

*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  
 Member Story ..... 15  
 Social Services ..... 14

**Active Generations Main and East CLOSED Thursday, July 4** in observation of Independence Day. Normal hours will resume Tuesday.

**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.

Thank you to ALL SPONSORS, DONORS, VOLUNTEERS, MEMBERS & staff for helping AG have the best events in history!



**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.**

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

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





**President's Update**

I wanted to take a moment to express my sincere gratitude for the warm welcome I've received since joining as the new President and CEO. In just this short time, I've had the pleasure of meeting many of you, and I'm truly impressed by the energy each of you brings to Active Generations.

As I settle into my new role, I'm eager to continue getting to know each and every one of you and to learn more about the incredible work being done here at Active Generations. Our commitment to serving our members, our programs, and our community is something that resonates deeply with me, and I am honored to be a part of this team.

I understand that there is still much for me to discover about the amazing activities and services offered by Active Generations. Your insights and perspectives are invaluable as we work together to make Active Generations the best it can be.

On a personal note, I'd like to share a little bit about myself. I am a proud Sioux Falls area native and a graduate of Augustana University – Go Vikings! Outside of work, my husband, Matt, and our two children, Maya (6 1/2) and Ryker (5), keep me busy. We live on an acreage near Hartford, SD. Maya and Ryker are eager to meet all of you. They've already heard about the legendary cookies here at Active Generations!

Thank you once again for your warm welcome! I am truly excited about the journey ahead and am excited to meet everyone!

**Betsy Schuster**  
President and CEO



**ACTIVE GENERATIONS MEMBERSHIP OPTIONS**

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



SCAN ME  
to go to  
webpage



**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**

Includes All Gold Membership Privileges  
\$3,000



**GOLD**

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**

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)

**Betsy Schuster**

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 Service, Inc.  
dba

**Active Generations Board of Directors**

**Betsy Schuster – 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



# CELEBRATING GENERATIONS

Wishes to Thank the Following for all the support at the 4/19/24 event!

## Signature Sponsors:

First Premier Bank

First National Bank

MarketBeat

JJ's Wines, Spirits, & Cigars

Lewis

## Gold Sponsors:

Avera Health System

Sanford Health Systems

ISG Architects

Sammons Financial Group

Citi

## Silver Sponsors:

AARP SD

Advanced Asset Alliance

Furniture Mart USA

Henry Carlson Construction

Lloyd Cos.

Scheels

Vance Thompson Vision

XCEL Energy

## Bronze Sponsors:

Davenport, Evans, Hurwitz & Smith LLP

Dakota Vascular

Dow Rummel Village

Electric Supply Co.

Maximizing Excellence

Ticket Sponsors:

Knife River

Onsite Technical

Ryan Tysdal

In-Kind:

Coca-Cola

Culligan Water

Girton Adams

Augustana Wrestling Team



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



THE INN  
ON WESTPORT

Senior Living

Monthly Bingo  
Bonanza



Sioux Falls  
Dental Implant Center

Monthly  
Birthday Party



**Interim**  
HEALTH CARE®

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



# 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)



TRAIL RIDGE  
HOME CARE



Looking for  
*maintenance-free?*

Call me!



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





# 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:	Insurance Covered ***			
Circuit		1:00-1:45 p.m.	Tues/Thurs	June 4-27 (no class 6/11 & 6/13)
Sail 1		11:30 a.m.-12:30 p.m.	Mon/Wed	June 3-26
Restorative Stretch***		8:30-9:15 a.m.	Mon/Wed/Fri	June 3-28 (no class 6/19)
Functional Fitness***		10:30-11:15 a.m.	Mon/Wed/Fri	June 3-28 (no class 6/19)
SILVERSNEAKERS Classic***		8:30-9:15 a.m.	Tues/Thurs	June 4-27 (no class 6/11 & 6/13)
Yoga		12:00-12:45 p.m.	Thursdays	June 6-27
Main Location:	Insurance Covered ***			
Body Sculpting***		12:00-12:45 p.m.	Mon/Wed/Fri	June 3-28 (no class 6/10, 6/12, 6/14)
Balance	\$60.00	9:30-10:15 a.m.	Mon/Wed	June 17-July 31 (no class 7/1, 7/3)
Get Active(Power) ***		7:00-7:45 a.m.	Mon/Wed/Fri	June 3-28 (no class 6/19)
Get Active(Power)***		10:30-11:15 a.m.	Tues/Thurs	June 4-27
SILVERSNEAKERS Classic***		9:30-10:15 a.m.	Tues/Thurs	June 4-27
Yoga		1:00-1:45 p.m.	Wednesdays	June 5-26

**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@active-gen.org](mailto:jcentra@active-gen.org)

## Golf Club Schedule 2024

June 3, 9 a.m. Par-Mar Golf Course. Parker, SD.  
 June 10, 9 a.m. Meadow Acres. Larchwood, IA.  
 June 17, 9 a.m. Lenkota Country Club. Lennox, SD.  
 June 24, 9 a.m. Alcester Golf Course. Alcester, SD.

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)

## Summer Safety Tips!

- Stay Hydrated
- Don't stay out for too long
- Check the forecast beforehand
- Keep sunscreen nearby and use it
- Check your prescriptions' side effects
- Turn on the AC
- Beware of heat related illnesses
- Wear protective Eyeglasses



*Bench Donation*





Hiking Club



Bingo Winners

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

**PUZZLE FUN!**  
Answers on page 17

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

DODGE BALL  
DRIBBLE  
FOOTBALL  
GOAL  
GOLF  
HANDBALL  
HOCKEY  
HURLING  
LACROSSE  
MATCH  
PETANQUE  
PITCH  
PLAY  
POOL  
RUGBY  
SCORE  
SKITTLES  
SNOOKER  
SOCCER  
SOFTBALL  
SQUASH  
TENNIS  
THROW  
WATER POLO

ATHLETES  
BASEBALL  
BASKETBALL

BILLIARDS  
BOUNCE  
BOWLING

COMPETITION  
CRICKET  
CROQUET



**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 on-going support and sponsorship.

**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)

*Where Seniors Celebrate Life!*

Quality,  
life-enriching,  
faith-based  
apartments

- ↔ 1 or 2 bedroom ↔ Scheduled Transportation Service
- apartments ↔ Beauty Shop
- ↔ Daily I'm Ok ↔ Chapel services
- Checks ↔ Social Events
- ↔ Optional noon meal ↔ And more!



**SUNNYCREST  
RETIREMENT VILLAGE**

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



[www.sunnycrestvillage.com](http://www.sunnycrestvillage.com)





# 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
Mon	5/27	M	E			Closed - Memorial Day
Tues	5/28	M		Sertoma A	6:30 - 9pm	Tuesday Evening Dances - Norgaard Country
Thurs	5/30	M		Various	2 - 8pm	Sioux Falls Senior Games
Tues	6/4, 6/11, 6/18, 6/25	M		Parking Lot	10 - 12pm	Eat Well Mobile Market - Main Parking Lot
Mon	6/3	M		204	9:30 - 12pm	Wisdom Writing Workshop
Mon	6/3		E	116	1 - 3pm	Guidebook on Grief
Tues	6/4	M		132	2 - 4pm	Easy Nature Watercolors
Tues & Thurs	6/4, 6/6, 6/11, 6/13	M		203	8:30 - 11:30am	Mah Jongg Beginners Lessons
Tues	6/4, 6/11, 6/18, 6/25	M		Sertoma A	6:30 - 9pm	Tuesday Evening Dances - Various Bands
Fri	6/7		E	115	9 - 3:30pm	Purple Passion Mah Jongg Tournament
Weds	6/12	M		Sertoma A	5-6:30pm	AG Jamboree - Mogen's Heros
Fri	6/14	M				Palliative Care Vs Hospice Care
Fri	6/14	M		Lobby	10 - 2pm	Quilt & Craft Sale
Fri	6/14	M		Sertoma A	1 - 2:30pm	Monthly Birthday Party - Entertainment: Country Flavor
Tues	6/18		E	110	2 - 4pm	Easy Nature Watercolors
Sun	6/16				7 am - 9:30pm	MN Twins Trip - FULL
Thurs	6/27		E	Various	1 - 3pm	Beach Party
Thurs	6/27		E	Outdoors	5 - 7pm	Bean Bags & Beer - Outdoors
Mon	6/28	M		Various	1 - 3pm	Beach Party
Thurs	7/4	M	E			Closed - Fourth of July

**BEAN BAGS & BEER OUTSIDE!** \*  
**AGEAST THURSDAY JUNE 27**  
 MEMBERS FREE  
 NON-MEMBERS \$5  
 BEERS \$5  
 SODA \$2  
 WATER \$1

\*Will move inside if weather dictates



**East Activities & Clubs:**

**Monday:**  
 Hearts 9-11am  
 Party Bridge 12-3pm  
 Crafting Club 9-5pm

**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 1:30-3:30pm  
 Mah Jongg 4-6pm  
 Woodcarvers Club 8:30-11am

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




**BEACH PARTY!**

**Member Appreciation Day EAST**  
**Thursday, June 27**  
**1:00-3:00 p.m.**

Come dressed up in your favorite beach wear!

Enjoy Mocktails!  
 Snacks  
 Play some Beach inspired Volleyball indoors

Sign up to Win Prizes

Sponsored by: **ST. CROIX HOSPICE**





## 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	Gator Wohlman
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)	3rd Monday	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)

## BOOK CLUB

The Active Generations Book Club will be meeting Monday June 24th at 9:30am.

We will be discussing "Hidden Valley Road" a nonfiction book about the Galvin family of Colorado Springs, CO. Out of their twelve children, six of the children (all boys) were diagnosed with schizophrenia.

The book for July's discussion will be "The Lincoln Highway". A book about two orphan brothers from the Midwest taking the Lincoln Highway to California in search of their mother and all the detours taken.

All are welcome to join the group. If you are interested, please contact Active Generations for the leader's contact information. It is prefer-

able that anyone interested, should attend a meeting prior to checking out a book.

Happy Reading!

## UKULELE / KAZUKES CLUB

Attendance has flourished in the Ukulele/Kazukes beginners' class, which resumed in April. Many people are pursuing a new doable hobby to enjoy.

Note: Beginners meet on the 1st and 3rd Friday of each month at 1 pm in room 205 to learn finger chords and play simple melodies.

The regular class meets Wednesday s at 9:30 am in room 204 for practice. When a holiday falls in a particular month, i.e. July 4th, practice is geared toward a few patriotic songs.

Amazing fact: There are over a billion songs

in the world, so we've barely scratched the surface!

Stop in and enjoy some of your "faves" anytime!

## MOTORCYCLE CLUB

June 5: Worthington, MN  
June 19: Lake Okoboji, IA  
July 3: Mitchell, SD  
July 17: Martinsburg, NE  
Aug 7: Madison, SD  
Aug 21: Lake Benton, MN  
Sept 4: Vermillion, SD  
Sept 18: Martinsburg, NE  
Oct 2: Hudson  
Oct 16: Sioux City, IA



## HIKING CLUB

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.

July 2, 8:30 am: Tuthill, 3500 S Cliff Ave.

July 16, 8:30 am: Devil's Gulch, Garretson.

Aug 6, 8:30 am: Good Earth.

Aug 20, 8:30 am: Big Sioux Rec Area, Brandon.

**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, June 6, 13, 20, 27; 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.

### PALLIATIVE AND HOSPICE CARE AG MAIN

Friday, June 14, 10 am-12 pm, Room 204

### AG EAST

Friday, June 14, 1-3 pm  
Room 115

Nursing students from the College of Nursing at South Dakota State University will be presenting about Palliative care and Hospice care. Also present will be a nurse practitioner who has worked both with palliative care and Hospice care. This will be a one-hour seminar with time for questions following the presentations.

In presenting about the two different types of care a person could use, we will be defining diseases and explaining which type of care would be the best choice. An example: we will define Diabetes and explain how palliative care would work with a person and provide great care. Some other diseases or health problems which will be discussed will be incontinence, Gout, Osteoporosis, Shingles,

Cancers, and others.

### THE HEIRLOOMS: WISDOM WRITING WORKSHOP AG MAIN

Monday, June 3, 9:30 am-12 pm, Room 204

This workshop is co-taught by Molly Barari, a South Dakota Humanities Scholar, and Leacey Brown, an SDSU Extension Gerontology Field Specialist. Sponsored by the SDSU Extension.

During this interactive writing workshop, the group will explore their attitudes and beliefs about younger and older people, as well as factors that influence how we all age. The group will learn about the theory of gerotranscendence, which describes mental and emotional characteristics of older adults who experience greater life satisfaction. The writing activities included in this workshop will provide the opportunity to explore the wisdom you have gained as you have gotten older.

### ORTHOPEDIC CARE WITH DR. LUKE H. RASMUSSEN, MD (ORTHOPEDIC INSTITUTE) AG EAST

Thursday, June 13, 9-10 am, Room 115

### AG MAIN

Thursday, June 13, 11 am-Noon, Sertoma B

We will be offering a learning workshop titled; "Orthopedic Conditions of the Hip and Knee".



United Way Volunteers sprucing up AG for "Day of Action."



# Pickleball News



**EAST Court times include  
open reserved and  
3 levels of open play**

## MAIN

Inside (2 courts)*
<b>Monday</b>
3:30 - 8pm open play
<b>Tuesday</b>
1:30 - 4pm Int & Adv Levels
<b>Wednesday</b>
1:30 - 4:30 Beginners Level 4:30 - 8pm - open play
<b>Thursday</b>
1:30-4:30 Int & Adv Levels 4:30 - 8pm Beginners Level
<b>Friday</b>
4:30 - 8pm open play
<b>Saturday</b>
8 - 11am open play

\*Members may need to set-up  
& take down nets.  
AG may close any court(s)  
without notice.

## EAST

Inside (2 courts)
<b>Monday, Wednesday, Friday</b>
7 - 9am Reserve Open**
9 - noon Beginners Level
Noon - 1pm Reserve Open**
1 - 4pm Intermediate Level & Fri nights: 6 - 8pm
4 - 6pm Reserve Open**
6 - 8 pm Advance Level on Mon & Weds
<b>Tuesday &amp; Thursday</b>
7 - 10am Reserve Open**
10 - noon Intermediate Level
Noon - 2pm Reserve Open**
2 - 4pm Advance Level
4 - 6 pm Reserve Open**
6 - 8pm Beginners Level
<b>Saturday</b>
8 - 3pm Reserve Open**



## EAST

Outside (2 courts) 4-15-24 Weather Permitting
All Open Play - All Levels
Mon, Tues, Weds, Thurs & Fri 7am - 8pm
<b>Saturday</b> 8 am - 3pm

Below Effective 5-1-24

\*\*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.

**Eye Protection:**  
While hollow and lightweight, the ball used in pickleball is a hard polymer and can travel at a very high rate of speed. The use of proper eye protection is highly recommended for all players. Eyewear is available at many sport retailers.

### Proper Footwear:

Never play on a wet court. One way to check a damp court surface is to press your toe down firmly and make a twisting motion. If you leave an obvious "wet" spot it's too wet to play.

Comfortable court shoes are a

must; sneakers or running shoes do not supply the right kind of support for the side-to-side action inherent in pickleball. From Foot-CareMD:

If possible, purchase athletic shoes from a specialty store. The staff will provide valuable input on the type of shoe needed for your sport as well as help with proper fitting. This may cost a premium in price but is worthwhile, particularly for shoes that are used often.

Most court sports require the body to move forward, backward and side-to-side. As a result, most athletic shoes used for court sports are subjected to heavy abuse. The key to finding a good court shoe is its sole. Tennis [pickleball] players need a shoe that supports the foot during quick side-to-side movements or shifts in weight. A shoe that provides stability on the inside and outside of the foot is an important choice. Flexibility in the sole beneath the ball of the foot allows repeated, quick forward movements for a fast reaction at the net.

Try on athletic shoes after a workout or run and at the end of the day. Your feet will be at their largest. Wear the same type of socks that you will wear for that sport. When the shoe is on your foot, you should be able to freely wiggle all your toes. The shoes should be comfortable as soon as you try them on. There is no break-in period. Walk or run a few steps in your shoes. They should be comfortable.



# CELEBRATING GENERATIONS

## 2024 Look at those smiles!





## Book Review

By Sharon DeVaney

### About Your Father and Other Celebrities I Have Known by Peggy Rowe

The subtitle is "Ruminations and Revelations from a Desperate Mother to Her Dirty Son." I will translate that for you. Each chapter in the book starts with "Dear Mike..." Peggy Rowe is writing emails and letters to her son, Mike Rowe, the star of Dirty Jobs, a well-known TV show. Peggy is writing to Mike to complain (mostly lovingly) about her husband of 60 years. John is guilty of being a tight wad, wearing his favorite worn-out clothes, and saying exactly what he thinks. Peggy, of course, is not a tight wad, always dresses correctly for the occasion, and is tactful (most of the time).

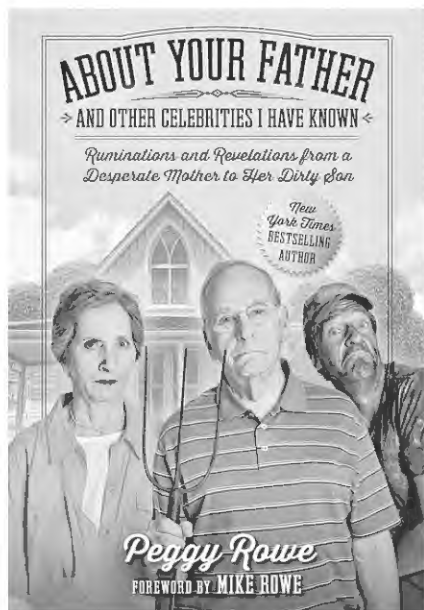
Peggy Rowe and her husband John are former school teachers. They have been married 60 years and raised three sons. Peggy had always written essays and short stories but her first book wasn't published until she was 80. That happened with some help from Mike who was hosting the shopping network channel. Peggy was staying up to watch the show and send him critiques. In turn, Mike showed some of her emails to his bosses and that became the content of her first book.

One of the chapters in this book is titled "Old Blue." Peggy gets home from shopping and realizes that she left her big blue purse dangling from the handle of a shopping cart in the Walmart parking lot. She began canceling credit cards. John began making an inventory of the contents of her purse which included: her smart phone, her new prescription glasses, her driver's license, cash, gift cards, etc.

All of a sudden Mike said, "We are going back to the parking lot." None of the cars had a big blue bag dangling from the handle so Mike began to search the trash cans in the parking lot. He pulled out his flip phone and dialed her number as he peered into each can. Peggy was embarrassed and went inside to Security. She had just found the Security counter when she heard her phone ringing. She answered it and there was John answering from the parking lot.

The good news was that a woman had seen her purse and brought it inside! So the lost was found.

There are 43 chapters and all of the stories are hilarious. As I read the book, I wondered if my husband and I could tell that many stories on what happened in our married life.



**Registration Policy for Art Classes:** You can sign up any time for the art classes unless otherwise indicated. Located in AG Main. 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.

## Craft Ladies Donation List

- Cotton Bed Sheets
- Wrap N Zap
- Flannel
- 100% Cotton Crochet Yarn (Peaches and Cream or Sugar and Cream Brands)
- Quality Scissors
- 3x5 Index Cards

**EASY NATURE WATERCOLORS**  
with Lisa Rinaldo  
As we enter summer, let's take time to enjoy some easy watercoloring of nature subjects.

*Black-eyed Susans: Colorful and summery!*

*Moon Behind Grasses: Subtle beauty*

*Sunset with Palms: Island vibes*

All supplies provided

No art experience necessary

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

**AG MAIN:**  
Thurs June 6, 2-4 pm

**AG EAST:**  
Tues June 18, 2-4 pm

Sign up at Front Desk at either location



**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 [gcchurches.org/siouxfalls](http://gcchurches.org/siouxfalls)

**Thursday Bible Study at 12 p.m., No Bible Study June 27.**

**Active Generations on 46th Street, Room 128.**

## 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**





Jenny & Bev post event - all smiles!

A huge shout out to all our Vendors, Volunteers and Staff at the:

## Active Living EXPO

Wednesday, May 8, 2024

Thank you to each and every one of you for your time, talents, and commitment to this awesome fundraiser for the Activities department!



- See pics on back page
- 50 Vendors
- 15 Volunteers
- Staff Members
- 350 plus guests and members

**THANK YOU!**

### TUESDAY NIGHT DANCES

## ACTIVE GENERATIONS MAIN

JUNE 4 : STATE LINE DRIFTERS  
 JUNE 11 : MACALLEY  
 JUNE 18 : CLAY CREEK BAND  
 JUNE 25 : NORGAARD COUNTRY

6:30 - 9:00 PM     \$6.00 MEMBERS  
 \$10.00 NON-MEMBERS

ACTIVE GENERATIONS MAIN PRESENTS

# AG JAMBOREE

FREE ENTRY

JUNE 12, 2024

## MOGEN'S HEROES

5:00-6:30 PM

FOOD FOR PURCHASE FOR \$8.00

## Sunburst MEMORIALS

SIoux FALLS MONUMENT  
 employee owned | established 1947

### New Granite Colors!

We are proud to introduce two new colors to our granite selection. Welcome to the family, Sunburst Mahogany and Sunburst Red.

The color of a headstone can play a significant role in the appearance and symbolism of a memorial. Different colors can be directly tied to the personality, beliefs, and values of the person being memorialized.

**GREER**

HARLAN L. SEPT. 1, 1928 JAN. 23, 2022

LORA P. OCT. 5, 1928 NOV. 9, 2004

MARRIED MAY 29, 1950

**Sunburst Red**

A rich red headstone embodying a sense of warmth, passion, and enduring love.

**EVANS**

MARRIED 52 YEARS

TANNER MARCH 24, 1948 SEPTEMBER 2, 2021

BECCA FEBRUARY 28, 1948 AUGUST 15, 2022

**Sunburst Mahogany**

A mix of deep reds and rich browns, accented with light hues of gold and gray give this granite a unique, yet timeless look.

**LIMITED TIME OFFER:**  
 Special pricing on memorials when you choose Sunburst Mahogany or Sunburst Red granite.

- Create your own custom design to tell your unique story.
- Available in any shape, size, or memorial style such as marker, slant, upright.

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

**Katherine Bieber**  
 Memorial Consultant  
 605.339.3180

SunburstMemorials.com

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

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

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

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

605.275.0070 | www.RAHSESD.com



*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

<p><b>Schedule</b></p> <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>2024 NMJK Card</li> <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://act.alz.org/site/TR?fr\\_id=17194&pg=personal&px=23512393](https://act.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.

# SOCIAL services

for Active Generations Members and the Community

## KOLBE CLOCK REPAIR

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

1301 S. Duluth • 332-9662

## 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 . . .



## 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.



## 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/>

## WANT TO LEARN MAH JONGG?

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

**MAIN, Room 203**

Tuesdays and Thursdays

8:30 am – 11:30 am

June 4, 6, 11, 13



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



## ADULT DAY SERVICES

Sioux Falls' trusted provider of accessible community-based care, education, and support for adults in need and their caregivers.

*A place where you safely belong,  
you are welcome,  
you are encouraged,  
you are empowered,  
you are important, and  
respected for who you are.*

Person Centered Programs provided at three locations within Sioux Falls to serve you Monday-Friday  
Please call **605-336-6751**



### 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:

Barbara Priesz

## ACTIVITIES:

Alice E Parks

IN MEMORY OF SUE

GOOD:

Steven & Christianne  
Jacobsen

## CAREGIVERS OUTREACH:

Avera Health

Keloland Media Group

## CELEBRATING

### GENERATIONS:

Jason Ackman

Avera Health

John & Marilyn E Bartlett

Geoff & Jenn Beninga

Ryan Budmayr

Connie Buehler-Rodman

Erik Gaikowski

Karen Healy

John & Rosemary Hefner

Amy Hime

Daniel Hindbjorgen

Darci L Hustrulid

JJ's Wine & Spirits

ISG

Knife River

Tim Kromminga

Rhonda Lindes

Ralph Lindner

Wendy McDonnell

Onsite Technical Service

Inc.

Betty Ordal

Principal Financial Group

DeeAndra Sandgren

Jeff Stingley

Vickie Y Sylvester

The First National Bank In

Sioux Falls

Luke Tibbetts

Sally Tilstra

VanBuskirk Companies

Kyle Vanderberg

Twila M Wallmann

VanBuskirk Companies

Williamson Management

Group

## DAY BREAK &

### CEILI COTTAGE:

Avera Health

Laura Cernick

Lisa & Jason Groom

## DEVELOPMENT:

Lloyd Companies

Pat Nowak

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!

## KAZUKES:

Good Samaritan Village

## MARCH FOR MEALS:

George A Arends

Nyberg's Ace

R Wine Bar

## NUTRITION &

### MEALS ON WHEELS:

Avera Health

Laura Cernick

Hy-Vee Operation Helpful

Smile

IN MEMORY OF SUE

GOOD:

Steven & Christianne

Jacobsen

## WORKERS ON WHEELS & RAKE THE TOWN:

Avera Health

Laura Cernick

To donate:

<https://qrco.de/bespVR>



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

### Kent Johnson

by Veronica Stoneall, Active Generations member

Being lucky to have married his high school sweetheart, Kent Johnson and his wife, Cindi, have been married for fifty-two years and soon it will be fifty-three years. They were married in 1972.

"I was the only boy born to my parents after four wonderful girls. Sylvia, Kathy, Judy, and Susan spoiled me a lot. I loved my family, and they loved me. It was hard when my parents passed, they were our role models. Family has always been an important part of my life," Kent Johnson said.

"Cindi and I were blessed with two girls, Elizabeth, and Gretchen. Now, my grandkids, Colin and Adlee, light up my life," Johnson said. "One of our favorite things to do is go to basketball games together with the family. It is great to enjoy all of us together having fun. It is a real blessing to me".

Kent likes living in Sioux Falls. There are many active things to do in the city and surrounding areas.

"We are happy to be

part of the community here. We are members of Gloria Dei Lutheran Church," Kent said. "I was diagnosed with MS in my 50s. My church was there for me when I was sick. They brought me communion. I felt they went above and beyond for me".

"I have been diagnosed with MS for several years. I also monitor my diabetes daily. Last year I had major surgery on my spine. I am ahead of healing right now," Kent said. "I try to exercise several times a week. I live close to active Generations East and can get there easily. It helps."

Jenny Centra helped Kent with exercises prior to surgery and helped set up exercises for him after surgery as well.

"I am doing very well," Kent said. "After my spinal surgery, I started on minimal weights, and I am improving every week. I am very grateful. I mention my medical condition because if you suffer from any of the same conditions and would like to visit, please reach out".

Kent is appreciative of

being able to pursue his favorite hobbies. He enjoys pheasant hunting and likes to fish for walleyes in the Glacial Lake's in north-east South Dakota.

"I am very thankful for my good health years. It was good to be able to do these things before MS settled in on me. I am happy Cindi and I were able to travel. We have been fortunate to see sights in Europe and to continue traveling in the wildly diverse country of the United States of America," Kent said. "It is great to travel with my wife Cindi. We do enjoy one another. On our business trip to Hawaii, George and Barbara Bush got out of their limo and came and shook hands with us and others waiting in line to listen to them speak at the convention we were attending".

Kent loves training and spending time with his dogs. Each of his dogs has been special to him. Kent also enjoys volunteering and working with the noon Sertoma in Sioux Falls.

Kent grew up on a

farm in north Minnesota by Mahanomen. His dad was a farmer and a plumber, and his mom was a homemaker and worked in the office for a nursing service.

"My parents were very religious. We spent lots of our time at church and church functions," Kent said. "It was good."

Kent graduated from Mahanomen High School. He attended Moorehead Technical College and earned a degree in sales and marketing.

"I worked for a Coca Cola company and started on the production line. Next, I was a warehouse manager for several years. At one time, we were owned by 20th Century Fox. We lived in Moorhead, Minnesota," Kent said. "I took the "Pepsi Challenge" and went to work for the Pepsi Cola company. I worked as a production manager, sales manager, and regional manager. We moved several times in the Midwest as I worked for Pepsi."

Kent enjoyed working for Pepsi as it could bring



people together. Families would share Pepsi and popcorn and enjoy time with each other. The soft drink industry was good for Kent.

Eventually, Kent joined Cindi's Business Development with Promotions in Sioux Falls. After a few years, Cindi sold the business and retired. However, she went back to work in a few months. Cindi is currently the sales manager at Grand Falls Casino and Golf Resort. Kent has the title of retired and enjoys it.

Six years ago, Kent joined Active Generations.

"For me, I really love the exercise facility. I think their mission is great," Kent said. "I tell people about the activity center whenever I can".

"Don't procrastinate. Enjoy your life and have fun," Johnson said. "Do it while you are able".



# Table Tennis Tournament Winners!



Sales or Property Tax  
Refund for Senior  
Citizens & Citizens with  
Disabilities

Deadline to  
Apply:  
July 1st



Apply here:

<https://sddor.seamlessdocs.com/f/2050>

For questions about eligibility requirements and income limitations, or to get a paper copy of the application, please call: 1 (800) 829-9188 (Ext. 1) or visit our website at:

<https://dor.sd.gov/individuals/taxes/property-tax/relief-programs/>



## BEACH PARTY!

Member Appreciation Day  
MAIN

Friday, June 28

1:00-3:00 p.m.

★ Sign up to Win Prizes ★  
★ Come dressed up in your favorite beach wear! ★

Enjoy Mocktails!

Snacks

Play some Beach inspired  
Volleyball indoors

Sponsored by:



# VOLUNTEER Appreciation Week APRIL 21-27, 2024

We appreciate our Volunteers!





# June

# Birthdays

Shelly Ahrendt  
John Amdahl  
Kurt Andersen  
Carol Anderson  
Zhora Aprikyan  
Irene Ashley  
Dan Assid  
Ruth Atkins  
Michelle Auch  
Bev Austin  
Larry Bergjord  
Daniel Berven  
Nancy Bettle  
Robert Biver  
Leon Blackwell  
Dale Blegen  
Margaret Bogenhagen  
Marcene Brands  
Bill Brennan  
Rodney Brockhoff  
Leland Bruns  
Janet Bryan  
Karen Buchkowski  
LuQuita Buckneberg  
Jan Buus  
Mark Buysse  
Laurel Campbell  
Bruce Card  
Allen Caron  
Vione Christensen  
James Clark  
Brenda Clow  
Joan Cota  
Joseph Cudzilo  
William Daugherty  
Melaine Daulton  
Craig Davis  
Mary Dearborn  
Bonnie DeLaBarre  
Cesilia Determan  
Gloria Doohen  
Vickie Douthit  
Thomas Ebaugh  
Clifford Eidsness  
James Ellenbecker  
Richard Ellenbecker  
Roger Elverson  
Karen Elverud  
Eugene Engebretson  
Vicki Espino  
Charles Esser  
Sue Esser

Kathy Famestad  
Kathy Feldhaus  
Doris Fett  
Donna Fetters  
Marlys Fisher  
Elsie Fitz  
Sharon Fitzsimonds  
Pat Flatequal  
Roger Flatequal  
Donna Folsom  
Brenda Forseth  
Gail French  
John Fromelt  
Nancy Funke  
Miriam Garner  
Sandy Garry  
Ronald Gehrts  
Bonnie George  
Gary Geppert  
Pauline Gerhart  
Karen Grinager  
Jeff Guse  
Kathleen Hagen  
John Hagy  
Laine Halverson  
Judy Hansen  
Roger Hansen  
Jackie Harris  
Scott Hartman  
Adrienne Hartman  
Arnie Hauge  
Nancy Hayen  
Bonnie Hazelwood  
Duane Heeren  
John Hefner  
Paul Heger  
Diane Helvig  
Duane Hemmah  
Theresa Henehan  
Kaye Henle  
Joanne Hindbjorgen  
Dee Hohn  
Jacqueline Holter  
Mildred Hottman-  
nRoesch  
John Huls  
Donna Humphrey  
Robert Humphreys  
Cam Hunter  
Linda Iverson  
Lei Ji  
Allen Johnson

Susan Johnson  
Deborah Johnson  
Sharon Johnson  
Kent Johnson  
Kimberly Jonas  
Winona Juhnke  
Deanna Junso  
Jerry Justice  
Shirley Kaltved  
Arlene Kampshoff  
Charlotte Karolewicz  
Robert Karsten  
Earl Kemp  
Barb Kerschmann  
Pamela Kessler  
Jolene Klein  
Judy Kneip  
Joann Kolbeck  
Vicki Kost  
Merlin Kramer  
Carol Kreager  
Carol Larson  
Barry Kruse  
Kathy Lang  
Annette Lange  
Kathleen Larsen  
Ken Larson  
Ann Larson  
Mary Larson  
Roger Lautt  
Harry Lave  
Paul LeMair  
Steven Levtzow  
Keith Lewis  
Nancy Lewis  
Denise Linneman  
Sharon Lovell  
Louise Lund  
Kathleen Magee  
Anne Maka  
Deann Martin  
Darryl Martinson  
John Matthews  
Deb McIntire  
John McIntyre  
James McKinney  
Marilyn McLeod  
Melody Meadows  
Marcia Mentele  
Mark Meyer  
Judy Miller  
Pam Mollet  
Darrel Mutchler

Billie Mutchler  
Mary Newman  
David Nissen  
Linda Oakes  
Judie O'Brien  
Tom Olsen  
Dorothy Olshove  
Timothy Olson  
John Olson  
Betty Ordal  
Terry Petheram  
Regina Pfarr-Natz  
Muriel Plooster  
Michel Priadka  
Betty Quarve  
Eunice Randall  
Nancy Rasmussen  
Duane Rhoadarmer  
Carol Riswold  
Carol Robinson  
Gehrts Ron  
Darla Rosendale  
Susan Runge  
Ramona Rupp  
Christine Rupp  
Stephen Sahly  
Joanna Salmon  
Kathy Sanford  
Robert Sarges  
Bonnie Schaefer  
Sharon Schamber  
Fred Schilmoeller  
William Schmidt  
Gordon Schwab  
Delbert Scott  
Beverly Scott

George Seiler  
Judy Sherman  
Tom Simanek  
Wayne Simpson  
Chandar Singaram  
Sandra Spencer  
Margaret Straley  
Brenda Sturgeon  
Rudy Sturzenbecher  
Aleksandr Svintozelskiy  
Dianne Swenby  
Marilyn Synsvoll  
Sew-Wah Tay  
Marcel Thoma  
Bonnie Thormodsgard  
Ronald Tilstra  
Ha Tran  
Donald Trefz  
Catherine Tritle  
Leslie Tufte  
Gerry VanGinkel  
Lisa VanOverbeke  
Linda VanOverschelde  
Marlin VanRuler  
John Vocker  
Phyllis Vogel  
John Volz  
Julaine Walker  
Twila Wallmann  
Sharon Weber  
Martha Wegner  
Dee White  
Karin Wiese  
Gregory Wise  
Phyllis Wise

Answers to puzzle on page 5



**Coffee Shop Hours (Main)**

9 a.m.–1 p.m. • Monday–Friday

**Coffee Bistro (East)**

9 a.m.–1 p.m.





**-Prairie-  
REHAB AT HOME**

**Physical Therapy, Occupational, and Speech Therapy**

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

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

Free assessments are available to determine therapy needs.

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

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

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

[www.prairierehab.com](http://www.prairierehab.com) "Striving for Excellence in Physical Rehabilitation and Wellness"

**May  
Birthday  
Bash!**

Sponsored By:



Sioux Falls Good Samaritan Communities Invites You to The

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

**BIRTHDAY PARTY**

**FRIDAY, JUNE 14 • 1 – 2:30 P.M.**

ENTERTAINMENT BY: **COUNTRY FLAVOR**



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

**1 BEDROOM  
APARTMENT FOR RENT**

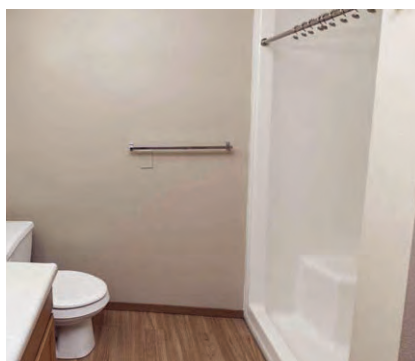
**STARTING AT \$740  
PER MONTH  
WITH ONE MONTH FREE!**

**GATEWAY APARTMENTS**

Walk-in Shower, Elevator,  
Community Room, Fitness  
Center, Paid Heat, and more!

**(605) 310-8887**

[BENDERMIDWESTPROPERTIES.COM](http://BENDERMIDWESTPROPERTIES.COM)





## BILLIARDS FOR LADIES AND BILLIARDS FOR COUPLES

Main location

Ladies: Weds: 10 - noon

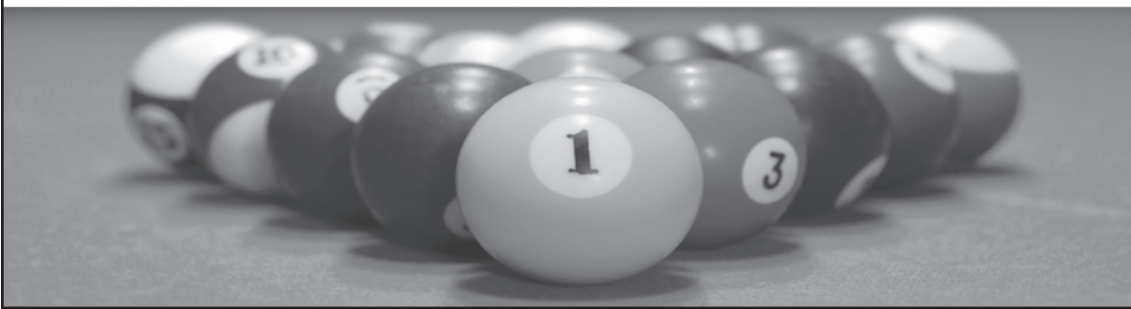
Couples: Tues: 6 - 8pm

Beginners to Experienced Welcome!

Stop in, say hello and check it out.

If you have  
questions please call

Kathie Smith at 503-929-7603



## Wii Bowling

The fall league begins  
in early Sept at  
both locations

Welcome new players!  
Leagues do fill,  
so plan accordingly!

Contact Kathy Smith  
for questions  
and to sign up  
503-929-7603



## For your Good Health

### MASSAGE THERAPY

Main Location

Next available date is:

Tuesday, June 4

Tuesday, June 25

Tuesday, July 23

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, August 22

Thursday, September 26

Friday, September 27

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.

Don't leave your  
family wondering...

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

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



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



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

# JUNE menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HAMBURGER RICE CASSEROLE GREEN BEANS FRUIT JUICE	4 SCRAMBLED EGGS SAUSAGE LINK HASHBROWN PATTY PEAS & CARROTS FRUIT JUICE	5 PULLED PORK SANDWICH STEAK FRIES WINTER MIX VEGETABLES FRUIT JUICE	6 CHICKEN CHOW MEIN RICE CARROTS FRUIT	7 PORK CHOP WITH HERBS & ONIONS BAKED SWEET POTATO BROCCOLI FRUIT JUICE
10 TATOR TOT CASSEROLE CALIFORNIA BLEND VEGGIES FRUIT	11 HAMBURGER STOGANOFF OVER NOODLES ITALIAN VEGETABLES FRUIT JUICE	12 EGG SALAD SANDWICH GREEN PEA SALAD V-8 JUICE FRUIT	13 PORK FRITTER MASHED POTATO & COUNTRY GRAVY PEAS FRUIT	14 HAMBURGER ON A BUN BAKED POTATO BAKED BEANS FRUIT JUICE <b>Birthday Party 1-2:30pm</b>
17 SPAGHETTI & MEATSAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	18 CRISPY CHICKEN BREAST CREAMED POTATOES ASIAN VEGETABLES FRUIT JUICE	19 CRANBERRY MEATBALLS SCALLOPPED POTATOES CAPRI VEGETABLES FRUIT	20 PARMESAN CHICKEN BREAST SPANISH RICE STEWED TOMATOES FRUIT JUICE	21 BBQ RIBS AU GRATIN POTATOES CORN FRUIT
24 CHICKEN & WILD RICE CASSEROLE PEAS FRUIT JUICE	25 MEATLOAF BAKED SWEET POTATO WINTER MIX VEGETABLES APPLESAUCE	26 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	27 SLOPPY JOE ON A BUN TRI-TATERS GREEN BEANS FRUIT JUICE	28 CHICKEN A LA KING OVER BISCUIT VEGETABLES FRUIT
<p><b>PLEASE NOTE:</b> Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies.</p>			<p>All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.</p>	

## Active Generations Expo



**EXPO WINNERS!**  
 iPod & Keyboard: Jan Orton  
 Gift Certificate: Char Haron