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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.

March for Meals Month
Tuesday March 12th Giving Day

Watch for other events throughout the month



SCAN ME
to donate

- Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.
- Federal funding has been receding yet the community need has not and the programs are struggling due to rising costs of food and gas. Please consider donating to MOW.

See pg 19
for more
info & how
to donate



SCAN ME
to go to
webpage

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.

CELEBRATING GENERATIONS
 Friday, April 19th – 6:00-9:00pm

Generation Stations with appetizers and cocktail/wine pairing!
 Celebrate with The Hegg Brothers six-piece band for entertainment & dancing!

EVENT SPONSORS
 First PREMIER Bank PREMIER Bankcard
 FirstNationalBank

You're Invited!
 Tickets go on sale Monday, March 18th at www.activegenerations.org
 This event will serve in lieu of Gourmet Guys for 2024.

Active Generations
 600 EAST ACTIVE GEN. PL.
 SIOUX FALLS, SD 57105

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

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

Eat Well Food Mobile Market Tuesdays 11:30 - 12:30



ACTIVE GENERATIONS MEMBERSHIP OPTIONS

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

Active Generations

**YOU DECIDE
WHICH PLAN
WORKS BEST!**

We are here to meet your needs:

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

Additional fees only for:

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



1 PLATINUM

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



2 GOLD

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



3 SILVER

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

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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

Luke Tibbetts – Vice Chairperson

Dr. David Basel, M.D. Aimee Middleton

Dawn Duerksen Mark Millage

Erik Gaikowski Josh Muckenhirn

Lisa Groon Lisa Schultz

Wade Merry Stacy Wrightsman

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

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



**THE INN
ON WESTPORT**
Senior Living

**Monthly Bingo
Bonanza**



**Sioux Falls
Dental Implant Center**

**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.



Sioux Empire United Way

Lifetimes News

Subscription Rate: \$15 per year.

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

SIoux FALLS LIONEL TRAIN DISPLAY

Saturday, March 2
8 am – 2 pm



Active Generations' Main Location Lobby



**THE PARKWOOD'S
SPRING HAS SPRUNG
DINNER, DANCE & SOCIAL**

**THURSDAY, MARCH 21ST
6PM – 8PM**

**ACTIVE GENERATIONS MAIN
2300 W 46TH STREET | SIOUX FALLS, SD 57105
RSVP BY MON 3/18, PLEASE CALL 605-975-8500**

Enjoy a fun night out with friends for a catered dinner, music and dancing, and learn more about by The Parkwood, an all-new 55+ independent senior living community opening this spring.

Live music by Elizabeth Feltes, professional Soprano soloist, performing a collection of songs from across generations. Show off your dancing skills and take part in a special dance lesson by The Ballroom Dance Academy.

FOR MORE INFORMATION CONTACT: NATHAN OR ALYSSA (605) 975-8500



Discover the Quality Care at Trail Ridge Assisted Living

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

Call about our **\$1000*** Moving Special!



Enjoy a stress-free move to **Trail Ridge Assisted Living** with our partners at Empower Moving.





TRAIL RIDGE
SENIOR LIVING COMMUNITY

605-339-4847 • TrailRidge.net

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

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

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

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:

Class	Time	Days	Insurance Covered ***
Balance Class	9:30-10:15 a.m.	Tues/Thurs	Mar. 5-28
Circuit	1:00-1:45 p.m.	Tues/Thurs	Mar. 5-28
Medicine Ball	2:00-2:45 p.m.	Tues/Thurs	Mar. 5-28
Men's Strength	11:00-11:45 a.m.	Tues/Thurs	Mar. 5-28
Pilates	10:30-11:00 a.m.	Tuesdays	Mar. 5-26
Restorative Stretch*** (Video Led)	8:30-9:15 a.m.	Mon/Wed/Fri	Mar. 4-29
SILVERSNEAKERS Classic***	8:30-9:15 a.m.	Tues/Thurs	Mar. 5-28
Yoga	12:00-12:45 p.m.	Thursdays	Mar. 7-28

Main Location:

Class	Time	Days	Insurance Covered ***
Balance	11:00-11:45 a.m.	Mon/Wed	Mar. 4-Apr. 3
Body Sculpting***	12:00-12:45 p.m.	Mon/Wed/Fri	Mar. 4-29
Get Active(Power) *** (Video Led)	7:00-7:45 a.m.	Mon/Wed/Fri	Mar. 4-29
Get Active(Power)***	10:30-11:15 a.m.	Tues/Thurs	Mar. 5-28
SILVERSNEAKERS Classic***	9:30-10:15 a.m.	Mon/Wed	Mar. 4-27
Strength Training	10:00-11:00 a.m.	Wednesdays	Mar. 6-27
Yoga	1:00-1:45 p.m.	Wednesdays	Mar. 6-27

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

AG EAST MINI FITNESS SESSION

Low Back and Hip Pain Session

Thursday, March 28

10:00 a.m. East Location

Come and join our interactive informative fitness session on how to treat and manage LOW BACK and HIP pain. We will be taking you through a routine that you can do on your own to help alleviate the pain. In this session we will be covering stretches and workouts that are easy to do at home!

FREE

Happy St. Patrick's Day!

Funeral Pre-planning

It pays to compare

Call Kristen Peterson, Funeral Director

HERITAGE FUNERAL HOME
 "Our Heritage is Service."

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

Phone: 605-334-9640

Fax: 605-334-4186

www.heritagesfsd.com • heritagefh@midco.net

March 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./Inter./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

March Fitness Member of the Month

Carol Garry



Carol Garry is Active Generations' March Fitness Member of the Month! Carol is 74 years young and has been taking classes at AG since September. Carol had worked all her life as a nurse and now that she is retired, decided to make exercise part of her daily routine. She goes to 1-2 classes a day, which are Silver Sneakers, Restorative Stretch, SAIL or she will sometimes even volunteer here at AG. She stated that her favorite part of taking classes here are the staff, as they make classes encouraging and fun but also the social aspect with the other members.

Since being active here at AG, especially from the Restorative Stretch class, she has seen major improvements in her back discomfort. She also is overall feeling better and has lost 10lbs since joining! Carol recommends AG to others for the social environment, and the mixture of people and activities. Outside of AG, Carol spends her free time outside gardening when the weather is nice, as well as acrylic painting. We are happy to have her here and congratulate Carol on being Active Generations' Fitness Member of the Month!

Read Club Notes each month to check for cancellations or room location changes.
 If you have an idea for a new club, email Jenny Centra: jcentra@activegen.org

Outside Groups Meeting at Active Generations Main

Group	Date/Time	Room	Contact
BNI Heartland Red Hot Referrals Chapter	Wednesdays, 8 - 9:30 a.m.	Main 203	Bill Lenker 605-521-9021
Grace Communion Church	Sundays, 11 a.m.	East 115	Pastor JoAnn Lagge, 605-371-3441
NARFE Chapter 0201	Third Tuesday, 11:30 a.m.	Sertoma B	Stan Christopherson, 605-371-1180
"Spares & Pairs" Square Dancing Club	Sundays, 6 - 9 p.m.	Sertoma A	Duane Rhoadarmer, 605-310-1622

Recreation and Leisure Activities (AG Main)

CLUB	DAYS	TIME	MEETING PLACE	LEADER
Line Dancing \$1.00 per dance (Punch card required if you have not upgraded your membership)	Mon.	1:30 p.m.	Sertoma A	Bob Gaut
	Wed.	3:00 p.m.	Sertoma B	Volunteers
	Fri.	2:30 p.m.	Sertoma A	
Advanced/Intermediate Pickleball GOLD Membership FREE, SILVER and BRONZE \$3 per use. (Punch card required)	Tue.	1:30 p.m.	Sertoma A	Tom Denevan
	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.

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)

Day	Date	Main	East	Room	Hours	Title
Tuesday	2/27		E	Dining	5 - 7 pm	Bean Bags & Beer
Wednesday	2/28	M		205	8 - Noon	Fitness Marathon
Saturday	3/2	M		Lobby	8 am - 2 pm	Sioux Falls Lionel Train Display
Monday	3/4	M		Sertoma B	1:00 PM	Oscar Movie Week - Oppenheimer
Tuesdays	3/5, 3/12, 3/19, 3/26	M		Rear Parking Lot	11:30 - 12:30	Eat Well Mobile Market - Main Parking Lot
Tuesday - Friday	3/5, 3/6, 3/7, 3/8	M		Sertoma B	3:00 PM	Oscar Movie Week - Barbie, Maestro, The Holdovers, Air
Tuesday	3/5	M		132	2 - 4 pm	The Old Windmill Acrylic Painting Class
Tuesdays	3/5, 3/12, 3/19, 3/26	M		Sertoma A	7 - 10 pm	Tuesday Evening Dances - Various Bands
Friday	3/8	M		Sertoma A	1 - 2:30 pm	Monthly Birthday Party
Tuesday	3/12	M	E			March for Meals Giving Day
Wednesday	3/13	M		Sertoma A	5 - 6:30 pm	AG Jamboree - Janene & the Machine
Friday	3/15	M			9 - 3 pm	St. Patrick's Day Celebration
Monday-Friday	3/18-3/22	M	E		Various	March for Meals Week
Tuesday	3/19		E	110	2 - 4 pm	The Old Windmill Acrylic Painting Class
Tuesday	3/19		E	115-116	8 - 5 pm	Mah Jongg - March Madness
Thursday	3/21	M		133	3 pm	Movie Mania - A Man Called Otto
Friday	3/22		E	110	9:30 start	Vaccination Event - By Appointment (call 605-275-7690)
Friday	3/22		E	116-117	5pm	Movie Mania - The Hill
Tuesday	3/26				ALL DAY	R Wine Bar & Kitchen, Maribellas, & Brix Wine Bar will be giving 10% of all sales to Meals on Wheels. opentable.com to reserve
Thursday	3/28		E	116-117	10-11 a.m.	Mini Fitness Session - Low Back & Hip Pain Session

Life-Long Learning

BIBLE STUDY – 4 WEEK STUDY (AG MAIN)

Thursdays, March 7, 14, 21, 28; Noon–1 p.m.
Room 128; Cost: FREE
Limit: 10
Leader: Pastor JoAnn Lagge (from Grace Communion Church. They meet at AG on Sundays)

Join us weekly for a Christ centered study of both Old and New Testament scriptures as well as fellowship and prayer.

UNDERSTANDING MEDICARE WITH SHIINE

(AG EAST – 3 P.M.)
Friday, Mar. 15
(AG MAIN – 10 A.M.)
Wednesday, Mar. 20
with SHIINE rep., Room 128

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 deci-

sions 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.

Downsizing and Decluttering: Is It For Me and Where Do I Begin?

(AG MAIN – 10 – 11 A.M.) Monday, March 18, Room 128

(AG EAST – 10 – 11 A.M.) Monday, March 25, Room 115

Free to Members
Learn practical strategies for simplifying living spaces and effective methods for sorting through and making decisions about your belongings. Carrie Bauer- Berkshire Hathaway Midwest Realty and Christine Boe-A Clean Slate


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 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.

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. • 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!



Dances!

**Tuesday, March 5
State Line Drifters**

**Tuesday, March 12
Mac Alley**

**Tuesday, March 19
Norgaard Country**

**Tuesday, March 26
Janene and the Machine**

The Clothesrack Boutique
will be at
Active Generations
(2300 ~ 46th Street location)

Tues., April 23, 2024 ~ 11 am to 2 pm

Wed., April 24, 2024 ~ 9 am to 3 pm

Thurs. April 25, 2024 ~ 9 am to Noon

Featuring
Spring & Summer Clothing
\$1.00 per item

Ladies clothing sizes: Small to 3XL
Men's shirts: Small to 3XL
Cash only (small bills)
No checks or credit cards

**Wii Bowling at
Active Generations**

Wii bowling continues to be a fun time at both of our locations! We are in the middle of this session, and already have Eleanor Lorenzen on the East Side with 2 perfect 300 games!!!

This session will be ending on 2/21 for AG Main and 2/22 for AG East. The next session will be starting on 3/6 from 12:45pm to 2:30pm for AG Main and 3/7 from 1:15pm to 3:30pm for AG East. We have several spaces open on the East and a few for Main.

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

**Find Your Niche In Our
SPECIAL INTEREST CLUBS MAIN**

CLUB or ACTIVITY	DAY	TIME	LOCATION	LEADER
Active Cruisers Motorcycle	WED	Various	April–September	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	TBD
Craft Club	THURS	9 am - Noon	Room 201	JoAnn Avery
Dances (Members & Non-Members)	TUES	7 - 10 pm	Sertoma A/B	AG Dance Committee
Golf Club	MON	Various Times	April–September	Bob Black
Gold'n Silver Drama Club (on hold)	2nd & 4th MON	Noon - 1:30 pm	Sertoma B	Veronica Stoneall, Nancy Lange, Bonnie Shumaker
Hiking Club	2nd & 4th WED	Various times	April–September	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	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	April–September	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.

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, March 25th at 9:30 am. The group will be discussing "A Tree Grows in Brooklyn". This is a coming-of-age story about a young immigrant girl in Brooklyn. The next book for April will be "Killers of the Flower Moon".

The book is based on the true story of the Osage Indian tribe in Oklahoma.

New members are always welcome. If you are interested in joining the Book Club, please contact the Active Generations Center for the contact information for the leader.

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 is a fun, easy volunteering opportunity at Active Generations. Five or six volunteering projects are selected each year. Members

express a very heartfelt feeling of helping others in need. Some of the projects this past year have been:

Serving lunch at the St. Francis House, helping pack lunches for Lunch is Served, listening to a presentation about the Veterans for Tiny Homes and helping furnish household items for this project, serving treats to the children at the Children's Home Society, listening to a presentation about Call to Freedom and furnishing gift cards to give to survivors.

The Community Action Team (CAT) meets on the second Monday of the month March 11th at 10:00. If you are looking for an opportunity

to volunteer, we would welcome you to join our team.

THE CRIMSON CHAPEAUX

We will meet for lunch at Active Generations on Monday, March 11th at 11:00. Cost of lunch is \$5.00. Meeting will follow after lunch. Hope to see you there.

Madame Hatter, Sharon

AG Jamboree
WEDNESDAY, MARCH 13TH
 AT 5:00-6:30 PM
 AG - MAIN | SERTOMA A & B
 FEATURING JANENE AND THE MACHINE
 FREE TO ALL
 FOOD & BEER AVAILABLE FOR PURCHASE

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 jin2557@yahoo.com

Active Generations East

- 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
Wii Bowling 1:30-3:00pm
Mah Jongg 4-6pm
- Saturday:**
10 Point Pitch 1-3pm

Happy St. Patrick's Day!
 Please call me if you or someone you know is considering buying or selling a home!
MALONEY REAL ESTATE
 Finding People and Pets their FLORIDA Homes
Katie Day
 Realtor / Broker
 Senior Real Estate Specialist
 605-941-6903

Hair Salon NOW OPEN:
 Tuesdays & Wednesdays 8-noon.
 Call Kelly to schedule: 605-774-5909

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

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 . . .



REASONS TO LOVE PICKLEBALL

- It gives us a chance to be active.
- Pickleball requires you to be active but at the same time, it is not demanding on the body.
- Pickleball is perfect for people who want to stay active, but don't want to torture their bodies.
- It allows us to have family & friends time. It gives us a chance to learn something new.
- Pickleball is one of the fastest-growing sports in the United States.
- It has a short learning curve and people can pick it up after playing for just five minutes.
- Join Pickleball...try something NEW!

PICKLEBALL NOTES

- Active Generations membership or guest pass is required before playing.
- Court "house" Rules are posted at each location.
- If you are new to Pickleball and want to try it out, a great time to come is during the beginner hours that are considered OPEN PLAY. This means no reservations are required or taken on both courts. Other players that know the game will kindly show you the basics and you can rotate in as someone comes out. This game is very social. Limit your court time as a beginner to become accustomed to the footwork.
- EAST Beginner/Novice OPEN play time is on Monday, Wednesdays, & Fridays from 10-12 at East & Tuesdays and Thursdays evenings from 6 – 8pm.
- Main on 46th also has Open Play Beginner hours (2 courts) on Wednesdays from 1:30 – 8pm, Thursdays 4:30 – 8pm and on Saturdays 8- 11am for all levels.
- East and Main have the same type of flooring, East has a dividing curtain, Main does not.
- Active Generations has paddles to use for free.
- Non-marking indoor court shoes are required.
- Please carry in a clean pair of shoes.
- Sealed water bottles are permitted.

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.

ACTIVE GENERATIONS PICKLEBALL SCHEDULE

(AG Main)	(AG East)
Inside (2 courts)	Inside (2 courts)
<i>Intermediate and Advanced</i>	Court times will include both open reserved and pickleball clubs. Reservations can be made online or at the welcome desk.
Tuesdays, 1:30–4:30 p.m.	
<i>Beginners</i>	<i>Monday, Wednesday, Friday</i>
Wednesdays, 1:30–8 p.m.	8-10am RESERVE OPEN COURT TIME
<i>Intermediate and Advanced</i>	10-Noon BEGINNERS CLUB
Thursdays, 1:30–4:30 p.m.	Noon-2pm RESERVE OPEN COURT TIME
<i>Beginners</i>	2-4pm INTERMEDIATE CLUB
Thursdays, 4:30–8 p.m.	4-6pm RESERVE OPEN COURT TIME
<i>All Levels</i>	6-8pm ADVANCE CLUB
Saturdays, 8–11 a.m.	<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



River Ridge Winners: Nate Keyman, Shirley Nagel, Vickie Schumaker, Judy Miller, Duane Hemmah

ACTIVE GENERATIONS
MOVIE MANIA

FRIDAY, MARCH 22 AT 5PM

THE HILL

FREE ENTRY + SNACKS
ACTIVE GENERATIONS - EAST

IN THIS FILM BASED ON A TRUE STORY, YOUNG BASEBALL HOPEFUL WICKEY HILL CHASES HIS MAJOR-LEAGUE DREAMS WHILE LIVING WITH A DEGENERATIVE SPINAL CONDITION.

ACTIVE GENERATIONS
MOVIE MANIA

THURSDAY, MARCH 21ST AT 3PM

A MAN CALLED OTTO

FREE ENTRY + SNACKS
ACTIVE GENERATIONS - MAIN

A HEARTWARMING AND FUNNY STORY ABOUT LOVE, LOSS, AND LIFE. A MAN CALLED OTTO SHOWS THAT FAMILY CAN SOMETIMES BE FOUND IN THE MOST UNEXPECTED PLACES.



Ray Cross, Loretta Hill, Nate Keyman

**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.

Gen's Coffee Shop



Practice makes perfect!



Fitness for all at East



Fun playing games at East



Wonderful art by Judy DeBoer



Sioux Empire on Tap is an annual event that provides a fundraising opportunity for our WOW program. We had 24 Active Generations employees, volunteers, family, and friends that volunteered for this event. We spent 4 hours pouring different kinds of beer for a lot of beer connoisseurs. Thank you to all who volunteered for us.

Book Review

By Sharon DeVaney

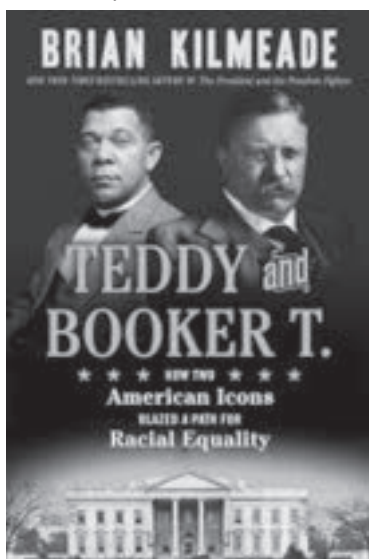
Teddy and Booker T: How Two American Icons Blazed A Path for Racial Equality

by Brian Kilmeade

The author, Brian Kilmeade, is a broadcast journalist for Fox News. He is also a best-selling author for the New York Times. This book is the story of two very different Americans, Teddy Roosevelt and Booker T. Washington. Roosevelt was White and born into wealth and privilege in New York City. Booker T. Washington was Black and born on a plantation. He didn't even have a last name. The focus of the book is how the two men faced the challenge of keeping America moving toward the promise of the Emancipation Proclamation.

Kilmeade wrote alternating chapters about the two men. Chapters One and Three were about Booker. Chapters Two and Four were about Teddy. This format enabled readers to follow the different paths of the two men. Although there were similarities in their philosophy and how they attempted to reach their goals, they faced different challenges.

I was especially interested in learning how Booker T. Washington developed the Tuskegee Institute. His vision was to educate Black men and women in the trades and at the same time to instill principles of good citizenship.



Throughout his life, he was involved in raising money to finance the growth of Tuskegee Institute. As you will observe, Booker had to be able to communicate with both Black and White people. Teddy had to learn how to navigate tactfully with both Black and White people.

Chapter 17, titled "Guess Who Is Coming to Dinner?" is memorable. President McKinley had been assassinated and Vice

President Roosevelt had been sworn in as President. Over the years, Booker and Teddy had become acquainted. In an informal late evening meeting, they had visited about appointments to various offices. That meeting was unnoticed. Not long afterward, Roosevelt invited Washington to a small dinner with his family at the White House. The details of this meeting became public. It resulted in endless criticism of each of these fine individuals.

On October 24, 1905, President Roosevelt came by train to visit the Tuskegee Institute. This was five years after promising Booker that he would come to Alabama to visit the Tuskegee Institute. Roosevelt was warmly received and he gave a short speech but he was not invited to stay for lunch. That would have been too risky. I highly recommend the book.



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**

"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.

Golf Club

Possible play on March 18th and 25th.
A regular schedule will start in April.
If interested in being contacted with details, send your email address to blackroberte@sio.midco.net.

PUZZLE FUN!

Answers on page 17

St Patrick's Day word search

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

BEER HOLY TRINITY MARCH
CORNED BEEF IRELAND PARADES
GOLD IRISH PATRON SAINT
GREEN LEPRECHAUN RAINBOW
HARP LUCKY SHAMROCK

ALWAYSTHEHOLIDAYS.COM

OSCAR MOVIE WEEK

Put on your Sunday's best and come join us every day to watch an Oscar nominated movie for free, including popcorn & refreshments!

Monday, March 4
"Oppenheimer" (R; 3 hrs.)
1 PM, Sertoma B

Tuesday, March 5
"Barbie" (PG-13)
(1 hr. 54 min.)
3 PM, Sertoma B

Wednesday, March 6
"Maestro" (R; 2 hrs. 9 min.)
3 PM, Sertoma B

Thursday, March 7
"The Holdovers" (R)
(2 hrs. 13 min.)
3 PM, Sertoma B

Friday, March 8
"Air" (R; 1 hr. 51 min.)
3 PM, Sertoma B

Active Generations Main



SENIOR COMPANIONS

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

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

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

Call For More Information
(605) 361-1133

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

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

Good Samaritan Society | AmeriCorps Seniors

DO YOU NEED HELP CARING FOR A LOVED ONE?

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

Right at Home
In Home Care & Assistance

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

605.275.0070 | www.RAHSESD.com

-Prairie- REHAB AT HOME

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"

AARP Foundation Tax-Aide March 2024 Update from Your Sioux Falls Tax-Aide Team



The Sioux Falls AARP Foundation Tax-Aide service is up and running for the 2024 filing season. As of this writing, all available appointments are filled. We will continue to keep a waiting list in case of cancellations. We are preparing 2023, 2022, and 2021 federal tax returns. The program is operating through April 11, 2024 only at the Active Generations Main location (2300 W. 46th St., Sioux Falls, SD) for in-person federal tax preparation. We do not prepare state tax returns in Sioux Falls.

You can get on the waitlist by calling 211 (phone number) at the Helpline. 211 Helpline Specialists are

available between 8am and 5pm Monday through Friday to cancel or reschedule appointments and to add people to the waitlist.

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.

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/>



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.

Sunnycrest Village, Senior Apartments With Services!

Quality, life-enriching, faith-based apartments.

- Social events
- Garden plots
- Daily checks
- Scheduled Transportation
- Medical clinics
- On-site beauty salon

SUNNYCREST RETIREMENT VILLAGE



3900 S. Terry Ave.
Sioux Falls, SD 57106

www.sunnycrestvillage.com

605-361-1422



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 to make your gift today!

Thank you!

CAREGIVERS

OUTREACH:

Fireplace Professionals

Sebastiano Bongiorno

Courtney Feist

Morie Gertz

Patience J Kellogg

Mary Nicolai

Jaret Sievers

DAYBREAK & CEILI COTTAGE:

Lisa & Jason Groon

HOLIDAY APPEAL:

David T Schwab

Tom Simanek

Don McCleer

Photographic Art

Edward Chapin

Darrel Garry

KAZUKES:

Dow Rummel Village

WORKERS ON WHEELS

& RAKE THE TOWN:

Charlotte V Oster

DEVELOPMENT:

American Online Giving Foundation

Dueling Treats!



East

Main

MEMBER *Highlights Everyone has a story...*

Craig and Sara Davis

by Veronica Stoneall, Active Generations member

Loving music, Art and Education are three powerful influences in the lives of Craig and Sara Davis. Both enjoy delving into the fun of music and art as well as being open to learn new things whenever they can. "Today we like to play the brain exercise game "Happy Neuron." We do jig saw puzzles on the computer as well as learning Spanish and German on "DUOLINGO," Craig said. "We really love to learn. We want to stay current with things so we can help our grandchildren," Sara said. "Craig is also a really good artist who loves painting scenery with oils."

Sara is a very musical person. At the age of nine years old she was playing the pipe organ for St. Catherine's Catholic Church in Luverne, Minnesota. "I have been playing organ all my life. When I moved to Sioux Falls, South Dakota, I drove to Luverne to con-

tinue playing each Sunday," Sara said. "I love playing and singing. People singing along with the organ is a beautiful thing."

Craig and Sara met while attending Sioux Land Creative Writing. They hit it off right away and got married in 1979. "Meeting my wife changed my outlook on life. It settled me down somewhat," Craig said. "I am so proud to be a father to our daughter Annie and a grandfather to Sam and Livvie. When I became a grandfather, it was the happiest "Word" for me in a long time. I love being a grandfather."

During the covid pandemic around 2020, Davis's were able to help care for their grandchildren. They enjoyed spending a lot of time grandparenting them and showing them life and how to have fun. "Our grandkids are important to us. We do fun things but learn at the

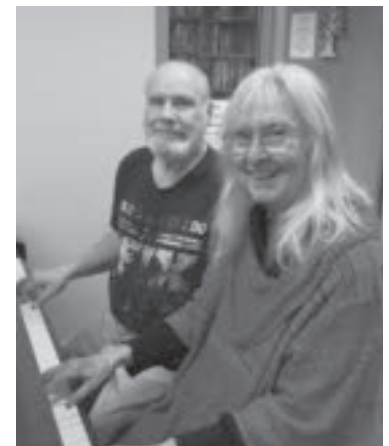
same time," Sara said. "I love family and education. I feel like an old resource for our grandkids. Craig is a helper for others and a fixer of things. He helps others when they need a helping hand."

"I loved working on old junkers and keeping them running. I fix things and know stuff," Craig said. "I help others whenever I can. I was born with a screwdriver in my hand."

Craig grew up in Mitchell, South Dakota with six siblings. His father was the postmaster and Mom was a mom. Davis went to Mitchell High School and during his Senior year participated in DECA (distributed Education) "I went to school for half days and worked for a typewriter company for the other half days. It was good for me as I later worked in Office Equipment for fifty years at various companies." Craig attended Dakota Wesleyan

University in Mitchell, South Dakota and he continued to work and go to school part time. Six years later he graduated. Craig's father had attended DWU on the GI bill when Craig was a little boy. They lived next to the famous Indian artist, Oscar Howe. "I planned to teach, but loved my work so much I stayed in the business world. It was great for me," Craig said.

Sara grew up in Luverne, Minnesota. Her Dad was a Power plant Chief Engineer. Her mom was a special Education teacher. Sara graduated from High school and attended the University of Minnesota. To earn money to pay for her education, Sara worked at "Ma Bell." "I ended up staying with my parents while my father was ill. I received a call from my aunt saying he was sick. He was a smoker and so was I. I immediately decided to quit smoking myself," Sara said. "Dad



loved my music. He was a great help to me. He was someone to have in your corner."

Sara has been coming to Active Generations for sixteen years and Craig for eight years after he retired from his main job. "My daughter Annie was having a baby and I wanted to make a quilt for the child. I came to Active Generations and attended the quilting group. They helped me with every step to make the quilt. It was great. The ladies were fabulous teachers and helpers." Active Generations is a great place to learn many new things. Don't be afraid to give something new a try! You might just love it.

2024 SPRING TABLE TENNIS TOURNAMENT

Saturday, April 20th

(Active Generations Main Location)
Starting at 11:00 am

Sign up by Wednesday, April 17th!

\$15.00 per Event - Open Singles or Open Doubles
Members & Non-Members
18 years or older

Pick up a registration form at Active Generations
Main or call 605-336-6722 to register!

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 6500 E. Active Generations Place

Lewis Your best stop
Vaccination Collaborative powered by US Aging
SANFORD HEALTH
Active Generations

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

Want to get PAID to workout?
Are you eligible through any of the following insurance companies/ employer groups?

Blue Cross Blue Shield of North Dakota
HealthPartners
PreferredOne
Sanford Health

Medica
Avera
Midco
Aerostar

Northern Plains Insurance Pool

Active Generations
2300 W 46th St
Sioux Falls, SD 57105
(605) 336-6722

Inquire at the front desk:

Partnered with: **NIHCA**
National Independent Health Club Association

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

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.

MILLER Funeral Home
& on-site crematory
Sioux Falls • Hartford

March Birthdays

Marlin Andernacht
Maribeth Anderson
Marianne Anderson
Cheryl Anderson
Rita Aning
Kenneth Bagley
Dawn Bain
Brock Barrows
Rod Beeners
Roger Berndt
Rebecca Berning
Carrol Betz
Debra Biegger
Elmer Biteler
Cheryl Bixby
Roberta Block
Chadman Boese
Marilyn Boggess
Arnold Bortnem
Leslie Brandhagen
Sandy Brassfield
Cathy Brechtelsbauer
Wanda Bremmon
Dorothy Brook
Linda Brooks
Janice Brosz
Bonnie Bruggeman
Lynette Bruggeman
Marty Buckenberg
John Bylsma
Mary Canakes
Rick Castardo
David Cecil
Jackie Cerkowniak
Delores Chapin
Marta Christopherson
Randall Coil
Sandra Colgrove
Connie Colwill
Arlene Cook
Karen Cross
Nancy Cummings
Rita Cusick
Lorraine Dahlhoff
Arlyce Daugherty
Laura Davis-Keppen
Dale Debeer
Dean Dewes
John Dewit
Donna Dieren
Michael Dircksen
Michael Dunn
Julie Eichmann
Linda Eidenshink
Kathy Ellenbecker

Patricia Evenson
Gary Evjen
Phyllis Falconer
Kenneth Fickbohm
Rick Flaten
Jan Folschow
Jan Fonder
Bill Forey
Dawn Foster
Dianne Friese
Richard Frye
Michele Gaspar
Anney Geraets
Jerry Geraets
Patty Germain
Terry Goehring
Mike Gould
Bob Graff
Velda Gregerson
Linda Guenther
Shirlee Hall
Lyn Halvorson
Kristie Hanken
Debra Hanson
Eugene Harlow
Cindy Hennings
Charles Hey
Linda Holbeck
Linda Hunt
Jesse Ivy
Don Jackson
Carola Jackson
Paul Job
Arlys Johnson
Ellison Kalda
William Keiser
Kathy Kemp
Cynthia Kepplinger
Joanna Keuser
Patricia Kiebach
Larry Klamm
Donna Knutson
Bill Kollis
Deloras Korgel
Donovan Kost
Gordon Krause
Bob Kreager
jim lang
Arlene Langenstein
Duane Lantzer
Cheryl Larson
Larry Larson
Tim Lear
Carole Lee
Bernie Lindberg

Jerry Lipovsky
Jean Lounsbery
Marge Lovaas
Rachelle Loven-Hoh
Larry Lundeen
Lester Lunden
Jane Mairose
Linda Marks
Dianna Martin
Thomas Masterson
Barbara Matson
Jim McBreen
Cheryl McDonnel
Mary McGee
June McKillip
Pamela McMartin
Vickie Meester
Patricia Micko
Anne Miller
Chuck Mulder
Jackie Mulder
Robert Nady
Grant Nelson
Mike Nelson
Carol Nixon
Pat O'Neal
Steven Ortman
Paula Pace
Helen Paetow
Darrel Pearson
John Peasley
Robert Perkinson
Agnetta Person
Beverly Philliber
Beverly Pittman
George Poppenga
Jan Porter
Steven Quincey
Jan Rahn
Jan Rames
Lois Rasmussen
Cheryl Rath
Glenda Redding
Lulu Rehurek
Rosie Reker
Louis Rheault
Nate Roark
Kim Rollinger
Emily Rosenthal
Corinne Rupert
Dawn Rysdon
James Sage
Betty Sandberg
Barb Saxton
Norman Schlechter

Bob Schuurmans
Bernardine Schwans
Wanda Seaver
Robert Shea
Elizabeth Short
Roger Sletten
Joan Smith
Tammi Soehl
Lavina Staab
Ginny Stadum
Kathy Staebell
Marcia Steffen
Roberta Stillson
Shelley Stingley
Roy Stotts
Virginia Summers
Jerry Sundling
Lois Sundvold
Sharon Taplett-Lundgren
Sylvia Thompson
Gary Tollefson
Susan Torres
Nadine Utring
Joyce Ulven
Barb Umbreit
Marcia VanGinkel
Joe VanHolland
Linda VanHulzen
Tom VanRoehel
Tom Veigel
Betty Volz
Thomas Walsh
Terry Walter
Magic Walton

Mary Washburn
Sharon Weber
Evonne Weber
Jo Weins
Vicki Wentz
David Wheeler
Robert Whitmore
Carol Whitney
Gator Wohlman
David Wrotenbery
Marge Wrotenbery
Linda Yarrow
Warren Zweifel



Answers to puzzle on page 13

KOLBE CLOCK REPAIR

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

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WE ARE RELOCATING

**Come and celebrate with us at our new location - Active Generations East
5500 E. Active Generations Place,
Sioux Falls. We will host an**

OPEN HOUSE

Sunday, March 3 from 11 a.m. to noon.

Enjoy some refreshments and fellowship.

Our first regular service at the new location will be Sunday, March 10. All are welcome!



GRACE COMMUNION
INTERNATIONAL

Sioux Falls Fellowship

Worship Service- Sundays at 11 a.m.

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.

Bible study location will stay the same.

Holy Week Schedule

Palm Sunday, March 24 - 11 a.m.

Good Friday Service, March 29 6 p.m.

Easter Sunday, March 31 - 11 a.m.



**On March 26th, R Wine Bar & Kitchen,
Maribellas, & Brix Wine Bar will be giving
10% of all sales to Meals on Wheels.
opentable.com to reserve**

February

Birthday Bash!



Sponsored By:



Sioux Falls Good Samaritan Communities Invites You to The

Good Sam Birthday Bash 2nd Friday of Each Month

BIRTHDAY PARTY

FRIDAY, MARCH 8 • 1 – 2:30 P.M.

ENTERTAINMENT BY:
SOLID COUNTRY



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., March 5

Wed., March 27

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, May 23

Friday, May 24

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.

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

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1.800.536.8197

The project was supported, in part, by grant number H412523 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC. SHIINE is a 501(c)(3) non-profit organization. All services are provided on a non-exclusive basis. No part of this publication may be reproduced without the prior written permission of the Administration for Community Living.



Rebecca Behnke
Nutrition Director
rbehnke@activegen.org

Nutrition Notes



March for Meals

Tuesday, March 12th Is Giving Day for Sioux Falls Meals on Wheels Program

Meals on Wheels is a proven solution to a problem that is far too common: seniors dealing with hunger and isolation during their struggle to stay independent and healthy at home, where they want to be. Statistics show that someone who receives a hot, nutritious meal daily can stay healthy and, in their homes, longer. Meals on Wheels is not only a hot meal, but also socialization for many of our clients. 49% of our clients live alone, so the volunteer delivering the meal is the only person they see during the day. Volunteers become like family to these seniors. Inadequate nutrition and/or limited social contact has direct health consequences that affect the health care system and economy. 13% of seniors will have a readmission to the hospital after a previous stay without proper nutrition.

1 Day in the Hospital	1 Meal	1 day in the Nursing Home
\$1,505	\$11.84	\$318

52% of the Meals on Wheels individuals served live in poverty, which means they make the choice each month whether they pay for food, medications, or rent. We must invest in Senior Meals to ensure that vulnerable seniors in our area stay healthy in their homes. With the closure of 16 nursing homes over the past year, we need to consider where these individuals will live if they cannot remain at home.

The Older Americans Act (OAA) is the foundational source of federal funding for senior nutrition programs across the country, enabling the delivery of more than 251 million meals to 2.2 million older adults annually. Approximately 37% of local Meals on Wheels program funding comes from the federal government, primarily through the Older Americans Act. This represents just one hundredth of 1 percent of the entire federal budget. Funding has neither kept pace with inflation nor the rapid growth in America's senior population. In fact, one in three programs has a waiting list with seniors spending an average of three months waiting for a vital meal. Funding levels provided by the Older American Act would need to increase by \$32 million this year just to keep pace with inflation.

However, as budget and appropriations negotiations are underway, OAA and other federal funding support Meals on Wheels programs is at risk of being cut, severely reducing the ability to provide this life-saving nutrition and socialization services to the seniors who rely on them.

ADOPT A SENIOR

Did you know that you can support your senior neighbors here in the Sioux Empire by Adopting a Senior and paying for their lunch. \$150.00 a month helps support our mission to ensure that one senior will receive five meals a week for a month, so no senior in the Sioux Empire goes hungry. You can do a one-time or monthly donation. Choose from:

- \$10.00 = 1 meal to a local senior**
- \$150.00 = 1 month of meals to a local senior**
- \$300.00 = 2 months of meals to a local senior**
- \$900.00 = Half a year of meals to a local senior**
- \$1800.00 = A whole year of meals to a local senior.**



to donate

HOW TO GIVE

Call the Meals on Wheels office at 605-333-3304 or 605-333-3305
Direct Donate: <http://qrco.de/ben99>



On March 26th, R Wine Bar & Kitchen, Maribellas, & Brix Wine Bar will be giving 10% of all sales to Meals on Wheels. opentable.com to reserve



Prepping for Meals on Wheels. Volunteers welcome!



Rib Day Delight!

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*

MARCH *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>				
4	5	6	7	8
TATER TOT CASSEROLE BROCCOLI FRUIT	SWISS STEAK STEAK FRIES SCANDINAVIAN BLEND VEGGIES FRUIT	CHICKEN SANDWICH POTATO SALAD BAKED BEANS FRUIT	HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	PORK CHOP MASHED POTATOES & GRAVY MIXED VEGETABLES FRUIT
11	12	13	14	15
MEATBALLS IN GRAVY BUTTERED POTATOES SWEET POTATO FRUIT	SCRAMBLED EGGS & CHEESE SAUSAGE LINK HASHBROWN PATTY PEAS & CARROTS APPLE JUICE	PORK LOIN MASHED POTATOES & GRAVY CARROTS FRUIT	GRILLED CHICKEN BREAST BAKED POTATO SQUASH FRUIT	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
18	19	20	21	22
CHICKEN & WILD RICE CASSEROLE WINTER MIX VEGETABLES FRUIT	HAMBURGER ON A BUN WITH SLICED TOMATO & LETTUCE POTATO SALAD BAKED BEANS FRUIT	BAKED CHICKEN THIGHS HERBED POTATOES CORN FRUIT	SLOPPY JOE AMERICAN FRIES GREEN BEANS FRUIT	IRISH BEEF STEW OVER BISCUIT BROCCOLI PISTACHIO FRUIT SALAD
25	26	27	28	29
CREAMED TURKEY OVER BISCUIT CALIFORNIA VEGETABLES FRUIT	MEATLOAF BAKED POTATO & SOUR CREAM PEAS FRUIT	PULLED PORK SANDWICH STEAK FRIES CORN FRUIT	SPAGHETTI & MEATSAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	BBQ RIBS AU GRATIN POTATOES PEAS FRUIT
				PARMESAN CHICKEN BREAST SWEET POTATO BROCCOLI FRUIT

ALL YOU NEED TO KNOW ABOUT
WALKING GOALS

Marching into Spring

Why Should I Walk?

- For better physical health
- Lessen pain from arthritis
- Lower blood sugar
- Weight control
- Improve mental health

How Much Should I Walk?

- 7,000-10,000 steps per day

What if I Have Limited Mobility?

- Aim for 5,500 steps per day

How Do I Track My Steps?

- Use a smart phone, fitness tracker watch, or take a 5-10 minuet walk every hour during the day

How Do I Stay Motivated to Walk?

- Set realistic goals
- Use the buddy system
- Add a variety of different settings- parks, malls, the gym etc.

Bridge Lessons?
 Please let Jenny Centra know your preferences.

- Beginners
- Intermediate
- Monday & Wednesday afternoons
- Tuesday & Thursday mornings

Get your Irish on and join us for a day of fun events!

Main Location
Friday, March 15th
9 am Luck of the Irish (free)

Are you feeling lucky? And Irish? Wear something green and start the "top o' the morning" with a "pot o' gold" or some other gift!

9:30 am Irish Steps Dance Group (free)

You don't have to get out your dancing shoes to enjoy some traditional Irish dances!

11 – 12:30 Lunch (\$5.00 if over 60)
 Stay and have an Irish lunch!

1 – 3 Green Beer & Bean Bags (free)

Sláinte! What's better than green beer? Green beer and bean bags! Join us in the lobby for some fun and games!