



Lifetimes

VOL. 46, ISSUE 9 • SEPTEMBER 2024

In this Issue

- Arts and Crafts 19
- Birthdays 16-17
- Calendar of Events 4
- Club Notes &
Special Interest..... 4, 5, 7
- Daybreak/Caregivers 12
- Development.....13
- Donations & Gifts..... 3, 13
- Fitness and Exercise..... 3
- Member Story 6
- Menu 20
- Mission Statement..... 1
- Nutrition.....14
- Shiine.....8
- Workers on Wheels..... 15

**Active Generations
Main and East
CLOSED
Saturday, Aug 31
and
Monday, Sept 2
in observation of Labor Day.
Normal hours will
resume Tuesday.**

**HOURS OF
BUSINESS
MAIN**
Mon.-Thur. 6:30am-8:00pm
Fri. - 6:30am-4:30pm
Sat. - 8:00am-3:00pm

EAST
Mon.-Fri. - 6:30am-8:00pm
Sat. - 8:00am-3:00pm

Office Hours
Mon.-Fri. - 8:00am-4:30pm

Workers on Wheels

RAKE THE TOWN

2024

HOMEOWNER INFORMATION

On October 24th (Thurs), 25th (Fri) and 26th (Sat) volunteers will be out raking lawns for homeowners in need of assistance. Home - owners 60+ or disabled individuals are eligible.

Registration begins September 16th at 8 am. Registration ends at 3 pm on October 11th. **Even if you were on the list last year, you NEED to register again this year.**

Please call Workers on Wheels at (605) 333-3317 or register at ActiveGenerations.org to get your name on the list.



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

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

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



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

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



President's Update

Hello, all!

Welcome to Fall! The summer flew by, and we are excited about all that is upcoming at Active Generations!

Here are the Top #5 events that I would like to highlight upcoming in September! There are many others, but here are a few to highlight!

#1. Drama Club Returns!

We are thrilled to announce that the Drama Club will be back on stage on November 14, 2024, for the Fall Follies. The showtimes are at 2 PM and 7 PM. More details will follow soon.

If you are interested in participating in Drama Club, please reach out to Jenny to connect with club. Prior acting is not required as there are many ways to be involved!

2. Art Mural Contest!

We are excited to launch a community-wide art mural contest for the wall on the south side of the Main Campus lobby and the pickleball court wall facing the cafeteria at the East Campus. We wanted to find a creative way to involve our members and the art community to enhance our buildings.

On August 1st, we announced a community-wide call for art designs! Artists will have until early September to submit their designs. There are requirements that each submitted design must meet. The initial designs will be reviewed by the Board of Directors, who will narrow them. The top designs will be displayed for a member vote in late September for a final selection.

3. Mayor's Walk and Mingle - Monday, September 16th at

11am!

An important topic for us to always prioritize is the importance of physical and emotional health. Three years ago, Mayor TenHaken started The 437 Project, a run across South Dakota raising funds and awareness for mental health and suicide awareness benefiting the Helpline Center. From September 19 - 22, I'll be one of 12 runners participating in the relay-style run across the state for 437 miles!

On the Monday before the run, Mayor Paul will be at the Main Campus to do a short walk with members, bringing awareness about the benefits of staying active, and then will mingle with members.

4. New Member Services Director – Chenise Weber!

There is more information about her in the paper. Her main office will be at the East location; however, she and Jenny will figure out a cadence between the two buildings as we continue to build out what membership and activities mean as we move into year two of operating within two locations.

5. Lifetimes Newspaper Layout Changes!

We want to provide a heads-up that the Lifetime Newspaper may look slightly different than in previous months. We have continued to evaluate how we are communicating with all of you. One of our goals is to provide more content about the activities and programs happening at Active Generations. Moving forward, you will see more information on all the programs that are available to you and our community!

**Betsy Schuster
President and CEO**



September 18th
1:00 - 2:00 pm

**Alzheimer's
WARNING
SIGNS**

Introductory course on 10 common dementia warning signs, how to approach someone about concerns, the importance of early detection, benefits of a diagnosis and possible tests, and Alzheimer's Association resources

Spread awareness

ACTIVE GENERATIONS MAIL

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.

DO YOU NEED HELP
CARING
FOR A LOVED ONE?

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



Right at Home
In Home Care & Assistance

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



605.275.0070 | www.RAHSESD.com

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**

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-4:30pm (Main)
Sat., 6:30am-8pm (East)

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 **

Absolute Balance Class	9:30–10:15 a.m.	Tues/Thurs	Sept 3-Oct 10
Cardio Drumming (Video Led)	9:30–10:00 a.m.	Wednesdays	Sept 4-25
Pump it Up Men's Strength	1:30–2:15 p.m.	Tuesdays	Sept 3-24
Reach Your PEAK Circuit	1:00–1:45 p.m.	Tues/Thurs	Sept 3-26
Restorative Stretch (Video Led)**	8:30–9:15 a.m.	Mon/Wed/Fri	Sept 4-30
SILVERSNEAKERS Classic**	8:30–9:15 a.m.	Tues/Thurs	Sept 3-26
Yoga	12:00–12:45 p.m.	Thursdays	Sept 5-26 (no class 9/12)

Main Location: Insurance Covered **

Body BEASTS**	12:00–12:45 p.m.	Mon/Wed/Fri	Sept 4-30
CORE and MORE	10:30–11:15 a.m.	Mon/Wed	Sept 4-30
FIT Friday's	1:00–1:45 p.m.	Fridays	Sept 6-27
Get Active...Healthy Hustle**	7:00–7:45 a.m.	Mon/Wed/Fri	Sept 4-30
SAIL	2:00–3:00 p.m.	Mon/Wed	Sept 9-Oct 30
SILVERSNEAKERS Classic**	9:30–10:15 a.m.	Mon/Wed	Sept 4-30
Yoga	1:00–1:45 p.m.	Wednesdays	Sept 4-25 (no class 9/11)

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

SAIL class is \$60. Members Only! Limit: 30

Chenise Weber Joins Active Generations as the Member Services Director!



Chenise Weber joins Active Generations as the Member Services Director, bringing her experience in database management, volunteer coordination, and community engagement. With a proven track record of fostering relationships and optimizing program effectiveness, she is excited to join the AG team, working with Jenny and all the members to enhance our membership and activities! In addition, Chenise is a former Silver Sneaker fitness instructor, so she is excited to jump back into teaching classes! Her primary office will be at

the eastside location; however, she will be in and out of both locations.

Outside of work, Chenise remains busy with her family, including her husband, Tim, her 8-year-old daughter Sophia, and her 2-year-old son Leo. Chenise's first day will be August 26th!

Golf Club Schedule 2024

Tues. Sept 3–9:00 Elmwood East, Sioux Falls.
 Mon. Sept 9–9:00 Central Valley, Hartford.
 Mon. Sept 16–9:00 Spring Creek, Harrisburg.
 Mon. Sept 23–9:00 Northern Links, Renner.
 Mon. Sept 30–9:00 Par-Mar, Parker.

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.

AG EAST

CARDS & SPECIAL INTEREST CLUBS

CLUB OR ACTIVITY	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	Saturdays	12:30 - 3:00 pm	Dining Area	Gloria Doohen
Bean Bags	Wednesdays	9:00 - 11:00 am	Room 115	Gloria Doohen
Bridge (Party)	Mondays	Noon - 3:00 pm	Room 115	Roger Megard
Crafters Club	Mondays	9:00 am - 5:00 pm	Room 110	Sharon Fitzsimmons
Cribbage	Wednesdays	1:00 - 3:00 pm	Dining Room	Bill & Gayle Pigman
Dominoes	Thursdays	9:00 - 11:00 am	Dining Area	June Tietz
Hand & Foot	Thursdays	12:30 - 3:30 pm	Dining Area	Judy Hansen & June Tietz
Hearts	Mondays	9:00 - 11:00 am	Dining Area	Roger Megard
Knitting Club	Fridays	1:00 - 3:00 pm	Room 110	Margaret Straley
Line Dancing	Thursdays	2:30 - 4:00 pm	Room 116 & 117	Lynn Hartman
Mah Jongg	Wednesdays	1:00 - 4:00 pm	Room 115 & 116	Jane Novotny
Mah Jongg	Thursdays	4:00 - 6:00 pm	Room 115	Kathie Smith & Jan Nason
Pinochle	Tuesdays	12:30 - 3:00 pm	Room 115	Kathi Eisenbeis
Wii Bowling (Fall League 9/5 - 10/24)	Thursdays	1:15 - 3:30 pm	Room 115	Kathie Smith
Woodcarving Club	Tuesdays & Thursdays	9:00 - 11:30 am	Room 110	Nancy Cummings

MARK YOUR CALENDAR!

CLUB OR ACTIVITY	DAY	DATE	TIME	LOCATION
Mah Jongg 1st Birthday Celebration	Wednesday	9/4	1-4 pm	Room 115
BCBH Diabetes Self-Management Workshop	Thursdays	9/5, 9/12, 9/19 and 9/26	10 am-12:30 pm	Room 115
In Home Safety While Caregiving w/ ILC	Monday	9/9	1-3 pm	Room 116
Coffee & Cookies w/ CEO Betsy	Thursday	9/12	10-11 am	Room 116
Senior Medicare Patrol-Preventing Medicare Fraud	Tuesday	9/17	10-11 am	Room 115
Movie Mania - Unfrosted	Tuesday	9/17	5 pm	
SHIINE-Understanding Medicare	Friday	9/20	3-4 pm	Room 110
Savvy Caregiver Classes	Mondays	9/23 - 10/28		Caregivers East Campus
Acrylic Painting-Blue Wheelbarrow	Tuesday	9/24	2-4 pm	Room 110
Bean Bags & Beer	Thursday	9/26	5-7 pm	Outside
State Plan on Aging Listening Session	Monday		9:30 am - 12 pm	Rooms 116 & 117

PLEASE JOIN US FOR

LINE DANCING AT AG EAST

THURSDAYS
2:30 - 4 PM

ALL SKILL LEVELS WELCOME!

ACTIVE GENERATIONS MAIN TUESDAY NIGHT DANCES

September 3 - State Line Drifters
September 10 - MacAlley
September 17 - Janene & the Machine
September 24 - Norgaard Country

6:30 - 9:00 PM

\$6.00 MEMBERS
\$10.00 NON-MEMBERS

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., Sept. 12th @ 10am
Main: Wed., Sept. 11th @ 2pm

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

AG MAIN

MARK YOUR CALENDAR!

DAY	DATE	HOURS	LOCATION(S)	ACTIVITY
Tuesdays	9/3, 9/10, 9/17 & 9/24	10:00 am - Noon	Parking Lot	Eat Well Mobile Market
Tuesdays	9/3, 9/10, 9/17 & 9/24	6:30 - 9:00 pm	Sertoma A	Tuesday Evening Dances (Various Bands)
Thursdays	9/5, 9/12, 9/19	1:00 - 2:30 pm	Room 132	Learn to Make Junk Journals
Tuesday	9/10	10:00 - 11:00 am	Room 133	Preventing Medicare Fraud Seminar
Tuesdays	9/10 - 10/15	2:00 - 4:00 pm	Room 133	The Caregiver Helpbook Class
Tuesday	9/10	2:00 - 4:00 pm	Room 132	Acrylic Painting: Blue Wheelbarrow
Wednesday	9/11	2:00 - 3:00 pm		Coffee and Cookies w/ CEO Betsy
Wednesday	9/11	5:00 - 6:30 pm	Sertoma A	AG Jamboree (Men in Black with Katie Wrede)
Thursday	9/12	10:30 am - 12:30 pm	Lounge	Picture Day (MMB. Free; Non-MMBS. \$5.00)
Friday	9/13	10:00 am - 2:00 pm	Lounge	Craft & Quilt Sale
Friday	9/13	1:00 - 2:30 pm	Sertoma A	Monthly Birthday Party (Solid Country)
Monday	9/16	11:00 am	Outside	Walking with the Mayor
Monday	9/16	11:30 am	Sertoma A	Mingle with the Mayor
Wednesday	9/18	1:00 - 2:00 pm	Room 133	10 Warning Signs of Alzheimer's
Friday	9/20	10:00 am - 11:00 am	Room 133	Ted Talks (Various Topics)
Saturday	9/21	8:00 am - 2:00 pm	Lounge	Lionel Train Display
Thursday	9/26	3:00 - 5:00 pm	Room 133	Movie Mania ("The Last Laugh")
Monday	9/30	11:00 am - 2:00 pm	Room 202	Clothesrack Boutique
Tuesday	10/1	10:00 am - 2:30 pm	Room 202	Clothesrack Boutique
Wednesday	10/2	10:00 am - Noon	Room 202	Clothesrack Boutique
Thursday	10/24			Rake the Town
Friday	10/25			Rake the Town
Saturday	10/26			Rake the Town
Sunday	10/27	3:00 - 5:00 pm	Outside	Trunk or Treat



Come and join us for a
LIONEL TRAIN DISPLAY

Saturday, September 21

8:00 am - 2:00 pm



Active Generations Main
(Lounge)

Active Generations Club Notes

BOOK CLUB

The Active Generations Book Club will be meeting Monday, September 23rd at 9:30 am.

The book for discussion will be "The Remarkable Journey of Coyote Sunrise," a coming-of-age story of a young girl and her travels while dealing with grief.

The book for October will be "The Westing Game" which is an award-

winning mystery. The 16 heirs of Sam Westing are divided into teams of 2 and are tasked with solving the puzzle in order to inherit his fortune.

New members are always welcome to join. If you are interested, please call Active Generations for the contact information for the leader. It's preferred that you attend a meeting prior to checking out a book. We are looking forward to another great discussion.

Happy Reading!!

UKULELE / KAZUKES CLUB

The Kazukes again had a busy month entertaining a "variety of people" with a "variety of songs". Often times at "gigs" the unexpected happens, but the group is prepared for such situations and can handle it. We are flexible

and can rise to the occasion if it happens.

Note to men and women of all ages: Pursue a different hobby for the fall and stop in at the beginners' group that meets on the first and third Friday of each month at 1 pm in Room 205. Listen, join in or ask questions.

The regular group meets every Wednesday at 9:30 am in Room 204 to practice old songs and add "newbies". We love to see new faces in either class!

THE CRIMSON CHAPEAUX

We will meet on Thursday, September 19th at 11 AM at the Cracker Barrel.

Please call or email Sharon or Nila to let us know if you are coming.

Hope to see you there!
Madame Hatter, Sharon

If you have an idea for a new club, email Jenny Centra: jcentra@activegen.org

Outside Groups Meeting at Active Generations

Group	Date/Time	Room	Contact
Sodak Referral Network	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

SEPTEMBER IS
Healthy Aging
 MONTH

**Enjoy Healthy Aging activities
 at Active Generations**

Healthy Nutrition — Enjoy AG's healthy meals in the cafeteria or the Coffee Shop for a quick lunch or snack.

Healthy Heart and Body—Participate in: AG's Fitness and Wellness Classes, Fitness Room, Golf Club, Pickleball, Table Tennis, Line Dancing, Bean Bags, Wii Bowling, Foot Clinic, Shuffleboard, Hiking Club, and more.

Healthy Mind—Fun things to do: Bingo, Card games, Arts and Crafts, LifeLong Learning sessions, Sing-A-Long, Book Club & Library, Coloring Club, Billiards, and more.

Healthy Fun—Tuesday Dances, Ukulele/Kazukes, special entertainments.

And a great group of people enjoying the things you do.

PUZZLE FUN!

Answers on page 19

Changing of the Seasons

Find all the words listed on the right.

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

APPLES
 AUTUMN
 BACKTOSCHOOL
 FARMERSMARKET
 FOOTBALL
 GRANDPARENTSDAY
 GRAPES
 HARVEST
 HOMECOMING
 INDIANSUMMER
 LABORDAY
 PEARS
 PUMPKINSPICE
 SIDEWALKARTSFESTIVAL
 STATEFAIR

MEMBER *Highlights Everyone has a story...*

Deanna R. Corcoran

by Veronica Stoneall, Active Generations member

Life is not always easy! We never know what it will bring us at any time or any place. Just recently, Deanna R. Corcoran lost her husband of fifty-four years to a year-long bout with Leukemia.

"The death of Bill has been very difficult for me. We were social with other couples. It is hard for me to be alone now," Deanna said. "Don't take things for granted. You never know when things will change. I had to learn how to do things for myself. Bill took care of everything. I had to learn how to do many things including putting gas in my car."

Life has changed so much for Corcoran. She has joined a grief group which helps. It has been hard for her to step out of her home.

"I don't want to leave my house. But I am trying to go out more. I miss Bill a lot. I need things to do and places to go," Deanna said. "Active Generations has been good for me.

I've been coming to ride bike and do the balance class. When I came, I was using a walker and a cane. Now I come every day for some exercise. It helps me get out of the house. I am doing so much better. Jenny is so good. Others in the class give me encouragement as I improve. I can walk without assistance at this time."

Deanna says she needs to find herself without Bill. They did everything together. She did not know she had choices.

"I can do whatever I want now. I just don't know exactly how to do that," Deanna said. "I am getting better and having a buddy come with me to Active Generations helps me a lot. I have to work at just coming."

Corcoran has a lot of compassion for three areas which include mental illness, the gay community and addictions. Deanna has experienced all of these things at one time or another in her family.

"I am always open to talk to people about these topics," Deanna said. "My granddaughter, Brittany, struggled with depression. Eight years ago, which feels like it just happened yesterday, we lost her through suicide at the age of 17."

Deanna grew up in Doland, South Dakota, with one brother and one sister. Her dad owned a hardware store in Doland and was a plumber for many years. When the kids were older, her mom worked at a town restaurant.

"After school we could come and enjoy a hamburger hot of the grill," Deanna remembers. "I graduated from high school and met my husband, Bill. He proposed and we married, and we moved to Huron, South Dakota, where we had two children, James and Joseph. When the boys were small, I had a daycare in my home, and they had great playmates."

Bill worked for the

South Dakota Department of Transportation. He made sure the snow was cleared on the roads.

"I was manager of a McDonald's for ten years when the boys were older," Deanna said. "I worked as a cook for M & M Day Care for thirteen years. I made breakfast, lunch and a snack for 150 kids every day. I was busy."

Church has been very important in Deanna's life. Bill and Deanna were very active in Marriage Encounter, where they were presenters and gave talks. They enjoyed meeting the other couples and sharing with them. Today, Deanna is involved with Holy Spirit Church in Sioux Falls.

"I am very blessed to have a wonderful granddaughter. I talk to her daily," Deanna said. "Brianna and I enjoy spending time together. She brings joy to my life every day."

Deanna has been active in The National Alliance for the Mentally Ill.



Corcoran held offices in the local and state organizations.

"Bill and I volunteered at the Bishop Dudley House," Deanna said. "I cooked for them for five years."

Coming to Active Generations the past few months has been a very positive thing for Deanna.

"I am experiencing new things. I like coming to sing-a-long on Tuesdays. It is very peaceful to me," Deanna said. "I am looking forward to trying new things as I find the new me. God Bless!"

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 Sjovold
	Tuesdays	6:30-9:30 pm	Room 203	Svein Sjovold
	Fridays	12:00-4:00 pm	Room 204	Svein Sjovold
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	
	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, Linda Beckman
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!



Medicare open enrollment for 2024 is October 15th-December 7th. This time allows anyone with Medicare to make changes to their prescription drug or health plans for coverage beginning January 1st, 2025.

To schedule an appointment with a SHIINE staff or volunteer at either location, or if you have any questions, please call (605) 333-3314 or (800) 536-8197.

Pickleball

MAIN

INSIDE (2 COURTS)
MONDAY
3:30 - 8:00 PM OPEN PLAY
TUESDAY
1:30 - 4:00 PM INTERMEDIATE & ADVANCED LEVELS
WEDNESDAY
1:30 - 4:30 PM BEGINNERS LEVEL
4:30 - 8:00 PM OPEN PLAY
THURSDAY
1:30 - 4:30 INTERMEDIATE & ADVANCED LEVEL
FRIDAY
NO PLAY - CLOSING AT 4:30 PM
SATURDAY
8:00 - 11:00 AM OPEN PLAY

EAST

INSIDE (2 COURTS)
MONDAY, WEDNESDAY, FRIDAY
7:00 - 9:00 AM RESERVE OPEN***
9:00 - 12 NOON BEGINNERS LEVEL
12 NOON - 1:00 PM RESERVE OPEN***
1:00 - 4:00 PM INTERMEDIATE LEVEL & FRIDAY NIGHTS 6:00 - 8:00 PM
4:00 - 6:00 PM RESERVE OPEN***
6:00 - 8:00 PM ADVANCED LEVEL MONDAYS & WEDNESDAYS
TUESDAYS & THURSDAY
7:00 - 10:00 AM RESERVE OPEN***
10:00 - 12 NOON INTERMEDIATE LEVEL
12 NOON - 2:00 PM RESERVE OPEN***
2:00 - 4:00 PM ADVANCED LEVEL
4:00 - 6:00 PM RESERVE OPEN***
6:00 - 8:00 PM BEGINNERS LEVEL
SATURDAY
8:00 AM - 3:00 PM RESERVE OPEN***

***Members may need to set up & take down nets.

Active Generations may close any court(s) without notice.

OUTSIDE (2 COURTS) WEATHER PERMITTING
ALL OPEN PLAY - ALL LEVELS
MONDAY - FRIDAY
7:00 AM - 8:00 PM
SATURDAY
8:00 AM - 3:00 PM

**Only Gold members are permissible to reserve 1 week in advance.

Reservation requests are limited to 2 non-consecutive hours a week.

Reservations will remain as phone-in or at the front desk.

Non-Gold members are required to purchase a Pickleball punch card for \$50.00 or \$100.00 (\$5.00 per punch/session).

Cards are punched at front desk before entering indoor or outdoor courts.

The Mini Movers

The Easiest Way to Avoid The Hardest Part of Moving.

A powerfully small and affordable moving company.

Senior Citizen Discount

361-9363

Helping Hand Assisted Living, Inc.

1000 Teakwood
Brandon, SD 57005

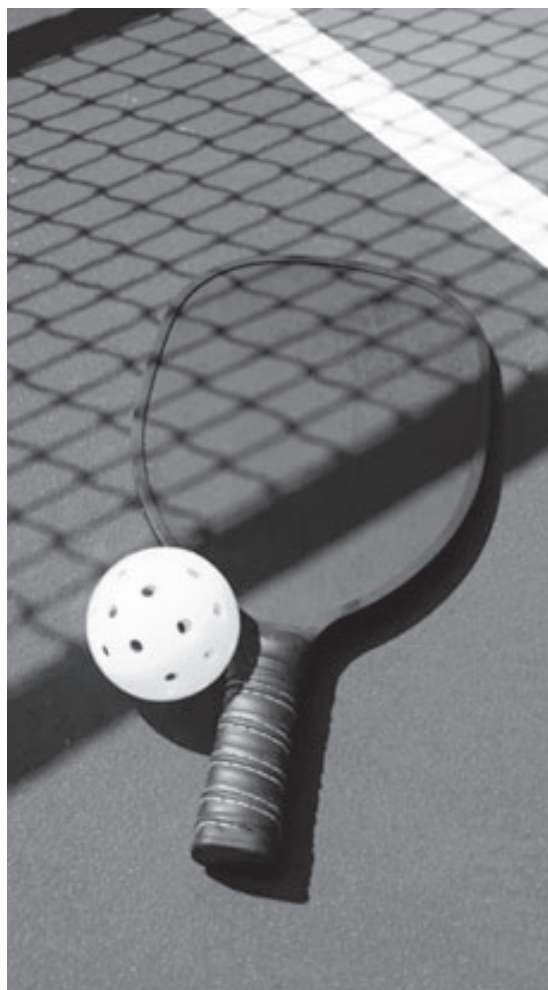
An Independent and Assisted Living Community

Accepting private pay and Medicaid/Title XIX

We invite you to call for information and a tour!

(605) 582-7939

An alternative to nursing home care . . .





You won't face cancer alone.

At Sanford Health, the best medical minds work together for you — using our combined experience to personalize your care based on your genetics and cancer type. Our specialized cancer team in Sioux Falls is here to guide you through every stage.

Visit sanfordhealth.org to learn about our cancer services.

SANFORD[®]
CANCER CENTER

 Commission
on Cancer[®]
ACCREDITED
PROGRAM

A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS



Day Break



Adult Day Services

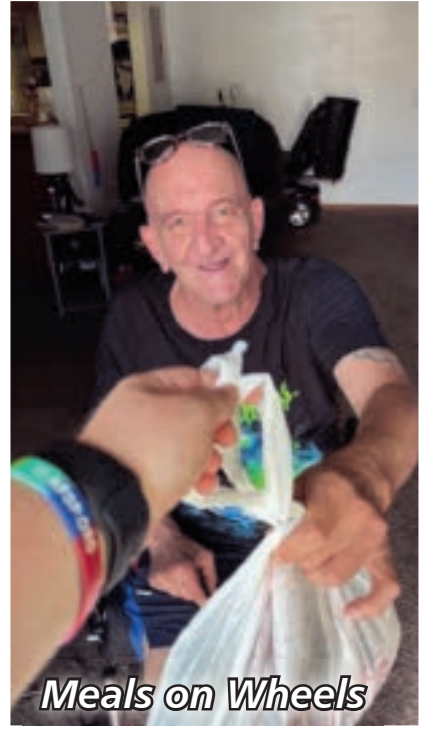
Fun at Active Generations!



Kayaking - Outdoor Campus



New Gathering Area in Main



Meals on Wheels

SUNBURST MEMORIALS
SIOUX FALLS MONUMENT

YOUR STORY
set in stone

Where elegance and honor come together.



Katherine Bieber | 605.339.3180
KatherineB@SunburstMemorials.com
4901 W 12th St Sioux Falls, SD 57106
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.



FOR A LIMITED TIME RECEIVE
15% off
THE WAVE DESIGN

Some restrictions may apply.



Grand Falls



Craft Sale - East



Fitness Area at East



Mah Jongg Tournament - East



The Bob & Lori Sutton Friendship Area



Discover the Quality Care at Trail Ridge Assisted Living

- Balanced nutrition – menus change daily
- Comfortable and safe setting
- Social & physical activities
- Easy access to entire campus – family members are also welcome to enjoy all of our amenities



Call about our **\$1000*** Moving Special!

Enjoy a stress-free move to **Trail Ridge Assisted Living** with our partners at Empower Moving.



605-339-4847 • TrailRidge.net

3408 W. Ralph Rogers Road • Sioux Falls, SD 57108

*Call Trail Ridge today and learn more about our special moving credit.

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



Line Dancers at the Fair



Pie and Ice Cream Social



Virtual Fitness



Balance Class - AG



Bingo Winners

Caregivers

Powerful Tools FOR Caregivers

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources. The caregiver class consists of six sessions held once a week. Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life.

Participants will receive a book, *The Caregiver Helpbook*. **The class and the book are free to participants.**

Classes will be held in-person (AG Main-Sioux Falls) or via Zoom Tuesdays, September 10-October 15th from 2-4pm (CDT).

For more information or to register, contact **Carmen Spurling, (605)333-3319 or cspurling@activegen.org**. Class size is limited, and pre-registration is required.

**Active
Generations**
OPPORTUNITIES FOR A LIFETIME

CAREGIVERS
by Active Generations
Support, Strength & Solutions
by Iowa State University of Science and Technology.

SAVVY Caregiver

Caring for a person with dementia is a role like no other, and that role requires training. The **FREE Savvy Caregiver** classes provide training for unpaid family caregivers.

The small group discussion classes address the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities. The six sessions will help develop good care management tools through group discussions, skill building, problem solving, assertiveness training, and brainstorming.

Participants will learn to:

- Understand dementia & its effect on behavior.
- Develop strategies to build contented involvement in the care recipient, creating a calmer environment for all.
- Develop effective strategies for caregiving and decision making.
- Adopt a more strategic outlook on caregiving and work.

FREE classes held Mondays, Sept 23 – Oct 28 from 1:30-3:30pm (CT) at Active Generations East or via Zoom. Call or email Becca at (605) 275-7682. bpound@activegen.org to register (limited to 15 participants).

**Active
Generations**
OPPORTUNITIES FOR A LIFETIME

CAREGIVERS
by Active Generations
Support, Strength & Solutions

Day Break/Ceili Cottage National Adult Day Services Week is September 15-21, 2024

This special week has been celebrated annually since it was initially proclaimed on September 27, 1983 and reaffirmed by former President Ronald Reagan on September 8, 1988. The week beginning the third Sunday of September is designated as National Adult Day Services Week.

By the 40th President of the United States of America, Ronald Reagan

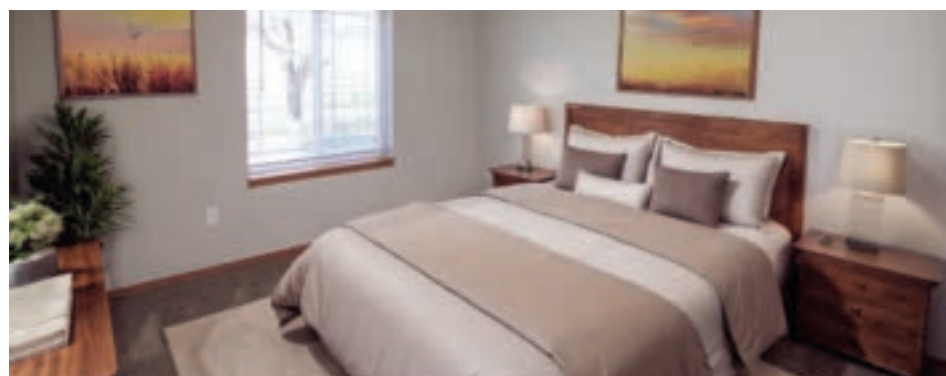
Copyright © The American Presidency Project

A Proclamation

Adult day care centers provide supervised community settings in which partially disabled men and women of all ages can obtain care that may not be available in their own homes. These centers provide opportunities for adults who are socially isolated to find friends and learn skills. Day care centers enable individuals to obtain the care they need without being forced to live in institutions, and they offer needed respite to families whose infirmed relatives live with them.

In recognition that adult day care centers and their dedicated professional staffs serve many health maintenance functions, provide vital medical care, including medication monitoring, therapies, and health education, and provide invaluable opportunities for social interaction to disabled elderly Americans, the Congress of the United States, by House Joint Resolution 132, has designated the week beginning September 25, 1983, as “National Adult Day Care Center Week” and has authorized and requested the President to issue a proclamation in observance of that week.

In recent years, Adult Day Centers provide services for all those over the age of 18 that are unable to stay home alone. Staff that work in Adult Day Centers across the country are well trained, have a heart for what they do, and make the participant’s days very meaningful.



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

(605) 681-8360 | BENDERMIDWESTPROPERTIES.COM

Bender
MIDWEST PROPERTIES



GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

ACTIVITIES:

Mary Ulmer
St. Croix Hospital
IN MEMORY OF

ROBERTA STILLSON:
Sioux Falls Area CASA
Program

COFFEE SHOP:

Rosemary & John
Hefner

**DAY BREAK &
CEILI COTTAGE:**

Lisa & Jason Groom

DEVELOPMENT:

Anonymous
Mary Wolfgram

**NUTRITION &
MEALS ON WHEELS:**

Melania Barnes
Midco Foundation
IN MEMORY OF SALLY
KOKON:
Tom Kokon

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 to make your gift today! Thank you!



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



*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.

Is Active Generations in your will or estate plans?

For guidance with this process, please contact: Wendy McDonnel
Director of Development • 605-275-7680

TED Talks

ACTIVE GENERATIONS MAIN
FRIDAY, SEPTEMBER 20th
10:00 AM

Parkinson's, depression and the switch that might turn them off (15:21 min.)
Deep brain stimulation is becoming very precise. This technique allows surgeons to place electrodes in almost any area of the brain, and turn them up or down – like a radio dial or thermostat – to correct dysfunction. Andres Lozano offers a dramatic look at emerging techniques, in which a woman with Parkinson's instantly stops shaking and brain areas eroded by Alzheimer's are brought back to life.

How my dad's dementia changed my idea of death (and life) 6:51
With warmth and grace, Beth Malone tells the deeply personal story of her dad's struggle with frontotemporal lobe dementia, and how it changed how she thinks about death (and life). A moving talk about a daughter's love – and of letting go and finding peace.

Why we need more dogs in hospitals 17:15
In this moving talk – guest-starring her canine colleague Bailey—Yuko Morita describes how she became one of Japan's first facility dog trainers. Alongside videos of Bailey providing emotional support to the patients at a Yokohama children's clinic, Morita makes the case for bringing dogs (and their healthcare professional handlers) into hospitals everywhere.

Made with PosterMyWall.com

MOVIE MANIA!

**FRIDAY,
SEPTEMBER 27th**
5:00 pm

MOVIE MANIA (EAST)

"UNFROSTED"
In 1963 Michigan, business rivals Kellogg's and Post compete to create a cake that could change breakfast forever.

MEMBERS: FREE
NON-MEMBERS: \$5.00

**THURSDAY,
SEPTEMBER 26th**
3:00 pm

MOVIE MANIA (MAIN)

"THE LAST LAUGH"
When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community to hit the road for a cross-country comedy tour.

MEMBERS: FREE
NON-MEMBERS: \$5.00

Nutrition Notes



July 29th, 2024

Dear Active Generations Nutrition Diners,
Thank you for participating in the Active Generations Nutrition Meal Program!

On March 26th, 2024, Congress signed a funding package that reduced the Older Americans Act (OAA) Nutrition program funds by 8% (\$8 million). This reduction comes at a time when senior nutrition programs need increased support, making it especially challenging. While we continue to seek donors and sponsorships to offset this reduction and rising food costs, we also recognize the need to evaluate all aspects of the program to ensure its sustainability.

Starting September 1, 2024, we will separate the congregate meal card program into two distinct programs: Active Generations and surrounding communities, and the Hy-Vee "Your Choice" program.

Hy-Vee "Your Choice" Participants:

- As of September 1st, Active Generations meal tickets will no longer be accepted at Hy-Vee.
- To dine at Hy-Vee, you will need to use the red Hy-Vee meal ticket.
- These tickets can be purchased immediately but cannot be used at Hy-Vee until September 1st.
- The cost for a Hy-Vee meal will be \$6 per meal.
- Meal tickets are available for purchase in increments of 10 (costing \$60) or 20 (costing \$120).
- New Hy-Vee meal tickets can be purchased at either Active Generations location.
- The DHS card system will be introduced at Hy-Vee locations later, so please hold onto your card if you have already received it in the mail.



Active Generations & surrounding outreach sites:

- The green/blue (new) or white (old) Active Generations meal tickets can still be used at Active Generations and surrounding outreach sites.
- Due to increased food supply costs, the recommended donation for a congregate and home-delivered meal will slightly increase from \$5.00 to \$5.25 per meal.
- The average cost to supply each meal is \$10.00.
- Every donation we receive helps offset the overall cost, so we greatly appreciate any contributions beyond the minimum suggested donation.
- Individuals under the age of 60 must pay the full amount of \$10 per meal.
- Please remember to bring your DHS card when dining at AG East or Main.



As an organization, we continue to seek out donors to also offset the costs. We look forward to continuing serving you through the Nutrition Program at Active Generations.

Any questions, please call the Active Generations Nutrition Program at (605) 333-3305.

July 28th, 2024

RE: Change in recommended donation

Dear Nutrition Participant,

Thank you for being a part of the Active Generations Nutrition Meal Program. At Active Generations and Meals on Wheels – Sioux Empire, our mission is to continue providing healthy, nutritious meals to help keep our seniors in their homes.

On March 26th, 2024, Congress signed a funding package that reduced the Older Americans Act (OAA) Nutrition program funds by 8% (\$8 million). This reduction comes at a time when senior nutrition programs need increased support, making it especially challenging. While we continue to seek donors and sponsorships to offset this reduction and rising food costs, we also recognize the need to evaluate all aspects of the program to ensure its sustainability.

This reduction, along with rising food costs, has resulted in the need to slightly increase the recommended donation for a congregate and home-delivered meal from \$5.00 to \$5.25 per meal, effective **September 1st, 2024**.

The cost to supply each meal is \$10.00, so every donation we receive helps offset the overall cost. We deeply appreciate those who can contribute more than the minimum. We understand that finances are tight for many, and we hope this small increase will not be too burdensome.

Thank you for your continued support and contributions. We look forward to continuing to serve you through Active Generations Meals on Wheels – Sioux Empire.

Sincerely,

Rebecca Behnke, Nutrition Director
Active Generations
(605) 333-3304

If your individual monthly income is:	Suggested meal contribution is:
Up to \$1,200	\$5.25
\$1,201 - \$1,400	\$5.50
\$1,401 to \$1,600	\$6.00
\$1,601 and above	\$10.00
The projects average full meal cost is \$10.00	



Interested in a new volunteer opportunity? Tax-Aide needs your help!

Many low- to moderate-income people in Sioux Falls need help preparing their taxes. We invite you to join this volunteer-run tax preparation program which assists taxpayers at Active Generations.

- Good with numbers? Be a Tax Counselor
- Love working with people? Be a Client Facilitator
- Are you well-organized? Be a Coordinator
- Speak a second language? Bilingual speakers needed in all roles

Computer skills are needed for counselors. Training is provided for all positions, and takes place in November-January.

For more information contact: Sue Roust at sueroust@gmail.com or 605-251-8632



GRACE COMMUNION INTERNATIONAL

Sioux Falls Fellowship
Worship Service- Sundays at 11 a.m.
Active Generations East-5500 E. Active Generations

For more information contact Pastor JoAnn 605-366-8820.
or visit our website gcchurches.org/siouxfalls

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

The Gold'n Silver Drama Club is BACK!!!

LET'S DO IT AGAIN!

THURSDAY, NOVEMBER 14th
2:00 PM
&
7:00 PM



ACTIVE GENERATIONS MAIN
2300 W 46TH STREET


\$10.00 per ticket

Sunnycrest Village, where seniors celebrate life!

Offering:

Quality, life-enriching, faith-based apartments.


- 1 or 2 bedroom apartments
- Daily I'm Ok checks • Optional noon meals
- Beauty shop • Chapel services
- Social events • And more!



SUNNYCREST RETIREMENT VILLAGE

3900 S. Terry Ave.
Sioux Falls, SD 57106

www.sunnycrestvillage.com
605-361-1422


Workers on Wheels
RAKE THE TOWN
2024

VOLUNTEERS NEEDED!
On October 24th (Thurs), 25th (Fri) and 26th (Sat) volunteers 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 wow@activegen.org.



ACTIVE GENERATIONS MAIN

FUN WALK

MAYOR WALK & MINGLE



MONDAY, SEPTEMBER 16TH

11:00 AM WALK WITH THE MAYOR
11:30 AM MINGLE WITH THE MAYOR

COME AND MEET MAYOR PAUL TEN HAKEN,
GO FOR A WALK, THEN MINGLE DURING OUR LUNCH HOUR



KOLBE CLOCK REPAIR
Buys Antiques, Books, Watches, Photos, Etc.
1301 S. Duluth • 332-9662

August *Birthday* Bash!



Birthday Party Winners



August Bday Part Entertainment - AG Kazukes

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

BEAN BAGS

&

BEER



THURSDAY, SEPTEMBER 26

5:00 - 7:00 pm

ACTIVE GENERATIONS EAST

Book Review

By Sharon DeVaney

Being Henry: The Fonz.....and Beyond
by Henry Winkler

Henry Winkler tells the story of his life and his acting career. Henry was born in 1945 in New York to Jewish parents who had left Germany in 1939 to avoid the Holocaust. His father had a lumber business in Germany and managed to reestablish it in the US. He expected Henry to take over the business but Henry had no interest in lumber. He wanted to act. However, Henry had dyslexia. He couldn't learn to read so he struggled in school. His parents called him a "dumb dog" so he had no self-confidence. Also, his parents lived beyond their means and Henry carried that anxiety with him all of his life. It was not a good start.

In the first chapter, he describes the interview for Happy Days which took place in Los Angeles in October 1973. The show was about a group of wholesome high school kids in Milwaukee in the 1950s. He was 27, a short Jew from New York City with hair down to his shoulders; he didn't fit the picture of a kid from Milwaukee. In the interview, Henry needed to read six lines to audition for the Fonz. Somehow the voice that came out of his mouth was Fonz's voice. Henry got the part and Happy Days ran for 10 years.

Next we learn more about Henry. He had a BA in drama with a minor in psychology from Emerson College in Boston. It was one of the two schools of the 28 that he applied to that accepted him. He had some minor acting parts. Then he went to California to launch his career. That resulted in the interview for Happy Days.

Henry explains each of the 10 seasons of Happy Days. Henry's success as the Fonz led to the focus of the series changing from Ron Howard (Richie Cunningham) to the Fonz. Unfortunately, he has become typecast as the Fonz and this dogs him throughout his career. Eventually he gets some TV work, some voice recording, and some stage acting. Finally he earns a few awards and he is encouraged to work with a writer to develop children's books. He draws upon his struggle with dyslexia and develops a character named Hank Zipzer. The children's book series are a success.

Some of the positives in the book are his observations about the difference between acting for TV and acting on the stage. Also, he really emphasizes the importance of supporting everyone in the cast.



September 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.

Bill A.	Sharon D.	Velma H.	Mary M.	Joyce S.
Bonnie A.	Sharon D.	Carole J.	Michael M.	Linda S.
Carol A.	Anita E.	Gordon J.	Nita M.	Lois S.
Christine A.	Barb E.	Sharon J.	Wayne M.	Marlys S.
Darwin A.	Charlene E.	Wayne J.	Charlotte N.	Mary S.
Jerry A.	Jim E.	Craig J.	Donna N.	Michele S.
Jill A.	Julie E.	Diane J.	Malorie N.	Norman S.
Joni A.	Marsha E.	Lynda J.	Neda N.	Sara S.
Linda A.	Michele E.	Anita K.	Norma N.	Theron S.
Marv A.	Nancy E.	Brent K.	Marilyn O.	Todd S.
Rita A.	Peri E.	Charlene K.	Marjean O.	Tom S.
Teresa A.	Roald E.	Cherie K.	Mark O.	Veronica S.
Teresa A.	Robert E.	Chris K.	Shelli O.	Vickie S.
Byron B.	Rose E.	Cindy K.	Susan O.	Virginia S.
Carolyn B.	Veronica E.	Deanne K.	Gary P.	Zane S.
Dennis B.	Barbara F.	Earleen K.	Gerald P.	Bill S.
Dorothy B.	Eileen F.	Eugenia K.	William P.	Charles T.
Eileen B.	Garry F.	Jeanette K.	Gary P.	Grace T.
Elaine B.	Judy F.	Joan K.	Loraine P.	Jan T.
Gerald B.	Kristy F.	John K.	Andrea R.	Jean T.
Janet B.	Leon F.	Karen K.	Anlee R.	Jessie T.
Janice B.	Leslie F.	Kevin K.	Cinda R.	Joe T.
Jeanne B.	Maria F.	Leo K.	Elaine R.	Margaret T.
JT B.	Paulette F.	Sharon K.	Fran R.	Rhonda T.
Kathy B.	Sandra F.	Barb L.	Georgine R.	Victor T.
Lloyd B.	Sandy F.	Carolyn L.	James R.	Alfred U.
Mary B.	Bonnie G.	Cathi L.	Joan R.	Beth U.
Michael B.	Charles G.	Dale L.	Linda R.	Karen V.
Norene B.	Charles G.	Edie L.	Marcene R.	Paula V.
Paul B.	Gerald G.	Gerald L.	Sharon R.	Billy W.
Robert B.	Janet G.	Jack L.	Tad R.	Cindy W.
Rod B.	John G.	Jon L.	Alice S.	Connie W.
Bernita C.	LaVoy G.	Kayla L.	Arthur S.	Diane W.
Christi C.	Lynne G.	Linda L.	Bennett S.	Doriann W.
Duane C.	Michelle G.	Lois L.	Carol S.	Lynn W.
Eldon C.	Otto G.	Lorrae L.	Curt S.	Margie W.
Janel C.	Robert G.	Lorrae L.	Dale S.	Stacy W.
Janice C.	Barbara H.	Lynn L.	Darrell S.	Victoria W.
Jerelynn C.	Barbara H.	Shirley L.	Edwin S.	John Z.
Judy C.	Dan H.	Thomas L.	Jean S.	Terry Z.
MaryAnn C.	David H.	Audrey M.	Jill S.	
Robert C.	Donna H.	Beverly M.	Josephine S.	
Roberta C.	Doris H.	Brian M.		
Rosemary C.	Garna H.	Connie M.		
Ruby C.	Gene H.	Conrad M.		
Sandra C.	Gordon H.	Dawn M.		
Troy C.	James H.	Donna M.		
Victor C.	Jan H.	Essam M.		
Betty D.	Joann H.	Janet M.		
Bev D.	Linda H.	Jeannie M.		
Bob D.	Lynnette H.	Jerald M.		
CariLinn D.	Morrie H.	Jim M.		
Leeanne D.	Pat H.	Karen M.		
Nancy D.	Roger H.	Kate M.		
Patti D.	Ruth H.	Linda M.		
Peggy D.	Terri H.	Loretta M.		
Sara D.	Tom H.	Lori M.		

Sioux Falls Good Samaritan Communities
Invites You to The

Good Sam Birthday Bash
2nd Friday of Each Month
BIRTHDAY PARTY
FRIDAY, SEPTEMBER 13 • 1 – 2:30 P.M.
ENTERTAINMENT BY:
SOLID COUNTRY



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

For your Good Health

MASSAGE THERAPY

Main Location

Next available dates are:

Tuesday, Sept. 10

Tuesday, Oct. 1

Wednesday, Oct. 23

Room 128

15 min \$22

30 min \$44

Call Active Generations to set up an appointment (1:30–8 p.m.) with massage therapist CarolAnn Schroeder; \$22 for 15 minutes, \$44 for 30 minutes.

SANFORD HEALTH COOPERATIVE

MAIN LOCATION

Tuesdays - Room 128

8:30 a.m. – 12 noon

EAST LOCATION:

Thursdays - Room 113

9 a.m. – 12 noon

The Health Co-Op team of nurses, pharmacist, dietitian, social worker or therapists is now available at both A.G. locations.

Who comes to the Co-Op?

Anyone is welcome who has a health complaint, a nagging problem, or just has a desire to get better acquainted with their own health and learn how to do better self-management. We have an expert team to help with new or existing health problems; to do regular blood pressure checks; to answer questions about

medications or their side effects; to evaluate mobility problems such as weakness, poor balance or risk for falls.

Is the Health Co-Op for you? It is really for everyone, especially those receiving Medicare or Medicaid or who have little or no health insurance. Stop in and chat with our committed and friendly staff! We'd love to offer health care surveillance, if desired, or wellness and prevention screening and education.

To contact Sanford Health Cooperative to schedule an appointment, contact them at 605-333-3217.

SANFORD FOOT CLINIC

Next available dates are:

Thursday, November 21

Friday, November 22

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.

Answers to puzzle on page 6

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

GET THOSE PICTURE DAY SMILES READY! COME AND HAVE YOUR PICTURE TAKEN

**ACTIVE GENERATIONS MAIN MEMBERS: FREE
NON-MEMBERS: \$5.00**

**THURSDAY SEPTEMBER 12TH,
10:30 AM – 12:30 PM**

★★★
PATRIOT DAY

SEPTEMBER 11, 2001
WE WILL NOT FORGET

Don't leave your family wondering...

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

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

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



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, whim-

sical, 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
"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

Workers on Wheels
RAKE THE TOWN
2024

HOMEOWNER INFORMATION

On October 24th (Thurs), 25th (Fri) and 26th (Sat) volunteers will be out raking lawns for homeowners in need of assistance. Homeowners 60+ or disabled individuals are eligible.

Registration begins September 16th at 8 a.m. Registration ends at 3pm on October 11th. Even if you were on the list last year, you NEED to register again this year.

Please call Workers on Wheels at (605) 333-3317 Active Generations or register at Activegenerations.org to get your name on the list.

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 woweactivegen.org

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

At Interim, we were already preparing for it.

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

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

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

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



Happy Labor Day!

Please call me if you or someone you know is thinking about buying or selling a home!


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

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*

SEPTEMBER *menu*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 CHICKEN & DRESSING CASSEROLE WITH GRAVY SLICED CARROTS FRUIT	4 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	5 MEATBALLS & GRAVY GARLIC MASHED POTATOES GREEN BEANS FRUIT	6 PORK CHOP AU GRATIN POTATOES CORN FRUIT
9 TATER TOT CASSEROLE BROCCOLI FRUIT	10 SWISS STEAK BAKED POTATO SCANDINAVIAN VEGETABLES FRUIT	11 CHICKEN SANDWICH CHEESY POTATOES PEAS FRUIT	12 HAM & SCALLOPED POTATOES CASSEROLE CORN FRUIT	13 HAMBURGER STEAK BAKED SWEET POTATO STEWED TOMATOES FRUIT 
16 PORK FRITTER MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT	17 CHICKEN THIGHS HERBED POTATOES GREEN BEANS FRUIT	18 SLOPPY JOE OVEN ROASTED POTATOES BROCCOLI FRUIT	19 SCRAMBLED EGGS SAUSAGE PATTIES TOMATO JUICE BLUEBERRY MUFFIN HOT APPLES	20 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
23 HAMBURGER ON A BUN HASH BROWNS BAKED BEANS FRUIT	24 CHICKEN STRIPS BAKED POTATO STEWED TOMATOES FRUIT	25 BEEF STROGANOFF OVER MASHED POTATOES CARROTS FRUIT	26 BBQ PORK SANDWICH TATER TOTS GREEN BEANS FRUIT	27 TUNA NOODLE CASSEROLE PEAS DINNER ROLL FRUIT
30 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY BROCCOLI NORMANDY FRUIT	<p>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.</p>			<p>All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.</p>

Feeling the burden of tired, achy legs?

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



Patrick Kelly, MD



Angelo Santos, MD



Gregory Nissen, MD



Complete Vascular Care

 3801 S Elmwood Ave, Sioux Falls, SD 57105

 605.306.6100  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