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**HOURS OF BUSINESS**

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

**Thursday, August 29**  
**5:30 - 7:30 pm**

Entertainment by  
**Clay Creek Band**

Food & Drink for Purchase,  
 Lawn Games, Tours Available

*1 Year*  
**Anniversary Celebration**  
*East*

**5500 E. Active Gen Place**

Bring your own lawn chair!

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

[www.activegenerations.org](http://www.activegenerations.org)

**AG EAST:** 5500 E. Active Generations Place, Sioux Falls, SD 57110 • (605)-275-7690  
**AG MAIN:** 2300 W. 46th St., Sioux Falls, SD 57105 • Ph (605) 336-6722

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

**OUR MISSION**





**President's Update**

Hello, all!

One of my priorities as I settle into this role is to enhance communication with members. Earlier this month, I sent a member email out as another way to communicate throughout the month, while still providing an update in the paper! We are working to grow our communication in multiple ways to reach everyone. For those who receive emails, some of these updates may be repetitive.

After nine years at Active Generations, Kayla is moving on to new opportunities. Her last day at Active Generations was July 5th. We are working to minimize the impact to classes, but there will be some changes to the schedule until we can fill Kayla's role. Please check the calendars! Kayla wanted this message shared: I appreciate all of you who have supported me and attended my classes throughout my time here at Active Generations. I have grown close to many of you and I hope you continue your fitness journey with Active Generations.

After analyzing trend data on member usage of the Main campus, the Active Generation's Board of Directors has decided to close the Main campus at 4:30 PM on Fridays starting on July 12th. The East Campus will continue to remain open until 8:00 PM on Fridays. We are committed to meeting the needs of our members and will continue to evaluate and adjust our operating hours based on usage patterns and seasonal variations.

Our Main Campus has been well-loved for almost 30 years. With an aging building, we must proactively address its upcoming needs. In the coming weeks, the building will undergo a facility assessment, which will help us identify and prioritize necessary improvements. One improvement that will be made soon is the replacement of the bike rack area at the front of the Main building. The tree currently near the bike rack will be removed, as it is unhealthy, and its roots are starting to impact the sidewalk. The area will be updated with new bike racks and shrubbery.

Main Courtyard Revamp – For those unaware, we have a beautiful courtyard on the northeast side of the Main building. In the past year, the courtyard has been out of commission due to inadequate fencing. Over the next few months, we will be revitalizing the courtyard for our members and the Adult Day Services program. We will section the courtyard into two areas so that both groups can use it simultaneously. Additionally, we will be purchasing new tables, chairs, and some swings to enhance the space.

East Campus Update – Outdoor furniture will be ordered this week for the outdoor area. *Continued on pg.3*

Senior Citizens Services, 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.

**ACTIVE GENERATIONS MEMBERSHIP OPTIONS**  
Both Locations...We Are Excited to Offer This Comprehensive Experience For You



**YOU DECIDE WHICH PLAN WORKS BEST!**



**PLATINUM**

Includes All Gold Membership Privileges  
**\$3000**



**GOLD**

Includes prepaid Pickleball  
**\$25 per month or \$300 for the Year**

Unlimited Pickleball Play, Fitness Studio, Billiards, Table Tennis, Activities & Events, Library, Clubs & Games, Line Dancing, Special Interest Groups.

**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)



**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, Library, Clubs & Games, Line Dancing, Special Interest Groups

**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**

**Is Active Generations in your will or estate plans?**

**For guidance with this process, please contact:**

Wendy McDonnel  
Director of Development • 605-275-7680

*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**



Sioux Empire United Way

**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).

**President's Update continued.**

Also, a new Versa Hip Abductor machine will be added to the fitness room. Additional blinds were installed on July 12, 2024 that better meet the needs of the building and pickleball courts. In the main area, please ask the front desk before adjusting the blinds as the blinds are part of the process for temperature control.

Exciting news for our pickleball enthusiasts! We have installed wall mats at both the Main and East campuses to enhance safety during intense games and those quick ball retrievals. As referenced above, the East Campus has new blinds on the pickleball courts to reduce glare from the sun and the parking lot, providing a better playing experience. Lastly, we have ordered windscreens for the west, north, and east sides of the outdoor pickleball courts. For safety and visibility from the building, windscreens will not be installed on the south fencing. We hope these improvements enhance your pickleball experience!

We are grateful to our community donors who support Active Generations, making many of the above building enhancement projects possible!

Thank you for being an essential part of our Active Generations community!

**Betsy Schuster**  
President and CEO



Where elegance and honor  
**come together.**



**Katherine Bieber | 605.339.3180**  
KatherineB@SunburstMemorials.com  
4901 W 12th St Sioux Falls, SD 57106  
[SunburstMemorials.com](http://SunburstMemorials.com)

We're proud to offer the best value, finest design, and highest quality craftsmanship to your friends and family. Whether you're **planning ahead**, or have recently lost a loved one, our caring and highly skilled team will be there. From the moment you connect with a Sunburst consultant, to installation day, you'll be **treated as family**. Schedule a free consultation today to get started.



THE WAVE

FOR A LIMITED TIME RECEIVE  
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**THE WAVE DESIGN**

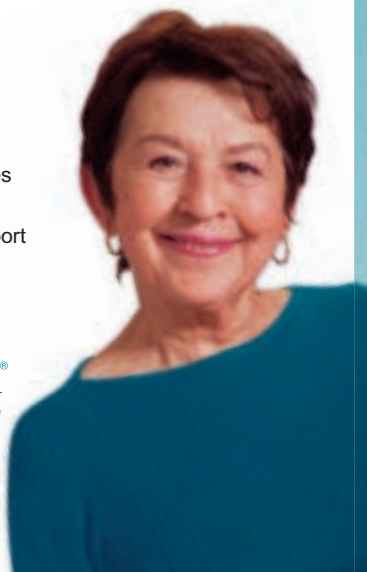
Some restrictions may apply.

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FOR A LOVED ONE?

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



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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	Aug 1-29 (no class 8/1, 8/6)
Cardio Drumming (Video Led)	9:30–10:00 a.m.	Wednesdays	Aug 7-28
Restorative Stretch (Video Led)***	8:30–9:15 a.m.	Mon/Wed/Fri	Aug 2-30
SILVERSNEAKERS Classic***	8:30–9:15 a.m.	Tues/Thurs	Aug 1-29 (no class 8/1, 8/6)
Yoga	12:00–12:45 p.m.	Thursdays	Aug 1-29 (no class 8/15)

### Main Location: Insurance Covered \*\*\*

Body Sculpting***	12:00–12:45 p.m.	Mon/Wed/Fri	Aug 2-30 (no class 8/2, 8/5)
Get Active (Power)***	7:00–7:45 a.m.	Mon/Wed/Fri	Aug 2-30
SILVERSNEAKERS Classic***	9:30–10:15 a.m.	Mon/Weds	Aug 2-30 (no class 8/2, 8/5)
Yoga	1:00–1:45 p.m.	Wednesdays	Aug 7-28 (no class 8/14)

**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

Aug 5–9:00 Lenkota Golf Club. Lennox, SD.  
 Aug 12–9:00 River Ridge Golf Course. Garrettson, SD.  
 Aug 19–9:00 Meadow Acres. Larchwood, IA.  
 Aug 26–9:00 Hiawatha Country Club. Canton, SD.

or

Aug 26–9:30 Adrian Country Club. Adrian, IA.

If you want to play 9 or 18 holes at Adrian, here is your chance, or if you don't want to drive to Adrian, we are also set up to play at Canton.



**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.**  
 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

**Titanic**



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

- FIRST CLASS
- ORCHESTRA
- CAPTAIN SMITH
- CARPATHIA
- MUSICIAN
- OLYMPIC
- STEWARD
- DISASTER
- TRAPPED
- LIFEBOAT
- ICEBERG
- CABIN
- DINING ROOM
- CREW
- RICH
- WHITE STAR
- BELFAST
- SUITE
- POOR



**Thursday August 8**

*Come join us at both locations  
(Main and East)*

*from 2:00-3:00 p.m.*

*For free pickles and bottled water!*



**Bingo Winners**

THE HAPPINESS OF  
**HULA DANCE**

DEMO BY EDIE  
WEDS, AUG 14 - MAIN  
2-3PM  
FREE FOR MEMBERS

10 MORE Reasons to....  
Work-out today!

- ...it prevents diabetes
- ...you want to be an inspiration
- ...you want to feel good in your clothes
- ...it reduces your risk of cancer
- ...your body was made to move
- ...you want to be an athlete
- ...you want to look better
- ...it lifts your mood
- ...you want to stand taller
- ...it reduces back pain

**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.



# Mark Your Calendars!

## Active Generations Hours

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

Day	Date	Main	East	Room	Hours	Title
Tuesday	8/6			Fairgrounds	2 - 4 pm	Line Dancers at the Sioux Empire Fair
Tuesday	8/6	M		132	2 - 4 pm	Acrylic Painting - Tuscan Landscape
Tuesday	8/6, 8/13, 8/20, 8/27	M		Parking Lot	10 - 12 pm	Eat Well Mobile Market - Main Parking Lot
Tuesday	8/6, 8/13, 8/20, 8/27	M		Serotoma A	6:30 - 9 pm	Tuesday Evening Dances - Various Bands
Wednesday	8/7			Outdoor Campus	1 pm meet	Kayaking Class at Outdoor Campus
Friday	8/9	M		Sertoma A	1 - 2:30 pm	Monthly Birthday Party - Kazukes
Monday	8/12	M		128	1 - 2 pm	AARP Brain Health Seminar
Monday	8/12		E	115	10 - 11 am	AARP Brain Health Seminar
Wednesday	8/14	M		205	2 - 3 pm	The Happiness of Hula Dance Demo
Thursday	8/15		E	Outdoors	5 - 7 pm	Bean Bags & Beer
Tuesday	8/20		E	110	2 - 4 pm	Acrylic Painting - Tuscan Landscape
Tuesday	8/20	M		Sertoma A	7 - 9 pm	Leslie Blasing Dance
Wednesday	8/21		E	Dining area	5 - 7 pm	Rockstar Bingo & Trivia Night
Wednesday	8/21	M		Sertoma B	12:30 - 2:30 pm	Fraud Watch
Thursday	8/22		E	115	1 - 3 pm	Fraud Watch
Friday	8/23	M			2 - 3 pm	Katy: Little Rose from Ukraine
Thursday	8/29		E	Outdoors	5:30 - 7:30 pm	East 1 year Anniversary Celebration
Monday	9/16	M		Outdoors	11 am	Wellness Walk with the Mayor
Thurs - Sat	10/24, 10/25, 10/26	M				Rake the Town - Workers on Wheels
Sunday	10/27	M		Outdoors	3 - 5 pm	Trunk or Treat

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 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

**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

### Coffee and Cookies

East: Thur., Aug. 15th @ 10am  
Main: Wed., Aug. 21st @ 2pm.

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

## 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	
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	Arlene Sorensen
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
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
Writing Group	Mondays	9:30-11:30 am	Room 203	Fred Garber & Doug Starr

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 Wednesday, Aug 28 at 9:30 am at Active Generations Main.

The book for discussion will be "Accidental Rancher". Eliza Blue is a former urbanite who fell in love with rancher in Northwestern South Dakota. The book is a collection of stories of life on a ranch.

The next book will be "The Remarkable Journey of Coyote Sunrise". The book is narrated by a twelve-year-old girl named Coyote. She and her father are constantly traveling in an old school bus. Traveling is their way of dealing with the tragic loss of their family a loss that is never discussed.

If you are interested in reading and discussing a variety of books and would like to join the group, please contact the Active Generations for the contact information of the leader. It is preferable

for you to attend a meeting prior to checking out a book.

Happy Reading!!

## UKULELE / KAZUKES CLUB

The Kazukes had "super fun" the last six weeks with the various audiences and the energy that was created. We've touched many people's hearts and will continue to do as well. Also, now skits have been added for a "change of pace". Tip of the day: Hum a tune for 30 seconds to help de-stress.

The beginner's class meets on the first and third Friday of each month at 1 pm in room 205 for easy lessons. The regular class meets on Wednesdays at 9:30 am in room 204 for practice and group input.

Ending with a sad note: our long-standing member, Rev. Rodney Gist, passed away a few weeks ago. Rod had many musical talents, including playing the harmonica.

He will be deeply missed by the group. Rod was 97 years old and lived a full life.

## THE CRIMSON CHAPEAUX

Doris, our August Hostess, has planned for us to have lunch at Perkins across from the Western Mall. We'll meet on Thursday, August 15th at 11 am.

Please let Doris (605-212-4951) know by Tuesday, August 13th if you plan to come.

Hope to see you there!  
Madame Hatter, Sharon

## INTERMEDIATE BRIDGE LESSONS

Starting August 20 for 12 class sessions and ending September 26. On Tues and Thurs from 9-11:30 at Main we will review the basic rules for "5 Card major" play with best minor, forcing & demands bids, competitive bidding, preemptive bidding, etc. We will also learn week 2's, Stayman transfer, Jacoby transfers,

and ways to play various hands. A workbook will be provided which has lesson material to be done prior to class each session. Duane Rhoadarmer is the instructor, and the cost is \$20. Signup at front desk.

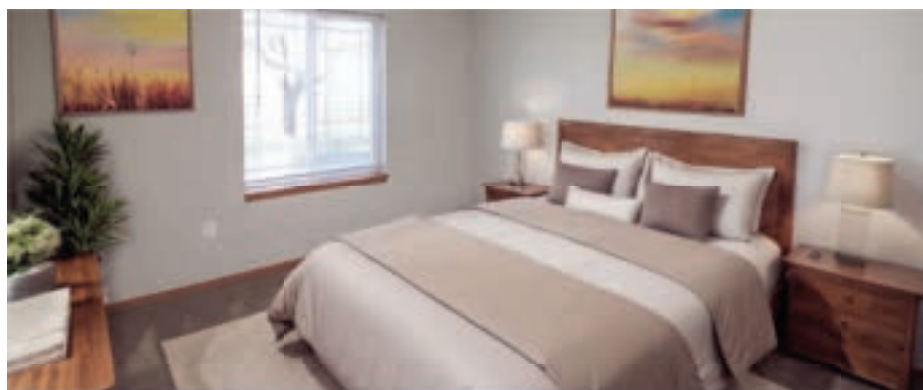
## HIKING CLUB

Aug 6, 8:30 am: Good Earth.  
Aug 20, 8:30 am: Big Sioux Rec Area, Brandon.  
Sept 3, 9:00 am: Blue Mound (Lower), Luverne.

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

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

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



PINEHURST APARTMENTS  
**STARTING AT \$820 PER MONTH**  
WITH GARAGE INCLUDED  
1 & 2 BEDROOMS AVAILABLE

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**Bender**  
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## Life-Long Learning

### VASCULAR CARE AND KNEE PAIN RELIEF

Leader: Patrick Kelly, MD  
(Dakota Vascular)

#### (AG MAIN)

Monday, August 12

10:30-noon

#### (AG EAST)

Monday, August 26

10:30-noon

Learn about Vascular Disease, Genicular Artery Embolization (GAE), Determine if GAE is right for your knee pain, Discuss screening, diagnosis and treatment options.

### AARP BRAIN HEALTH

Leaders: Bill & Cathy Zubke  
Monday, August 12

Main: 1-2 pm, Room 128

East: 10-11 am, Room 115

We will be sharing information based on research and information found in the AARP BRAIN HEALTH RESOURCE CENTER. This focuses on proactive

## MOTORCYCLE CLUB

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

steps you can take to make brain health a habit. AG Members only!

### AARP FRAUD WATCH NETWORK

#### (AG MAIN)

12:30-2:30 pm

Wednesday, August 21

Sertoma B

#### (AG EAST)

1-3 pm

Thursday, August 22

Room 115

A free resource on how to spot scams and give you resources: AG Members Only!

### FOR YOUR HEALTH

Friday, August 9

Main: 10-noon, Room 128

East: 1-3 pm, Room 113

RSV Vaccination clinic by Lewis Drug. See ad in this paper. Sign up: [lewisdrug.com/active-generations](http://lewisdrug.com/active-generations)

Note: Flu shots coming in October.



## WILL PLAYING SINGLES PICKLEBALL HELP YOUR DOUBLES GAME?

The sport of pickleball is most commonly played as a doubles game. However, pickleball can also be played as a singles game. The two games—doubles pickleball and singles pickleball—are very different, as, in singles pickleball, you are alone on your side of the pickleball court and have to rely on yourself to cover the entire court, make every

shot, and spot the right strategy.

One common question when it comes to singles pickleball is whether playing singles will help a player's doubles game. The short answer is a resounding yes. This pickleball article will break down the reasons why playing singles will help your doubles pickleball game.

**IMPROVE THE MAJOR**

Another great article.

<https://thepickler.com/pickleball-blog/pickleball-singles-help-doubles>

### COMPONENTS OF YOUR DOUBLES PICKLEBALL GAME

In singles pickleball, the basics of doubles pickleball apply, which include (1) a deep, strong serve, (2) a deep, strong return of serve, and (3) a quality third shot. In fact, the serve and the return of serve become even more important to success on the pickleball court. As a re-

sult, singles pickleball is an opportunity to work on, improve, perfect, and make even stronger or more aggressive each of the serve and return of serve. It also is an opportunity to improve and work on the third shot, which could be a passing shot, rolling shot, or drop shot. Further, since you are the only player on your side of the pickleball court, you have

more opportunities to work on these shots.

Does Playing Singles Pickleball Help Your Doubles Game? | Pickler Pickleball

### GET AGGRESSIVE ON YOUR SHOTS

With more of the pickleball court to cover, it is important to put pressure on your opponents and take advantage of the entire court space. Otherwise, your opponent will likely do the same to you. With that said, it is more important in singles pickleball (as opposed to doubles pickleball) to hit penetrating, aggressive shots. Singles pickleball gives the opportunity to practice being aggressive on the pickleball court.

### MASTER THE BASELINE GAME

At times, singles pickleball can be a baseline game, meaning that you hit multiple shots from the baseline. Singles pickleball forces you to get comfortable with playing from the baseline and being aggressive from the baseline.

It is important to note that, in singles pickleball, like doubles pickleball, it is generally important to move in and get to the Non-Volley Zone line. This is because, by coming into the Kitchen line, you are able to cut off your opponent's angles on the pickleball court. This is difficult to execute at times, as you can get stuck at the baseline hitting groundstroke after groundstroke and, generally speaking, you may get burned a time or two—meaning that your opponent may win a few rallies with a good passing shot. However, the overwhelming majority of points are won at the Kitchen line, so it is important to put yourself in a position to win by moving into the Kitchen line.

### PRACTICE YOUR FOOTWORK AND TRANSITION GAME

*Continued on pg 16*



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



**EAST**

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	

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**	

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.**

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





Dancing at Sing-Along



AG Jamboree - Mogen's Heroes



Mah Jongg



Shed Demo



Beach Party - Beach Volley

Member Appreciation Party - Main - Another Winner!



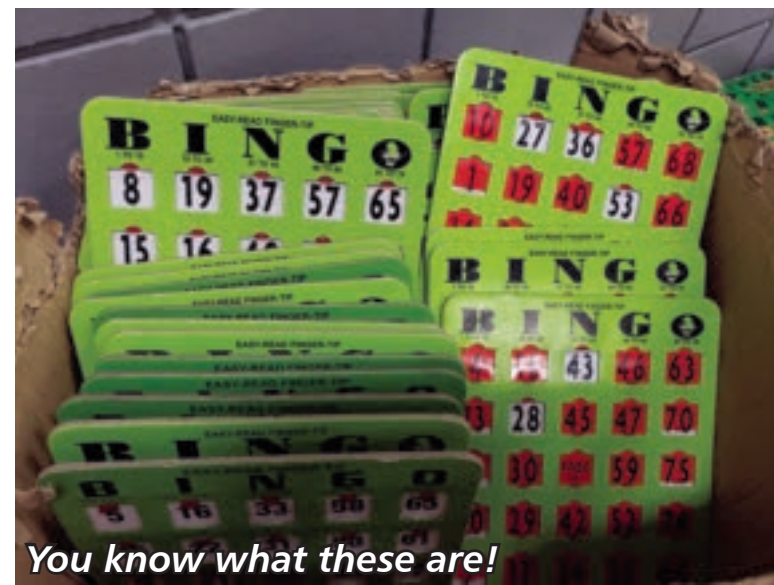
Kazuke's Performance



Crafters - Rumor has it they made 1000 squares!



Bingo July 5th



You know what these are!



Sing-a-long



Woodcarvers



Tuesday Night Band

Stateline Drifters Band



Blood Pressure Check



Line Dancing at AG Jamboree

Member Appreciation Winner - Main



Party Bridge



Duplicate Bridge



Member Appreciation Party - East

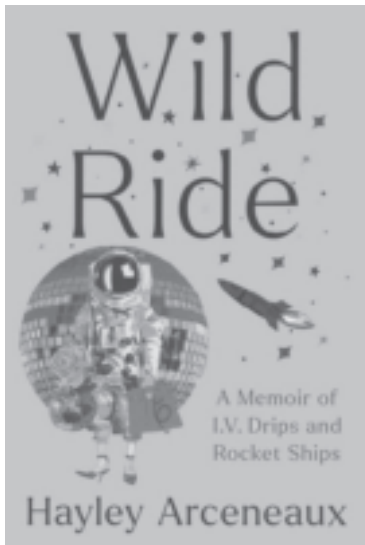


## Book Review

By Sharon DeVaney

### Wild Ride: A Memoir of IV Drips and Rocket Ships by Haley Arceneaux

This story started when Haley Arceneaux was 10 years old and diagnosed with bone cancer. In Part 1, Hayley tells that she spent a year at St Jude's Children's Research Hospital. Then she had three surgeries between ages 10 and 15. The doctors needed to replace the prosthesis for an artificial femur and knee between her mid-thigh and mid-calf. At age 10 she decides that she wants to have a career in medicine and work at St. Jude's. She becomes a physician assistant (PA).



In Part 2, Hayley is at work as a PA at St. Jude's and she gets a call asking whether she would like to go to space. A billionaire wants to raise money for St. Jude's with the first all-civilian orbital mission. The mission will be called Inspiration4. Hayley will be the 4th person and she will represent Hope. The other crew members will represent Leadership, Generosity, and Prosperity. Besides helping with scientific studies in space, her mission will be to have a live call with children and families at St. Jude's.

The other three crew members are: Jared Isaacman, Leadership; Chris Sembroski, Generosity; and Dr. Sian Proctor, Prosperity. The crew is diverse in their backgrounds and experience. Jared is the billionaire who is funding the mission. He is a pilot. Chris has been in the Air Force, is an engineer, a Space Camp counselor, and a parent. Sian, a female and an African American, is a geo-scientist who teaches at a middle school. She has been through NASA Astronaut Selection but was not able to go. The mission was supported through SpaceX. It launched on September 15, 2021 and took place in three days.

To her surprise, St. Jude's released Hayley from work for the year of training leading up to the space mission. Hayley tells about each training experience and how she reacted to it physically and emotionally. This part of the book would be fascinating reading for a young person who wants to have a career related to space. I was concerned that something would happen that would keep her from qualifying for the mission. However, she made it through each part of the training. I was surprised that she was able to include her mother, brother, and sister-in-law in several aspects of the preparation for the mission.



**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**  
"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.

**Acrylic Painting Class**  
"A Blue Wheelbarrow"

A blue wheelbarrow of pumpkins, sunflowers, and dried stalks of wheat--now it's really beginning to feel like fall!

All Supplies Provided

No Experience Necessary

AG Main: Sep 10, 2-4 pm  
AG East: Sep 24, 2-4 pm  
Members = \$15  
Non-Members = \$20

## 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

Come Dance with us!

**ACTIVE GENERATIONS MAIN**



AUGUST 6 : STATE LINE DRIFTERS  
 AUGUST 13 : MACALLEY  
 AUGUST 20: LESLIE BLASING (7 PM START)  
 AUGUST 27: NORGAARD COUNTRY

6:30 - 9:00 PM

\$6.00 MEMBERS  
 \$10.00 NON-MEMBERS

Made with PosterMyWall.com

## Join Our Team!

We've moved!



New locations: AG Main & East

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

This rewarding experience comes with training and support



www.shiine.net  
 1.800.536.8197  
 605.333.3314

senior health information & insurance education

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).

### Funeral Pre-planning

It pays to compare

Call Kristen Peterson, Funeral Director

**HERITAGE FUNERAL HOME**  
 "Our Heritage is Service."

4800 S. Minnesota Ave. • Sioux Falls, SD 57108  
 Phone: 605-334-9640  
 Fax: 605-334-4186  
 www.heritagesfsd.com • heritagefh@midco.net

Special Musical Guest

Coming to Active Generations: Main Location

ALL THE WAY FROM SOUTH PADRE ISLAND AND THE CARNIVAL CRUISE LINES

# LESLIE BLASING

Tuesday August 20th

7:00-9:00PM

AG MEMBERS: \$6.00  
 NON MEMBERS: \$10.00

FOOD AND BEVERAGES FOR PURCHASE!

BE READY FOR A FUN EVENING OF SINGING AND DANCING!



## 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!

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 Sioux Falls, SD 57108  
 605-231-8141  
 TrailRidgeHomeCare.com



TRAIL RIDGE HOME CARE

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





Purple Passion Tournament



**ROCKSTAR  
BINGO  
AND TRIVIA NIGHT**

with Loren Miller  
**Wednesday, Aug 21**  
5:00 - 7:00 pm  
Arrive on time please  
**EAST**

YOU WILL NEED TO  
BRING A CELLPHONE OR IPAD/TABLET  
ALL ARE WELCOME  
\$5 ENTRY FEE AT THE DOOR

BEER, POP,  
WATER & SNACKS WILL  
BE AVAILABLE FOR  
PURCHASE



## 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.



### 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 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



#### 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.

**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

**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.

**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

**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

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.

**Active Generations 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

# GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

## ACTIVITIES:

IN MEMORY OF ROBERT HILLE:  
Carole F Johnson

## DAY BREAK & CEILI COTTAGE:

Laura Cernick  
Lisa & Jason Groon  
IN MEMORY OF DELON LARSON:  
Greg Larson

## KAZUKES:

Bethany Lutheran Home

## NUTRITION & MEALS ON WHEELS:

Laura Cernick  
Citi (Public Affairs)  
Faith United Church  
Nicole Stegner

## WOW & RAKE THE TOWN:

Laura Cernick  
CNA Surety  
IN MEMORY OF BEVERLY BOSCH:  
M.A. Hohman  
Kristi & David Phillips  
Larry & Tania Kocmick

To donate:

<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...*

### Elizabeth Short

Grief is no stranger to Elizabeth Short as she has lost both her parents, two siblings and two husbands over the years.

"Grief really changed me," Elizabeth said. "I don't understand how anyone gets through this without faith and Christian counseling. Grief really makes one a different person after living through it so many times."

Elizabeth was born in Lakewood, California to Edward and Doris Halbersma. They moved to Verdi, Minnesota to a farm where she grew up with her brother, Ralph and sister, Deb.

"My dad was married to Rozella, and they moved to Sioux Falls when they retired," Elizabeth said. "Ralph took over the family farm until his death in 2010. Dad decided to rent out the farm after Ralph's death. Dad had two bouts of cancer and died of congestive heart failure. My parents are both gone, and my sister also died of cancer. I sold the farm and equipment. Life has not always been easy."

Elizabeth attended Verdi Schools for twelve years and graduated with nine classmates.

"I wanted to go to school in California, but Mom thought I should stay closer, so I attended Nettleton College in Sioux Falls. I studied to be an officer clerk," Elizabeth said. "I met my husband, Rodney Pearson, while going to college and working part time at McDonald's. He was a senior in high school and worked at McDonald's. We were married at nineteen and twenty years of age. We had three children, Chad, Nichole and Rachael and were married for ten years."

Elizabeth worked at Raven Industries in the sportswear department for thirteen and a half years where she was secretary for Rich Ramstad.

"I met my second husband, Greg Short. I quit my job at Raven Industries, and we moved to Casper, Wyoming," Short said. "I worked in the UPS office for eight years. We had four children, Megan, Holly, Seth, and Naomi and were married thirty-one

years. Greg was a self-employed long distance truck driver."

When her father got cancer, they moved to Brandon, South Dakota. Elizabeth worked at Sioux Falls Christian School in the cafeteria to help pay for the kids' tuition.

"While we lived in Brandon, our family did foster care for eleven children. They lived with us for various lengths of time. I had to attend thirty-two hours of training," Elizabeth said. "Sometimes we had one child and other times we would have two or three siblings staying with us. They could stay for as little as one day up to six months or more."

Elizabeth loves to read and has a goal to read fifty books this year. So far, she has read thirty books. Short also loves to journal as well as pursue her hobby of photography. She has eighty-nine albums to transfer to electronic albums. Walking five miles a day is another favorite thing for her to do. Staying active is important to her.

"My bucket list is to

by Veronica Stoneall, Active Generations member

see all fifty states. I have three states left. I also want to skydive with one of my grandsons but will have to wait until they are eighteen," Elizabeth said. "I am more adventurous now that I don't have kids anymore and like to try new things. I enjoy painting ceramics and following examples to finish the projects. It relieves my stress."

Short has also enjoyed traveling. She and her husband Greg visited Israel with their church group and were baptized in the Jordan River. We were able to enjoy four cruises together. Greg loved the cruises. Elizabeth was able to go on a mission trip to Ethiopia where she helped deliver wheelchairs through Hope Haven and travel to Amsterdam and Paris.

Elizabeth Short has been coming to Active Generations for a year now. She has enjoyed attending some of the activities offered at Active Generations and taken classes in pickleball, yoga and bean bags. Short enjoyed traveling on a bus trip to a Twins game and to Okoboji for a garden



tour. They were both a lot of fun. Active Generations is a great place for finding different activities to enjoy.

"I especially enjoy my seven children and ten grandchildren. They all live in different places. My grandchildren are Easton, Jordyn, Ashton, Karter, Breanna, Natalie, William, Noah, Lucas and Willow," Elizabeth said. "I love my family and enjoy being with them whenever possible."

"Remember to live your life to the fullest. Do good and volunteer at church or the community," Short said. "Never give up. Live each day with peace and joy."



**Pickleball continued  
from page 9**

Singles pickleball provides plenty of opportunities to work on your footwork and transition game, as you are responsible for covering the entire half of the pickleball court—sideline to sideline, baseline to the net.... Quick and efficient footwork is essential in order to cover as much of the pickleball court as

possible.

And, as noted above, singles pickleball requires you to work on transitioning to the Non-Volley Zone line (and, even further, you will have an additional element of pressure when transitioning because you have to cover the entire side of the pickleball court, rather than only one side).

**IMPROVE YOUR ENDURANCE ON THE PICK-**

**LEBALL COURT**

It probably goes without saying, but singles pickleball can really be taxing on your body and challenging for your endurance. Singles pickleball requires you to cover your entire side of the pickleball court. Plus, singles pickleball requires quick, one-yard sprints to each shot. As a result, by playing singles pickleball, you will quickly improve your stamina and endurance on the pickleball court for doubles.

**GET OUT OF YOUR COMFORT ZONE AND GET STRONGER MENTALLY**

If you are a doubles pickleball player (especially one that is not, or was not, a tennis player), then singles pickleball can be daunting. You are responsible for every shot, which includes a lot of big, aggressive groundstrokes. You have no partner to rely on. You also have to push yourself to understand, strategize, and execute on a very different game (as singles pickleball is very different than doubles pickleball).

With that said, what may be the most chal-

lenging in singles pickleball is relying on yourself from a mental perspective. If you lose a few consecutive points, it is easy to quickly spiral down and feel like you are on an island. In other words, it is easy to get down on yourself and let one mistake turn into ten mistakes, as you do not have a partner to help relieve pressure and keep you mentally engaged and positive.

So, by playing singles pickleball, you have an opportunity to push yourself out of your comfort zone, as well as develop your mental capacity on the pickleball court. These skills on learning how to carry yourself through hard times will make you a stronger doubles pickleball player, as well as a better partner on the court.

**PRACTICE STRATEGY AND IMPROVE SHOT SELECTION**

Although singles pickleball is very different than doubles pickleball, some on-court strategies are the same. For instance, quickly analyzing and identifying your opponents' weaknesses is imperative. Shot selec-

**Answers to puzzle on page 5**



tion within fractions of a second is also imperative. These are skills that are transferable from singles pickleball to doubles pickleball, and vice versa. By playing singles pickleball, you can practice these strategy skills and shot-selection skills on every shot.

In summary, singles pickleball certainly will help improve your doubles pickleball game. If you have never played singles pickleball, you can learn the straightforward singles pickleball rules here, as well as some key singles pickleball strategy tips here. Whether you are first-timer or a singles pro, get out there on the pickleball courts and play some singles pickleball... you may be surprised at how much it helps your doubles game.

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# August 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.**

Mark A.	Gail D.	Cheryl J.
Jennifer A.	Susan E.	MaryBeth K.
Michael A.	Janell E.	Janet K.
Shirley A.	Kathleen E.	Michael K.
Susan A.	Joseph E.	Jackie K.
Fran A.	Bonnie E.	Rick K.
Helen A.	Cheryl E.	Elaine K.
Ruth B.	Pam E.	Barbara K.
Jeanne B.	Jake F.	Judy K.
Miriam B.	LaDonna F.	Tim K.
Vince B.	Larry F.	MaryLou K.
Carolyn B.	Dave F.	Barb L.
David B.	Carol F.	Leanne L.
Karla B.	Jeanette G.	Dan L.
Deb B.	Jeanne G.	Cindy L.
MaryJo B.	Anna G.	Fred L.
Craig B.	Rachel G.	Cheri L.
James B.	Fred G.	Jean L.
Patricia B.	Jay G.	Peter L.
Kathleen B.	Marjorie G.	Marilyn L.
Jackie B.	David G.	Sally L.
Diann B.	Masako G.	Chad L.
Loren B.	Robert G.	Cherie L.
Barb B.	Shirley G.	Lolita M.
Barbara B.	Gary G.	Gene M.
Dennis B.	Ervin G.	VivianFaye M.
Brad B.	Jerry H.	Jean M.
Evelyn B.	Jack H.	Reeni M.
Bridget B.	Russell H.	Jolene M.
Dianne B.	Gail H.	Jacqueline M.
Jim B.	James H.	Clarice M.
Nancy B.	Bruce H.	Debra M.
Michael B.	Skye H.	Cynthia M.
Michael B.	Rosemary H.	Barbara M.
Dianne B.	Loretta H.	Carla M.
Timothy B.	Linda H.	Doris M.
Lyle B.	Cheryl H.	Marge M.
Kevin B.	Regina H.	Todd M.
Jeanette C.	Willis H.	Julie M.
Anita C.	Francis H.	Lori M.
MaryAnn C.	Susan H.	Lisa M.
Gretchen C.	Allan H.	Julie M.
David C.	Dody H.	Linda M.
Jacqueline C.	Dawn H.	Robert N.
Betty C.	Roselyn I.	Nancy N.
Sandy C.	Belinda J.	Margot N.
Karolyn C.	Charlyne J.	Nina N.
Sadie D.	Burdette J.	Marla N.
Gertrude D.	Beverly J.	Teri N.
Karen D.	Jerry J.	Ruth N.
Mike D.	Roxi J.	Doug N.
Mohamed D.	Betty J.	David N.

Veronica O.  
Celene O.  
Veda P.  
Morris P.  
Sharon P.  
Michael P.  
Dennis P.  
MaryLou P.  
Donna P.  
Jeff P.  
William P.  
Bill R.  
Kenneth R.  
Narcy R.  
Deb R.  
Kay R.  
Nancy R.  
Glenda R.  
Janice R.  
Karen R.  
Jimmie R.  
Mario S.  
Bob S.  
Stuart S.  
MaryAnn S.  
Steven S.  
Marie S.  
Mary S.  
Anna S.  
Bonnie S.  
Francis S.  
Carol S.  
Miles S.  
Shari S.  
Kathie S.  
Stacy S.  
Jan S.  
Kathy S.

Carmen S.  
Charles S.  
Gillas S.  
Linnea S.  
Julie S.  
Anne S.  
Gary S.  
Mary S.  
Cathy T.  
Mark T.  
Fern T.  
Bill T.  
Blair T.  
Greg T.  
Terry T.  
Joyce V.  
Rollie V.  
Ronald V.  
LoisL W.  
Robert W.  
Cindy W.  
Janice W.  
Cathy W.  
Aleta W.  
Sheri W.  
Sharon W.  
Enid W.  
Donna W.  
Raymond W.  
Cindy W.  
Karen W.  
Susan Z.

## KOLBE CLOCK REPAIR


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**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**  
in 3 sessions  
with Vickie  
Sept 5, 12, & 19 at Main  
1 - 2:30pm  
\$60 per member



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



# RSV VACCINE CLINIC

NO WAIT! **QUICK. EASY.**

## ACTIVE GENERATIONS

**FRIDAY, AUG. 9**  
**10AM - 12PM**

- Original Campus on 46th ST

**2:30PM - 4:30PM**

- Active Generations East Campus

To ensure eligibility status and insurance coverage, please scan the QR code with your camera & sign up prior to vaccination. Or enter the URL address below:



[lewisdrug.com/active-generations](http://lewisdrug.com/active-generations)

CDC recommends that older adults who were not immunized against respiratory syncytial virus (RSV) last year (2023), should do so late this summer or early this fall, ahead of the upcoming RSV season. The RSV vaccine currently is not administered on an annual basis; therefore, anyone who was immunized in 2023 is still covered.

- ACIP recommends adults 75 years and older receive a single dose of RSV vaccine
- ACIP recommends adults 60-74 who are at increased risk of severe RSV disease receive a single dose of RSV vaccine (those at increased risk: chronic medical conditions such as, lung, heart, renal disease or live in a nursing home setting).

Contact Sara Hicks, PharmD with any questions  
**605.367.2839** or [shicks@lewisdrug.com](mailto:shicks@lewisdrug.com)



**Are you up to date on your vaccines?**

Ask your pharmacist for more info!

**PROTECT YOURSELF THIS SEASON!**

**GET YOUR RSV SHOT**






## July Birthday Bash!

Sponsored By: 

*Dave Aesoph: Birthday Entertainment. (left)*



*Birthday party winners (from left to right): Joyce Everhart, Barb Lundquist, Kay Brink, Delores Johnson.*



**Coffee and Cookies**  
East: Thur., Aug. 15th @ 10am  
Main: Wed., Aug. 21st @ 2pm.  
Members are invited to meet Betsy (CEO) and talk all things AG!!

Sioux Falls Good Samaritan Communities Invites You to The

## Good Sam Birthday Bash

**2nd Friday of Each Month**  
**BIRTHDAY PARTY**  
**FRIDAY, AUGUST 9 • 1 – 2:30 P.M.**

ENTERTAINMENT BY:  
**THE ACTIVE GENERATIONS KAZUKES**



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

### 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.



Workers on Wheels  
**RAKE THE TOWN**  
2024

**VOLUNTEERS NEEDED!**

On October 24th (Thurs), 25th (Fri) and 26th (Sat) volunteer teams will be out raking lawns for qualifying seniors and disabled homeowners in the Sioux Empire.

To register a team to rake, please call (605) 333-3317 or email [wowactivegen.org](mailto:wowactivegen.org)



SCAN ME

LIKE OUR FACEBOOK PAGE  
[facebook.com/ActiveGenerationsSD](https://facebook.com/ActiveGenerationsSD)




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





**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



**KAYAKING CLASS  
OUTDOOR CAMPUS  
Wednesday, August 7**



**1:00 p.m.**

**Come join the fun and learn  
how to kayak!**

**We will meet at the Outdoor  
Campus at 12:45!**

**Cost: \$5.00 Member**

**\$10.00 Non-Member**

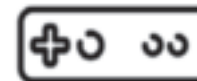
**Call 336-6722 to register**

**Wii Bowling**

The fall 8 week league begins  
Weds 9/4 Main • 12:45 - 2:30 pm  
Thurs 9/5 East • 1:15 - 3:30 pm

Welcome new players!  
Fall League is full  
but will take names.

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



*For your Good Health*

**MASSAGE THERAPY**

Main Location

Next available dates are:

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.

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.

**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

**BEAN BAGS & BEER  
OUTSIDE!  
AGEAST  
THURSDAY AUG 15  
5 - 7 PM**

MEMBERS FREE  
NON-MEMBERS \$5

BEER \$5  
SODA \$2  
WATER \$1

\*Will move inside if weather dictates

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Offering:

Quality, life-enriching,  
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- Optional noon meals
- Beauty shop • Chapel services
- Social events • And more!

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**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*

# AUGUST menu

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>PLEASE NOTE:</b> Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies.</p>						1	2		
5	6	7	8	9					
CHICKEN & WILD RICE CASSEROLE MIXED VEGETABLES FRUIT	MEATLOAF BAKED SWEET POTATO WINTER MIX VEGETABLES FRUIT	HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT	HAMBURGER RICE CASSEROLE CARROTS FRUIT	PULLED PORK ON A BUN STEAK FRIES GREEN BEANS FRUIT					
12	13	14	15	16					
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY PEAS & CARROTS FRUIT	CHICKEN A LA KING OVER BISCUIT WINTER MIX VEGETABLES FRUIT	MEATBALLS IN GRAVY AMERICAN FRIES CORN JELL-O WITH FRUIT	BAKED CHICKEN THIGHS BAKED POTATO WITH SOUR CREAM CARROTS FRUIT	BBQ RIBS AU GRATIN POTATOES CORN FRUIT					
19	20	21	22	23					
CRISPY CHICKEN SANDWICH PARMESAN FRIES ASIAN VEGETABLES FRUIT	HAMBURGER STROGANOFF OVER NOODLES CALIFORNIA STYLE VEGGIES FRUIT	CHICKEN CHOW MEIN RICE PEAS FRUIT	SLOPPY JOE ON A BUN TRI-TATERS GREEN BEANS FRUIT	PORK CHOP WITH HERBS & ONIONS AMERICAN FRIES CARROTS FRUIT					
26	27	28	29	30					
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					
						<p>All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.</p>			

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Patrick Kelly, MD



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Gregory Nissen, MD



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605.306.6100 [www.dakotavascular.com](http://www.dakotavascular.com)



### OUTREACH LOCATIONS:

#### South Dakota

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

#### Minnesota

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

#### Iowa

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

SCHEDULE NOW

