there are so many decisions that have to be made and most have to be made within a short period of time.

- Pre-planning allows you to make many of those decisions together
- Pre-planning enables you to save money by purchasing at today's cost
- Pre-planning brings you peace of mind

What do you want to do in 2024? If pre-planning is part of your New Year's resolution, we would be honored to help you create the perfect memorial.



Katherine
 Bieber,
 Manager



Visit us at www.SiouxFallsMonument.com or call 605-339-3180.

Sioux Falls Monument - Sunburst Memorials has been helping families love, honor, and remember since 1917.