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# July...Summer Time!

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

**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.

Summer



PIE &  
ICE  
CREAM  
SOCIAL

Celebration

JULY 18th 1:00 pm

AG MAIN  
PIE AND  
ICE CREAM  
\$6.00

Bean Bags  
and Beer

Thursday  
July 25th  
5-7pm  
Outdoors  
AG EAST

Non-Members  
\$5.00

Members Free

\$5.00 Beer

\$2.00 Soda

\$1.00 Water





President’s Update

Happy Summer All!

From a personal perspective, I love summer and the sunshine-filled days it brings. I’m excited to share some updates about what’s happening at Active Generations.

This fall, Active Generations will embark on a critical Strategic Planning process to guide our organizational development and growth. Over the past few years, we have experienced significant growth, including the recent opening of our east side location. With this milestone achieved, our focus now shifts to planning and implementing operations across both buildings. A strategic plan will help us identify opportunities and areas of focus. A key part of this process is gathering input from all our stakeholders, including members like you. We want to hear your thoughts and ideas, so please watch for opportunities to participate this fall. Your involvement is strongly encouraged!

One of Active Generations’ valuable programs, SHIINE, is moving! For those who may not know, SHIINE provides free, confidential, and unbiased information to Medicare beneficiaries. Our knowledgeable staff and volunteers help navigate the often complex and overwhelming Medicare process. Currently, our SHIINE team is in a separate building near Bergland Apartments. Starting July 1, the team will be relocated to new office spaces in both the main and east campus, making them more accessible for your questions and needs. Watch for signage and available hours. You can also call them today at 605-333-3314 with Medicare questions or to schedule an appointment or if you are interested in volunteering with SHIINE.

As I’m settling into my role, I’d like to share a quick story from my six-and-a-half-year-old daughter, Maya. One morning, she was working hard to make the case to come to work with me instead of her summer care program. She said, “Mom, why can’t I go to work with you? Your work sounds like it’s all fun based on what you tell us about your day.” In my first two months here, Maya is right. I am having loads of fun meeting everyone and attending various Active Generations’ programs and activities. I look forward to sharing more fun experiences with all of you and learning from you on how we can continue to make Active Generations a vibrant and welcoming place for everyone!

Betsy Schuster  
President and CEO

Senior Citizens Services, Inc.  
dba

Active Generations Board of Directors

Betsy Schuster – President and CEO  
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**Mission Statement:** To promote positive aging for adults and to enhance the quality of life for all through programs, services and education.

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Dancing, Special Interest Groups

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- Social & Fun
- Learning
- Nutrition

Additional fees only for:

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

Active Generations Program Directory

MEMBERSHIP:

MAIN: 605-336-6722

2300 W 46th St  
Sioux Falls, SD 57105

EAST: 605-275-7690

5500 E Active Generations Pl.  
Sioux Falls, SD 57110

MEALS:

605-333-3305

What’s for Lunch  
Meals on Wheels  
Hy-Vee Choice Program  
Frozen Meals

FAMILY & INDIVIDUAL  
SUPPORT:

Adult Day Services:  
605-336-6751

CAREgiver Support  
605-275-7682

SHIINE - Medicare Info  
605-333-3314

Transportation (WOW)  
605-333-3317

General Office Hours:  
8 a.m. – 4:30 p.m. Central Time

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**Monthly Birthday Party**






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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).

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**Main:**  
Weds July 17  
2pm

**East:**  
Thurs July 25  
10am



Coffee & Cookies  
with Betsy (CEO)

Members are invited to meet Betsy and talk all things AG!!

Look for dates in August too!



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**Katherine Bieber | 605.339.3180**  
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# 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	July 2-30 (no class 7/4)	No monthly payments. Punch cards required! \$50.00 for 10 punches; \$25.00 for 5 punches (expires 1 year from purchase date)
Cardio Drumming (Video Led)		9:30-10:00 a.m.	Wednesdays	July 3-31	
Restorative Stretch***		8:30-9:15 a.m.	Mon/Wed/Fri	July 1-31 (no class 7/5 & 7/8)	
Functional Fitness***		10:30-11:15 a.m.	Mon/Wed/Fri	July 1-31 (no class 7/5 & 7/8)	
SILVERSNEAKERS Classic***		8:30-9:15 a.m.	Tues/Thurs	July 2-30 (no class 7/4)	
Yoga		12:00-12:45 p.m.	Thursdays	July 11-25 (no class 7/4 & 7/25)	
Main Location:		Insurance Covered***			
Body Sculpting***		12:00-12:45 p.m.	Mon/Wed/Fri	July 8-31 (no class 7/1-5, 7/19 & 7/22)	No monthly payments. Punch cards required! \$50.00 for 10 punches; \$25.00 for 5 punches (expires 1 year from purchase date)
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	July 1-31 (no class 7/5 & 7/8)	
Get Active(Power)***		10:30-11:15 a.m.	Tues/Thurs	July 2-30 (no class 7/4)	
SILVERSNEAKERS Classic***		9:30-10:15 a.m.	Tues/Thurs	July 2-30 (no class 7/4)	
Yoga		1:00-1:45 p.m.	Wednesdays	July 3-31 (no class 7/24)	

## WANTED!

### FITNESS ROOM MENTORS

Active Generations is looking for volunteers to mentor in the fitness room. You have the option of 1-2 hour shifts Monday-Friday. You will help members check in and mark them off the check-in sheets, wipe down and sanitize machines and make sure members are paid and up to date. Please visit with Jenny if you are interested in this position. Call 333-3306 or email [jcentra@active-gen.org](mailto:jcentra@active-gen.org)

### Golf Club Schedule 2024

July 1-9:00 Hiawatha Country Club, Canton  
July 8-9:00 Spring Creek Golf Course, Harrisburg  
July 15-9:00 Bridges at Beresford, Beresford  
July 22-9:00 Northern Links Golf Course, Renner  
July 29-9:00 River Ridge Golf Course, Garretson

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)

### 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 July 4 & 18.  
Active Generations on 46th Street, Room 128.

### 5 Tips for a safe Summer Workout

- Pick the right time**  
Exercise in the morning or evening when temperatures are usually cooler.
- Wear the right clothing**  
Loose, breathable clothing that prevents chafing will help keep your body cool.
- Avoid Extreme Temperature Change**  
Don't go right from the heat to a cold room. Take the time to properly cool down.
- Slow Down**  
Extreme heat is not the time to go for your personal best. Don't push yourself.
- Water, Water, Water!**  
Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.

Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

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

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 16

1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

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

- BLUEBERRY HILL

BO DIDDLEY

BYE BYE LOVE

CRAZY ARMS

DJANGO

DONNA

EVERYDAY

FEVER

HEARTBREAK HOTEL

HONKY TONK
- HOUND DOG

JAILHOUSE ROCK

KANSAS CITY

LA BAMBA

LONELY TEARDROPS

LONG TALL SALLY

MACK THE KNIFE

MANNISH BOY

MAYBELLENE

MISTY
- MONA LISA

MOVE IT

MYSTERY TRAIN

NIGHT TRAIN

ONLY YOU

PEGGY SUE

RAVE ON

RED HOT

RIP IT UP

RUMBLE
- SEARCHIN'

SHOUT

SIXTEEN TONS

SPEEDO

SUZIE Q

TAKE FIVE

TEQUILA

TUTTI FRUTTI

YAKETY YAK

YOU SEND ME

BINGO WINNERS: Gary Urban, Julie Hyink, Jim McKinney. (No Photo Available)



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# Mark Your Calendars!

## Active Generations Hours

MONDAY: 6:30 A.M.–8 P.M. (both locations); TUESDAY: 6:30 A.M.–9 P.M. (Main); TUESDAY: 6:30 A.M.–8 P.M. (East); WEDNESDAY: 6:30 A.M.–8 P.M. (both locations); THURSDAY: 6:30 A.M.–8 P.M. (both locations); FRIDAY • 6:30 A.M.–8 P.M. (both locations); SATURDAY • 8 A.M.–3 P.M. (both locations)

Day	Date	Main	East	Room	Hours	Title
Tues	7/2, 7/9, 7/16, 7/23	M		Parking Lot	10 - 12pm	Eat Well Mobile Market - Main Parking Lot
Tues	7/2, 7/9, 7/16, 7/23	M		Sertoma A	6:30 - 9pm	Tuesday Evening Dances - Various Bands
Wed	7/3, 7/10, 7/17, 7/24, 7/31	M		Foyer	11 - 12:45	Blood Pressure Checks
Thurs	7/4	M	E			CLOSED - 4th of July
Tues	7/9	M		132	2 - 4 pm	Acrylic Painting - Mushroom Landscape
Thurs	7/11. 7/18, 7/25		E		2:30 - 4 pm	Line Dancing - All levels
Fri	7/12	M		Sertoma A	1 - 2:30 pm	Monthly Birthday Party - Entertainment: Gospel Music By David
Fri	7/12	M		Lobby	12 - 2 pm	Craft Sale
Thurs	7/18	M			1:00 PM	Summer Celebration
Tues	7/23		E	110	2 - 4 pm	Acrylic Painting - Mushroom Landscape
Thurs	7/25		E	Outdoors	5 - 7 pm	Bean Bags and Beer
Tues	8/6			Fairgrounds	2 -4 pm	Line Dancers at the Sioux Empire Fair
Tues	8/20	M		Sertoma A	7 - 9 pm	Leslie Blasing Dance

PLEASE JOIN US FOR

# LINE DANCING AT AG EAST

THURSDAYS

2:30 - 4 PM

ALL SKILL LEVELS WELCOME!

Active Generations' Line Dancers are returning to the Arts Center of the Sioux Empire Fair for another Active Event!

Anyone can join in!

Active Generations

Active Generations' Active Event August 6th, 2024 from 2PM-4PM

Come join in on the fun, and try your hand at some of the fun games provided by Active Generations. Free Ice Water at the ready too!

### East Activities & Clubs:

**Monday:**  
Hearts 9-11am  
Party Bridge 12-3pm  
Crafters Club 9-5pm (7/8 now 7/9)

**Tuesday:**  
Pinochle 12:30-3pm  
Woodcarvers Club 9:00-11:30 am\*

**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 9:00-11:30 am\*

**Saturday:**  
10 Point Pitch 1-3pm  
\*starting July 2

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
Creative Writing Club	Mondays	9:30-11:30 am	Room 203	
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, Linda Beckman
	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, July 22 at 9:30 am.

The book we will be discussing is 'The Lincoln Highway.' It's a fictional story of two brothers who set out on a journey from Nebraska to California on the Lincoln Highway.

The book for August discussion is "The Accidental Rancher" which is an autobiography by a South Dakota author. It is the story of a city girl who becomes a very rural rancher.

New members are always welcome. If you are interested, contact the Active Generations Center for contact information for the leader. It is preferred that you attend a meeting prior to checking out a book.

Happy Reading!!

## UKULELE / KAZUKES CLUB

The Ukulele/Kazukes group have had their

playbook almost full these past few months. However, they could squeeze a few more "gigs" in if needed. The varied audiences always comment: "We don't hear those older songs anymore, please continue to play them!"

Whether a person enjoys listening to or playing music, it can bring a sense of joy and comfort. Many people advance from beginners' class to the regular Wednesday class when they are feeling comfortable. The beginners' class meets on the first and third Friday of each month at 1 pm in room 205 for simple chording and guidance. The regular class meets on Wednesdays at 9:30 am in room 204 for practice and enjoyment. We would love to see you at either class!

## THE CRIMSON CHAPEAUX

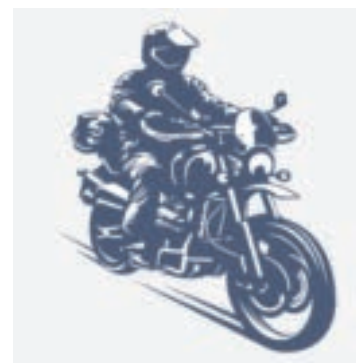
We will meet on Monday, July 22 at McKennan Park. Please

bring your brown bag supper, a lawn chair and bug spray. We'll eat at 5 PM and stay for the concert which starts at 7 PM. Surfin' Safari will entertain us that evening. Please let Julie (605-274-7005) know if you plan to be with us. Julie will be bringing dessert!

Madame Hatter,  
Sharon

## MOTORCYCLE CLUB

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

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@activegen.org to register each week (Call by the Monday before the hike) Hikes are typically 4 to 6 miles.

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



Hiking Club

## Life-Long Learning

### TRAVEL TALK OPEN HOUSE: HOSTED BY SOUTHWEST TOUR AND TRAVEL

Wednesday, July 10  
Main: 10-noon  
East: 1-3 pm

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

Thursdays, July 11. 18. 25;  
Noon-1 p.m.  
Room 128; Cost: FREE  
Limit: 10

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

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

### UNDERSTANDING MEDICARE WITH SHIINE REP (AG MAIN - 10 A.M.)

Wednesday, July 17  
Room 128  
(AG EAST - 3 P.M.)  
Friday, July 19  
Room 110

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

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

Pre-register by calling SHIINE at 333-3314.

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

Friday, July 26, 2024, 11:00 am. Room 115

Urinary and Pelvic health is an under mentioned topic for women's health. We are often told, urine leakage is normal and to do your kegels, however, the issue is much more prevalent than it appears. We are going to have a nurse educator coming to talk more about Women's Urinary Health, Urinary Incontinence/Leakage, and the next steps in medicine for Stress Urinary Incontinence. Please call 605-336-6722 to register for this seminar.



**-Prairie-**  
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**Schedule an appointment at any of our locations!**

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Harrisburg – 301 W. Willow St. – 605-767-3008

Hartford – 100 W. Hwy. 38 – 605-582-1900

Tea – 725 E Devin Dr. – 605-368-9897

Central Sioux Falls – 1720 S. Cliff Ave. – 605-334-5630

West Sioux Falls – 5235 W. 26th St. – 605-271-6920

East Sioux Falls – 5150 E. 57th St. – 605-271-3378



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

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# LET THE OUT BALLS GO

Whether you are playing singles pickleball or doubles pickleball, one of the best skills that you can have on the pickleball court is the ability to let the out balls go. This is especially true when you are playing against players that like to drive the pickleball. Be on the

lookout for out balls! Duck and dodge out balls. Do not help your opponents stay in the point. To improve your detection of out balls, consider the following: **Communicate with Your Partner** – Two heads are better than one, so

The web is full of great tips for pickleball players. Here is one from: <https://thepickler.com/pickleball-blog/pickleball-strategy/>

work with your partner to detect out balls. If you see an out ball, scream and yell at your partner—“NO!” or “LET IT GO!” or “BOUNCE!” **Let the Shoulder Height Drives Go** – If your opponents drive a pickleball at you with pace that is about chest

or shoulder height, let it go. Your opponents’ drive is probably out. This is especially true if your opponents drove the pickleball from the Non-Volley Zone Line. **Pay Attention to the Height at Contact** – If your opponents drive a pickleball that sits be-

low the net, consider letting it go. This is because your opponents will have to hit up on a low-sitting pickleball to hit it over the net. By hitting up on the pickleball, your opponents will send the pickleball on a trajectory that is probably going out of bounds.

**Patterns of Play** – As you play a few points with your opponents, try to analyze their patterns of play. Do your opponents consistently drive the pickleball on every shot? Once your opponents get to a certain place on the court, are these drives too high and going out of bounds? Try to pick up on any patterns to help you anticipate and detect out balls.

**Body Language** – In addition to patterns of play, pay attention to your opponents’ body language and paddle face. For instance, a big backswing and flat or closed paddle face will indicate a drive is coming your way. Use these clues to help you anticipate shots, including out balls.

Remember to let the out balls fly out of play. Out balls are easy points for you and your partner. Hitting an out ball keeps your opponents in the point, which is obviously something that you want to avoid.



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



MAIN	
Inside (2 courts)*	
Monday	
3:30 - 8pm open play	
Tuesday	
1:30 - 4pm Int & Adv Levels	
Wednesday	
1:30 - 4:30 Beginners Level 4:30 - 8pm - open play	
Thursday	
1:30-4:30 Int & Adv Levels 4:30 - 8pm Beginners Level	
Friday	
4:30 - 8pm open play	
Saturday	
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)	
Monday, Wednesday, Friday	
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	
Tuesday & Thursday	
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	
Saturday	
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	
Saturday 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.**

**KOLBE CLOCK REPAIR**

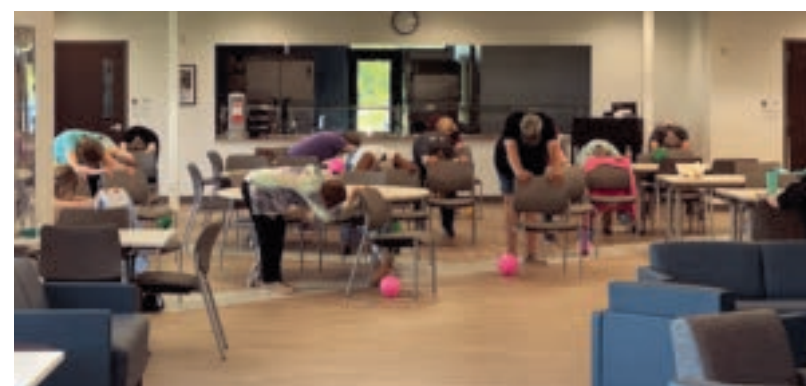
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# Fun at Active Generations!

## SENIOR GAMES!!



Senior Games: Billiards



Book Sale!



Senior Games: Shuffleboard



Senior Games - Table Tennis



## Rockstar Bingo



James performing magic



Beanbags & Beer



## Book Review

By Sharon DeVaney

### Artificial Intelligence for dummies, 2nd edition by John Paul Mueller and Luca Massaron

The book has six parts. I will introduce Artificial Intelligence (aka AI) from Part 1 and describe possible uses of AI from Part 2. However, I want to focus on Part 6 which includes several occupational categories that AI cannot replace and contributions by AI to society.

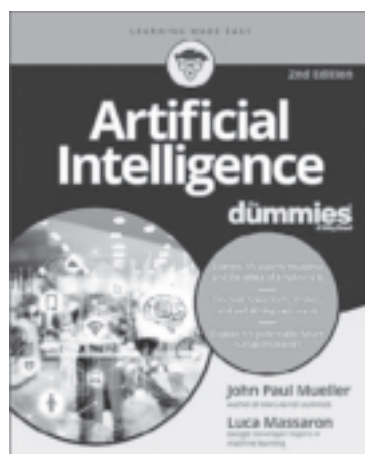
In Part 1, the authors say that AI can be categorized in four ways: acting humanly, thinking humanly, thinking rationally, and acting rationally. First, when a computer acts like a human, the computer succeeds when differentiating between the computer and the human isn't possible. Second, when a computer thinks like a human, it performs tasks that require intelligence (as contrasted with rote procedures). Third, a computer that thinks rationally relies on recorded behaviors to create a guide as to how to interact with an environment based on the data at hand. Fourth, a computer that acts rationally relies on the recorded actions to interact with an environment based on conditions, environmental factors, and existing data.

In Part 2, we learn that AI can be used in computer applications (through corrections and suggestions). Examples could be a spell checker or grammar checker. Also, in Part 2, we learn about understanding potential AI errors. The authors note that "AI works best when a human reviews important decisions."

In Part 6, the 10 important occupational categories that AI can't replace include: Performing Human Interaction such as teaching children, nursing, addressing personal needs, solving developmental issues; Creating New Things as in inventing, being artistic, and imagining the unreal; and Making Intuitive Decisions such as investigating crime, monitoring situations in real time, and separating fact from fiction.

The second section of Part 6 describes 10 substantial contributions of AI to society. They include: working with humans, solving industrial problems, developing new technologies, and performing tasks in space. Here are some examples: administering medications, using AI with 3-D printing, using robots on the job, delivering goods to space stations, and exploring other planets.

After reading the book, I thought about the occupations of my family members. Those who are teachers, nurses, fire fighters, and members of the military are not likely to be replaced by AI. However, one of my family members is an accountant. However, she always plans ahead so I think she will be alright. She is probably using AI in her work right now.



**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.

**ACRYLIC PAINTING CLASS**  
"MUSHROOM FOREST"

Learn to create your own mushroom landscape on black canvas, with whimsical fairy door and snails.

AG Main: July 9, 2-4 pm  
AG East: July 23, 2-4 pm  
Members = \$15  
Non-Members = \$20  
All supplies provided  
No art experience necessary

**ACRYLIC PAINTING CLASS**  
"TUSCAN LANDSCAPE"

Feel the Tuscan heat, smell the lavender-- in a warm August scene from the Italian countryside. Come relax through painting, step-by-step.

AG Main: Aug 6, 2-4 pm  
AG East: Aug 20, 2-4 pm  
Members = \$15  
Non-Members = \$20  
All supplies provided.  
No art experience necessary.

## 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



## Tuesday Night Dances



**JULY 2: STATE LINE DRIFTERS**  
**JULY 9: MACALLEY**  
**JULY 16: JANENE & THE MACHINE**  
**JULY 23: NORGAARD COUNTRY**  
**JULY 30: CLAY CREEK BAND**

**ACTIVE GENERATIONS MAIN**

**6:30 - 9:00 P.M.**

**\$6.00 MEMBERS - \$10.00 NON-MEMBERS**

## Join Our Team!

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Senior Health Information and Insurance Education (SHIINE) is a federally funded program through the Administration for Community Living (ACL) and administered by the South Dakota Department of Human Services Division of Long Term Services and Support (LTSS).

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*SDSU Community Care Outreach visited AG in June*



## 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.



### ST. LOUIS 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 now!

**MAIN, Room 203**

**Tuesdays and Thursdays**

**8:30 am – 11:30 am**

**September 17, 19, 24 & 26**



Cost per session:

Member: \$45

Non-Member: \$55

Instructor: Sandi Plooster

NO REFUNDS



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

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you are empowered,  
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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

## ACTIVITIES:

Minnehaha Sertoma Club

## CELEBRATING

## GENERATIONS:

Vance Thompson Vision

## DAY BREAK &

## CEILI COTTAGE:

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Casey Murschel

## DEVELOPMENT:

Mary Wolfgram

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## NUTRITION &

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<https://qrco.de/bespVR>



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!



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

### Mary Beth Kelly

Mary Beth Kelly comes from a long line of musicians, artists and community theater enthusiasts. At least three generations of her family have been entertaining others using their many talents. Kelly's mother was a community theater performer and musician. One of Mary Beth's great aunts even played music for silent films. She played the piano as the movies were shown and sometimes played from the music score given to her.

"I am a church musician for the Holy Spirit Catholic Church in Sioux Falls," Kelly said. "I play piano in other churches and schools when needed. I accompany for the Sing-a-Long at Active Generations Main on some Tuesday mornings. I have fun and enjoy it very much."

The arts, music, theater and dance are important for Mary Beth Kelly. She likes how they vitalize a community like Sioux Falls.

"My husband, Thomas F. Kelly was a theater and English teacher in

Aberdeen, South Dakota. After his sudden death, my family was honored when the Aberdeen Central High School Theater was named for him. He was a very loved member of the community and a great educator," Mary Beth said. "My husband and I often co-directed musicals for the Aberdeen Community Theater. I was very active in community theater in both Sioux City, Iowa and Aberdeen, South Dakota. I was on stage as well as frequently the music director. I have done well over 20 shows, including Gypsy, South Pacific, and Smoke on the Mountain."

Both of Kelly's children are also involved in the arts. Her daughter, Rose Ann Hofland is on the staff of the Levitt in Sioux Falls, South Dakota.

"I like supporting my daughter's work as Vice President of Programming at the Levitt. I am very proud of her many accomplishments," Mary Beth said. "My son, Kevin is a professional actor. I am able to enjoy seeing

him perform on land and sea. His emphasis is in musical theatre and he is exciting to watch on stage. Completing Kelly's family is her wonderful son-in-law, Josh, and two large grand-dogs, Dora and Ricky.

Mary Beth Kelly grew up in Sioux City, Iowa. Her dad worked for the street department and was a big supporter of Mom and Mary Beth. Mom worked at the telephone company and loved music and theater.

Kelly attended Catholic schools and graduated from Heelan High School. Mary Beth graduated with a minor in education and later earned two masters degrees from Northern State University in Aberdeen.

"While I was in college, I was a member of a USO Troop that entertained for the Northeast Command in Greenland and Newfoundland," Kelly said. "It was an incredible adventure. Throughout my life, I have enjoyed traveling in the United States, Canada, and the Caribbean."

Mary Beth spent forty

by Veronica Stoneall, Active Generations member



one years in education, most years focusing on vocal music.

"I first taught in Iowa and Nebraska and then after marrying Thomas spent 32 years in education in Aberdeen, South Dakota," Kelly said.

Kelly enjoyed imparting the joy of music to all ages of students. She liked their enthusiasm, the discovering of their talents and encouraging their creativity. It was vital for her to show people the importance of the arts in their lives. Mary Beth has been coming to Active Generations for about three years with some interruption due to Covid.

"I appreciate the variety of activities and the

people. They are very interesting," Kelly said. "It is enjoyable being able to socialize with many different people."

"After retiring here in Sioux Falls in 2015, I have watched as Sioux Falls grows," Kelly said. "I hope the city and the surrounding areas keep the Arts part of that growth."

Don't be afraid to try something new. Learn how to play the ukulele, try a painting class or come to the dances on Tuesday nights or just come to listen to the music. There are many opportunities to share in the Arts at Active Generations.





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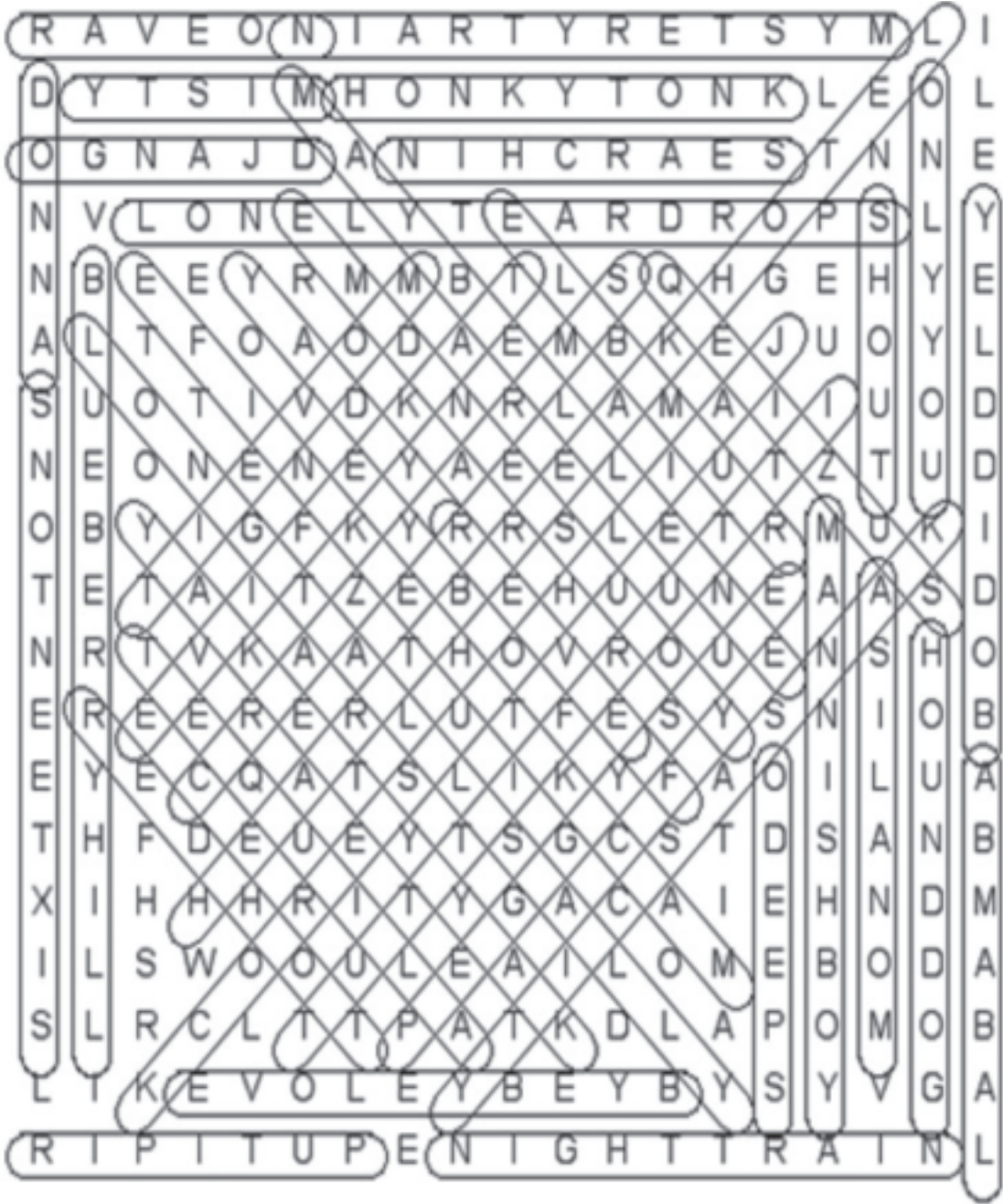
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Answers to puzzle on page 5



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# July Birthdays

Due to privacy concerns, full last names are no longer included. If we have not listed your birthday, please accept our apologies and come celebrate your birthday with us on the 2nd Friday of the month at Main from 1 - 2:30pm.

Barbara A.  
Cathy A.  
Cindy A.  
Diana A.  
Donald A.  
Robert A.  
Robyn A.  
Bonnie B.  
Brian B.  
Carol B.  
Carolyn B.  
Christine B.  
Connie B.  
Dave B.  
Dennis B.  
Jeanne B.  
Jeffrey B.  
Karn B.  
Kay B.  
LeEtta B.  
Linda B.  
Lynda B.  
Marlys B.  
Patricia B.  
Richard B.  
Scott B.  
Sid B.  
Carolynn C.  
Delores C.  
Ellen C.  
Jack C.  
Janet C.  
John C.  
Kent C.  
Sharon C.  
Beverly D.  
Brian D.  
David D.  
Don D.  
Cindy E.  
Jim E.  
Joyce E.  
Alice F.  
Allan F.  
Deb F.  
Gloria F.

Inez F.  
Jill F.  
Jim F.  
Jodi F.  
Pam F.  
Rod F.  
Carol G.  
Daniel G.  
Julieann G.  
Lena G.  
Robert G.  
Vincent G.  
Wes G.  
Cynthia H.  
Gail H.  
John H.  
John H.  
Julie H.  
Karen H.  
Kathy H.  
Kristi H.  
Linda H.  
Lloyd H.  
MaryAnn H.  
Paula H.  
Roger W. H.  
Theresa H.  
Warren H.  
Pam I.  
Barbara J.  
Darla J.  
Delmyn J.  
Alan K.  
Allan K.  
Andra K.  
Anne K.  
Brad K.  
Darla K.  
Fred K.  
Ivar K.  
Jackie K.  
Jenya K.  
Jimmy K.  
Judy K.  
Judy K.  
Leroy K.

Mary K.  
Nate K.  
Rita K.  
Tom K.  
David L.  
Gary L.  
Jack L.  
Janet L.  
Janet L.  
Joann L.  
Julie L.  
Kathy L.  
Lois L.  
Rich L.  
Shannon L.  
Valerie L.  
Nicole L.  
Gwen M.  
Jay M.  
John M.  
John M.  
Jon M.  
June M.  
Katherine M.  
Ken M.  
Larry M.  
Marlys M.  
Mary M.  
Peggy M.  
Roger M.  
William M.  
Beverly N.  
Dianne N.  
Julie N.  
Linda N.  
Michele O.  
Nancy O.  
Charles P.  
Daryl P.  
Don P.  
Donald P.  
Elizabeth P.  
Julie P.  
Lynn P.  
Mary P.  
Mary P.

Mavis P.  
Monte P.  
Ross P.  
Roxanne P.  
Sandra P.  
Bonnita R.  
Carole R.  
Della R.  
Duane R.  
Jerry R.  
Judy R.  
Marguerite R.  
Nyla R.  
Richard R.  
Stephen R.  
Tim R.  
Allen S.  
Carolyn S.  
Connie S.  
Don S.  
Gloria S.  
Jacqueline S.  
James S.  
Jerry S.  
John S.  
Karla S.  
Kathryn S.  
Luella S.  
Luella S.  
Marla S.  
MaryLou S.  
Melodie S.  
Naomi S.  
Patricia S.  
Peggy S.  
Ray S.  
Rose S.

Sandi S.  
Sandy S.  
Shierra S.  
Shirley S.  
Terry S.  
Theodore S.  
Trudee S.  
Bonnie T.  
Carolyn T.  
Coleen T.  
Cynthia T.  
Dennis T.  
June T.  
MaryEllen T.  
Paul T.  
Ron T.  
Wanda T.  
Gary U.  
Charlotte V.  
Donna V.  
Josephine V.  
Ray V.  
Rodolfo V.  
David W.  
Debora W.  
Diann W.  
Gary W.  
Jim W.  
Julie W.  
Lynne W.  
Maure W.  
Mike W.  
Susan W.  
Vicki W.  
Wanda W.  
James Z.  
Kai Z.



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

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

**Learn to make Junk Journals**  
**Over 3 sessions**  
**with Vickie**  
**Sept 5, 12, & 19 at Main**  
**\$60 per member**



\*Making a cover  
\*Selecting and binding pages  
\*Making pockets and ephemera  
Stop at Main desk to sign up





## Adult Day and Caregiver Support Services

The ADS Programs have been very busy over the last couple of months and with nice weather upon us we are in full swing of being outdoors and enjoying our outdoor court yards. The Day Break East and Ceili Cottage Programs have been busy gardening and planting 5 stand up planters; we have a ton of different variations and colors of flowers and greenery in 4 of our beds and even planted some cherry tomatoes in another. Our Leads have been implementing lots of yard games such as Bean Bag Tournaments, Lap Walking, Yard Pong, Fishing, Large Connect 4, Ladder Ball, Ball Toss, and had special musical guests play for us in our courtyard. We even had a "Wear your favorite Hawaiian shirt" day filled with Hula dancing, Hawaiian fun facts and games – for snack we drank pineapple juice and ate coconut cookies and fig newtons to celebrate our little "Luau." The past couple of months have brought beautiful weather for all to enjoy! Our quote for the month of July is "July is Mother Nature's way of wrapping the Earth in a warm embrace." Happy Summer and embrace the warm days ahead! – Berkeley Stancer (ADS Program Manager)

At Day Break Main we enjoyed planting flowers in our courtyard in May. With all the nice weather, we are enjoying having some color out there again. Our ladies enjoyed a special Mother's Day tea in the Active Generations Coffee Shop and on May 15th we celebrated all our participants that had birthdays in May. May is an active month for special events, and we also enjoyed celebrating Cinco de Mayo with some Mexican eats and decorations. We are all looking forward to what summer will bring as we are able to be outside more.

– Deb Gross (ADS Assistant Director)

### Adult Day Services - Wish List

Below is a wish list for our Daybreak Programs and while donations are appreciated, they are not necessary. Donations can be dropped off at our Daybreak entrances – If you have any questions, please feel free to call, (605) 336-6751 and ask for Berkeley Stancer (ADS Program Manager).

Ceramics to Paint, Wooden craft kits, Bingo candy (fun size pieces), Nail polish, 60- and 100-Piece Puzzles (larger pieces), Colored Pencils, Markers, Watercolor Paints, Acrylic Paints, Gel Pens, Medium/Large Rocks, Large Felt Coloring Pads, Stickers, Cookbooks, Magazines.



**Tour With Us!**  
 Southwest Coaches Inc.  
 Southwest Tour & Travel  
 The Travel Company

**TRAVEL TALK OPEN HOUSE**  
 Wed., July 10  
 MAIN: 10 a.m.–Noon  
 EAST: 1–3 p.m.

Travel Southwest and Go With the Best  
 1500 Travis Rd, Marshall, MN 56258  
 507-532-5536  
 1-800-669-1309

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

**Active Generations**  
 is no longer  
 accepting book  
 donations at this  
 time.

## June Birthday Bash!

Sponsored By:



This newsletter went to print before the June Birthday Party, so pictures will be included in the August issue.



**Happy Birthday LaVern, who actually turned 97!**



Sioux Falls Good Samaritan Communities Invites You to The

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

**FRIDAY, JULY 12 • 1 – 2:30 P.M.**

ENTERTAINMENT BY:  
 GOSPEL MUSIC WITH DAVID



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



**BILLIARDS FOR LADIES  
AND  
BILLIARDS FOR COUPLES**

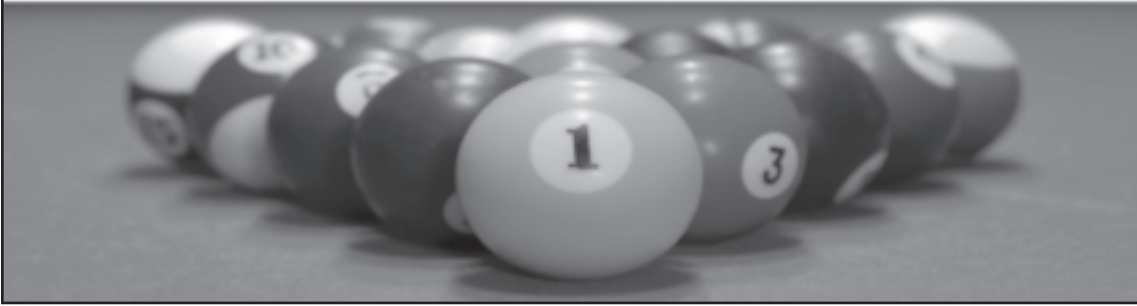
Main location

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

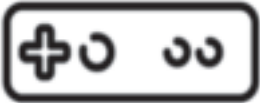


**Wii Bowling**

The fall league begins  
in early Sept at  
both locations

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

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



*For your Good Health*

**MASSAGE THERAPY**

Main Location  
Next available date is:  
Tuesday, July 23  
Tuesday, Aug. 6  
Wednesday, Aug. 28  
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, October 24  
Friday, October 25  
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.



**WII BOWLING NEWS!!**

Eleanor Lorenzen from Active  
Generations East has done it  
AGAIN! For the 4th time in a  
year she bowled a perfect 300  
game!  
**Congratulations Eleanor!**

**URINARY AND PELVIC HEALTH SEMINAR**

Friday, July 26, 2024  
11:00 am.–Noon  
EAST - Room 115

Urinary and Pelvic health is  
an under mentioned topic for  
women's health. We are often  
told, urine leakage is normal  
and to do your kegels, however,  
the issue is much more prevalent  
than it appears. We are going  
to have a nurse educator coming  
to talk more about Women's  
Urinary Health, Urinary Incontinence/  
Leakage, and the next steps in  
medicine for Stress Urinary  
Incontinence.

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



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

JULY

menu

ALL MEALS SERVED W/

1% MILK and

WHOLE-WHEAT BREAD

(except where otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY PEAS FRUIT JUICE	MEATBALLS IN GRAVY AMERICAN FRIES CORN JELL-O WITH FRUIT	BAKED CHICKEN THIGHS BAKED POTATO WITH SOUR CREAM CARROTS FRUIT	CLOSED	PORK CHOP WITH HERBS & ONIONS AMERICAN FRIES GREEN BEANS FRUIT
8	9	10	11	12
SWISS STEAK BAKED POTATO STEWED TOMATOES FRUIT	LASAGNA CASSEROLE GREEN BEANS GARLIC TOAST FRUIT	CHICKEN SALAD ON A BUN 3 - BEAN SALAD POTATO SALAD GRAPES	HAMBURGER GRAVY OVER MASHED POTATOES BROCCOLI & CARROTS FRUIT	PULLED PORK ON A BUN STEAK FRIES GREEN BEANS FRUIT
15	16	17	18	19
CRISPY CHICKEN SANDWICH PARMESAN FRIES ASIAN VEGETABLES FRUIT	HAMBURGER STROGANOFF OVER PASTA CALIFORNIA STYLE VEGGIES FRUIT	CHICKEN CHOW MEIN RICE PEAS FRUIT	HAMBURGER RICE CASSEROLE GREEN BEANS FRUIT	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
22	23	24	25	26
TATER TOT CASSEROLE BROCCOLI FRUIT	GRILLED CHICKEN BREAST CREAMED POTATOES CARROTS FRUIT	HAMBURGER ON A BUN STEAK FRIES CALIFORNIA STYLE VEGGIES FRUIT	PORK LOIN MASHED POTATOES & GRAVY CORN FRUIT	CHICKEN STRIPS AMERICAN FRIES GREEN BEANS FRUIT
29	30	31		
PORK FRITTER MASHED POTATOES & COUNTRY GRAVY PEAS FRUIT	PARMESAN CHICKEN BREAST SPANISH RICE STEWED TOMATOES FRUIT	SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT		
PLEASE NOTE: Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies.			All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.	



Thank you  
to all the  
recent MOW  
volunteers!



Avera Behavior Health Senior Unit

