

*In this Issue*

Arts and Crafts ..... 12  
 Birthdays ..... 17-18  
 Calendar of Events ..... 6  
 Club Notes &  
     Special Interest ..... 7, 8  
 Donations & Gifts ..... 3, 15  
 Fitness and Exercise ..... 4-5  
 Lifelong Learning ..... 8  
 Membership Information ... 2  
 Menu ..... 20  
 Mission Statement ..... 1  
 SHINE ..... 19  
 Social Services ..... 14

**HOURS OF BUSINESS**

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

**Active Generations  
 Main and East  
 CLOSED  
 Monday, May 27**  
 in observation of Memorial  
 Day. Normal hours will  
 resume Tuesday.

**ST. CROIX HOSPICE**

**Good Samaritan Society™**  
 COMMUNITIES OF SIOUX FALLS

**Active Lifestyle EXPO**

**Come and join us for our annual expo.**

**50 VENDORS  
 DOOR PRIZES  
 FREE FOOD EVENTS  
 SEMINARS**

**ACTIVE GENERATIONS EAST**

**WEDNESDAY, MAY 8TH  
 9:00am-1:00pm**

**5500 East Active Gen Place**

**AARP**

**AeroStay HOTEL**

Made with PosterMyWall.com

**FREE!  
 Public  
 Welcome!**

See page 11  
 for more  
 information!

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

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

Active  
 Generations

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

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)

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

OUR MISSION

# Thank You from the Interns!

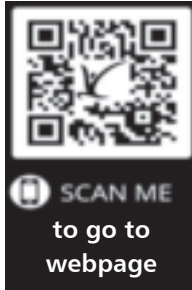


“Thank you, Active Generations, for the amazing opportunity to be a part of your community. We’ve enjoyed getting to know everyone through group fitness classes or just seeing you around the facilities. We are grateful for the connections we’ve gained with members and staff from our internship here and just know you’ve all had an impact on our future journeys. Thank you again for having us at Active Generations this spring and we will miss seeing you all around!”

- Spencer, Megan, Makayla, Alexa S and Alexa H

## ACTIVE GENERATIONS MEMBERSHIP OPTIONS

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



*Active*  
Generations

**YOU DECIDE  
WHICH PLAN  
WORKS BEST!**

We are here to meet your needs:

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

Additional fees only for:

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



**PLATINUM**

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



**GOLD**

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



**SILVER**

Ultimate All-Inclusive Membership  
Includes Fitness Studio, Games,  
Education & Activities  
**\$15 per month or  
\$180 for the Year**  
Pickleball Game Punch Cards for \$5 per play...  
\$25 or more 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  
SHIINE Director

**Jeff Stingley**

605-333-3314  
SHIINE Medicare Educator

**Renee Chitwood**

605-333-3314  
SHIINE Medicare Educator

**Terry Fraker**

605-333-3314  
SHIINE 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 Groom

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**

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

**PUZZLE FUN!**

Answers on page 17

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

AIRBAG  
BACK SEAT  
BODY  
BRAKE LIGHT  
BRAKES  
BUMPER  
CLUTCH  
COOLANT  
COUPE  
CYLINDER  
DASHBOARD  
DIESEL  
DOOR  
FOG LAMP  
HANDLE  
HEADLIGHT  
HORN  
INDICATORS  
MIRROR  
PEDALS  
PISTON  
RADIATOR  
RIMS  
SEAT  
SEAT BELT  
SPARK PLUG  
TUNING  
TURBO  
WHEEL  
WHEELS

**Active Generation Welcomes New Chief Executive Officer Betsy Schuster, named Active Generations newest CEO**

With a proven track record in non-profit program development, leading and motivating people, and robust experience in community engagement, the Board of Directors for Active Generations enthusiastically announces the hiring of Betsy Schuster as CEO of Active Generations, a local non-profit organization serving aging adults and providing opportunities to enhance their quality of life through programs, services, and education.



Betsy most recently served as the Vice President of Program Development for the Helpline Center. In her leadership role over the past 8½ years, Betsy played a pivotal part in launching and expanding multiple programs across the state. With demonstrated success in non-profit leadership and a passion for community service, strategic vision, and dedication to the well-being of individuals of all ages, Betsy states, 'I am incredibly humbled and honored to have been chosen as the next CEO of Active Generations. One of my core leadership philosophies revolves around prioritizing the well-being of those we serve, believing that by focus-

ing on their needs, we can continue and grow the incredible work of Active Generations." Betsy will lead the exciting opportunity to build on and contribute to the evolution and innovation at Active Generations beginning on May 6th.

Today's announcement follows the recent retirement announcement of Active Generation's current CEO, Gerald Beninga. Gerald will be working with Betsy through the transition and formally retires in May.



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, grooming and medication reminders.

Sioux Falls, SD - (605)371-4253 - 3608 S. Southeastern Ave.  
[www.interim.com/sioux-falls](http://www.interim.com/sioux-falls)



# 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!**

Location	Class	Time	Days	Insurance Covered ***
East Location:	<b>NO CLASSES May 8th For Expo and May 27th for Memorial Day!</b>			
	Circuit	1:00-1:45 p.m.	Tues/Thurs	May 2-30
	Restorative Stretch***	8:30-9:15 a.m.	Mon/Wed/Fri	May 1-31 (no class 5/8 & 5/27)
	SILVERSNEAKERS Classic***	8:30-9:15 a.m.	Tues/Thurs	May 2-30
Yoga	12:00-12:45 p.m.	Thursdays	May 2-30	
Main Location:	<b>NO CLASSES May 8th For Expo and May 27th for Memorial Day!</b>			
	Body Sculpting***	12:00-12:45 p.m.	Mon/Wed/Fri	May 1-31 (no class 5/8 & 5/27)
	Get Active(Power) ***	7:00-7:45 a.m.	Mon/Wed/Fri	May 1-31 (no class 5/8 & 5/27)
	Get Active(Power)***	10:30-11:15 a.m.	Tues/Thurs	May 2-30
	SILVERSNEAKERS Classic***	9:30-10:15 a.m.	Tues/Thurs	May 2-30
Yoga	1:00-1:45 p.m.	Wednesdays	May 1-29 (no class 5/8)	

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

## Golf Club Schedule 2024

Monday, May 6: Northern Links, 9 a.m.  
 Monday, May 13: Bridges at Beresford, 9 a.m.  
 Monday, May 20: Kuehn Park, 9 a.m.  
 Tuesday, May 28: Elmwood East, 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)



**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.



Sioux Falls Dental Implants Bingo Winners



Bingo Inn on Westport Winners

# Fitness at Active Generations!



## May Fitness Member of the Month

### Bruce Hansum

Bruce Hansum is Active Generations' May Fitness Member of the Month! Bruce is 77 years young and has been a member of Active Generations for roughly 4 months. Bruce enjoys attending classes at Active Generations, as well as utilizing the fitness room with his wife. Bruce joined Active Generations after he discovered that exercise was a good outlet for both his physical and mental wellbeing. In his spare time, Bruce enjoys going to the shooting range, gardening, and doing anything outdoors. He is also an active swimmer three times a week and competes in the National Veterans Golden Age Games. Bruce won 4th place in the games last year, and his goal is to win 3rd place or better this year! Bruce says that he would recommend Active Generations to anyone because there is something to do for everyone! We are happy to have Bruce here and congratulate him on being Active Generations' Fitness Member of the Month!



## Top 10 tips

for controlling high blood pressure

- 1  Check your blood pressure regularly.
- 2  Take your blood pressure medicine as directed. If you are having trouble, ask your doctor what can be done to make it easier.
- 3  Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- 4  Achieve and maintain a healthy body weight.
- 5  Participate in 30 minutes of moderate physical activity on most days of the week.
- 6  Quit smoking—and if you don't smoke, don't start. Smoking multiplies the risks of high blood pressure.
- 7  Avoid second-hand smoke.
- 8  Manage stress through activities you find relaxing.
- 9  Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).
- 10  Support a family member or close friend with high blood pressure by preparing healthy meals, taking walks and managing stress together.

KAISER PERMANENTE. thrive

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

# 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
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, 5/14, 5/21, 5/28	M		Parking Lot	10 - 12pm	Eat Well Mobile Market - Main Parking Lot
Tues	5/7, 5/14, 5/21, 5/28	M		Sertoma A	6:30 - 9pm	Tuesday Evening Dances - Various Bands
Tues	5/7	M		132	2 - 4 pm	Acrylic Painting - Hydrangeas
Tues	5/7,5/14,5/21,5/28	M		132	5 - 6pm	Free Art Classes
Weds	5/8		E	All	9 - 1 pm	Active Lifestyle Expo
Weds	5/8	M		Sertoma A	5 - 6:30pm	AG Jamboree
Fri	5/10	M		Lobby	10 - 2 pm	Craft Sale
Fri	5/10	M		Sertoma A	1 - 2:30 pm	Monthly Birthday Party - Entertainment: Edison Middle School
Mon	5/13	M	E	203/204 - E.Dining	10 am & 2 pm	Roxie's Tour & Travel - Main @ 10am, East @ 2pm
Mon	5/13 & 5/20		E	115	9 - 11am	Mah Jongg Beginners Practice Series
Tues	5/14 & 5/20		E	115	1 - 3pm	Mah Jongg Beginners Practice Series
Weds-Thurs	5/15-5/16	M		Foyer	9 - 5 pm	Book Sale
Thurs	5/16	M		133	3:00 PM	Movie: BookClub2
Thurs	5/16		E	115	8 - 5pm	Mah Jongg Mixer
Thurs	5/16		E	Dining Area	5 - 7 pm	Rockstar Bingo & Trivia Night
Fri	5/17	M		Foyer	9 - 12 pm	Book Sale
Fri	5/17		E	115	5 - 7 pm	Movie: Never Too Late
Mon	5/20	M		132	1:30 - 3:00pm	Suncatcher project
Tues	5/21		E	110	2 - 4 pm	Acrylic Painting - Hydrangeas
Mon	5/27	M	E			Memorial Day - Closed
Thurs	5/30	M		Various	2 - 8 pm	Senior Games
Thurs	6/6	M		132	2 - 4pm	Easy Nature Watercolors
Fri	6/7		E	115	9 - 3:30pm	Purple Passion Mah Jongg Tournament
Fri	6/14	M		Lobby	10 - 2 pm	Quilt Sale
Sun	6/16				7 am - 9:30 pm	MN Twins Trip - FULL
Tues	6/18		E	110	2 - 4pm	Easy Nature Watercolors

See page 11 for information regarding the Active Lifestyle Expo!

## MAIN – CARD & SPECIAL INTEREST CLUBS

CLUB OR ACTIVITY	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Active Cruisers Motorcycle	Wednesdays	Varied	Will be announced	Milton Ellis
Bean Bags	Thursdays	9:00-11:00 am	Sertoma A	AG Members
Bingo	Fridays (except 2nd Friday)	1-2:30 pm	Sertoma B	Richard Miller, Dean Dewes
Book Club	4th Monday	9:30-11:30 am	Room 128	Pat Flatequal
Bridge (Duplicate)	Mondays	6:30-9:30 pm	Room 203	Svein Sjøvold
	Tuesdays	6:30-9:30 pm	Room 203	Svein Sjøvold
	Fridays	12:00-4:00 pm	Room 204	Svein Sjøvold
Bridge (Party)	Thursdays	12:00-3:30 pm	Room 203	Arlene Salter, Carolee Olson
Bridge (Party)	Fridays	12:00-3:30 pm	Room 203	Arlene Salter, Alayne Meyer
Canasta	Thursdays	1:00-4:00 pm	Room 204	Cher Murphy
	Fridays	12:30-3:30 pm	Lounge	Brock Barrows
Chess Club	Tuesdays	6:00-9:00 pm	Room 129	Larry Solie
Color Me Happy Coloring Club	1st & 3rd Thursdays	10:00-11:30 am	Room 132	Doris O'Dea
Couples Billiards	Tuesdays	6:00-8:00 pm	Room 200	Kathie Smith
Crafters Club	Thursdays	9:00 am-Noon	Room 201	Joanne Avery
Cribbage	Tuesdays	12:00-2:45 pm	Room 204	Shirlee Flood
Dominoes	Mondays	1:00-3:00 pm	Room 204	Rosemary Campbell
	Wednesdays	1:00-3:00 pm	Room 204	Carolyn Colombe, Rosemary Campbell, Sherrill Bessey
Fast Track	Mondays	9:30-11:30 am	Lounge	Dean Dewes
	Thursdays	9:30-11:30 am	Lounge	Dean Dewes
Golfing Club	Mondays	Various Times	Various Locations	Bob Black
Hand & Foot	Tuesdays	12:30-3:30 pm	Lounge	Sherrill Bessey
Hiking Club	2nd & 4th Wednesdays	Various Times	Various Locations	Debbie Carter
Knitting Club	Wednesdays	9:00 am-Noon	Room 202	Sharon Hofstad
Ladies Billiards	Wednesdays	10:00 am-Noon	Room 200	Cathy Walker
Line Dancing	Mondays	1:30-3:00 pm	Sertoma A	Bob Gaut
	Wednesdays	2:30-4:00 pm	Sertoma B	Bob Gaut
	Fridays	2:30-4:00 pm	Sertoma A or 205	Bob Gaut
Line Dancing (Beginners)	Mondays	12:00-1:00 pm	Sertoma B	Bob Gaut, Bonnie Shumaker
Mah Jongg	Fridays	9:00 am-Noon	Room 203	Sharon Schwaderer
Painting & Drawing Open Studio	Tuesdays	9:00 am-2:00 pm	Room 132	AG Members
	Wednesdays	9:00 am-2:00 pm	Room 132	AG Members
Pickleball (Beginners)	Wednesdays	1:30-4:30 pm	Sertoma A	Sandi Plooster
	Thursdays	4:30-8:00 pm	Sertoma A	Sandi Plooster
Pickleball (Intermediate/Advanced)	Tuesdays	1:30-4:30 pm	Sertoma A	Linda Pierson, Allan Hembree
	Thursdays	1:30-4:30 pm	Sertoma A	Linda Pierson, Allan Hembree
Pickleball (Open Play)	Mondays	3:30-8:00 pm	Sertoma A	
	Wednesdays	4:30-8:00 pm	Sertoma A	
	Fridays	4:30-8:00 pm	Sertoma A	
	Saturdays	8:00-11:00 am	Sertoma A	
Pinochle	Wednesdays	12:30-3:00 pm	Room 203	Becky Grave
Pitch 10-Point	Tuesdays	12:30-2:30 pm	Room 203	Les Brandhagen
Quilting Club	Tuesdays	9:00 am-Noon	Room 201	Carolyn Colombe
Sing-a-Long	Tuesdays	10:30-11:30 am	Lounge	Nancy Lange, Dennis Renli
Shuffleboard	2nd & 4th Tuesdays	9:00-11:00 am	Sertoma A	AG Members
Table Tennis	Mondays	3:00-5:00 pm	Room 205	Lei Ji
	Tuesdays	5:00-9:00 pm	Room 204	Lei Ji
	Wednesdays	3:00-5:00 pm	Room 204	Lei Ji
	Thursdays	5:00-7:00 pm	Room 205	Lei Ji
	Saturdays	8:00 am-3:00 pm	Sertoma B	Lei Ji
Ukulele/Kazukes	Wednesdays	9:00-11:00 am	Room 203	Pat Anawski, Bill Simon
Ukulele/Kazukes Beginners	1st & 3rd Fridays	1:00-2:00 pm	Room 205	Bill Simon
Whist	Mondays	12:30-3:30 pm	Room 203	Elsie Fitz
Woodcarving Club	Mondays	9:00-11:00 am	Room 132	Nancy Cummings
	Saturdays	9:00-11:00 am	Room 132	Nancy Cummings, Derek Boekhoff

Active Generations members are invited to join our many different card clubs. • If you have not upgraded your membership, please purchase a punch card for cards and games, as well as Line Dancing. If you do not have a Gold membership, a punch card for Pickleball is also required. • 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!

# Active Generations Club Notes (AG Main)

**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



**BOOK CLUB**

The Active Generations Book Club will meet on Monday May 20th at 9:30 a.m. We will be meeting the 3rd Monday and not the 4th Monday due to Memorial Day Holiday.

The Discussion for May will be over the classic book, "Rebecca". Set in England, Rebecca is a classic mystery thriller about a young woman who married a wealthy widower and is troubled by strange happenings.

The book club welcomes new members, however if anyone is interested, it's preferable that they attend a meeting prior to checking out a book. Having complete contact information is important for keeping in good standing with the Siouxland Library system.

Happy Reading!

**UKULELE / KAZUKES CLUB**

Music is excellent therapy and also a great stress reliever. The Ukulele/Ka-

zukes group loves getting together to practice "old favorites" for their next "performing gig". They meet every Wednesday at 9:30 am in room 204, where new ideas are presented as well. Check out the kazoos we play. Anyone can play it-no lessons needed.

Our SD "snowbirds" are flying back home for some ukulele fun again.

Reminder: Beginners class is held on the 1st and 3rd Friday of each month at 1:00 pm in room 205. Stop in to listen or ask questions.

**THE CRIMSON CHAPEAUX**

We will meet on Monday, May 6th at 11 a.m. at Camille's (41st St.)

Please let Eileen know if you can join us. She can be reached at 605-335-3071, 605-201-5530 or emailed at ehalver212@aol.com.

Hope to see you there!  
Madame Hatter,  
Sharon

**HIKING CLUB**

**May 7, 9 am:** Good Earth State Park, 26924 480th Ave, Sioux Falls, SD. Shelter. 0.7 miles.

**May 21, 9:30 am:** Lake Herman State Park, 23409 State Park Dr, Madison, SD. 5.7 miles.

**June 4, 8:30 am:** Great Bear, 5901 E Rice Street, Sioux Falls, SD. 0.5 miles.

**June 18, 9 am:** Split Rock Creek Loop, 336 50th Ave, Jasper, MN. 4.9 miles.

**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@activenegen.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.

## Life-Long Learning

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

Thursdays, May 2, 9, 16, 23, 30; 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.

**Downsizing and Decluttering: Is it for me and where do I begin?**

AG EAST  
Tuesday, May 14  
10 - 11 A.M., 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

**BUDGET FRIENDLY APARTMENT FOR RENT**

Starting At  
**\$765** /Month




**GATEWAY APARTMENTS**  
Walk-in Shower, Elevator, Community Room, Fitness Center, Paid Heat, and more!  
*Ask about our current special!*

**Bender** (605) 310-8887  
MIDWEST PROPERTIES BENDERMIDWESTPROPERTIES.COM



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





# Pickleball Updates



Pickleball East

Thank you for your patience as the membership and interest in Pickleball grows. AG has modified policies and schedules at both locations. See dots on the schedule for the

changes.

Only Gold members are permissible to reserve Indoor East A & B via phone or front desk for a limit of 2 non-consecutive hours a week.

Bronze, Silver, and Gold members are welcome to all the open play times.

**Outdoor:** 4/15/24: Open weather permitting - "open play" Monday – Saturday.



**Main:** 4/15/24: Additional indoor open play hours beginning on Mondays and Fridays. Wed nights 4:30 – 8pm now open play.

**East:** Beginning 5/1/24: Indoor A & B Court times for beginner, intermediate levels will expand to serve more players. Beginner: MWF 9-noon & Intermediate: MWF 1:00 – 4:00. Both Indoor courts adding reservable 7 a.m. hour M-F. Intermediate open play added Friday 6 – 8 pm.

Beginning 5/1/24, Pickleball fees for non-Gold members will be moving from \$3 to \$5. Punch Cards are available at the front desk from a minimum of \$25. Cards with remaining balances will be honored at the \$3 rate until depleted. Members are required to stop at the front desk before entering either indoor or outdoor courts to have their card punched. \$5 cards can now be used for either PB or fitness classes. Fitness punch cards are punched at the classroom door before class.

Due to the complexities that multi-level membership entails for the current online software, PB and fitness class reservations will remain as phone in (beginning at 8 am) or at the front desk.

Let's all have fun playing Pickleball!

		<b>EAST Court times include open reserved and 3 levels of open play</b>			
<b>MAIN 4-15-24</b>		<b>EAST 5-1-24</b>		<b>EAST 4-15-24</b>	
<b>Inside (2 courts)*</b>		<b>Inside (2 courts)</b>		<b>Outside (2 courts) 4-15-24 Weather Permitting</b>	
<b>Monday</b>		<b>Monday, Wednesday, Friday</b>		<b>All Open Play - All Levels</b>	
3:30 - 8:00 pm open play		7 - 9am Reserve Open**		<b>Mon, Tues, Weds, Thurs &amp; Fri 7am - 8pm</b>	
<b>Tuesday</b>		9 - noon Beginners Level		<b>Saturday 8 am - 3pm</b>	
1:30 - 4pm Int & Adv Levels		Noon - 1pm Reserve Open**		<b>Below Effective 5-1-24</b>	
<b>Wednesday</b>		1 - 4pm Intermediate Level & Fri nights: 6 - 8pm		<b>**Only Gold members are permissible to reserve 1 week in advance. Reservation requests are limited to 2 non-consecutive hours a week. PB reservations will remain as phone in or at the front desk. Non-Gold members are required to pay \$5 per PB session. Cards are punched at front desk before entering indoor or outdoor courts. Past punch cards honored at previous rate until depleted.</b>	
1:30 - 4:30 Beginners Level 4:30 - 8pm - open play		4 - 6pm Reserve Open**			
<b>Thursday</b>		6 - 8 pm Advance Level on Mon & Weds			
1:30-4:30 Int & Adv Levels		<b>Tuesday &amp; Thursday</b>			
4:30 - 8pm Beginners Level		7 - 10am Reserve Open**			
<b>Friday</b>		10 - noon Intermediate Level			
4:30 - 8:00 pm open play		Noon - 2pm Reserve Open**			
<b>Saturday</b>		2 - 4pm Advance Level			
8 - 11am open play		4 - 6 pm Reserve Open**			
<b>*Members may need to set-up &amp; take down nets. AG may close any court(s) without notice.</b>		6 - 8pm Beginners Level			
		<b>Saturday</b>			
		8 - 3pm Reserve Open**			



Beautiful Art By Candy



Balance Class



Celebrating a birthday & the end of SAIL class with "margarita" cupcakes.

Ben of Bob's piano servicing our treasured piano

Pinochle Wednesdays

# 24th Annual Active Lifestyle Expo

Event sponsored by: **AARP** **Good Samaritan Society** **ST. CROIX HOSPICE** **AeroStay HOTEL**

**FREE! Public Welcome!**  
**Wednesday, May 8**  
**9 a.m. to 1 p.m.**

**AG East**

Visit every booth for a grand prize drawing - 9th Generation iPad

## VISIT THESE EXPO EXHIBITORS!

- AARP SOUTH DAKOTA
- ACTIVE GENERATIONS
- ASERA CARE HOSPICE
- ATHLETICO
- AVERA CANCER INSTITUTE
- AVERA HEALTH PLANS
- AVERA PRINCE OF PEACE
- BAKER AUDIOLOGY & HEARING AIDS
- COMFORT KEEPERS
- DOW RUMMEL VILLAGE
- FIRST INTERSTATE BANK
- GEORGE BOOM FUNERAL HOME
- MILLER FUNERAL HOME
- GOOD SAMARITAN SOCIETY
- GRACE COMMUNION FELLOWSHIP
- HELPING HAND ASSISTED LIVING HOME INSTEAD
- HOMECARE SERVICES OF SOUTH DAKOTA, INC.
- KATIE DAY - MALONEY REAL ESTATE
- KORE CARES
- LEGACY LAW FIRM, P.C.
- LEWIS DRUG INC
- LUTHERAN SOCIAL SERVICES - BETTER TOGETHER
- MOMENTS HOSPICE
- ORTHOPEDIC INSTITUTE
- SIOUX FALLS SPECIALTY HOSPITAL
- OSTEOSTRONG
- PEACEFUL PINES SENIOR LIVING
- PRAIRIE REHABILITATION SERVICES
- SANFORD HEALTH
- SANFORD HEALTH - RHEUMATOLOGY & NEUROLOGY
- SANFORD HEALTH - VASCULAR ASSOCIATES
- SANFORD MEDICAL - STAND
- STRONG FALL PREVENTION CAPABLE
- SD OFFICE OF ATTORNEY GENERAL - CONSUMER PROTECTION
- SD SERVICE TO THE BLIND & VISUALLY IMPAIRED
- SENIOR COMPANIONS OF SD
- SHIINE
- SIOUX FALLS MONUMENT
- SPECTRUM HOME CARE
- ST CROIX HOSPICE
- STANFORD HEARING AIDS
- SUNNYCREST VILLAGE
- THOMPSON LAW, PLLC
- TOUCHMARK AT ALL SAINTS
- TRAIL RIDGE HOMECARE
- TRAIL RIDGE SENIOR LIVING
- VISITING ANGELS

## SPECIAL EVENTS

**FREE COFFEE AND ROLL**

10 a.m. - Dining Room

Sponsored by:



**FREE**

**ICE CREAM SOCIAL**

12:45 p.m. - Dining Room

Sponsored by:



**GRAND FINALE DRAWING**

1 p.m. - Dining Room

Sponsored by:



## EVENT SCHEDULE

9 A.M. - 1 P.M.	ACTIVE LIFESTYLE EXPO hours
Beginning 10 a.m.	EDUCATIONAL SEMINARS begin in Rooms 110, 115, 116
10 a.m.	COFFEE & ROLL SOCIAL in the Dining Room. Sponsored by Good Samaritan Society
11 a.m. - 1 p.m.	LUNCH AVAILABLE FOR PURCHASE FOR ATTENDEES AND VENDORS in the Dining Room
12:45 p.m.	ICE CREAM SOCIAL in the Dining Room. Sponsored by AeroStay Hotel
1 p.m.	GRAND FINALE DRAWING for a 9th Generation iPad in the Dining Room. Sponsored by St. Croix Hospice

**DOOR PRIZES EVERY HOUR STARTING AT 10 AM**

**LUNCH AVAILABLE FOR PURCHASE for only \$8**

Sloppy Joes  
 Potato Salad  
 Chips  
 Cookies

## EDUCATION

	Room 110	Room 115	Room 116
10-10:45 a.m.	THE 4 "P's" OF ADVANCE FUNERAL PLANNING George Boom Funeral Home & On-Site Crematory	ESTATE PLANNING & LEGAL UPDATES Thompson Law, PLLC	STRONGER YOU OsteoStrong
11-11:45 a.m.	WHY ARE HEARING AIDS SO EXPENSIVE & WHAT YOU NEED TO KNOW BEFORE YOU BUY THEM Stanford Hearing	PROTECT LIFE SAVINGS FROM LONG-TERM CARE COSTS Legacy Law Firm	PAYING FOR HOME CARE PAYMENT OPTIONS; WHAT MEDICARE DOES/DOES NOT Kore Kares
12-12:45 p.m.	HOW DO YOU KNOW WHEN THE TIME IS RIGHT? Trail Ridge Senior Living	SAFE BANKING FOR SENIORS - ELDER FINANCIAL ABUSE First Interstate Bank	SCAMS AND MORE SCAMS---WHAT TO DO? SD Attorney General-Consumer Protection

## Book Review

By Sharon DeVaney

**Taylor Swift: In Her Own Words**

Edited by Helena Hunt

The book has four parts: Personal Life, Empire Builder, the Wisdom of Taylor Swift, and Milestones. The book is unusual because readers will find verbatim quotes from Taylor throughout the book. Why is that? Well, this is an edited book. The editor is Helena Hunt and the publisher is an Agate Imprint.

Taylor Swift was born in 1989. Neither of Taylor's parents were involved in music. Taylor started singing and playing the guitar when she was 11. She started writing songs at age 12. Although her early years were spent on a Christmas tree farm in Pennsylvania, she persuaded her parents to move to Nashville when she was 14. The purpose was so that she could start a musical career. When she started her singing career, she was told that there wasn't a "demographic" for songs for teenage girls. She continued with her songs for teens but in a few years, she shifted from country music to pop music.

It will be a surprise for some to learn that Taylor writes all of her songs. Another of her unique stands is her belief that the music industry should treat all artists and musicians fairly in terms of pay. Because of her business expertise, she has made this happen. Based on everything that I have read including this book, I believe Taylor is a role model for young people.

When she was 25, she was quoted in Time as saying, "I can't find anyone who's had the same career trajectory as mine. So when I am in an optimistic place, I hope my life won't match anyone else's life trajectory." Now at age 34, Time magazine named Taylor Swift as the Person of the Year for 2023. The editor of Time wrote that Taylor was the first Person of the Year to be recognized for her success in the arts. In 2023, she had three No. 1 albums. The editor wrote in the 17 years since her debut, Taylor has achieved more No. 1 albums than any other woman in history.

The editor said Taylor has improved the fortunes of every place she visits and businesses that she celebrates. For example: increased viewers of the NFL games with the Kansas City Chiefs. In 2015, Taylor was quoted as saying "You can't believe too much of your positive hype and too much of your negative press. She said you live somewhere in between."



**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: 605-334-6722  
AG East: 605-334-7000

No art experience necessary

**EASY NATURE WATERCOLORS**  
with Lisa Rinaldo

As we enter summer, let's take time to enjoy some easy watercoloring of nature subjects.

All supplies provided

Black-eyed Susans: Colorful and summery!

MEMBERS = \$15  
NON-MEMBERS = \$20

AG MAIN:  
Thurs June 6, 2-4 pm

AG EAST:  
Tues June 18, 2-4 pm

No art experience necessary

Sign up at Front Desk at either location

Moon Behind Grasses: Subtle beauty

Sunset with Palms: Island vibes

## 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

**This Newspaper**  
is Recyclable

### KOLBE CLOCK REPAIR

Buys Antiques, Books,  
Watches, Photos, Etc.

1301 S. Duluth • 332-9662



**COME JOIN US FOR FREE ART CLASSES**

Active Generations – Main Campus, Tuesdays in May (May 7, 14, 21, and 28, 5:00-6:00 pm, Room 132)

**May 7th, Class 1: Painted paper.** Learn about analogous color and play with free flowing no-fail painted paper. Lots of unique hold paintbrushes available to help with accessibility for diverse abilities and fun! Your papers will be cut into delightful feathers that elevate the project and half will be added to a collaborative installation.

**May 14th, Class 2: Calligraphy play.** Learn the basics of calligraphy, plus some easy tips and tricks to leveling up your handwriting. Experiment with different pens and tools. Your feather will also be ready for pickup and the feather installation ready to view!

**May 21st, Class 3: Watercolor exploration.** Learn about complementary colors and play with some fun watercolor resist techniques and extra bright liquid watercolor on cards.

**May 28th, Class 4: Pocket hearts.** Use easy and relaxing dot painting on handheld wooden hearts. Perfect for an encouragement in your pocket, gifting, place in planters, and little delights to scatter.



Class 1



Class 4

Please register for the class(es) you are interested in at Active Generations Front Desk. Thank you.

\*South Dakota Arts Council support is provided with funds from the State of South Dakota, through the Department of Tourism, and the National Endowment for the Arts.



**Sunburst MEMORIALS**

SIoux FALLS MONUMENT

employee owned | established 1947

*Celebrate A Special Life*

Traditional monuments are a great way to love, honor, and remember loved ones. With endless design options to choose from, they offer the opportunity to tell your unique story in granite.

Single and companion uprights are designed to feature names, birth dates, and dates of passing, but they can tell a visitor so much more. Through component selection, we are able to showcase personal interests, hobbies, and family lineage, all dedicated to their memory.



Sunburst Mahogany Granite

Jet Black Granite Laser Etching Available



**LIMITED TIME OFFER:**

Special discount pricing available on Upright Monuments.

Order must be approved by 06/30/2024 to receive special pricing.



**Katherine Bieber**

*Memorial Consultant*

605.339.3180

SunburstMemorials.com



**Want to get PAID to workout?**

Are you eligible through any of the following insurance companies or employer groups?



Inquire at AG Front Desk  
Partnered with:



## 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**  
**May 7, 9, 14, and 16**



Cost per session:  
Member: \$45  
Non-Member: \$55  
Instructor: Sandi Ploost  
**NO REFUNDS**



**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



## Where Seniors Celebrate Life!

Quality, life-enriching,  
faith-based apartments

- ⇒ 1 or 2 bedroom apartments
- ⇒ Daily I'm OK Checks
- ⇒ Optional noon meal
- ⇒ Scheduled transportation service
- ⇒ Beauty Shop
- ⇒ Chapel services
- ⇒ Social Events
- ⇒ And more!



## SUNNYCREST RETIREMENT VILLAGE

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



www.sunnycrestvillage.com



## SIoux EMPIRE SENIOR HOUSING OPPORTUNITIES

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

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

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

## 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.



**GRACE COMMUNION INTERNATIONAL**

### 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 [gchurches.org/siouxfalls](http://gchurches.org/siouxfalls)

Thursday Bible Study at 12 p.m., No Bible Study April 25.  
Active Generations on 46th Street, Room 128.



### 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:

Robert Whiting

## ACTIVITIES:

First Premier Bank  
Beth Masterson

## CAREGIVERS:

IN MEMORY OF MARK  
PANKONIN:  
Pam Mollet

## CELEBRATING

### GENERATIONS:

AARP South Dakota  
Advanced Asset Alliance  
Citi - Sioux Falls Public  
Affairs  
Dakota Vasular

Davenport, Evans,  
Hurwitz & Smith Llp  
Dow Rummel Village  
Electric Supply Company  
Eric Pauli  
First Premier Bank  
Henry Carlson Co  
ISG

Lloyd Companies  
Market Beat  
Mary Wolfgram  
Maximizing Excellence, Llc  
Onsite Technical Service  
Inc.

Sammons Financial Group

### DAYBREAK & CEILI

### COTTAGE & ARISE:

Laura Cernick

First Premier Bank  
Lisa & Jason Groom

## DEVELOPMENT:

Beth Masterson  
Dawn Stephens  
Maya White

## MARCH FOR MEALS:

Anita Bierman  
Karen E Buchowski  
Rosemary Hammond  
Rhea Kontos  
Minnwest Bank  
Steve Sahly  
Corliss Wahl  
Pathward

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!

## NUTRITION & MEALS ON

### WHEELS:

Laura Cernick  
Faith United Church  
First Premier Bank  
Michael Mann  
IN MEMORY OF LaMOYNE  
BRANDSMA:  
Viola Serreyn  
IN MEMORY OF JAMES

### HERRING:

Family of James Herring

## WORKERS ON WHEELS &

### RAKE THE TOWN:

Laura Cernick

Michael Mann

To donate:

<https://qrco.de/bespVR>



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

### Sue McMartin

by Veronica Stoneall, Active Generations member

At the age of 91, Sue McMartin loves life. She enjoys being around people and spending time together.

"I take each day as it comes. I don't worry about tomorrow," Sue said. "Of course, I miss my husband who passed away four years ago."

Sue liked to dance as a young woman and went to the Arkota Ballroom. While there, she met a family who showed her a picture of their son who was serving in the Korean War. He was from Canistota, South Dakota.

"I liked to write letters so I asked if I could be his pen pal. We sent letters back and forth. When he was discharged, he came home and wanted to get married right away," Sue said. "I wanted to wait until my older brother could return from Japan. Then he could give me away. Both my parents had died when I was a young girl. My brother and I had become close. It was important for him to be there at the wed-

ding."

Cliff McMartin and Sue were married and blessed with four children, Mickie, Monte, Marlyf and Marilyn.

"My husband was a wonderful person," Sue said. "Cliff got a job at a paper box factory near Morrell's in Sioux Falls where he worked for forty years. We bought a house in Brandon, South Dakota where I have lived for sixty-seven years. I will live there as long as I can."

"I worked nights. Cliff took care of the kids. Cliff and I worked it out," Sue said. "I felt it was just as much his responsibility as mine. He coached and the kids went with him. I learned at a young age I needed to take care of myself."

For thirteen years, Sue worked at the Holiday Inn Revolving Restaurant and in the main dining room. In downtown Sioux Falls, South Dakota. She then took a job at Red Lobster and worked as a server for twenty-two more

years.

"I loved it and worked until I was 72 years old," Sue said. "I had to learn computer, but I did it. The manager treated me well. I loved my customers. It was good for me."

Sue grew up near Magnolia, Minnesota. Her parents passed away when she was five and seven years old. She and the two older brothers lived with their grandparents. Three other siblings went to other homes.

"My grandfather did not think I should go to high school. So, when we moved off the farm to Luverne, Minnesota, I got a job at the Luverne Bakery at the age of fourteen. I did a little of everything. I loved working. I was well educated from the school of hard knocks. We did what we had to do."

At age fifteen, Sue developed an infection in her leg and spent three months off and on in the hospital.

"As a young child my family never went to church. When I was

a teenager, I started going to church and Mrs. Munson put me in the Christmas Program and confirmation. I was baptized as an adult and became a Christian. It truly changed my life. Before we were married, I talked Cliff into coming to church with me. Church has become very important in my life."

Family has been a fun part of Sue's life. Her four children live in different states around the country.

"My daughter Marlyf lives in Kentucky. We text every day. Marilyn is a court reporter for a judge in Washington State. Mickie is an ordained pastor and lives in Oklahoma," Sue said. "My son, Monte went into the Air Force right out of high school. Cliff and I would visit each of them every year. We also loved to visit Branson and take a cruise. We had a wonderful time."

Sue has six grandchildren, Summer, Kim, Kerri, Michelle, Alex, and



Lindsey and six great grandchildren, Ellie, Evelyn, Allison, Clair, Heidi, and Isaac. They are a true blessing.

Sue started coming to Active Generations in 2008. She loves to play bingo and attend dances when she can. Sue and Cliff attended the Tuesday Night Dances at Active Generations.


Sue has helped with Meals on Wheels for Brandon, South Dakota.

Sue has volunteered at her church with the freezer ministry over the years by preparing food for the program.

"I have met a lot of great people at Active Generations," Sue said. "It doesn't matter how old you are. We all have fun together."

Active Generations is a great place to make friends. Come join us!

# Purple Passion Mah Jongg Tournament




Fund Raiser for the South Dakota Chapter of the Alzheimer's Association  
**Friday June 7, 2024 (9-3:30)**

**Active Generations East**

Schedule	2024 NMJK Card
<ul style="list-style-type: none"> <li>• Registration starts at 9 with welcome at 9:30</li> <li>• Round 1</li> <li>• Lunch break 11-noon (lunch on your own)</li> <li>• Round 2</li> <li>• Break</li> <li>• Round 3</li> <li>• Wrap-up and prizes at 3:00</li> </ul>	<ul style="list-style-type: none"> <li>• Three timed rounds. Each round will include 4 games and should be completed in 80 minutes.</li> <li>• After each round there will be a short break before players rotate to a new table.</li> <li>• Score will be kept and prizes awarded.</li> <li>• Raffle items</li> </ul>

Let Ann Foster 605-521-0225 ([abfoster@sio.midco.net](mailto:abfoster@sio.midco.net)) or Phyllis Gaspar 419-277-3879 ([pgaspar1976@gmail.com](mailto:pgaspar1976@gmail.com)) know that you would like to participate by **June 1, 2024**. OR you can sign up at the Alzheimer's Association site Purple Passion using the link [https://iact.alz.org/site/TR?fr\\_id=17194&pg=personal&px=23512393](https://iact.alz.org/site/TR?fr_id=17194&pg=personal&px=23512393)

or Scan the QR code.



Suggested donation to the Alzheimer's Association of \$25. No refunds.

## ACTIVE GENERATIONS MOVIE MANIA



THURSDAY, MAY 16 AT 3 PM

### BOOKCLUB 2

FREE ENTRY + SNACKS  
ACTIVE GENERATIONS - MAIN  
A GROUP OF FOUR BESTFRIENDS TAKING THEIR BOOK CLUB TO ITALY FOR A NEW ADVENTURE.

## ACTIVE GENERATIONS MOVIE MANIA



FRIDAY, MAY 17 AT 5-7 PM

### NEVER TOO LATE

FREE ENTRY + SNACKS  
ACTIVE GENERATIONS - EAST  
A GROUP OF SENIORS MAKES PLANS TO BREAK OUT OF THEIR RETIREMENT HOME TO ACHIEVE THEIR UNREALIZED DREAMS BEFORE IT'S TOO LATE.

## 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, POP, WATER, AND SNACKS WILL BE AVAILABLE FOR PURCHASE



Interns last day!

# 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.



Sioux Falls • Hartford

### 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 . . .



I took Mah Jongg lessons... ??

...Now what?! Practice Practice Practice

## MAH JONGG BEGINNERS' Practice Series

Active Generations East (18th St & Foss Ave)

If you are a Mah Jongg beginner or someone in need of a refresher, please join us on any of these dates for practice games. No registration necessary:

**Hone Your Skills**

Monday May 13, 9 - 11 am  
Tuesday May 14, 1 - 3 pm  
Monday May 20, 9 - 11 am  
Tuesday May 21, 1 - 3 pm

**Boost Confidence**

Members: Free/Punchcard  
Non-Members: \$5

Questions: Jane Novotny 605-310-1892 or [jln2557@yahoo.com](mailto:jln2557@yahoo.com)

# May Birthdays

Gordon Aasen  
 Brian Adam  
 Kim Allen  
 Janice Amundson  
 Richard Amundson  
 Virgil Anderson  
 Rhonda Anderson  
 Donald Armstrong  
 James Assid  
 Joanne Avery  
 Linda Bakken  
 Liz Bara  
 Diane Bauch  
 Jean Beck  
 Yvonne Behrends  
 Judy Blain  
 Barbara Bogen  
 Terry Bong  
 Todd Bourne  
 Alec Boyce  
 Jim Brenden  
 Darla Brinkhuis-Gross  
 Lisa Brooks  
 Jim Brown  
 MaryBeth Brown  
 Ann BrownChristoffels  
 Inez Buller  
 Tammy Burns  
 Nancy Busselman  
 Candise Byllesby  
 Heather Carr  
 Debbie Carter  
 Vernal Christensen  
 Carol Christiansen  
 Gary Conradi  
 Linda Cronk  
 Sharon Dailey  
 James Dam  
 Elsie DeKrey  
 Pam DeSmet  
 Nancy Dickinson  
 Kerry Dilley  
 Dawn Dirks  
 Terri Dix  
 Ken Dunlap  
 Sharon East  
 Jackie Eilertson  
 Connie English  
 Dennis Ernster  
 Leanne Ford  
 Merwin Foster  
 Evelyn Friese  
 Gordon Fritz  
 Fred Garcia  
 Susan Gerhart  
 Rich Giadone  
 Richard Goodyear

Patricia Greenfield  
 Norbert Griebel  
 Andrew Grismer  
 Carol Gunn  
 Richard Gustaf  
 Lorraine Hafstad  
 Shirley Halleen  
 Janet Halstenson  
 Pat Halverson  
 Kathy Hanna  
 Sandra Hansen  
 Pam Hansen  
 Brian Hardy  
 Charlotte Haron  
 Lois Heinzman  
 Wanda Helgager  
 Allan Hembree  
 Deb Henriksen  
 Pam Hobbs  
 Kristie Hoelker  
 Barbara Hoffert  
 Randy Hohn  
 Gerda Holderied  
 Jim Hotchkin  
 Virgil Huebner  
 Douglas Hunt  
 Bruce Iverson  
 Patricia Jensen  
 Orlin Jibben  
 Joan Johnson  
 Patricia Johnson  
 Paula Jones  
 Paul Jordahl  
 Austin Keith  
 Ronald Keith  
 Alice Kelly  
 Millie Kilborn  
 Marjorie King  
 Deb Kistler  
 Connie Knudsen  
 Carol Kollis  
 William Korth  
 Jennie Kramer  
 Terry Labore  
 Randal Lahammer  
 Donna Lange  
 Connie Larson  
 Barbara Lefdal  
 Kathy Lehman  
 Ruth Leverett  
 Patricia Lien  
 Monica Likness  
 Sharon Lind  
 Dave Lovaas  
 Bruce Lovro  
 Marilyn Marnach  
 Barb Matson

Robert McGuire  
 Donna Michael  
 Richard Miller  
 Gene Mogen  
 Donna Murphy  
 Luann Murren  
 Janice Nason  
 Roberta Nesheim  
 Marjorie Ness  
 Michele Nester  
 Rebecca Neu  
 Judy Nieman  
 Richard Odens  
 Randy Olson  
 Nancy Olson  
 James Peters  
 Sharon Peterson  
 Larry Peterson  
 Djuro Petrovic  
 Brent Phinney  
 Donna Pilcher  
 Bruce Pody  
 Bonnie Poppenga  
 Gordon Post  
 Pat Powell  
 Linda Powers  
 Joan Preheim  
 John Price  
 Christine Provance  
 Micki Quinn  
 Dulare Ramse  
 Mike Rieck  
 Dean Rippentrop  
 Don Riswold  
 Dave Rowe  
 Richard Rowland  
 Martin Saffel  
 Peggy Savage  
 Janet Schafer  
 Mary Scheier  
 Lavonne Schmidt  
 Shirley Schuld  
 Vickie Schumacher  
 Janet Schurman  
 Sharon Schwaderer  
 Karen Severtson  
 Vivian Shaver  
 Darcy Sherman-Justice  
 Richard Shipley  
 Garry Shumaker  
 Allen Smit  
 Gary Smith  
 Carol Smith  
 Karla Stefani  
 Goldie Steuerwald  
 Jill Storm  
 Wendell Strasser

Leonard Streckley  
 Dale Swan  
 Joanne Switzer  
 KellyAnn Switzer  
 Sandra Thomas  
 Dave Thomas  
 Ashley Thompson  
 Roger Tiede  
 Robin Tischler  
 Macy Tolley  
 Pauline Tulson  
 Anna Urban  
 James Vance  
 Lois Vanderfeen  
 Geraldine VanHolland  
 NancyJo VanVeldhuizen

Sharon VanWyhe  
 Donna Wachter  
 Debra Warnke  
 Karl Warns  
 Mimi Watroba-Laroche  
 Lori Watson  
 Fred Webb  
 Linda Welch  
 Tom Westaby  
 Al Wiebenga  
 Cathi Willms  
 Ron Wulf  
 Gary Wurgler  
 Scott Yoder  
 Donna Young  
 Priscilla Young



Answers to puzzle on page 3

## Wii Bowling at Active Generations

We now have Wii Bowling at both Active Generations locations! We are in the middle of a session for both Wii Bowling leagues. The AG Main location will end on 4/24 and AG East on 4/25. Both locations will resume in May, AG Main on 5/8 and AG East on 5/9.

Both East and West locations would love to welcome new players. If you have never seen or tried this type of bowling, please stop by either location to see what all the fun is about! AG Main bowls on Wednesdays from 12:45 to 2:30pm. AG East meets on Thursdays from 1:30 to 3:30pm.

This is a fun way to meet new people and have a good time. If you are interested please call Kathie Smith at 503-929-7603 for further details.



### Coffee Shop Hours (Main)

9 a.m.–1 p.m. • Monday–Friday

### Coffee Bistro (East)

9 a.m.–1 p.m.





**May 30 – June 1 — [Siouxfalls.gov/senior-games](http://Siouxfalls.gov/senior-games) • 605-978-6931**

On May 30, Active Generations' Main location is hosting Bean Bag, Billiards, Shuffleboard and Table Tennis. Other locations have many other sports.

Track and field, bowling, pickleball, and many more activities designed just for seniors are open for participation! Join your friends for fun, competition, and fellowship during the most active days of the summer.

The games have groups for ages 50 and older.

Early Registration Deadline: 5 p.m., Friday, May 10

Fees: \$10 for early registration by May 10. \$15 registration fee after May 10 but before May 26. No "Day of" registration will be accepted.

For questions or more information, call 605-978-6931.

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

**Join Our Team!**

**SHIINE**  
Senior Health Insurance & Inequality Education

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

This rewarding experience comes with training and support

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

The program is supported, in part, by grants from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201. Grant awarding projects under government sponsorship are subject to special funding conditions. Names of sponsors do not, however, constitute an endorsement of this program by the Community Group, Inc.

**April Birthday Bash!**

Sponsored By:



Entertainment...  
Bob Gaut Singing



Gift Card Winners: Wauthena Brooks, Kathi Herreid, Jan Sletten, Ron Hofer

Sioux Falls Good Samaritan Communities Invites You to The

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

**BIRTHDAY PARTY**

**FRIDAY, MAY 10 • 1 – 2:30 P.M.**

ENTERTAINMENT BY:

EDISON MIDDLE SCHOOL



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

**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"

**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

## What are Medigaps?

The Eastern SHIINE (Senior Health Information and Insurance Education also known as SD SHIP} office in Sioux Falls has been receiving a large amount of inquiries about Medigap (also called Supplement} plans. That being said, here is a brief overview of Medigap/Supplement Plans.

Medigaps are health insurance policies that offer standardized benefits that work with Original Medicare. They are sold by private insurance companies and are designed to cover outstanding deductibles, coinsurance, and copayments. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare (Part A and Part B} pays first if your providers accept Medicare assignment.

Depending on where you live and when you become eligible for Medicare, you have up to ten different policies to choose from. Policies have standardized benefits, meaning the plan with the same letter offer the same benefits. Premiums vary from company to company, though.

In most states, insurance companies must only sell you a Medigap policy at certain times and if you meet requirements. Under federal law you have the right to buy a Medigap when you are at least 65 years old and enrolled in Medicare and you buy the policy during a protected enrollment period.

There are two kinds of federally protected enrollment periods: Your open enrollment period is the six-month period that begins the month you are 65 or older and enrolled in Medicare Part

B. The second is you have a guaranteed issue right within 63 days of when you lose or end certain kinds of health coverage.

You may contact SHIINE to get information on and help comparing plans by calling 800 536-8197 or 605 333-3314 to schedule an in-person or telephone appointment with a Medicare Educator. Available also is the South Dakota Consumer's Guide to Medicare Supplement Policies that SHIINE puts out each year.

You may also compare plans at [www.Medicare.gov](http://www.Medicare.gov).



## For your Good Health

### MASSAGE THERAPY

#### Main Location

Next available date is:

Wednesday, May 22

Tuesday, June 4

Tuesday, June 25

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, July 25

Thursday, August 22

Friday, August 23

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.

## TUESDAY NIGHT DANCES



### Active Generations Main

MAY 7

STATE LINE

DRIFTERS

MAY 14

MACALLEY

MAY 21

CLAY CREEK

BAND

MAY 28

NORGAARD

COUNTRY

6:30 - 9:00 PM

\$6.00 MEMBERS

\$10.00 NON-MEMBERS

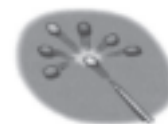
## Billiards for Couples!

Active Generations Main has an evening set aside for couples only in the billiards room. We meet every Tuesday evening from 6pm to 8pm to enjoy some company and have a lot of fun.

We are not experts, just people who enjoy playing pool with others. There is always room for more AG couples to join in the fun.

We play a very relaxed game, no pressure and no judging. It is a fun way to pass the evening in the company of others who enjoy playing pool.

Stop in, say hello and check it out. If you have questions please call Kathie Smith at 503 929-7603.



## Ladies Only Billiards!

Every Wednesday from 10am to 12noon is LADIES ONLY in the Active Generations Main Billiards room! We have a great time and would love to have more ladies join us each week. We are NOT experts, just having some girl time with no judging, just lots of fun.



Stop in and check it out, we would love to see you. If you have questions, call Kathie Smith at 503-929-7603.



Noon Meals Served  
**MAIN:** 11:00 a.m.–12:30 p.m.  
**EAST:** 11:00 a.m.–1 p.m.

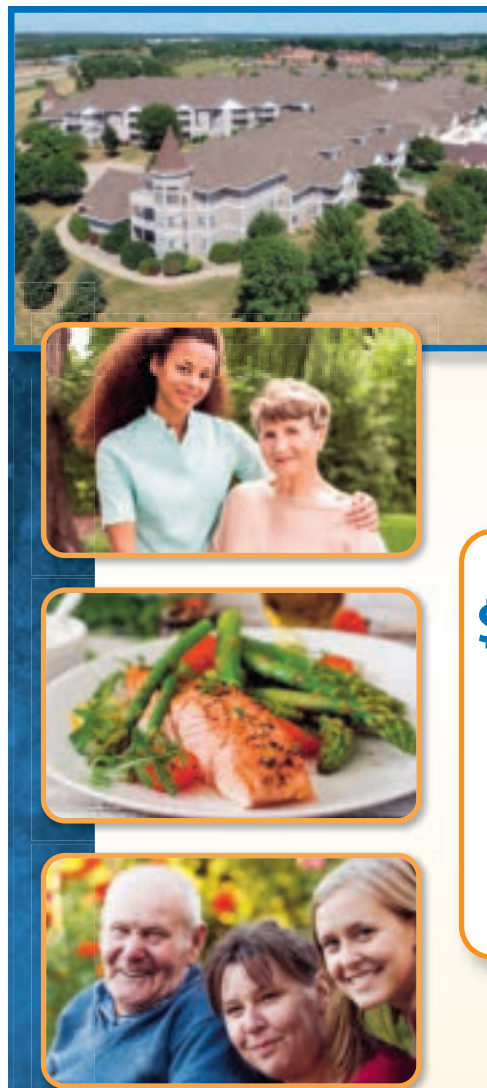
Menus Subject to  
 Change  
 Without Notice

# MAY menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> <p>All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.</p>				
1	2	3	4	5
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
<b>CLOSED</b>				

**Birthday Party**  
 1-2:30pm



## 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.

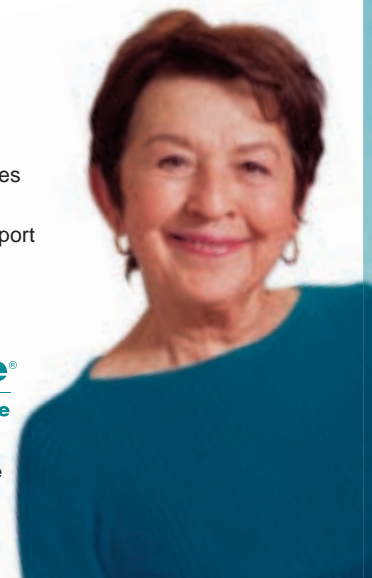


## DO YOU NEED HELP CARING FOR A LOVED ONE?

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



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



605.275.0070 | www.RAHESD.com