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**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.**

**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.



The South Dakota Community Foundation (SDCF) recently awarded a \$20,000 South Dakota Fund grant to Active Generations to assist in enhancements for overall health at their main location. (L to R) Gerald Beninga, Jeff Veltkamp (SDCF), Wendy McDonnel.

**Active Generations  
 MAIN AND EAST  
 CLOSED MONDAYS  
 JAN. 1 & 15**

*in observation of New Years and Martin Luther King Jr. Day. Normal operating hours at each location will resume on Tuesday.*

**VOLUNTEERS  
 NEEDED!**

Do you have a hidden talent you finally want to share with the world?

Do you know how to make jewelry, crochet, knit, paint or make special crafts?



Do you want to share that knowledge by teaching a class?

If so, please call our Main phone number (605-336-6722) and ask for Jenny or Debbie

**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



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

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 Sioux Falls, S.D.  
 57105

## President & CEO Report



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

Wishing all our members health, happiness and blessings in the new year.

*Gerald Beninga,  
President & CEO*

## 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

### 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

Erik Gaikowski – Chairperson

Kelsey Stevens – Vice Chairperson

Dr. David Basel, M.D.

Dawn Duerksen

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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**Heather Kostroun** • 275-7691

Administrative Assistant

**Bob Lefforge**

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org



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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](http://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**

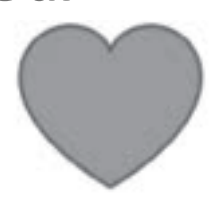
**Fax: 605-334-4186**

[www.heritagesfsd.com](http://www.heritagesfsd.com) • [heritagefh@midco.net](mailto:heritagefh@midco.net)

## A Special Thank You To All Our



## NORTH POLE CARNIVAL



**Volunteer Elves**

**AND**

**SPONSORS!**

**We appreciate all your support!**

**HAPPY HOLIDAYS!**

- |          |                          |         |
|----------|--------------------------|---------|
| Ricky    | Sioux Empire Lion's Club | Tammy   |
| Vernal   | Grace Communion Church   | Helen   |
| Bev      | DMC WaterJet             | Jane    |
| Jan      | Sensational Smiles       | Val     |
| Mary     | National Model Railroad  | Vicky   |
| Janet    |                          | Dan     |
| Barb     |                          | LeeAnne |
| Carmen   |                          | Britney |
| Samantha |                          | Sharon  |
| Jill     |                          | LuLu    |

**MONDAY MAH JONGG MARATHON!**

JAN 8 2024, 8 AM - 5 PM  
ACTIVE GENERATIONS EAST

All day open 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

HAPPY NEW YEAR 2024

**FIRST-TIMERS MAH JONGG MINI TOURNAMENT**

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

2023 NMJL Card

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.

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, 5900 E Active Generations Pl, Sioux Falls SD 57110. Most payment methods accepted.

Questions? Jane Novotny 605-310-1892 or jn2557@yahoo.com

# 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 January 1 and January 15

Class	Time	Days	Insurance Covered ***
Circuit	1:00-1:45 p.m.	Tues/Thurs	Jan. 2-30
Restorative Stretch***	8:30-9:15 a.m.	Mon/Wed/Fri	Jan. 3-31
SILVERSNEAKERS Classic***	8:30-9:15 a.m.	Tues/Thurs	Jan. 2-30
Stability Ball***	2-2:45 p.m.	Tues/Thurs	Jan. 2-30
Yoga	12:00-12:45 p.m.	Thursdays	Jan. 4-25 (NO class Jan. 25)

### Main Location: NO Classes December 25 and January 1

Class	Time	Days	Insurance Covered ***
Body Sculpting***	12:00-12:45 p.m.	Mon/Wed/Fri	Jan. 3-31
Get Active(Power) *** (Video Led)	7:00-7:45 a.m.	Mon/Wed/Fri	Jan. 3-31
Get Active(Power)***	10:30-11:15 a.m.	Tues/Thurs	Jan. 2-30
SILVERSNEAKERS Classic***	9:30-10:15 a.m.	Mon/Wed	Jan. 3-31
Yoga	1:00-1:45 p.m.	Wednesdays	Jan. 3-31 (NO class Jan. 24)

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

## NEW Pickleball Punch Card Available!

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

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

### 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 . . .



Hiking club

**Free Aging Well Watch Party on January 18th**

**2024 Updates on Elder Law and Estate Planning**



- Workshop Objectives**
1. Learn how Powers of Attorney provide family oversight, privacy and facilitate asset management and protection of planning.
  2. Learn how Health Care Directives provide a HIPPA release and uphold your wishes with dignity.
  3. Learn how to title your real estate and accounts to avoid a court probate upon your death.
  4. Learn basic Medicaid requirements for long term care eligibility.

**Workshop Summary**  
 Everyone needs estate planning. But what are you supposed to ask for? What is helpful to know before meeting with an Attorney? Susan Johnson-Drenth will provide an overview of 2024 Elder Law and Estate Planning Laws, including basic Medicaid eligibility requirements for long term care. North Dakota residents will also benefit from learning about the new (and free!) Health Care Directive Registry.

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

**Location:**  
 Both AG locations:  
 Room 128 at AG West/Main  
 Room 115 at AG East

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



County commissioners, 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, race, 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, Get Main 201, NDSU Main Campus, TD1 231-7704, titleix@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request. 101 201 1997.

**COLD WEATHER FITNESS TIPS**



- EXERCISE REGULARLY**
- Exercise regularly to stay fit-to-fight.
  - Stretch before every workout to avoid injury.



- STAY HYDRATED**
- Stay hydrated regardless of the weather.
  - The body's need for water does not change during winter.



- DRESS APPROPRIATELY**
- Wear the proper clothing and amount of layers to avoid overheating and hypothermia.
  - Bring a headlight and a reflective belt in case of unexpected darkness.



**Vaccination Event**

Protect yourself, your loved ones, and your community. Get vaccinated.  
[helpfulforall.org](http://helpfulforall.org)

Vaccinations by appointment starting at 8:30am, January 10<sup>th</sup> 2024 at Active Generations W 46<sup>th</sup> St



**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
- **Seasonal flu vaccine** - yearly vaccination recommended

- Interested in learning if you are due for any of the above vaccination(s)?
1. Pick up a form from the Active Generations Information Desk, see your January newsletter email for the form or email Sara Hicks at [shicks@lewisdrug.com](mailto:shicks@lewisdrug.com)
  2. Complete the information on the front of the form, and
  3. Return the form to Information Desk or email [shicks@lewisdrug.com](mailto: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 Wednesday, January 3<sup>rd</sup> 2024**

**HELPING YOU UNDERSTAND AND PROTECT YOUR MEDICARE BENEFITS**

**Join Our Team!**



*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](http://www.SHIINE.net)  
 1.800.536.8197



The project was supported in part by grant number 90000001 from the U.S. Administration for Community Care, Department of Health and Human Services, Charleston, SC, 2021. Grant number 90000001 and project number 90000001 are subject to agency budget and availability. None of these opinions or conclusions, nor any representation of a contribution to Community Care Policy.

**January 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 (no Bingo on the 2nd Fri.)  
 1 p.m. Start  
 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	Joy Outka
	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 \$3.00 per play (Punch card required if you have not upgraded your membership)	Wed.	1:30 p.m.	Sertoma A	Sandi Plooster
	Thurs.	4:30 p.m.	Sertoma A	
	Sat.	8 a.m.	Mixed Play	
Bean Bags	Thurs.	10:15 a.m.	Room 205	AG Representative
Shuffleboard	Tues. (2nd & 4th)	9 a.m.	Sertoma A	Denny Baltzer
Table Tennis \$3.00 per play (Punch card required if you have not upgraded your membership)	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

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

**ACTIVE GENERATIONS PICKLEBALL SCHEDULE (AG Main) (AG East)**

Inside	Inside (2 courts)	Outside (2 courts)
<i>Intermediate and Advanced</i> Tuesdays, 1:30–4:30 p.m.	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.
<i>Beginners</i> Wednesdays, 1:30–7 p.m.	<i>Monday, Wednesday, Friday</i> 8-10am RESERVE OPEN COURT TIME	<i>Mondays, 6:30am - 8pm</i>
<i>Intermediate and Advanced</i> Thursdays, 1:30–4:30 p.m.	10-Noon BEGINNERS CLUB	<i>Tuesdays, 6:30am - 8pm</i>
<i>Beginners</i> Thursdays, 4:30–7 p.m.	Noon-2pm RESERVE OPEN COURT TIME	<i>Wednesdays, 6:30am – 8pm</i>
<i>All Levels</i> Saturdays, 8–11 a.m.	2-4pm INTERMEDIATE CLUB	<i>Thursdays, 6:30am – 8pm</i>
	4-6pm RESERVE OPEN COURT TIME	<i>Fridays, 6:30am – 8pm</i>
	6-8pm ADVANCE CLUB	<i>Saturdays, 8am – 3pm</i>
	<i>Tuesdays and Thursdays</i> 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	
	<i>Saturdays</i> 8am-3pm RESERVE OPEN COURT TIME	



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

**Susan Beetem**

by Veronica Stoneall, Active Generations member

When you come to Active Generations, you just might be greeted by a smile and a "how are you" from one of our faithful hard working dining room helpers. One of these workers just happens to be, Susan Beetem.

"I have been at Active Generations since 2015. First, I worked as a dining room hostess and have now moved into the kitchen. I really like it," Susan said. "We treat each other like family. We have a good time together and have fun. I enjoy my work and the people I meet and work with each day."

Susan likes making people feel good and be happy. She always greets you with a smile on her face. She loves to greet you and give you a hug when she can. Susan likes talking with the people who come sit and eat.

"We have many regular people who come to Active Generations. I like visiting and caring for people in small ways," Susan said. "It might be a big smile, a pat on the back or a how is your day going today? Saying their name is also a great way to greet people. It is good for me. Being here is like being with family."

Lately, Susan has been blessed with a car to get to work and back home. Susan used to ride the city bus. The bus schedule did not always make it easy to get around as she often had to wait for the bus as it only ran every hour. Susan had to take two different buses.

"I really appreciate my car. Now I get back and forth from work without any problem. It is great," Susan said. "I grew up in California and my dad, Alvis, taught me how to drive on the freeway. It was a weaving, fast place. No one goes the speed limit in California. I do just fine driving here in Sioux Falls."

Susan was born in Maine, but was raised in Southern California in San Bernardino County.

She was raised with two older brothers, Alan and Karl and two older sisters, Linda and Carol. Her dad was a retired Air Force Master Sergeant and retired from Lockheed later. Susan's mom, Mary was a housewife.

Susan attended Palento Elementary School and junior high and high school in Fontana, California where she graduated in 1980. After graduation, Susan worked at a Pizza Hut and later attended Chaffey Community College where she studied accounting. Susan likes working with numbers.

"My husband, Edward, and I have been together for forty years. We were high school sweethearts and were married in 1988," Susan said. "We were blessed with two children, Michael and Shana."

Over the years, Susan worked as a home health aid and as a Certified Nurses Assistant. Susan also worked at Renton Rehab and Rehabilitation Center where she worked with people who had various health concerns.

Today, Susan enjoys crocheting. She has made several shawls which has been fun for her. Reading is another thing Susan enjoys. Her favorite author is Anne McCaffrey. Other writers she likes include David Eddings and Stephen King.

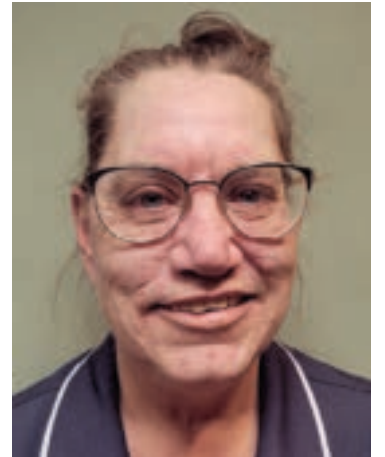
"I like playing "Space Engineers" which is a fun game on the computer. I also love watching YouTube videos. It brings me lots of enjoyment," Susan said. "Our family gets together occasionally. I talk to my daughter in Texas when I can. She is a lot like me."

Susan has been fortunate to have stepped foot onto each of the lower forty eight states.

"I think my favorite place of all the states is Montana. It is a beautiful state. California is not so good anymore and

South Dakota is South Dakota," Susan said.

Remember to smile and be happy. Everyday can be a good day. We might as well enjoy it. Be kind and love one another.



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 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**

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# 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 (except Dec. 25).....	8 am - 5 pm
Everyday AG is open		
(in the library)	Puzzle Exchanges.....	All Day
Mon., Jan. 1	Active Generations (BOTH locations)	<b>Closed</b>
Tues., Jan. 2, 9, 16		
23, 30	Tuesday Evening Dances .....	7 - 10 pm
Wed. Jan. 3, 10, 17		
24, 31	Country Dance Instruction (Each Wed.).....	5:30 - 7 pm
Thurs. Jan. 4, 11,		
18, 25	Bible Study .....	Noon - 1 pm
Mon., Jan. 8	Mah Jongg Marathon.....	8 am - 5 pm
Tues., Jan. 9	Foxes In Snow Acrylic Painting Class.....	2 - 4 pm
Wed., Jan. 10	Vaccination Event - by appointment.....	Starting at 8:30 am
Fri., Jan. 12	Monthly Birthday Party.....	1 - 2:30 pm
Thurs., Jan. 18	Movie Matinee - NYAD .....	3 - 5 pm
Thurs., Jan. 18	Seminar - Elder Law & Estate Planning Updates ...	10 - 11 am
Tues., Feb. 6	Coffee Cup Collage Acrylic Painting Class.....	2 - 4 pm

### EAST LOCATION

- 10 POINT PITCH**  
Saturdays 1 – 3 pm, Dining Room
- BEAN BAGS**  
Wednesdays 8:30 – 9:30 am, Room 115
- DOMINOS**  
Thursdays 9:00-11:00 am
- HAND AND FOOT**  
Thursdays 12 – 3:30 pm, Dining Room
- HEARTS**  
Mondays 9:00-11:00 am, Dining Room
- PARTY BRIDGE**  
Mondays 12:00 - 3 :00 pm
- PINOCHLE**  
Tuesdays 12:30 pm - 3:00 pm
- WOODCARVERS**  
Thursdays 9:00-11:00 am

**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, Jan. 4, 11, 18, 25; Noon–1 p.m. Room 128; Cost: FREE Limit: 10

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

The group that attended the Bible Study on Advent enjoyed their Bible Study so much that

they decided to continue in January and beyond. You are welcome to join. If the numbers increase we will find a larger room to meet.

### URINARY AND PELVIC HEALTH SEMINAR (AG MAIN)

Thursday, January 18 1:00 p.m.

Urinary and Pelvic health is an under-mentioned topic for women's health. We are of-

ten told, urine leakage is normal and to do your kegels, 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/Leakage, and the next steps in medicine for Stress Urinary Incontinence.

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

### UNDERSTANDING MEDICARE WITH SHIINE

(AG MAIN – 10 A.M.) Wednesday, Jan. 17 with SHIINE rep., Room 202

(AG EAST – 3 P.M.) Friday, Jan. 19

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

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

Pre-register by calling SHIINE at 333-3314.



## 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/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.

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!

## BOOK CLUB

The Active Generations Book Club will begin the new year with a meeting on Monday, January 22 at 9:30 am. We will be discussing "The Dutch House" and checking out "The Great Alone" by Kristen Hannah.

We are looking forward to a new year and many great books and discussions. New mem-

bers are always welcome.

If you are interested in the book club, please contact the Active Generations Center for contact information for the book club leader.

Happy Reading!

## UKULELE / KAZUKES CLUB

The last couple of months have been extremely busy for the Ukulele/ Kazukes group. The "gigs" that we played were "super fun" and well attended. The varied audiences were enthusiastic and energized, thereby transferring their energy back to our group.

Old favorites of the past were played along with beautiful Christmas melodies to celebrate the season.

The new year has many play dates already scheduled as well. Any interested person can stop in at 9:30 am Wednesdays in room 203 or 204 for a visit as we practice.

ATTENTION: The Beginners group that meets on Fridays is on "hold" for the time being.

New Year's Resolutions? Try learning the Ukulele!

## CAT (COMMUNITY ACTION TEAM) CLUB

The Community Action Team will have a meeting on January 8th at 10:00. We welcome new members. If you like to volunteer please join us to find out more about our activities for the year.

## THE CRIMSON CHAPEAUX

Happy New Year! We'll start 2024 off with lunch at AG West on Tuesday, January 9th at 11 AM. Lunch in the diningroom is only \$5. We'll have a meeting in Room 202 afterwards. Please let Nila (605-332-4158) or Sharon (605-261-2011) know if you plan to come. Hope to see you there.

Madame Hatter  
Sharon Hofstad



*Happy New Year*

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## Wii Bowling at Active Generations

What a great ending to the year for our Wii Bowling teams at both the East and West locations! Some great scores were made, including 2 perfect 300 games by Eleanor Lorenzen from the AG East!

The highest average winners were Dennis Baltzer at AG West with 229, and Eleanor Lorenzen at AG East with 262.

The winning team for AG East were the Lucky Ladies with Eleanor Lorenzen, Ellen Caspers and Connie Saathoff. AG West's winning team were the Pin Busters with Anne Maka, David Lovass, Marge Lovass and Dennis Baltzer.

AG West had 4 teams this session and they included, Donna Wakey, Karen Rieckmann, Jackie Klimisch, Phyllis Howell, Deb Warnke, Lulu Rehurek, Glenn Walker, Cathy Anderson, Anne Sullivan, Anne Maka, David and Marge Lovass and Dennis Baltzer. A great mix of old and new players.

AG East had 2 teams and really enjoyed using the new location. The teams included Eleanor Lorenzen, Ellen Caspers, Connie Saathoff, Martin Saffel, Joy Kaliszuk and Cindy Kleppinger.

We are going to be taking a break for the holiday season, but will resume playing on January 3rd for AG West and January 4th for AG East.

If you are interested in joining the fun please call Kathie Smith at 503 929-7603.



## AG Jamboree - Dakota Opry Band!



# MOVIE NIGHT

# MOVIE MANIA!

(AG Main)

## NYAD

Thursday, Jan. 18 • 3-5 p.m.

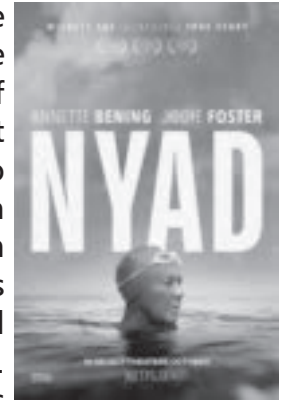
Computer Tech Center

PG-13 | Biography/Drama | 2 hrs. 1 min.

Nyad is a movie that tells the remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. The movie stars Annette Bening, Jodie Foster, and

Sponsored by Rhys Ifans.

The movie is based on Diana Nyad's memoir, Find a Way.



**SF Dental Implant Center Winners:** Linda Higgason, Darrell Solberg, Pam Simanek, Sandy Solberg, Julie Hyink, Ed Chapin, Linda Cronk, Mariann Gales, Tom Rapp, Eileen Leischner



**ACTIVE GENERATIONS CHRISTMAS GIFT CARD WINNERS BINGO:** Lulu Rehurek, Richard Miller, Nancy Reagan



**Back row l to r:** Marlys Vant Hul, Barb Hofstad, Lulu Rehurek, Arlys Johnson, Darrel Leischner. **Front row l to r:** Bonnie Dela Barre, Roma Kutzik, Richard Miller, Margaret Bogenhagen, Joanne Switzer



**Duane Hemmah, Nancy Reagan, Ross Painter**



**THE INN ON WESTPORT**  
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Come join the fun on the first Friday of each month!

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

**NORTH POLE** *Carnival*  
Saturday, Dec. 9



Thank you to our Sponsor: Sensational Smiles



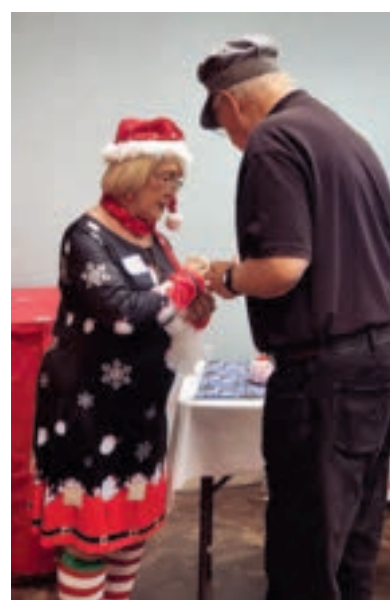
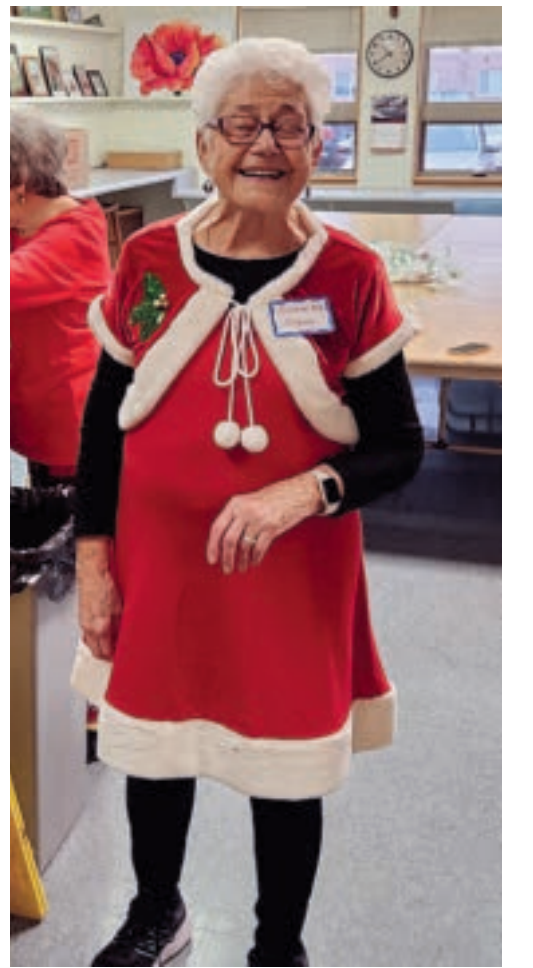
Thank you to our Sponsor of the Inflatables: DMC Water Jet



Sioux Falls Police Department Packing Cookies For North Pole Carnival!



Jeff Gould event



# AARP Foundation Tax-Aide

## Sioux Falls Tax-Aide 2024 Information

The Sioux Falls team plans to open the local AARP Foundation Tax-Aide program for preparing 2023, 2022, and 2021 tax returns. The program will operate again 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. In Sioux Falls, no assistance is available for people required to file a state tax return.

You can schedule an appointment beginning January 22, by calling 211 (phone number) at the Helpline. 211 Helpline Specialists will be available between 8am and 5pm Monday through Friday to make Tax-Aide appointments.

We look forward to getting started and 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, (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.



*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  
"Foxes in Snow"  
AG Main - Tuesday Jan 9, 2-4 pm\*  
(\*Members Only = \$10)  
AG East - Tuesday Jan 23, 2-4 pm\*\*  
(\*\*Members = \$10, Non-Members = \$15)

THIS MONTH WE'RE PAINTING A SLEEPING FOX - BUT NOT IN FLOWERS - IN THE SNOW! LEARN TO HANDLE LAYERS OF COLOR TO CREATE DARKS AND LIGHTS IN PAINTING.

YOU MAY ALSO CHOOSE TO PAINT A HANDSOME FOX IN PROFILE. SIMILAR TO THIS EXAMPLE.

Join us to create a work of art you will treasure!  
Sign up at Front Desk or call:  
AG Main 605-336-6722  
AG East 605-275-7090

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 605-275-7090

**HAPPY  
NEW YEAR!**



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

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

- Good with numbers? Be a Tax Counselor who prepares tax forms with the taxpayer present

- Love working with people? Be a Client Facilitator and act as host/hostess to greet taxpayers and insure they have the appropriate information with them

- Are you well-organized? Be a coordinator – help organize and execute operational systems including scheduling, technology, program promotion, and more

- Speak a second language? Bilingual speakers needed in all roles

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

For more information contact: Sue Roust at [sueroust@gmail.com](mailto:sueroust@gmail.com) or 605-251-8632



## Book Review By Sharon DeVaney

### Every Day is a Gift: A Memoir by Tammy Duckworth



Tammy Duckworth is the junior senator from Illinois and a retired Lieutenant Colonel in the Army National Guard. We know her best as a female Black Hawk helicopter pilot who was shot down in Iraq in 2004. She lost both legs and her right arm was badly mangled. She spent 13 months recuperating at Walter Reed Army Hospital. She was fitted with two prosthetic legs and learned to walk again.

There are 14 chapters in the book. The first 12 are about Tammy's childhood, education, experience in the

Army, injury in Iraq, and recovery at Walter Reed. Her childhood was stressful because she was bi-racial (Thai Chinese mother and an American father). After his military service, her father worked with international companies in refugee, housing, and development programs. The family moved a lot and their financial status was never secure. Tammy, her brother, and the father moved to Hawaii when she was 16. The father couldn't get work and they lived on food stamps. Tammy took part time work to help the family survive. Eventually she sent a postcard to the mother to come from Thailand.

In 1985, Tammy graduated from Honolulu's McKinley High School.

In 1989, she graduated from the University of Hawaii at Manoa with a BA in political science. In 1992, she received an MA in international affairs from George Washington University. She joined the Army Reserve Officers' Training Corp as a graduate student. She wanted to fly and worked hard to make that happen.

During her stay at Walter Reed, she was frequently visited by Senator Dick Durbin. He told her that she could contact him when she or any service member or their family needed help. She followed his advice. Her husband, also a member of the Army, filled in for her if she was not available. Eventually Senator Durbin invited her to en-



ter politics and run for a seat in the US House of Representatives.

She lost the election in 2006. Then she served as the director of the Illinois Department of Veterans Affairs from 2006 to 2009. From 2009 to 2011, she served as an assistant secretary for public and intergovernmental affairs at the US Department of Veterans Affairs. In 2012, she was elected to the US House of Representatives where she served two terms. She was elected to the US Senate in 2016.



*Bean Bag Group - East Campus*



**Sioux Falls Church**

**Worship Service- Sundays at 11 a.m.**

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

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

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

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

*Watch on Zoom or Facebook*



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

## Decorating at East Campus!



## 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.helplinecenter.org/sioux-empire-housing-lists/>

## PUZZLE FUN!

### Winter

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

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

- |           |                |             |            |
|-----------|----------------|-------------|------------|
| BLACK ICE | HAIL           | SEASON      | SNOWBOARD  |
| BLIZZARD  | HEADBAND       | SKATES      | SNOWFLAKE  |
| BOOTS     | HIBERNATION    | SKI DOO     | SNOWMAN    |
| CARNIVAL  | HOCKEY         | SKI PANTS   | SNOWSHOES  |
| CHRISTMAS | HOLIDAYS       | SKIING      | SOLSTICE   |
| COLD      | ICE FISHING    | SLED        | SOUP       |
| EGG NOG   | ICICLES        | SLEET       | STEW       |
| FIREPLACE | KNIT CAP       | SLIPPERY    | STORM      |
| FIREWOOD  | LONG UNDERWEAR | SNOW CASTLE | SWEATSHIRT |
| FOG       | MITTENS        | SNOW PLOW   | TOBOGGAN   |
| FREEZE    | OLYMPICS       | SNOW SHOVEL | VACATION   |
| FROST     | PARKA          | SNOW TIRES  | WIND CHILL |
| GLOVES    | SCARF          | SNOWBALL    | WOOL SOCKS |

Answers on page 22

# GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

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

**BRIDGES ERC:**

Laura Cernick

**CAREGIVERS CASE**

**MANAGEMENT:**

Joni Davis

**DAY BREAK MAIN, DAY**

**BREAK EAST & CEILI**

**COTTAGE:**

Laura Cernick

Lisa & Jason Groom

**DEVELOPMENT:**

Darrel Garry

Mary Wolfgram

**GIVING TUESDAY:**

Cele Baker

David Basel

Stacy A. Haatvedt

Debra Meiers

**HOLIDAY APPEAL:**

American Online Giving Foundation

David Carlisle  
Joni Davis  
Rosemary & John Hefner  
Sam & Betty Speier Fund  
Of The SFACF

**MEALS ON WHEELS & NUTRITION:**

Laura Cernick  
Beverly English  
Faith United Church  
Fern Getting  
Norma Harmelink

**KAZUKES:**

Legends on Lake Lorraine

**WORKERS ON WHEELS & RAKE THE TOWN:**

Laura Cernick

**HAPPY New Year**

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

**MALONEY REAL ESTATE**  
Finding People and Pets Their Forever Homes



# 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](http://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.





# January Birthdays

Marilyn Anderson  
George Arends  
Joel Baker  
Mary Bakker  
Steven Barringer  
Robyn Behrens  
Carol Bergjord  
Connie Billion  
Delores Black  
Harry Boersma  
Mary Boese  
Sebastiano Bongiorno  
Carole Bouska  
LaVonne Bouwman  
Celia Bradley  
Kathleen Brown  
Karl Buegner  
Arlene Buitendyk  
Kay Burnham  
Gayle Burrell  
Bonnie Bursing  
John Bywater  
Kris Cade  
Corlus Caldwell  
Rudy Carey  
Valerie Cheesbrough  
Virgil Christensen  
Bruce Christiansen  
Marilyn Clark  
Dianne Corey  
Richard Costain  
Susan Cowan  
Robert Coy  
Richard Crawford  
Marilyn Day  
Terry DeBoer  
Denny DeGroot  
Thomas Denevan  
Don Determan  
Arlen DeZeeuw  
Arthur Dick  
Mary Dickey  
Patty Dierks  
Judy Douma  
Diana Drath  
Peter Drizos  
Rosalyn Dullerud  
Nancy Dunwoody  
Irving Ebmeier  
Norman Eitrheim  
Dorothy Ellis  
Jim Elsey  
Opal Engberg  
Doug English  
Arthadell Engman  
Marty Eriksen  
Jay Evans  
Roger Famestad  
Philip Feickert  
Mary Fleming  
Robin Fodness  
Kathleen Gailey  
Marilyn Gannon  
Tammy Gerhart  
Bonnie Gorter  
Alan Griesse  
Howard Grinager  
Lydia Gullickson  
Anna Guthrie  
Sharon Haberman

Robert Hafstad  
Joan Hale  
Joan Hall  
Terry Hammrich  
Gloria Hansen  
Kenneth Hanson  
Marian Hardy  
Lynne Haugstad  
Jack Helin  
Bonnie Henningson  
Doris Herbst  
Joanne Herman  
Karna Herr  
Georgia Hetland  
Rich Hetland  
Charlotte Heyl  
Michael Hintz  
ReEtta Horner  
Kaye Huber  
Mary Huls  
Ronald Hybertson  
Mary Jacobsen  
Mary Jacobson  
Fred Jensen  
Julie Johnson  
Lynette Johnson  
Steven Johnson  
Julia Jones  
Theresa Kaarup  
Jennifer Kahl  
Lauren Kalda  
Joy Kaliszuk  
Larry Kallhoff  
Linda Klein  
Mel Koch  
Mary Krejci  
Kevin Kulhavy  
Rose Kunkel  
Jody Kusek  
Alice Lance  
Barbara Langpap  
Gracey Larsen  
Georgia Larson  
Nathan Lawrence  
Judy Learning  
Richard Lee  
Lucille Lengefeld  
Cam Lind  
Cyn Lintner  
Cherry Lippert  
Eleanor Lorenzen  
Luann Lowin  
David Lueth  
Betty Lundgren  
Thomas Magee  
Patrick Maroney  
Joyce Martinec  
Mike Mavity  
Bill McCusker  
Karen McFadden  
Roger Megard  
Susan Merritt  
Alayne Meyer  
Michael Meyer  
Linda Miller  
Carol Misfeldt  
Delores Morgan  
Jan Morris  
JoAn Morrison  
Sid Morrison

Barry Muller  
Kathy Nally  
Cathy Nelson  
Julie Nelson  
Galen Nelson  
Diane Nichols  
Mary Nicolai  
Kristin O'Connell  
Amanda Ode  
Susan Olson  
Donald Olson  
Glenn Peterson  
Lois Peterson  
Bill Plooster  
Donna Poppen  
Lynn Powell  
Gregory Puls  
Roger Raether  
Rodney Rang  
Nicholl Ransom  
Jean Rasmussen  
Glenn Rasmussen  
Elizabeth Reimer  
Lois Rem  
Susan Rhoadarmer  
Cassandra Robinson  
Janet Roesler  
LaVae Ruby  
Daisy Sand  
Catherine Schneider  
Deb Schultz  
David Schwab  
Steve Schweitzberger  
Rick Scott  
Merla Severson  
Wendy Severson  
Michael Sheehan  
Bill Simon  
Janelle Smedsrud  
Linda Snetsinger  
Arlene Sorensen  
Deanna Spicer  
Connie Spicero  
Paul Staebell  
Lee Stevens  
Colletta Stewart  
Charles Stoneback  
Kathleen Stout  
Darlene Streedbeck  
curt struck  
Sandra Swanson  
Ralph Thomas  
Diane Thorson  
Sally Tilstra  
Lisa Topel  
Nancy Torkelson  
Kay Torney  
Nels Truelson  
Paul Tuntland  
michele tuschen  
Glen Uken  
Jeralyn Valdillez  
Douglas VanDyke  
Dale VanZee  
Gini Voigt  
Robert Walkes  
Mary Wallenstein  
Gail Whitney  
Elsie Wiebelhaus  
Becky Wittrock

Linda Wohlman  
Roger Woodworth  
Dick Woolf

Karen Young  
Christopher Yuyada  
Isabella Zimmer



## New Members NOVEMBER

Welcome, glad to have you  
join Active Generations!

Doug Anderson  
Patrick Baran  
Joe Barton  
Amanda Barton  
Robyn Behrens  
Kay Brink  
LaQuita Bucknaberg  
Sue Bull  
Scott Bulll  
Nancy Busselman  
Eileen Butcher  
Roberta Carls  
Jana Carlson  
Sheri Carmon  
Lee Chase  
Jackie Chase  
Hanson Cheryl  
Marta Christopherson  
Susan Cudzilo  
Joseph Cudzilo  
Andrew Dedula  
Shawn DeGroot  
Doug DeGroot  
Connie Donohue  
Nancy Doorn  
Daryl DuBois  
Jeff Dugstad  
Jennifer Eden  
Lynda Eggers  
Joseph Ellingson  
Doug English  
Dave Fanebust  
Jim Fleming  
Laurie Freemark  
Gloria Garry  
Michele Gaspar  
Craig Gaspar  
Dwayne Goblirsch  
Joel Grubb  
Lydia Gullickson  
Richard Gustaf  
Nancy Gustaf  
Sharon Haberman  
Mary Haiar  
Gloria Hansen  
Lornell Hansen  
Julie Hansen  
James Hansen  
Cheryl Hanson  
Danny Harris  
Jackie Harris  
Nancy Haspel  
Karen Heiling  
Sharon Hess  
Cindy Hitchcock  
Jolie Hogancamp  
Debbie Horlyk  
Mary Ihli  
Barbara Jansen  
Becky Jensen

David Jepp  
Norman Jerke  
Darla Jillson  
Jerald Johnson  
Roxi Johnson  
Dorothy Jongetjes  
Norman Jongetjes  
Arlene Kampshoff  
Darlene Kappenman  
Shelli Kayser  
Roberta Keiser  
Theresa Kenyon  
Patty Klinkhammer  
Mel Koch  
Brad Kuhnert  
David Larsen  
Isabell Larson  
Georgia Larson  
Ann Larson  
Billie Jo Lau  
Kathy Leech  
Valerie Lietz  
Gary Lindeman  
Jon Louie  
Sharon Lovell  
Rachelle Loven-Hoh  
Shelly Lozano  
Jeanelle Lust  
Patti Lyon  
Todd Madsen  
Lori Maher  
Katherine Mead  
Mike Metli  
Marie Metli  
Carla Middlen  
Kathryn Miller  
Darwin Miller  
Julie Miller  
Jerry Mills  
Ronald Moe  
Delores Morgan  
Julie Mork  
Linda Nelson  
Mike Nelson  
Kelly Neuroth  
Loc Nguyen  
Linda Nicholas  
Randall Nicholas  
Judy Nieman  
Lawrence Nieman  
Charlotte Nordman  
Darlene Nordman  
Richard Odens  
Bruce Park  
Randy Petrick  
Deborah Petrick  
Sharon Redenius  
Richard Reuland  
Gloria Riherd  
Ron Riherd

# December *Birthday* Bash!



Winners: Nancy Lange, Lori Johnson, Sig Miller, David Carlisle

Sponsored By: *Lincoln High School Chorus*



Sioux Falls Good Samaritan Communities Invites You to The

## Good Sam Birthday Bash 2nd Friday of Each Month

**BIRTHDAY PARTY**

**FRIDAY, JANUARY 12 • 1 – 2:30 P.M.**

ENTERTAINMENT BY:

ACTIVE GENERATIONS KAZUKES



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



## Discover the Quality Care at Trail Ridge Assisted Living

- Balanced nutrition – menus change daily
- Comfortable and safe setting
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- Easy access to entire campus – family members are also welcome to enjoy all of our amenities



Call about our  
**\$1000\***  
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Enjoy a stress-free move to  
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with our partners at Empower Moving.



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

\*Call Trail Ridge today and learn more about our special moving credit.



## New Members

(cont.)

**NOVEMBER**

Welcome, glad to have you join Active Generations!

Terry Rosendahl  
Barbie Rosendahl  
Daryl Rossow  
Luella Schaap  
Theron Schmiginske  
Joane Schmiginske  
Stuart Schouten  
Joan Schouten  
Cheri Schumacher  
Roger Schumacher  
Delbert Scott  
Joyce Seivert  
Peggy Seurer  
Mike Seurer  
Tim Simpson  
Patti Simpson  
Mike Skiles  
Shelly Skluzak-Goetz  
David Smith

Carmen Spurling  
Patricia Steele  
Ryan Stutson  
Carol Tekrony  
Paula Timmons  
Troy Timmons  
Sandra Toal  
Michele Tuschen  
Darla Van Rosendale  
Jerry Van Vliet  
Daniel Varns  
Tom Vogel  
Elizabeth Walter  
Jo Weins  
Dennis Will  
Diane Wullstein  
Verna Yarnall  
Donna Zuiderhof

# Quilt and Craft Bazaar



BONES | STRENGTH | BALANCE

**Celebrating 5 YEARS** Serving the Sioux Falls Community!!

OsteoStrong can help you weather the winter!

- Strengthen your bones
- Reduce your fall risk
- Relieve the pain & inflammation in your joints
- Improve balance, posture, & agility



SCAN TO REGISTER FOR A FREE OSTEOGENIC LOADING SESSION!

**OSTEOSTRONG**

Stop in at 57th & Louise | 605.988.8596 | SFOsteoStrong.com

## COMING!

Watch for the new NuStep, Treadmill, and EFX which have been ordered for Active Generations Main Location Fitness Room.



## Wii Bowling



**SENIOR COMPANIONS**  
OF THE SIOUX FALLS  
*Sharing Friendship & Time*



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

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

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

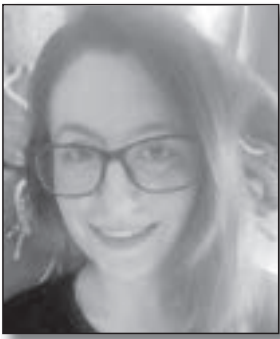
Call For More Information  
**(605) 361-1133**

**\$100 Sign-On Bonus\***

(\*conditions apply)

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





**Becca Pound**

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

It is natural to strive for perfection and have high expectations for ourselves... Of course, these expectations tend to leave us feeling like we are falling short or failing. There is no way that I know of to be a perfect caregiver. The needs of any care receiver can change in an instant. We can miss subtle signals. We are often so tired and stressed that we may absent-mindedly forget to pick up a prescription, check an adult brief or do the laundry. All these things can bring on a huge case of unearned caregiver guilt.

It is so easy to get wrapped up in the difficult feelings and the pressure that come with this role. Every so often, caregivers need to remind themselves that they are doing their personal best. The new year is a perfect time to take inventory of your life and realize that we are always doing our best with what we have at the time. My thought is that we can look at the coming year with fresh eyes, even though that freshness may only last a moment.

Here is a list of New Year's resolutions that can be beneficial as a family caregiver.

Know that even if you only stick to one of these, remember that

progress is good, no matter how small.

### **A Caregiver's New Year's Resolutions**

1. I give myself permission to not keep the following resolutions or to keep them only part-way.

2. When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.

3. I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and resources I've never considered before.

4. Regardless of how deserving the source, I will say no to requests for my time when I know I can't add any more to my plate.

5. I will remember that family members and friends who are not care receivers deserve some of my time. This may mean a little less of my attention will go to my care receiver, and that is okay.

6. I will follow through with my own medical appointments and screenings, including dental cleanings and eye exams.

7. I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of exhaustion and burnout.

8. I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.

9. I will remember that my care receiver didn't choose the illness or disability that he or she is living with.

10. I will remember that I didn't choose this life for my care receiver either, so I won't be a martyr to their illness.

11. I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.

12. I will get appropriate help for myself if depression, anxiety or other mental health issues become apparent to me, my friends or my family.

13. I will be open to alternative ways of caring for myself. This can include massage, aroma therapy, some form of meditation, exercise, attending a caregiver support group, participating in an online caregiver forum, seeking out respite care, or meeting with a therapist.

## **Happy New Year to all Caregivers! Reevaluating Your Goals, Expectations and Attitudes**

### **Setting Your Own Resolutions for the New Year**

This list is merely a starting point. What resolutions would you add for yourself? Which would you delete? If you print out this list and hang it in a prominent place, you can work toward these goals a little bit every day. Even looking at it once a month will help you view your situation with a fresh perspective.

Remember, peace, contentment, and happiness aren't about perfection—it's about having realistic expectations. We all have room to adjust our expecta-

tions to more closely match reality, and that change alone can help us have a happier and more productive year.

<https://www.aging-care.com/articles/caregiver-new-years-resolutions-143643.htm>

Please join a support group at Active Generations this New Year to share your experiences with other caregivers and to find a group of people who understand what you are going through. Reach out to CAREgivers for details.



### **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.

## **SOCIAL services**

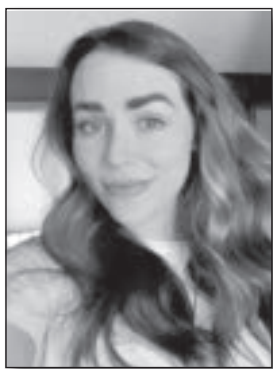
for Active Generations Members and the Community

### **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.**



### Berkeley Stancer

Adult Day Services  
Program Manager  
bstancer@activegen.org

## Adult Day and Caregiver Support Services Aromatherapy



As the cold continues to muster through the Midwest, I know we are all seeking for a little warmth. Warmth can come in a variety of shapes and sizes such as, coats, mittens, beanies, scarves, under layers, hand warmers, small heaters, and hot liquids. Another way to warm up can be from aromatherapy and scents –

Aromatherapy can also come in many forms such as oils, candles, and stove top cooking. Winter aromatherapy scents can include, (but are not limited to) Juniper, Ylang Ylang, Frankincense, Cinnamon, Nutmeg, Clove, Eucalyptus, Rosemary, Myrrh, Vanilla, Peppermint, Pine, Orange, Cranberry, etc. – Some of the essential oils listed are known to increase circulation to the areas of the body where they're applied. That means they have a warming effect that can be perfect on a chilly day. Warming oils seem to stimulate blood flow and help dilate blood vessels, so more blood can get through. Some of the other oils listed below can help create a warm, relaxing

atmosphere and environment. For example, Juniper, Rosemary and Ylang Ylang are excellent additions because it helps to calm nerves, release tension, boost mental activity, and fight anxiety, providing feel-

ings of relaxation and comfort during the Holiday season. Overall, essential oils can be used in your day-to-day activities during this holiday season.

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

Bingo Candy (fun size pieces), Acrylic Paints, Gel Pens, Large Felt Coloring Pads, Wooden Craft Kits, Cards (Holidays, Birthday, etc.).



## For your Good Health

### MASSAGE THERAPY

1 - 7 p.m.

Main Location

Next available date is:

Tuesday, January 9

Tuesday, January 30

Room 128

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

### SANFORD HEALTH COOPERATIVE

MAIN LOCATION

Tuesdays - Room 128

8:30 a.m. – 12 noon

EAST LOCATION:

Thursdays - Room 113

9 a.m. – 12 noon

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

### Who comes to the Co-Op?

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

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

health care surveillance, if desired, or wellness and prevention screening and education.

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

### SANFORD FOOT CLINIC

Next available dates are:

Thursday, March 28

Friday, March 29

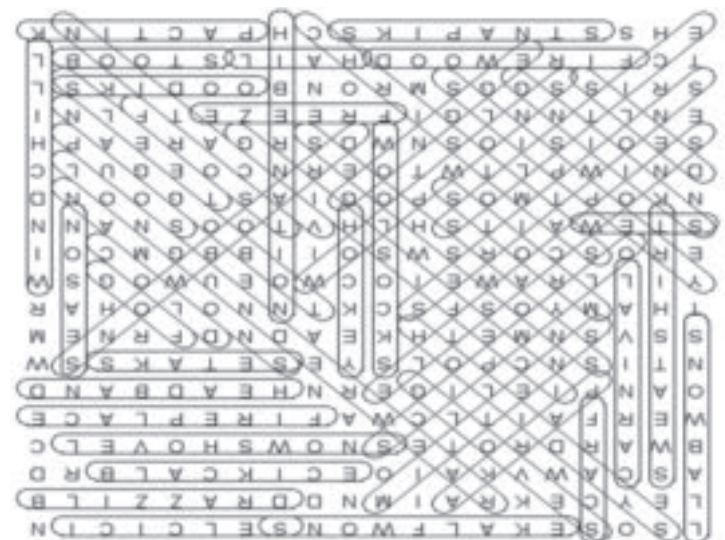
Main Location

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.

Workers on Wheels  
Volunteer Fundraiser  
**SIoux EMPIRE ON TAP**  
SIOUX FALLS CONVENTION CENTER,  
DENNY SANFORD PREMIER CENTER  
CONTACT ALLYSON @333-3317 TO SIGN UP  
**Saturday,  
January 27th, 2024  
Noon - 4pm**



Answers to puzzle on page 16



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






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



# Nutrition Notes

## Easy Ways to... Cut the Salt

At the Store	At Home
<ul style="list-style-type: none"> <li>Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.</li> </ul> 	<ul style="list-style-type: none"> <li>Make homemade soups and broths.</li> <li>Rinse canned beans and vegetables with water to reduce the amount of sodium.</li> </ul> 
<ul style="list-style-type: none"> <li>Buy whole foods as often as possible.</li> <li>Fill your cart with fruits and vegetables.</li> <li>If buying packaged foods, choose those labeled:                             <ul style="list-style-type: none"> <li>✓ "Low-sodium"</li> <li>✓ "Sodium free"</li> <li>✓ "No salt added"</li> </ul> </li> <li>Instead of processed or cured meats, choose:                             <ul style="list-style-type: none"> <li>✓ Lean cuts of meat and poultry</li> <li>✓ Fish</li> <li>✓ Beans and legumes</li> </ul> </li> <li>Instead of quick-cooking rice mixes and noodles, choose:                             <ul style="list-style-type: none"> <li>✓ Brown rice</li> <li>✓ Whole wheat noodles and pasta</li> <li>✓ Whole cornmeal</li> </ul> </li> <li>Instead of salty snack foods, choose:                             <ul style="list-style-type: none"> <li>✓ Fresh vegetables with a bean dip</li> <li>✓ Whole grain crackers</li> <li>✓ Plain, lightly salted popcorn</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Create salt-free spice blends using your favorite spices.</li> <li>Add vinegar, lemon or orange zest and/or juice to foods.</li> <li>Flavor foods with fresh and dried herbs, spices and low sodium soy sauce.</li> <li>Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.</li> <li>Slowly cut back on the amount of salt you add to food, until you are using little to no salt.</li> </ul> 

## "The weather outside is frightful"

Since I'm writing this in early December, I can't be sure that by the time you're reading it that the weather outside really will be frightful, but there is a good chance.

As we grow older the possibility of falling becomes a significant concern. Gone are the

days of bouncing back after a fall.

There is a lot we cannot control but there are some things we can do to help ourselves. Here are 6 recommended ways we can reduce our risk of falling.

## Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable.

Stay safe with these tips!

<p><b>1</b></p>  <p>Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	<p><b>2</b></p>  <p>Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
<p><b>3</b></p>  <p>Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	<p><b>4</b></p>  <p>Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p>
<p><b>5</b></p>  <p>Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p><b>6</b></p>  <p>Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>




This material was funded by United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP) SNAP Assisted Access to the Food Stamp Program (SNAP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-542-6999 or go to myfoodstamp.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this material is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 320-W, White House Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-6964 (voice and TDD).

**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*

# JANUARY *menu*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>CLOSED</b>	2 CHICKEN STROGANOFF OVER NOODLES ORIENTAL STYLE VEGETABLES FRUIT	3 MEATLOAF BAKED SWEET POTATO CORN FRUIT	4 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	5 SLOPPY JOE ON BUN BAKED BEANS PEAS FRUIT
8 MEATBALLS IN GRAVY BUTTERED POTATOES CORN FRUIT	9 CHILI CRACKERS SWEET ROLL FRUIT	10 PORK CHOP AMERICAN FRIES GREEN BEANS FRUIT	11 GRILLED CHICKEN BREAST BAKED POTATO SQUASH FRUIT	12 ROAST BEEF MASHED POTATOES & GRAVY PEAS & CARROTS FRUIT 
15 <b>CLOSED</b>	16 CHICKEN & WILD RICE CASSEROLE WINTER MIX VEGETABLES FRUIT	17 HAMBURGER STROGANOFF OVER EGG NOODLES PEAS FRUIT	18 BAKED CHICKEN THIGHS FRIED POTATOES CORN FRUIT	19 BAKED FISH BAKED SWEET POTATO GREEN BEANS FRUIT
22 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY MIXED VEGETABLES FRUIT	23 SWISS STEAK BAKED POTATO STEWED TOMATOES FRUIT	24 CHEESY CHICKEN TATER TOT CASSEROLE BROCCOLI FRUIT	25 SPAGHETTI WITH MEATSAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	26 BBQ RIBS AU GRATIN POTATOES PEAS & CARROTS FRUIT
29 CHICKEN ALFREDO OVER PASTA CALIFORNIA VEGETABLES FRUIT	30 BEEF STEW OVER BISCUIT CORN FRUIT	31 ROAST TURKEY MASHED POTATOES & GRAVY MIXED VEGETABLES FRUIT	<p><b>PLEASE NOTE:</b> Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies. All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.</p>	



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

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



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

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



**605.275.0070 | www.RAHSED.com**

*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



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

Visit us at [www.SiouxFallsMonument.com](http://www.SiouxFallsMonument.com) or call 605-339-3180.