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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.

**CELEBRATING GENERATIONS**

*You're Invited*

All ticket proceeds assist Active Generations programs such as



- 8 Meals on Wheels
- 1 day of care for a Daybreak client

**Friday April 19th 2024**

6 - 9 pm

Active Generations East  
 5500 E. Active Generations Place

*\*Generation Food Stations\**  
 Silent Generation to Gen Z with heavy appetizers from 5 local chefs & JJ's Wine & Spirits for Cocktails with one glass of wine included

Celebrate with the Hegg Brothers six-piece band for music & dancing!

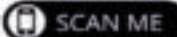


\$75 per Ticket

<https://qrco.de/besn3>



Cocktail Attire Encouraged  
 Special AG active member pricing through 3/31



Contact: Wendy  
[wmcddonnel@activegen.org](mailto:wmcddonnel@activegen.org)

**OUR MISSION**

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

AG MAIN: 2300 W. 46th St., Sioux Falls, SD 57105 • Ph (605) 336-6722  
 AG EAST: 5500 E. Active Generations Place, Sioux Falls, SD 57110 • (605)-275-7690  
[www.activegenerations.org](http://www.activegenerations.org)

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



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

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 57105

## President & CEO Report



**Gerald Beninga**

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

This will be my last newsletter and as I look back at almost 34 years it is difficult to thank everyone who has made this career experience so rewarding.

The first is my family. Without their support, flexibility, and caring, I would not have had my wonderful and very purposeful life. Love you all bunches!!

To our members who have supported our mission. Thank you! A special and heart-felt thanks to all the members who have supported Active Generations throughout the many years.

The ones who moved with us from the Bergland Senior Citizen's Center downtown Sioux Falls to our current location on West 46th St. and the ones who are supporting our new location on East side of Sioux Falls. You, our members, are what make Active Generations what it is. THANK YOU ALL!!!

To all the Board of Directors for their leadership and commitment to improving the lives of adults and committing to our mission. Thank you!

To the staff who carried out the mission on behalf of our members, participants, and families, you are incredible. Thank you!

To the very wonderful and dedicated volunteers who have given so much to so many. Thank you!

To the community who has always supported our efforts and had the commitment and dedication in saying, "we can make this happen". Thank you!

I hope to continue volunteering and give back to the organizations, people, and community who have enriched the lives of individuals through the programs and services Active Generations has touched and served.

May we all be blessed with good health, joy, and daily reminders of our blessings.

*Gerald Beninga, President & CEO*

## ACTIVE GENERATIONS MEMBERSHIP OPTIONS

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



SCAN ME  
to go to  
webpage

*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 \$90 cards available. Plus Fitness Studio, Billiards,  
Table Tennis, Activities & Events, Computer, Library,  
Clubs & Games, Line Dancing, Special Interest Groups

## STAFF *directory*

**General email:**

[adminassistant@activegen.org](mailto:adminassistant@activegen.org)

**Gerald Beninga**

605-333-3316  
President and CEO

**Donna Nugteren**

605-333-3301  
Accounting and Finance Dir.

**Susanne Smith**

605-333-3303  
Administrative Assistant

**Debbie Satlak**

605-336-6722  
Administrative Assistant

**Jenny Centra**

605-333-3306  
Activities Director

**Wendy McDonnel**

605-275-7680  
Director of Development

**Rhea Kontos**

605-333-3300  
Marketing Specialist

**Karen Healy**

605-275-7699  
SHINE Director

**Jeff Stingley**

605-333-3314  
SHINE Medicare Educator

**Renee Chitwood**

605-333-3314  
SHINE Medicare Educator

**Terry Fraker**

605-333-3314  
SHINE Medicare Educator

**Rebecca Behnke, CDM-CFPP**

605-333-3304  
Nutrition/WOW Director,

**Dan Kenyon**

605-333-3309  
Chef

**Samantha Locke**

605-333-3305  
Meals on Wheels Coord.

**Molly Keegan**

605-333-3310  
Adult Day Services Director

**Mindy Farsdale**

605-333-3311  
Adult Day Services Nurse Mgr.

**Deb Gross**

605-333-3312  
Adult Day Services Asst. Dir.

**Berkeley Stancer**

605-336-6751  
Adult Day Services  
Program Mgr.

**Becca Pound**

605-275-7682  
Caregiver Case Manager

**Carmen Spurling**

605-333-3319  
CAREgivers Outreach Dir.  
1-800-360-6161

**Jodi Jensen**

605-336-6722  
Accounting and Development  
Assistant

**Leah Gunther**

605-275-7690  
Administrative Assistant

### 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.

**Heather Kostroun**

605-275-7691  
Administrative Assistant

**Bob Lefforge**

Building and Maintenance  
Supervisor

**Allyson Bork**

605-333-3317  
Workers on Wheels Coord.  
605-333-3317

**Beth Koeddam**

605-333-3313  
Meals on Wheels

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



**Monthly Bingo Bonanza**



**Monthly Birthday Party**



**Special Event Sponsor**



## February Mini Fitness Marathon

February 13th, 2024 at East

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

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



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

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

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

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

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

### Trail Ridge Home Care

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

605-231-8141

[TrailRidgeHomeCare.com](http://TrailRidgeHomeCare.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 purchase 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:

Balance	9:30-10:15 a.m.	Tues/Thurs
Circuit	1:00-1:45 p.m.	Tues/Thurs
Functional Fitness	10:30-11:15 a.m.	Mon/Wed/Fri
Restorative Stretch***	8:30-9:15 a.m.	Mon/Wed/Fri
SILVERSNEAKERS Classic***	8:30-9:15 a.m.	Tues/Thurs
Yoga	12:00-12:45 p.m.	Thursdays

### Insurance Covered \*\*\*

April 2-18
April 2-30
April 1-29
April 1-29
April 2-30
April 4-25

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

### Main Location:

Balance	9:30-10:15 a.m.	Mon/Wed
Body Sculpting***	12:00-12:45 p.m.	Mon/Wed/Fri
Get Active(Power) ***	7:00-7:45 a.m.	Mon/Wed/Fri
Get Active(Power)***	10:30-11:15 a.m.	Tues/Thurs
SILVERSNEAKERS Classic***	9:30-10:15 a.m.	Tues/Thurs
Yoga	1:00-1:45 p.m.	Wednesdays

### Insurance Covered \*\*\*

April 1-17
April 1-29
April 1-29
April 2-30
April 2-30
April 3-24

## 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)

## Golf Club Schedule 2024

- Monday, April 1  
Elmwood East • 9 a.m.
- Monday, April 8  
Canton Hiawatha • 9 a.m.
- Monday, April 15  
Spring Creek • 9 a.m.
- Monday, April 22  
Garretson • 9 a.m.
- Monday, April 29  
Lennox • 9 a.m.

Bob will update/confirm the schedule via the email list. Please send Bob an email if you have not so he can keep all updated on golf schedules. [blackroberte@sio.midco.net](mailto:blackroberte@sio.midco.net)

## APRIL BINGO CHALLENGE

Starting April 1st through the 18th

Must complete 4 circles in a row: can be horizontal, vertical or diagonal  
 Every challenge you complete must be marked off by an intern or a staff member

Once you complete 4 circles in a row, hand your card into Jenny to be entered into a drawing for one of 3 \$20 gift cards

**Class Schedule:**  
 Tuesdays and Thursdays at East Location  
 Wednesday at Main Location

Tuesday, April 2nd • 9:30-10:15am: Balance • 1-1:45pm: Medicine Ball	Wednesday, April 3rd • 9-9:45am: Medicine ball • 10:15-11am: Medicine ball	Thursday, April 4th • 9:30-10:15am: Balance • 1-1:45pm: Medicine Ball
Tuesday, April 9th • 9:30-10:15am: Strength Circuit • 1-1:45pm: Obstacle Balance Class	Wednesday, April 10th • 9-9:45am: Strength Circuit • 10:15-11am: Obstacle Balance Class	Thursday, April 11th • 9:30-10:15am: Strength Circuit • 1-1:45pm: Obstacle Balance Class
Tuesday, April 16th • 9:30-10:15am: Resistance Bands Class • 1-1:45pm: Balance Class	Wednesday, April 17th • 9-9:45am: Resistance Bands Class • 10:15-11am: Balance Class	Thursday, April 18th • 9:30-10:15am: Resistance Bands Class • 1-1:45pm: Strength Circuit

Members: FREE  
 Non-Members: \$5.00



**Enid Wong**  
 Fitness Marathon VISA Gift Card Winner  
 MAIN Location



**Pat Brandsgaard**  
 Fitness marathon winner  
 EAST Location

## April Drop-In Activities (MAIN)

### MONDAY

6:30 a.m.–8 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  
 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

6:30 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

6:30 a.m.–8 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  
 2:30–4:30 p.m. Line Dancing – Sertoma B

### THURSDAY

6:30 a.m.–8 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

6:30 a.m.–8 p.m. Exercise Room and Pool Room open  
 8:30–11 a.m. Mah Jongg – Room 203  
 9–11:30 a.m. Woodcarving Club – Room 132  
 Noon–3 p.m. Bridge Club – Room 203  
 12:30 p.m. Setup Bingo Bonanza – Sertoma B  
 1 p.m. Start (no Bingo on the 2nd Fri.)  
 12:30–3:30 p.m. Canasta – Lounge  
 1 p.m. Birthday Party (2nd Friday)  
 2:30–4:30 p.m. Line Dancing – Sertoma A

### SATURDAY

8 a.m.–3 p.m. Exercise Room and Pool Room open  
 8–11 a.m. Beg./Interm./Adv. Pickleball (Mixed Play)  
 8 a.m.–3 p.m. Table Tennis – Sertoma B  
 9–11:30 a.m. Woodcarvers Club – Room 132  
 11:30 a.m.–3 p.m. Table Tennis – Sertoma A  
 Noon 500 Card Club – Room 203

## April Fitness Member of the Month

### Marlys Shade



Marlys Shade is Active Generations' April Fitness Member of the Month! Marlys is 85 years young and has been taking classes at AG since 2016. Marlys retired in 2018 at Dakota Bank as a receptionist. During that time, she used to utilize the fitness room early in the mornings. Now, she has been attending Silver Sneakers as well as playing Mah Jongg with friends at Active Generations. She states that her favorite part about taking classes is the social aspect, getting coffee with friends, and being able to keep moving!

Since moving closer to Active Generations, she wanted to become more active. She has had both knees replaced, which hasn't stopped her from moving. Marlys recommends Active Generations to others to be able to stay fit! Outside of Active Generations, Marlys spends her free time playing Mah Jongg with friends, watching movies, and reading. We are happy to have her here and congratulate Marlys 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](mailto: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, 605-366-8820
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.	2:30 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
Tues	4/2, 4/9, 4/16, 4/23, 4/30	M		Parking Lot	11:30 - 12:30	Eat Well Mobile Market - Main Parking Lot
Tues	4/2		E	115	9:30 - 11:30 am	Learn to Play Siamese Mah Jongg
Tues	4/2	M		132	2 - 4 pm	Painting with Lisa Rinaldo - April in Paris
Tues	4/2, 4/9, 4/16, 4/23, 4/30	M		Sertoma A	7 - 9 pm	Tuesday Evening Dances - Various Bands
Wed	4/3, 4/10, 4/17, 4/24	M		Foyer	10:30-12:30 pm	Free Blood Pressure Screenings
Thurs	4/4, 4/11, 4/18, 4/25		E	110	8:30 - 11 am	Wood Carving Club
Fri	4/5	M		205	1 - 2 pm	Ukulele Lessons - Free - Loaners available
Sat	4/6		E	Dining	10 - 2 pm	25¢ Royal Event - Royal Family Kids Camp Benefit
Tues & Thurs	4/9, 4/11, 4/16, 4/18	M		203	8:30 - 11:30 am	Mah Jongg Lessons
Wed	4/10	M		101	10 -11 am	Hospice 101 Education
Thurs	4/11, 4/18, 4,25, 5/2, 5/9		E	115	9:30 - 11:30 am	Mah Jongg Beginners Instruction Series
Fri	4/12	M		Foyer	10 - 2 pm	Craft Sale
Fri	4/12	M		128	10:30 - 2	Hearing Life - screenings & cleaning
Fri	4/12	M		Sertoma A	1 - 2:30 pm	Monthly Birthday Party
Wed	4/17	M		Sertoma A/B	5 - 6:30 pm	AG Jamboree - Surfin Safari
Thurs	4/18	M		133	3:00 PM	Grumpy Old Men
Fri	4/19	M		205	1 -2 pm	Ukulele Lessons - Free - Loaners available
Fri	4/19		E	All	6 - 9 pm	Celebrate Generations Event
Sat	4/20	M		Sertoma A/B	11:00 AM	Spring Table Tennis Tournament
Mon-Sat	4/22-4/27	M	E		Various	Volunteer Appreciation Week
Tues	4/23	M		202	11 - 2 pm	The Clothesrack Boutique
Tues	4/23		E	110	2 - 4 pm	Painting with Lisa Rinaldo - April in Paris
Tues	4/23, 4/30, 5/7, 5/14		E	115	5:30 - 7:30	Mah Jongg Lessons
Wed	4/24	M		202	9 - 3 pm	The Clothesrack Boutique
Thurs	4/25	M		202	9 - 2 pm	The Clothesrack Boutique
Thurs	4/25		E	Dining Area	5 - 7 pm	Bags & Beer
Fri	4/26		E	115	5pm	Movie Mania - Fried Green Tomatoes
Sat	4/27		E	Both courts	8 - 5 pm	Pickled Purple Tournament
Tues	5/7	M		132	2 -4 pm	Acrylic Painting - Hydrangeas
Wed	5/8		E	All	9 - 1 pm	Active Lifestyle Expo
Fri	5/10	M		Lobby	10 - 2 pm	Craft Sale
Mon	5/13	M	E	203/204 - E. Dining	10 am & 2 pm	Roxie's Tour & Travel - Main @ 10am, East @ 2pm
Weds-Thurs	5/15-5/16	M		Foyer	9 - 5 pm	Book Sale
Thurs	5/16		E	Dining Area	5 - 7 pm	Rockstar Bingo & Trivia Night
Fri	5/17	M		Foyer	9 - 12 pm	Book Sale
Tues	5/21		E	110	2 -4 pm	Acrylic Painting - Hydrangeas
Sun	6/16				7 am - 9:30 pm	MN Twins Trip

## Life-Long Learning

### SURVIVING MARKET SWINGS SEMINAR

April 2 • 10 – 2 • EAST

Have market events reshaped your financial future? Discover sound financial strategies to help strengthen your portfolio from the Frontier Bank WM & T team.

Free to attend. Light lunch provided. RSVP to Glenda: 605-332-3832

### FREE FALL PREVENTION LUNCH & LEARN

Apr 2: 11:30 • MAIN

Join Dr. Wubben & discover how you can decrease leg & foot numbness/pain, increase stability with walking & increase your quality of life without medications or surgery. Reservations required.

Call 605-336-6722 to re-

serve your spot. Axiom Chiropractic & Neuropathy

### HOSPICE 101 EDUCATION

Wednesday, April 10  
10-11:00 am • MAIN  
Presented by Rhonda Raue, Care Transition Coordinator, St. Croix Hospice

This free education course offers an overview of hospice care and education on the comprehensive services and support hospice provides.

### HEARINGLIFE

Friday, April 12  
MAIN • Room 128  
10:30am - 1:00pm

During this time, we will be available for hearing screenings, hearing aid cleanings, and questions you may have. We appreciate this opportunity and look forward to meeting everyone. If you have any questions, please feel free to contact me at 605-361-4404, or email shsl@hearinglife.com. Thank you.

### BIBLE STUDY - 4 WEEK STUDY (AG MAIN)

Thursdays, April 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)

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

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!

**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
Chess Club-All Levels	TUES	5 - 9 pm	Room 129	Larry Solie 605-310-5767
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
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	2:30 - 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

**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

*Don't leave your family wondering...*

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

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

# 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, April 29th at Active Generations.

The meeting will begin at 9:30 am. The Discussion will be on "The Killers of the Flower Moon".

The book is based on the true story of the attempt to take oil rich land, in Oklahoma from the Osage Indians.

The next book for discussion will be "Rebecca" which is a literary classic.

New members are always welcome to join the group. If you are interested in joining, please call Active Generations for the contact information of the leader.

If you are a member and will not be able to attend the meeting, please return the book prior to the meeting.

Looking forward to our next discussion. Happy Reading!

## UKULELE / KAZUKES CLUB

The group has been fortunate to play at several facilities throughout the city in the past few months—many requesting repeat performances. If an older "happy tune" turns a "happy smile" into a "happy face", we've accomplished our goal.

New songs and skits are being discussed and

will be soon added. Many "snowbirds" will be flying back, adding new energy to the group.

**ALERT:** Beginner's classes will resume on the 1st and 3rd Friday of each month at 1:00 pm in Room 205, starting in April. Our regular group meets every Wednesday at 9:30 am in Room 204.

Check out either group for questions and/or music fun!

## THE CRIMSON CHAPEAUX

April Hostess, Gerry Post, has planned lunch for us on Monday, April 15th at 11:15 at Imperial Gardens—5318 E. Arrowhead Parkway (E. 10th St.).

PLEASE let Gerry (605-338-9993) know by Satur-

day, April 13th if you plan to join us. Hope to see you there.

Madame Hatter,  
Sharon

**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

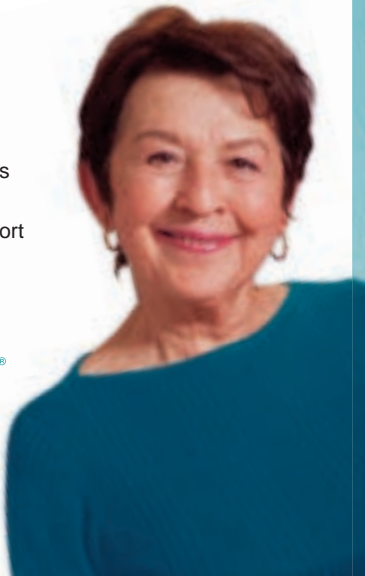
**Saturday:**  
10 Point Pitch 1-3pm

## 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



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1400 W. Russell Street  
Sioux Falls, SD 57104



605.275.0070 | [www.RAHSESD.com](http://www.RAHSESD.com)



## 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](http://www.prairierehab.com)

"Striving for Excellence in Physical Rehabilitation and Wellness"

## HIKING CLUB

**April 2**, 9 am: Dewey Gevik, 266th St & 462nd Ave, Parking Lot, 1.6 miles.

**April 16**, 9 am: Mary Jo & Arrowhead, 1900 S Perry Place, Parking @ MJ, 2 miles.

**May 7**, 9 am: Good Earth, 26924 480th Ave, Shelter.

**May 21**, 9 am: Lake Herman State Park, 23409 St Park Dr, Madison.

**The Hiking Club hikes on the 1st and 3rd Tuesdays of each month at 9:00 a.m. . To participate, you must be a member of Active Generations.**

Call Jenny at 605-336-6722 or email [jcentra@activegen.org](mailto:jcentra@activegen.org) to register each week (Call by the Monday before the hike) Hikes are typically 4 to 6 miles.

Hikers MUST be able to navigate uneven surfaces and elevation, tolerate various weather conditions and maintain a steady pace. REMEMBER, you get in shape to hike. You don't hike to get in shape.

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





## Pickled Purple Tournament

Pickled Purple is a non-sanctioned pickleball tournament to raise funds for the Alzheimer's Association, South Dakota chapter.

**April 27, 2024 8am – 5pm at AG East - Sign up by April 20**

2-person team event, with one of the team member an AG member.

Sign up as an individual with the suggested donation of \$20 or as a team of \$40. If you sign up for more than one team member, consider a larger donation. If you

need a partner, we will help you find one.

To sign up: <https://act.alz.org> – then The Longest Day – Menu – Search – Gaspar or email [pgaspar1976@gmail.com](mailto:pgaspar1976@gmail.com)

3 Levels of Play – based on self-rating

### Pickleball Rookie 1

1. Knows the basics
2. Enjoys playing

You can generally hit forehand drives, servers, and returns as well as dinks, but may lack consistency and control (for instance, serves and returns are not consistent and lack depth).

### Pickleball Rookie 2

1. Meets the Rookie skills
2. Friendly competitive spirit

You have gained control of your forehand, dinks and volleys. Short rally play is improving and you are consistent with serves. You can hit a backhand.

### Pickleball Rockin-it

1. Competitive spirit
2. Meets the skill level of the Rookie 2

You can hit drives, serves, and returns with pace (including development backhand shots), as well as dinks and drop shots, and have some consistency and control

(including consistently hitting serves and returns in play). Spins and power are part of your play. You vary your shots between the hard and soft game.

Depending on the level of participation it is anticipated to have mixed, all males and all female team competition. Prizes for the winners in each level.

Appreciation to Active Generations for the donation of the facility for the tournament and to the assistance from the South Dakota Chapter of the Alzheimer's Association.

Lunch will be available for \$5, which will

include a hot sandwich and chips.

There are opportunities for you to assist with the tournament. Contact Phyllis Gaspar ([pgaspar1976@gmail.com](mailto:pgaspar1976@gmail.com)) if you would like to:

Donate your time in helping to plan and assist at the tournament.

Donate a treat to share with others during the tournament.

Donate an item for the raffle that will be held during the tournament.



## 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.

## 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 are made at front desk or by phone.
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 Dental Implants Bingo Winners



Sioux Falls Dental Implants Bingo Winners



Bingo Inn on Westport Winners



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.

# Fun At Active Generations!



Fitness Fun!

USF Exercise Science Students Taking SilverSneakers Class Feb 27.

Windmill Art Class



Bags and Beer



Craft Sale

Mavis Peterson



Hiking Club



Movies - Oscar Week



## Upcoming Craft Sales!



April 12  
10 am-2 pm  
May 10  
10 am-2 pm

## Book Review

By Sharon DeVaney

### High Flyers: 15 Inspiring Woman Aviators and Astronauts

by Ann McCallum Staats

The "female high flyers" whose stories are told here include: a seaplane pilot flying for an oil company in Alaska, a Senator from Illinois who flew a Black Hawk helicopter in Iraq, and the first Latina military pilot in the Air Force. Many of the women faced gender discrimination when they wanted to enter aviation programs.

Here are some of their stories. Brooke Roman, a graduate from Kansas State University with a degree in Aeronautical Technology, was going to be a commercial pilot for Southwest Airlines. Instead she became a seaplane pilot for an oil company in Alaska. She flies a double turboprop engine plane and transports people and equipment.

Olga Custodio grew up in Puerto Rico. Although she scored high on the military entrance exam, she was told she couldn't enter pilot training because she was a woman. Ten years later, she attended an open house event. She was 25 years old and one month shy of age 26, the age limit for Air Force pilot training. But she applied for training and was accepted. She was the first Latina military pilot in the US Air Force. After several years on active duty, she shifted to reserve status and was hired as the first Latina pilot for American Airlines. She is retired but gives speeches encouraging young people to apply to science, technology, engineering, and math fields.

Ronaqua Russell became a Coast Guard pilot. She is one of the Coast Guard's "Fab 5" which is the first group of female African American pilots in the Coast Guard. After flying in Hurricane Harvey to deliver supplies and personnel, she was the first African American female pilot to earn an Air Medal. She was also the first Black woman to become a safety officer in the Coast Guard.

Mae Jemison is the first African American woman who was admitted into training for the astronaut program. Five years later, she became the first woman of color in the world to travel to space. She was a medical doctor who conducted bone cell research during the Endeavor's mission. It was a cooperative mission with the US and Japan. They orbited the earth 126 times. After retiring from NASA, she took a teaching job and then founded her own company. This book would be an excellent resource for Career and Technical Education.



**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 -

AG Main - Tuesday, May 7  
AG East - Tuesday, May 21  
2 - 4 pm

Don't miss the fun!

Hydrangeas are one of Mother Nature's prettiest flowers—and hardest to grow well here in S. Dakota!

In this class we'll create hydrangeas of several colors by using BUBBLE WRAP and Q-TIPS!

All supplies provided

Members = \$15  
Non-members = \$20

Call or stop at Front Desk to sign up:  
AG Main: 605-336-6722  
AG East: 605-275-7690

No art experience necessary

**Painting**  
with Lisa Rinaldo

April in Paris! What could be lovelier? Come paint a rainy day scene, while we South Dakotans wait for our May flowers.

AG Main: Tuesday April 2nd  
AG East: Tuesday April 23rd  
2 - 4 pm

Members: \$15  
Non-Members: \$20

All Supplies Provided

No Previous Art Experience Necessary

Call or stop at Front Desk to sign up:  
AG Main 605-336-6722  
AG East 605-275-7690



#### Sioux Falls Fellowship

Worship Service- Sundays at 11 a.m.

Active Generations East-5500 E. Active Generations

For more information contact Pastor JoAnn 605-366-8820,  
or visit our website [gcichurches.org/siouxfalls](http://gcichurches.org/siouxfalls)

Thursday Bible Study at 12 p.m.,  
Active Generations on 46th Street, Room 128.

# PUZZLE FUN!

Answers on page 18

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Spring Words**  
**Word Search Puzzle**



d d l b d a g n f g n s i o f  
 u d t n m r y r h i b r f v j l  
 l p a j l a i e h s n e a m k o  
 b a i f f x y e f u n y g s q w  
 u z d c f u a n y s z n r r s e  
 g o s y n o l b l o s s o m a r  
 s r s o b i d e n y l i w v c s  
 s o x h r u c i n y m n t l d x  
 x b z p o p g l i p q a h c t b  
 q i a a u w a n e b q e r c h s  
 z n r t n r e n j u o i p c a r  
 b e e s q d u r n d i l k z h i  
 n t x c r j v z s s l g m u d r  
 n m j a v a x v c u x u j a o i  
 n n g j b s f m t m d u d b y s  
 o w h b u l b s c r o c u s h y

**FIND THESE SPRING WORDS**

daffodil	March	bulbs	rainy
garden	showers	buds	mud
blossom	flowers	ladybug	bugs
bees	growth	crocus	tulip
June	April	iris	picnic
robin	green	grass	
May			



The words may be hidden vertically, horizontally or diagonally.

**Beginning Bridge Lessons**

Active Generations MAIN



**Tuesdays & Thursdays**  
9:00 am – 12 noon



**May 7 – June 6, 2024**  
\$20.00 Members only

7-9 pm  
**TUESDAY NIGHT DANCES**



APRIL 3: STATE LINE DRIFTERS  
 APRIL 7: PNC ALLEY  
 APRIL 16: CLAY CREEK BAND  
 APRIL 23: BORGARD COUNTRY  
 APRIL 30: JIMENE & THE MACHINE



Fifty years ago, they weren't thinking about the day they'd need in-home care.

**At Interim, we were already preparing for it.**

All of our caregivers have passed background checks, are bonded, insured, drug tested, and supervised.  
Services Are Available in the Sioux Falls and Brookings Area!

- Free In-Home Assessments
- Personal Care Aides
- Companion & Homemaker Services

We are here to help with organizing on-line shopping, coordinating Zoom/ FaceTime calls with family, light housekeeping, cooking, laundry, bathing and grooming and medication reminders.

**Sioux Falls, SD - (605)371-4253 - 3608 S. Southeastern Ave.**

**30<sup>th</sup>**  
ANNIVERSARY  
1991-2021

**Interim**  
HEALTHCARE®

## Feeling the burden of tired, achy legs?

Don't delay in getting them checked out and finding relief! Visit **Dakota Vascular** at one of our convenient locations.



Patrick Kelly, MD



Angelo Santos, MD



Gregory Nissen, MD



📍 3801 S Elmwood Ave, Sioux Falls, SD 57105  
☎ 605.306.6100 🌐 www.dakotavascular.com

.....  
**SCHEDULE AN APPOINTMENT TODAY!**  
.....

### OUTREACH LOCATIONS:

#### South Dakota

- Madison Regional Hospital
- Mitchell Clinic
- Mitchell Queen of Peace
- Plankinton Hometown Family Healthcare
- Parkston St. Benedict
- Watertown Physicians Vein Clinic
- Winner Hospital
- Yankton Quality Healthcare
- Gregory Avera
- Brookings Regional Hospital
- Aberdeen Modern Day Healthcare
- Huron Clinic Foundation

#### Minnesota

- Marshall Avera
- Slayton Murray County Medical Center
- Windom Area Health Services

#### Iowa

- Orange City Area Health Services
- Sioux City UnityPoint St. Luke's

## AARP Foundation Tax-Aide

As the AARP Foundation Tax-Aide group works through the final few weeks of the tax season we want to express our greatest appreciation to the management and staff at Active Generations who once again were an essential part of this program's success. This year Sioux Falls Tax Aide filed over 1,000 tax returns, free of charge, for members of Active Generations and other taxpayers throughout the community.

We are also grateful that you, our Tax-Aide clients, have entrusted us to prepare and submit your taxes this year. Helping clients through the return preparation process is tremendously rewarding and we appreciate serving you. We also appreciate your willingness to work with us through the

waitlist process so we could get the maximum number of clients scheduled this year.

Sioux Falls Tax Aide relies on a dedicated group of volunteers who annually conduct training and complete IRS and AARP Foundation certifications in order to provide this free service. AARP Foundation Tax-Aide in Sioux Falls is always looking for volunteers to support our local program. Training is provided for all positions which include:

- Tax Counselors who assist clients in the preparation of their tax returns. Experience isn't necessary but basic computer navigation skills are needed. We'll train you on the rest including the latest tax forms and software.

- Client Facilitators who greet clients on day of

appointment, help them organize their paperwork and manage the overall flow of service.

- Coordinators who help organize and execute operational systems including scheduling (for both client appointments and volunteer work schedules), technology, program promotion and more.

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

Volunteers find this program to be a very rewarding and positive experience and clients are extremely grateful for the help. If you are interested in volunteering, please contact Sue Roust for more information at [sueroust@gmail.com](mailto:sueroust@gmail.com).



### WANT TO LEARN MAH JONGG?

Beginning Mah Jongg Lessons  
2024 Mah Jongg card included  
Sign up for one of two sessions

#### MAIN

Tuesdays and Thursdays,  
8:30 am – 11:30 am  
April 9, 11, 16 and 18

Tuesdays and Thursdays,  
8:30 am – 11:30 am  
May 7, 9, 14, and 16

#### EAST

Tuesdays  
5:30 pm – 7:30 pm  
April 23 and 30

Tuesdays  
5:30 pm – 7:30 pm  
May 7 and 14

Cost per session:  
Member: \$45  
Non-Member: \$55  
Instructors: Sandi Ploost,  
Michele Nester



## 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!

## Tax-Aide Program Thank You and Volunteer Opportunities

## 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:** Support Group for ANY Caregiver  
**Time:** first Wednesday of each month  
1:30-2:30pm

**Location:** virtually (see Zoom link below) and in-person at Active Generations East Room 102 at Day Break Entrance. Turn left, first room on the left  
Contact us for Zoom meeting info.

#### Memory Care Caregiver Support Group

**Topic:** Support Group for those caring for someone with Alzheimer's and related diagnoses

**Time:** First and Third Thursdays each month from 10:00-11:00am

First Thursday: Held at AG East  
Third Thursday: Held at AG Main

**Location:** virtually (see Zoom link below) and in-person at Active Generations East, Room 102 at Day Break Entrance. Turn left, first room on the left

Active Generations Main, room 104 (subject to change, please ask at front desk)  
Contact us for Zoom meeting info.

#### Parkinson's Caregiver Support Group

**Topic:** Support Group for those caring for someone with Parkinson's

**Time:** First Wednesday of the month from 11:30-12:15pm

**Location:** In person at Avera Orthopedic, Plaza 5 building; zoom option TBD

Contact Lori Jones at (605) 800-1314 or [ljones@activegen.org](mailto:ljones@activegen.org) for more information.

#### Parkinson's Disease Support & Education Group

**Topic:** Support Group for people with Parkinson's and their caregivers

**Time:** Third Wednesday of the month from 1-2:30pm

**Location:** In person at Active Generations Main, coffee shop  
Contact Lori Jones at (605) 800-1314 or [ljones@activegen.org](mailto:ljones@activegen.org) to RSVP.

#### Grief Support Group

Designed to support anyone who has lost someone they loved, or someone they were caregiving for.

**Topic:** Grief Support

**Time:** This is a recurring meeting the third Monday of each month at 10:30-11:30am or the fourth Monday if closed for a holiday

**Location:** Virtually (see Zoom link below) and in-person at Active Generations Room 201 West Location  
Contact us for Zoom meeting info.

# GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

## AARP TAX-AIDE:

Linda Furman

## ACTIVITIES:

### IN MEMORY OF GLENN

#### WALKER:

Bruce & Carol  
Christiansen

## DAYBREAK & CEILI

## COTTAGE & ARISE:

Laura Cernick  
Lisa & Jason Groom

## IN MEMORY OF RON

#### BUTTON:

Renee Schnabel

## CELEBRATING GENERATIONS:

Lewis Drug Inc  
Sanford Health  
Scheels All Sports Inc

## DEVELOPMENT:

American Online Giving  
Foundation  
Avera Heart Hospital Of  
South Dakota

## IN MEMORY OF JERRY &

#### SHARI FOWLDS:

Fowlds Legacy Fund  
(Ms. Phyllis  
Schievelbein)

## HOLIDAY APPEAL:

Eileen Nawroth

## MARCH FOR MEALS:

Melania Barnes  
Wendy McDonnell

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!

To donate:

<https://qrco.de/bespVR>



## NUTRITION & MEALS ON WHEELS:

### IN MEMORY OF

#### LaMOYNE BRANDSMA:

Dustin & Marcie Ellis  
Laura Cernick

## WORKERS ON WHEELS & RAKE THE TOWN:

Laura Cernick  
Townsquare Media

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

### Douglas Starr

by Veronica Stoneall, Active Generations member

Douglas Starr loves writing, learning, and teaching. He loves to help others. For twenty years, he used his writing skills while working as a reporter for a newspaper.

"I write because it gets in my head," Douglas said, "and I have to get it out. Over the years, I have written several books and taught many others writing and reporting. When I was teaching, I wrote information about how to improve your writing. I edited fourteen books for others before they were sent to the publisher. I never had much money. Reporting wasn't a "rich" job. I was not an editor, but a hired hand. At first, I made \$20 a week and my highest wage was \$75 a week. But I loved being a writer, teacher, and helper. My wife and I bought a house. Our payments each month were \$75 a month."

Working in the writing and reporting field was never easy. After twenty years of reporting, Douglas went back to college and earned his masters and PHD. He wanted to teach at the college level. He taught

at Florida State University, the University of North Texas, and Texas A&M in College Station.

"I retired from teaching at age 88," he said. "I was teaching at Clinton Mississippi. I love writing and teaching. I still help others at writing class at Active Generations every Monday. We have a young person who had drawings that we helped make into a book. I edited it. It has been published. It is very rewarding to help others succeed."

Douglas grew up in New Orleans with one brother. His dad worked on the railroad. It was tough times living during the depression. "We lived on a dollar a day. If you lived on the farm, you raised your own food. In the city, it was different," Douglas said. "Mom was a teacher. When she married in 1922, she was not allowed to teach. In 1942, when the war was going on, women were allowed back into the workforce. With her 1918 teaching certificate, Mom was able to teach again."

In 1943, Starr joined the Navy at the age of 17. "During this time,"

he said, "a man had to be 21 to join the service. My dad signed for me. I couldn't do it for myself but ended up doing paperwork for the others as some of them could not read and write. During the war, I was in combat for 21 months. I was in the South Pacific going from Island to Island. We cleaned up 28 Islands." Douglas served for four years and was discharged in 1947 but stayed in the Navy Reserve. "World War II ended in September of 1945. Many of the servicemen went to school on the GI Bill and were redrafted for the Korean War," Douglas said. "We scrubbed the deck, but we were the best educated deck hands on the ship."

After being in the service, Douglas went to Louisiana State University and majored in Journalism. Working as a reporter was good for Douglas. He and his wife moved a lot because of work. They lived in eight states and twelve cities. "These work changes made my wife and me choose different places to live," Douglas said. "First, we chose to go to

Texas where we stayed for twelve years at the University of Texas and twenty-four years at Texas A & M."

"My first wife, Millie and I were married for 51 years. She taught me the value of a woman is more than a housewife and mother and she was much more than that. We are right and left brained people. Men are one thought at a time, and women think like a six-lane highway. Women are smart!"

The Starrs had five children. Michael, deceased, David, Andrew, Jonathan, and Patricia; three grandchildren, Caitlin, Liam, and Heather; five great-grandchildren, Braxton, Brodey, Noelle, Julian, and Simon, and one great-great-grandson, Noah.

Family is important to him. Douglas has lived with his daughter Patricia and her family in Sioux Falls for the past ten years.

Douglas enjoys joining new groups. He loves to learn and will try new things when possible. "I love to learn things I have never known before. I enjoyed learning about South Dakota History.




It is just fun to learn," Douglas said. "While I was living in New Orleans, I was in twelve hurricanes and in one Typhoon while on a destroyer during a storm. That was just part of my life."

Douglas is 98 years old and has no aches and pains and walks without a cane.

"In my 40s," he said, "I went to the doctor, and he said I had gout and needed pills for one dollar a day. That was a lot of money then. I took the pills but did not really think I had gout, so I quit taking the pills. In 2020, I was diagnosed with Covid. I had no symptoms; I did not think I had Covid. I decided that we all make mistakes. Don't fuss about it. Learn from it."

(We are lucky to have a place like Active Generations available for us! There are a variety of groups and options for everyone. Come and learn something new. Stay active and enjoy life.)

**LEARN TO PLAY**  
  
**SIAMESE MAH JONGG**

A fun way to play your favorite game with just 2 people

**Tuesday, April 2nd 9:30 - 11:30 am**

Active Generations East - 48th St & Terry Ave  
 Bring Your 2024 NMJL Card

Participants must already know how to play 3-4 person Mah Jongg  
 Cost: AG Members - \$5  
 Non-Members - \$50  
 No Refunds

**Pre-registration Due by Friday, March 29th**

Register and pay at Active Generations East, 2300 W. Active Generations Pl, Sioux Falls SD 57105 or call (605) 272-0905. Most payment methods accepted.

Optional Jane Norton  
 605-310-1892 or jnorton@agso.com

**-Siamese if You Please-**

**AG EAST**  
**Mah Jongg Beginners' Instruction Series**

Thursdays: Apr 11 - May 2, 2024  
 9:30 - 11:30 a.m.

Members - \$45  
 Non-Members - \$55

Cost includes purchase of 2024 NMJL Card  
 No Refunds

Sign up at AG East Front Desk  
 or Call 605-275-7690

Space is Limited - Reserve Your Spot Today!

ACTIVE GENERATIONS  
**MOVIE MANIA**



FRIDAY, APRIL 26 AT 5-7 PM

**FRIED GREEN TOMATOES**

FREE ENTRY + SNACKS  
 ACTIVE GENERATIONS - EAST

AN ORDINARY HOUSEWIFE VISITS A NURSING HOME AND BEFRIENDS A RESIDENT. TOGETHER, THEY BOND OVER STORIES FROM THE PAST ABOUT THE TWO INTREPID WOMEN OF THE WHISTLE STOP CAFE.

ACTIVE GENERATIONS  
**MOVIE MANIA**



THURSDAY, APRIL 18 AT 3PM

**GRUMPY OLD MEN**

FREE ENTRY + SNACKS  
 ACTIVE GENERATIONS - MAIN

A FEUD BETWEEN TWO NEIGHBORS SINCE CHILDHOOD ONLY GETS WORSE AS A NEW FEMALE NEIGHBOR MOVES ACROSS THE STREET.

**Active Generations**

**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	Medica
HealthPartners	Avera
PreferredOne	Midco
Sanford Health	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



**Gen's**



Coffee House & Bakery

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

**Coffee Bistro (East)**  
 9 a.m.-1 p.m.

**KOLBE CLOCK REPAIR**  
 Buys Antiques, Books, Watches, Photos, Etc.  
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 The Easiest Way to Avoid The Hardest Part of Moving.  
 A powerfully small and affordable moving company.  
 Senior Citizen Discount  
**361-9363**

**VOLUNTEER**  
 Appreciation Week  
 APRIL 21-27, 2024

We appreciate our Volunteers!

*Where Seniors Celebrate Life!*

**Life Enriching, Faith-Based Apartments**

→ 1 or 2 bedroom apartments	→ Scheduled transportation service
→ Daily I'm Ok checks	→ Chapel services
→ Optional noon meal	→ Social events
→ Beauty Shop	→ And more!

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

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**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 . . .



**ALLIED**  
 tour&trave

**Roxie's Tour and Travel and Allied Tour & Travel Travel Show**  
 at Active Generations

**Monday, May 13**  
 10 am at Main: 2300 W. 46th St.  
 2 pm at East: 5550 E. Active Generations Pl

Join us and hear about the upcoming tours available and receive a brand new catalog for the rest of the year!

Call Roxie Mulder to register  
 Travel Representative and Tour Director  
 507-227-0905

# April

# Birthdays

Lonna Albertson  
 Sandi Alberty  
 Lorraine Alfred  
 Pat Anawski  
 Jackie Anderson  
 Richard Anderson  
 SandraKay Auch  
 Lou Barondeau  
 Rick Barondeau  
 Hugo Barron  
 Brian Becker  
 Bill Bennett  
 Alan Berdahl  
 Gratia Biteler  
 Jan Boe  
 Derek Boekhoff  
 Loren Bornitz  
 Beverly Boyd  
 Donna Boyda  
 Karen Boyum  
 Linda Breck  
 Wauthena Brooks  
 Teresa Buell  
 Rae Burnette  
 Jean Caron  
 Devin Carpenter  
 Rick Cerkowniak  
 Helen Christensen  
 Linda Claussen  
 Carolyn Colombe  
 Kathy Cooper  
 Bonita Coy  
 Barbara Cumber  
 Dean Delashmutt  
 William DeMente  
 Jeri Dickson-Risty  
 Nancy Dinesen  
 Jeff Dugstad  
 Mark Duinkerken  
 Maureen Ebmeier  
 Susan Eckstrom  
 Don Erickson  
 Brenda Farris  
 Vickie Faulkerson  
 Ursula Fendrich  
 Maggie Fink  
 Robert Fink  
 Gary Fossum  
 Lorna Friese  
 Wade Friese  
 Brian Gage  
 MarieAnn Galles  
 Tom Gannon  
 Frederick Garber  
 Leighanne George  
 Fritz Gloe  
 Terry Goetsch  
 Sue Goldsmith

Marsha Graham  
 Debra Graves  
 Patricia Gregory  
 Lynda Griffin  
 Peter Haan  
 Michele Harmon  
 Barbara Hathaway  
 Dalia Heger  
 Linda Hembree  
 Bonnie Hengeveld  
 Jeff Herreid  
 Kathi Herreid  
 Clifford Hicks  
 Janice Hintz  
 Chet Hofer  
 Ronald Hofer  
 Sharon Hofstad  
 Ron Hood  
 Debbie Horlyk  
 Ken Horner  
 Carla Hosie  
 Steven Howard  
 Phyllis Howell  
 Rose Ingebretson  
 Sharon Irby  
 Carol Jacobs  
 Ellen Janssen  
 Julie Jordahl  
 Dixie Jorgensen  
 Kathy Juranek  
 Lori Kading  
 Patience Kellogg  
 John Knudtson  
 Ruby Kramer  
 Lori Kueter  
 SueAnn Lang  
 Karen Lauesen  
 Marcia Lawrence  
 Mary Lee  
 Ruth Lee  
 Thomas Leesch  
 Theresa Lemme  
 Carol LeRoi  
 Eleanor Liberda  
 Ralph Lindner  
 Susan Luetgers  
 Mike Lund  
 Dee Lundeen  
 Carla Lynn  
 Patti Lyon  
 Teresa Meckler  
 Alvin Meyer  
 Sharon Michailidis  
 Darwin Miller  
 Darwin Miller  
 Karen Mills  
 Brenda Mitzel  
 Dianne Moore

Rosemary Mose  
 Robert Moulton  
 Barb Muller  
 Pamela Niles  
 Dennis Nissen  
 Roger Nolan  
 Nancy Okland  
 Barbara Olson  
 Dale Olson  
 Dale Olson  
 Delphine Olson  
 Joran Olson  
 Marlene Olson  
 Mark Oppedahl  
 Mark Oppenheimer  
 Lisa Orban  
 Abbie Pagone  
 Alice Parks  
 Harold Parlet  
 Paul Paulson  
 Susan Pellman  
 Richard Petersen  
 Linda Pierson  
 Carol Pistulka  
 Geraldine Post  
 Barbara Priesz  
 Allen Rausch  
 Christine Ray  
 Nancy Reagan  
 Randall Reed  
 Susan Reese  
 Dennis Renli  
 Wadetta Ricketts  
 Juanita Rodriquez  
 Don Ruder  
 Ruth Ruesch  
 Pamela Saigh  
 Merna Salmonson  
 Arlene Salter  
 Alan Schroeder  
 Joyce Schwader  
 Michael Schweitzer  
 Fanny Seville  
 Bill Shields  
 Jeanne Skunberg  
 Thomas Slagle  
 Janet Sletten  
 Jay Smith  
 Johnny Stevens  
 Kathryn Stevens  
 Jane Stoltz  
 Roy Stough  
 Rhoda Strasser  
 Joann Streckley  
 Andrine Stricherz  
 Becky Stritecky  
 Karen Trueblood  
 Maudie Tschetter

Nancy VanDam  
 Karel Vanderlugt  
 Audrey VanGenderen  
 Cheryl VanZee  
 Shirley Venenga  
 Linda Vogl  
 Amy Volk  
 Donna Wakey  
 Kristen Walker  
 Ronald Walker  
 Ken Walter  
 Joyce Weber  
 Mariann Weber

Greg Wehrkamp  
 Darlene Weis  
 Marie Weisz  
 Arlene Welgraven  
 Joe Westrup  
 Janet Wilbur  
 Dan Wilka  
 Chuck Wolkow  
 Bonnie Wylie  
 Karen Zacharias  
 Daniel Zervas  
 Ilene Zuiderhof



**UKULELE LESSONS - FREE!**

APRIL 5TH & 19TH @1-2 PM

LOCATED AT AG MAIN ROOM 205

THREE BASIC CHORDS WILL ALLOW YOU TO PLAY MANY SONGS! WE HAVE LOANER UKULELES TO USE (BRING INSTRUCTION ONLY)



**ROCKSTAR BINGO AND TRIVIA NIGHT**

WITH LOREN MILLER

THURSDAY, MAY 16TH @5:00-7:00 PM

AT AG EAST LOCATION

YOU WILL NEED TO BRING A CELLPHONE OR IPAD!

ALL ARE WELCOME, \$5.00 ENTRY FEE AT THE DOOR

BEER, WINE, POP, WATER, AND SNACKS WILL BE AVAILABLE FOR PURCHASE

**25¢ ROYAL EVENT**

All Proceeds go to Royal Family Kids Camp

**When:** April 6, 2024 10am-2pm  
**Where:** Active Generations - 5500 E Generations Place Sioux Falls, SD  
**Cost:** \$15 first paddle, \$10 additional paddles, \$50 golden paddles



**Royal FamilyKIDS**

Doors Open at 9

Cash, Checks, and Venmo accepted  
 Quarters available at the door  
 Lunch will be Provided

**What is a 25¢ Event?**

Upon arrival, you will receive 1+ numbered paddle(s). Auction items will be on display with a bid price of 1, 2, 3, or 4 quarters. As the items are presented, you may bid by putting your quarter(s) in the bowl provided on your table. If you choose to bid, hold your paddle in the air. If your auctioneer picks your number from the bucket of number chips, you WIN the item. If your number is picked and you did not bid on the item, a chorus of boos will come your way.

**Vendors/Donations**







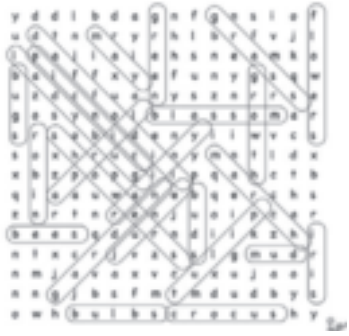


**MARY & MARTHA**

**And More!**

Questions?  
 Contact Miriam Pickard  
 (605) 681-5142  
 Anita Blank  
 (605) 951-3450





Answers to puzzle on page 13

# March *Birthday* Bash!

Sponsored By:



Bday Party Winners: Marianne Anderson, Arlene Cook, Marcia VanGinkel, Delores Chapin



Birthday party entertainment was Solid Country!

Sioux Falls Good Samaritan Communities Invites You to The

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

**BIRTHDAY PARTY**

**FRIDAY, APRIL 12 • 1 – 2:30 P.M.**

ENTERTAINMENT BY:  
**BOB GAUT**



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

# MARC MURREN

FOR SCHOOL BOARD

## Putting Students First

### Sioux Falls School District 2024 Annual School Board Election **TUESDAY, APRIL 9, 2024**

Absentee Voting begins March 25, 2024

## Please Vote!

[facebook.com/Marc-Murren-For-School-Board](https://facebook.com/Marc-Murren-For-School-Board)

*Paid for by Marc Murren for School Board*

HELPING YOU UNDERSTAND AND PROTECT YOUR MEDICARE BENEFITS

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

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This project was supported, in part, by grant number H46502 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 2025. Grantee understands project and government ownership and consent to represent that findings & conclusions, points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

*AG Jamboree*  
**WEDNESDAY, APRIL 17TH**  
 AT 5:00-8:30 PM  
 AG - MAIN | SERTOMA A & B  
 FEATURING SURFIN SAFARI

Beer and Water available for purchase. No meal served.

*AG - East*  
**Bean Bags & Beer**  
**THURSDAY, APRIL 25TH**  
 5:00-7:00PM

Members free!  
 Non-Members \$5.00

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

**BOOK SALE**  
 2024

SET UP: MAY 14 @ 1PM  
 MAY 15 & 16 @ 9AM-5PM  
 MAY 17 @ 9AM-12PM

Books must be in by May 10th

NEED VOLUNTEERS!!!  
 Active Generations - Main Lobby

*Save The Date!*

**ACTIVE LIFESTYLE EXPO**

**Wednesday, May 8**  
**9:00 a.m. - 1:00 p.m.**

Active Generations *EAST*  
 5500 E. Active Gen Place

OVER 50 EXHIBITORS  
 EDUCATIONAL SEMINARS  
 FREE FOOD EVENTS

## Wii Bowling at Active Generations

The Spring League for WII Bowling has ended with a big bang! Glenn Walker got a PERFECT 300 game this last week! Congratulations Glenn!


We had a few 300 games this season. Jackie Klimisch started it off and Eleanor Lorenzen did it next. Three perfect games is highly unusual, but lots of fun to watch.

This season's winners were the Strike Kings: Glenn Walker, Dennis Baltzer, Martin Saffel and David Lovass with 19,967 total points. The highest average went to Eleanor Lorenzen with a 253!


The new session will start on May 17th and finish on July 5th. We have 12 players signed up, but if you are interested call and we will make room. This will be the last session until September. Summers are too busy!

We meet on Wednesdays at 12:45pm in Sertoma B. Play usually lasts until 2 or 2:15pm and the session lasts for 8 weeks. We have a great group of people who love to have a good time!

If you are interested please call Kathie Smith at 503-929-7603 to reserve a spot on one of our 4 teams.



Glenn Walker  
300 Game!



Eleanor Lorenzen  
Highest Average!

(Sadly Glenn recently passed away. We will miss you, Glenn!)

# For your Good Health

**MASSAGE THERAPY**  
**Main Location**  
 Next available date is:  
**Wednesday, April 10**  
**Tuesday, April 30**  
**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, June 27**  
**Friday, June 28**  
**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.



## MINNESOTA TWINS TRIP

### SUNDAY, JUNE 16\*

**7:00 am - 9:30 pm**

**Cost: \$122.00 (members only)\*\***

We will watch the Twins take on the Oakland Athletics at the 1:10 game from seats located in the upper rows of the shaded infield box straight out from 1st base. There will be a breakfast and supper stop. (All meal costs on your own.) Fee includes game ticket and charter bus ride. Tickets go fast for this Twins game!



Sign up at the information window at the Main location only!

**\*Registration Deadline: Friday, May 24**

**\*\*Payment required at time of registration**

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

# APRIL menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN & WILD RICE CASSEROLE PEAS FRUIT JUICE	2 MEATLOAF BAKED SWEET POTATO WINTER MIX VEGETABLES APPLESAUCE	3 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	4 SLOPPY JOE ON A BUN TRI-TATERS GREEN BEANS FRUIT JUICE	5 CHICKEN A LA KING OVER BISCUIT WINTER MIX VEGETABLES FRUIT
8 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY CORN FRUIT JUICE	9 FRENCH TOAST SAUSAGE LINK GREEN BEANS HOT APPLES	10 MEATBALLS IN GRAVY WHITE RICE CARROTS FRUIT JUICE	11 BAKED CHICKEN THIGHS BAKED POTATO BROCCOLI FRUIT	12 COD FILLET AMERICAN FRIES PEAS FRUIT JUICE
15 SWISS STEAK BAKED POTATO STEWED TOMATOES FRUIT	16 LASAGNA CASSEROLE GREEN BEANS GARLIC TOAST FRUIT JUICE	17 CHICKEN SALAD ON A BUN POTATO SALAD 3-BEAN SALAD FRUIT	18 HAMBURGER GRAVY OVER MASHED POTATOES CARROTS FRUIT JUICE	19 BBQ RIBS AU GRATIN POTATOES PEAS FRUIT
22 CRISPY CHICKEN BREAST CREAMED POTATOES ORIENTAL STYLE VEGETABLES FRUIT JUICE	23 HAMBURGER RICE CASSEROLE GREEN BEANS FRUIT	24 PULLED PORK SANDWICH STEAK FRIES WINTER MIX VEGETABLES FRUIT JUICE	25 CHICKEN CHOW MEIN RICE PEAS FRUIT	26 PORK CHOP WITH HERBS & ONIONS BAKED SWEET POTATO BROCCOLI FRUIT JUICE
29 TATER TOT CASSEROLE CALIFORNIA BLEND VEGGIES FRUIT	30 HAMBURGER STROGANOFF OVER PASTA ITALIAN VEGETABLES FRUIT JUICE	<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.</p>		

All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.



## Senior Companions make a difference. Become a volunteer.

If you enjoy helping others and making new friends, Senior Companions of South Dakota has the perfect opportunity for you.

We are looking for volunteers across South Dakota to assist older adults and adults with disabilities so they can remain in their own homes.

### You'll provide:

- Companionship
- Light housekeeping
- Meal planning and preparation
- Transportation

### You'll experience these benefits:

- A sense of purpose
- Enhanced life satisfaction and well-being
- Lasting friendships
- Hourly stipend
- Mileage
- Personal leave and more

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