

LifeTIMES

Official Newspaper of Active Generations

Active Generations

Vol. 48, ISSUE 7 - JULY 2026

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Active Generations Introduces New Specialty Programming

ActiveHealth Pathways are here to support specific medical conditions and recovery

July 3: Main Campus is Closed and East Campus is open 6:30pm-3pm
 July 4: Both Campus **CLOSED!**

HOURS OF BUSINESS BOTH CAMPUSES
MAIN
 Monday, Wednesday, Friday: 6:30 am - 6:30 pm
 Tuesday: 6:30 am - 9:30 pm
 Thursday: 6:30 am - 8:00 pm
 Saturday: 8:00 am - 3:00 pm
 Sunday: Closed
EAST
 Mon.-Fri.: 6:30 am - 8:00pm
 Saturday: 8:00 am - 3:00 pm
 Sunday: 10 am - 3 pm
Office Hours
 Monday - Friday
 8:00 am - 4:30 pm

2300 W. 46th St., Sioux Falls, SD 57105
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Active Generations
 Opportunities for a Lifetime

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

INSPIRING ACTIVE LIFESTYLES AND WELL-BEING FOR ADULTS THROUGH ENGAGING PROGRAMS AND ESSENTIAL SERVICES

Our Mission



President's Update



This past month, we learned that if we need rain, we should schedule cement work! For those at Main Campus, you have likely noticed our driveway approaches have not yet been completed because each scheduled time coincided with rain. The new completion date is in July, which also aligns with the city's planned road construction on 46th Street. We ask for your patience during these projects. At least one entrance to Main Campus will remain open at all times, and we will do our best to minimize disruptions.

Member Software and New Activegenerations.org

In June, we began transitioning to a new membership software system. For those interested in using a mobile app to view events, manage registrations and access membership information, the app is now available for download through your device's app store.

We continue to make adjustments based on member feedback. If you have questions or need assistance, please stop by either front desk and our team will be happy to help you get started. If mobile apps are not your thing, don't worry! You can still register for events, renew memberships and receive assistance in person.

Our refreshed website also launched this past month. Many members said the previous website was difficult to navigate. Active Generations has a lot happening, making for a large website, but I'm proud of the work our team put into improving its organization and usability. We will continue to evolve

the site based on feedback. If you haven't visited it yet, I encourage you to take a look. You can even find some video testimonials from members there for your enjoyment!

LifeTIMES Evolves

You may have noticed that LifeTIMES has been evolving over the past few months. Through member surveys and feedback, many of you expressed a desire for more content about what is happening at Active Generations beyond flyers and advertisements.

We are working to provide more stories, updates, and information while streamlining how activities and events are presented. At the same time, we must balance rising printing and mailing costs while working to avoid passing those costs on to members.

As a result, we are refining the publication each month to focus on the information members value most. The most requested items—activity calendars, dining calendars and program high-

lights—remain a top priority.

IGNITE Campaign Update and Spark Challenge

As I write this, we are 32 percent of the way toward our \$1 million Spark Challenge goal from our membership for the IGNITE Campaign. Thank you to all the members who have contributed so far!

The IGNITE Campaign is an investment in preparing our campuses for current needs while also positioning Active Generations for future growth. The first phase of the campaign focuses on the Eastside Expansion.

If you are interested in learning more about the campaign, please reach out through our website or stop by the front desk. We would love the opportunity to visit with you and share more about the vision.

Celebrating a Remarkable Milestone

Finally, Active Generations is an amazing community not only because of our members—you—but also

because of our incredible staff.

In June, our dear and treasured Jenny Centra celebrated 35 years of service to Active Generations! Her energy, compassion, and genuine care for others are a big part of what makes this organization so special.

She doesn't know she's being recognized in this update, so I'm sure she'll make me do a plank or wall sit the next time she sees me as payback! Have a wonderful July and enjoy celebrating 250 years of our great country!

Betsy



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Active Generations Program Directory

Phone Number: (605-336-6722)

- Option 1:** Membership and Activities
- Option 2:** Meals on Wheels, Catering, Dining, and WOW
- Option 3:** Adult Day Services and Caregiver Support
- Option 4:** Information and questions on Medicare through SHIINE
- Option 5:** Other questions including donor gifts

General Office Hours: 8:00 a.m. – 4:30 p.m. Central Time

Senior Citizens Services, Inc.
dba

Active Generations Board of Directors

Betsy Schuster – President and CEO Mark Millage – Secretary
Aimee Middleton – Chairperson Jim Jarding – Treasurer

Luke Tibbetts	Mike Halverson	Maureen Ohm
Dr. David Basel, MD	Mike Hauck	Tracy Saathoff
Kjerstin Blotske	Paul Livermore	Lisa Schultz
Dawn Duerksen	Wade Merry	Stacy Wrightsman
Lisa Groon	Mary Michaels	
	Josh Muckenhirn	

Mission Statement:

Inspiring active lifestyles and well-being for adults through engaging programs and essential services.

FITNESS CLASSES

July-September 2026 Schedule

\$25/month for unlimited classes OR
\$5/session to pay-as-you-go.
*SilverSneakers Classes No Charge
with Insurance Fitness Incentive.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength Circuit 6:40-7:10 a.m. (East)				SilverSneakers Circuit* 7-7:45 a.m. (Main)
SilverSneakers Circuit* 7-7:45 a.m. (Main)	SilverSneakers Classic* 8:30-9:15 a.m. (Main)	SilverSneakers Circuit* 7-7:45 a.m. (Main)	SilverSneakers Classic* 8:30-9:15 a.m. (Main)	SilverSneakers Circuit* 7-7:45 a.m. (Main)
SilverSneakers Classic* 8:30-9:15 a.m. (Main)	SilverSneakers Classic* 9-9:45 a.m. (East)	SilverSneakers Classic* 8:30-9:15 a.m. (Main)	SilverSneakers Classic* 9-9:45 a.m. (East)	SilverSneakers Yoga* 9-9:45 a.m. (East)
SilverSneakers Yoga* 9-9:45 a.m. (East)	Pilates Sculpt 10-10:45 a.m. (East)	SilverSneakers Yoga* 9-9:45 a.m. (East)	Pilates Sculpt 10-10:45 a.m. (East)	Strength for Parkinson's 10-10:45 a.m. (Main)
SilverSneakers Classic* 9:30-10:15 a.m. (Main)	SilverSneakers Classic* 10:30-11:15 a.m. (Main)	SilverSneakers Classic* 9:30-10:15 a.m. (Main)	SilverSneakers Classic* 10:30-11:15 a.m. (Main)	Strength & Balance 10-10:45 a.m. (East)
Strength & Balance 10-10:45 a.m. (East)	Strength for Parkinson's 11-11:45 a.m. (East)	Strength & Balance 10-10:45 a.m. (East)	Strength for Parkinson's 11-11:45 a.m. (East)	Strength for Parkinson's 11-11:45 a.m. (East)
Strength & Balance 11-11:45 a.m. (East)	SilverSneakers BOOM MIND* 11:30 a.m. - 12:15 p.m. (Main)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)	SilverSneakers BOOM MIND* 11:30 a.m. - 12:15 p.m. (Main)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)
SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)	Strength & Balance 1-1:45 p.m. (Main)		Strength & Balance 1-1:45 p.m. (Main)	Chair Yoga 1-2 p.m. (Main)
Strength for Parkinson's 2-2:45 p.m. (Main)	Reach Your Peak Circuit 2-2:45 p.m. (Main)		Reach Your Peak Circuit 2-2:45 p.m. (Main)	
Strength Circuit 5:30-6:15 p.m. (East)	Main Campus: 2300 W 46th Street East Campus: 5500 E Active Generations Place 605-336-6722 Option 1 info@activegen.org activegenerations.org			

CLASS DESCRIPTIONS

Get Personalized Training

Active Generations is offering personalized programs designed to meet you exactly where you are.

Book up to **12 sessions** of individual training or join a small partner group of up to three people.

Contact Sara Plucker at splucker@activegen.org

Strength Circuit: A combination of functional movements, strength training, and cardio to build strength

and endurance.

Pilates Sculpt: Build lean muscle and improve overall tone using controlled, targeted movements.

Strength & Balance: Improve stability, muscle strength, and coordination through controlled, low impact movements.

Reach Your Peak Circuit: A circuitry-style workout designed to improve cardiovascular health and muscular endurance through timed intervals. SilverSneakers

SilverSneakers BOOM-MIND: A combination of

Pilates, yoga and athletic stretching to help improve flexibility and posture.

SilverSneakers Circuit: Improve strength and cardio with alternating low-impact moves and upper-body strength.

SilverSneakers Classic: Strengthen muscles and increase range of movement for daily life activities.

SilverSneakers Body-Boom: A total-body workout blending cardio, strength training, and stretching sequences.

SilverSneakers Yoga: An accessible and inclusive

class with light to moderate-intensity rhythmic and static movement sequences paired with breaths.

Chair Yoga: A modified form of yoga using a chair for support and adapting traditional poses to be done seated or standing.

Strength Training for Parkinson's: A class designed for individuals with Parkinson's diagnosis based off of MDT Education Solutions Strength Training course.

Open to all individuals, companions are welcome and encouraged.

AG MAIN - MARK YOUR CALENDAR!

ACTIVITY	DAY	DATE	HOURS	LOCATION
World Cup Fever: Score A Goal, Win A Prize	Mondays-Saturdays	7/1- 7/18	All Day	Lobby
Motorcycle Club (*Contact Milton Ellis At Milt761@Outlook.Com)	Wednesday	7/1/2026, 7/15	Varies	"Martinsburg, NE Mitchell, SD"
Golf Outings *Start Time 9:30 a.m.	Mondays	7/6*, 7/13, 7/20 & 7/27	9 a.m.	Various Golf Courses
Hiking Club	Tuesday	7/7/2026, 7/21	9:30 a.m.	"Palisades Clay County Park"
Sing-A-Long	Tuesdays	7/7, 7/14, 7/21 & 7/28	10:00-11:00 AM	Lobby
Tuesday Evening Dances (Various Bands)	Tuesdays	7/7, 7/14, 7/21 & 7/28	6:30-9:00 PM	Sertoma A
World Cup Party (Games, Trivia, Treats)	Wednesday	7/8	1:00-2:30 PM	Lobby
Monthly Birthday Party (Lisa Murphy, The Singing Cowgirl)	Friday	7/10	1:00-2:30 PM	Sertoma A
Acrylic Painting with Steve Bergeman	Wednesday	7/15	2:00-4:00 PM	
Bus Trip: Falls and Ice Cream	Friday	7/17	1:00-3:00 PM	
Coffee & Cookies With Betsy	Tuesday	7/21	9:30 AM	Sertoma B
Out To Lunch Bunch (Lunch At Azteca Mexican Restaurant, Followed By A Tour Of The Archives For The Center For Western Studies)	Thursday	7/23	11:30 AM	Meet At Azteca Mexican Restaurant
Kayaking (\$5 Members; \$10 Non-Members)	Wednesday	8/5	1:00-2:00 PM	Outdoor Campus
Craft Sale, Movie Mania and TED Talks	Back in September!			

AG EAST - MARK YOUR CALENDAR!

ACTIVITY	DAY	DATE	HOURS	LOCATION
World Cup Fever: Score A Goal, Win A Prize	Mondays-Saturdays	7/1- 7/18	All Day	Lobby
Independence Day 250th Year Picnic	Wednesday	7/1	11:00 am - 3:00 pm	Outside
Memory Care Caregiver Support Group	Thursday	7/2	10:00 - 11:00 am	Room 103
Grief Support Group (1st Monday of each month)	Monday	7/6	10:30 - 11:30 am	Room 103
Art Therapy for Caregivers	Wednesday	7/8	1:00 - 3:00 pm	Room 110
Summer Watermelon Cookie Class	Saturday	7/11	1:00 - 3:00 pm	Room 110
Member Knowledge: Watts Up with Your Electrical Bill? With Bob Eddy	Monday	7/13	11:15 am - 12:15 pm	Room 117
In Home Care for Seniors by Visiting Angels	Wednesday	7/15	10:00 - 11:00 am	Room 110
Acrylic Painting with Steve Bergeman	Thursday	7/16	2:00 - 4:00 pm	Room 110
Coffee & Cookies with Betsy	Thursday	7/16	10:00 - 11:00 am	Room 115
Pickleball Class to Court	Tuesday	7/21	5:00 - 6:00 pm	Room 116/117
Caregiver Support Group	Wednesday	7/22	1:30 - 2:30 pm	Room 103
Bean Bags & Beer	Thursday	7/23	5:00 - 7:00 pm	Outside
Movie Mania	Back in September!			

Active Generations

July 2026 Schedule

EAST PICKLEBALL COURTS

July 2026 Schedule

Premier Fit Members: Can reserve a court up to 1 week in advance. Reservations may be made in person at 6:30 a.m. Reservations may be made by calling at 8 a.m. Limit of 2 non-consecutive hours per week.
Non-Premier Fit Members: Can reserve a court day of play. Must pay \$5 per pickleball session. Punch cards are available to purchase at the front desk.
Non-Members: Cannot reserve a pickleball court. Must pay \$10 day pass to play pickleball.

Monday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Beginners 12 p.m.-1 p.m. Reserved Play	1-4 p.m. Intermediate 4-5 p.m. Reserved Play 5-8 p.m. Advanced
Tuesday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Intermediate 12 p.m.-1 p.m. Reserved Play	1-4 p.m. Advanced 4-5 p.m. Reserved Play 5-8 p.m. Beginners
Wednesday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Beginners 12 p.m.-1 p.m. Reserved Play	1-4 p.m. Intermediate 4-5 p.m. Reserved Play 5-8 p.m. Advanced
Thursday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Intermediate 12 p.m.-1 p.m. Reserved Play	1-4 p.m. Advanced 4-5 p.m. Reserved Play 5-8 p.m. Beginners
Friday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Beginners 12 p.m.-1 p.m. Reserved Play	1-4 p.m. Intermediate 4-5 p.m. Reserved Play 5-8 p.m. Intermediate
Saturday	8-10a.m. Advanced 10a.m.-1p.m. Intermediate 1-3p.m. Beginners	Sunday 10 a.m.-3 p.m. Open Play

MAIN PICKLEBALL COURTS

July 2026 Schedule

Premier Fit Members: Can reserve a court up to 1 week in advance. Reservations may be made in person at 6:30 a.m. Reservations may be made by calling at 8 a.m. Limit of 2 non-consecutive hours per week.
Non-Premier Fit Members: Can reserve a court day of play. Must pay \$5 per pickleball session. Punch cards are available to purchase at the front desk.
Non-Members: Cannot reserve a pickleball court. Must pay \$10 day pass to play pickleball.

Monday	3:30-6:30 p.m. Open Play	Tuesday	1:30-4 p.m. Intermediate and Advanced
Wednesday	1:30-4:30 p.m. Beginners 4:30-6:30 p.m. Open Play	Thursday	1:30-4:30 p.m. Intermediate and Advanced 4:30-8 p.m. Beginners
Friday	4:30-6:30 p.m. Open Play	Saturday	8-11 a.m. Open Play

OUTDOOR EAST PICKLEBALL COURTS

Weather Permitting

Monday-Friday	6:30 a.m.-8 p.m. Open Play
Saturday	8 a.m.- 3 p.m. Open Play
Sunday	10 a.m.- 3 p.m. Open Play



*Availability Weather Permitting



Main Campus: 2300 W 46th Street | East Campus: 5500 E Active Generations Place
605-336-6722 Option 1 | info@activegen.org | activegenerations.org

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605-336-6722 Option 1 | info@activegen.org | activegenerations.org

Court Reservation Regulations:

Premier Fit Members: Can reserve a court up to 1 week in advance. Reservations may be made in person at 6:30 a.m. Reservations may be made by calling at 8 a.m. Limit of 2 non-consecutive hours per week.

Non-Premier Fit Members: Can reserve a court day of play. Must pay \$5 per pickleball session. Punch cards are available to purchase at the front desk.
Non-Members: Cannot reserve a pickleball court. Must pay \$10 day pass to play pickleball.

Member Lab



A SERIES OF STORIES, SKILLS, AND JOURNEYS SHARED BY ACTIVE GENERATIONS MEMBERS.

July Topic

WATTS UP WITH YOUR BILL?

Explaining Electric Utility Rates

July 13 | 11:15 a.m.-12:15 p.m.
East Campus, Room 110



Presenter: Bob Eddy

Want to be a Member Lab Presenter? Contact Member Services at 605-336-6722

Parkinson's It's a Pathway

Social + Fitness Activities

Weekly Social Activities

Sing-A-Long

Tuesdays | 10-11 a.m. | Main

Bean Bags

Wednesdays, 11 a.m.-12 p.m. | East

Table Tennis

Wednesdays | 1:30-3 p.m. | Main

Cost: Membership OR \$10 for a non-member day pass.

Strength for Parkinson's

Mondays: 2-2:45 p.m. at Main

Tuesdays, Thursdays, and Fridays:

11-11:45 a.m. at East

Fridays: 10-10:45 a.m. at Main

Cost: Membership + \$5 per class OR \$10 for a non-member day pass.

Spouses, and caregivers are encouraged to join!

Active Generations Clubs and Activities

Cards and Games

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	East	Saturdays	12:30-3 p.m.	Dining Area	Gloria Doohen and Gloria Faber
500 Cards	Main	Saturdays	12-2:30 p.m.	Room 203	Barb Boddicker
Bean Bags	Main	Thursdays	9-11 a.m.	Sertoma A	AG Members
	East	Wednesdays	9- 11 a.m.	Room 115	Gloria Doohen and Gloria Faber
Billiards	Main	Mon-Sat (except during ladies or couples)	6:30am-close	Room 200	Kathie Smith
Bingo	Main	Fridays (except 2nd Friday)	1-2:30 p.m.	Sertoma B	Richard Miller / Dean Dewes
Bridge (Duplicate)	Main	Mondays / Tuesdays	6:30-9:30 p.m.	Room 203	Karn Barth
	Main	Fridays	12-4 p.m.	Room 204	Karn Barth
Bridge (Party)	Main	Thursdays / Fridays	12-3:30 p.m.	Room 203	Arlene Salter / Carolee Olson / Alayne Meyer
	East	Mondays	12-3 p.m.	Room 115	Alayne Meyer / Lois and Will Sibillare
Canasta	Main	Thursdays	1-4 p.m.	Lounge	Cher Murphy
	Main	Fridays	12:30-3:30 p.m.	Lounge	Gator Wohlman
Couples Billiards	Main	Tuesdays	6-8 p.m.	Room 200	Kathie Smith
Cribbage	Main	Tuesdays	12-2:45 p.m.	Room 203	Randall Coil
	East	Wednesdays	12- 2:30 p.m.	Room 117	Pete (Francis) Peterson
Dominoes	Main	Mondays	1-3 p.m.	Room 203	Rosemary Campbell
	Main	Wednesdays	1-3 p.m.	Room 203	Carolyn Colombe and Sherrill Bessey
	East	Thursdays	9-11 a.m.	Dining Area	Pam Kessler
Fast Track	Main	Mondays and Thursdays	9:30-11:30 am	Lounge	Dean Dewes
	East	Fridays	12-2 p.m.	Dining Area	Cheryl Anderson
Hand and Foot	Main	Tuesdays	11:30 a.m.-3:30 p.m.	Lounge	Sherrill Bessey
	East	Thursdays	12:30 - 3:30 p.m.	Room 116 and 117	Judy Hansen / (co-chairs) Angie Arney and Jacque Shea
Hand, Foot and Toe	East	Fridays	12:30 - 3:30 p.m.	Room 115	Jan Nason
Hearts	East	Mondays	9-11 a.m.	Dining Area	Roger Megard
Ladies Billiards	Main	Wednesdays	10 a.m.-12 p.m.	Room 200	Cathy Walker
Mah Jongg	Main	Fridays	9 a.m.-12 p.m.	Room 203	Sharon Schwaderer/ Sandra Plooster
	East	Wednesdays	1-4 p.m.	Room 115 and 116	Open
	East	Thursdays	4-6 p.m.	Room 115	Kathie Smith
Pinochle	Main	Wednesdays	12:30-3 p.m.	Room 203	Becky Grave
	East	Tuesdays	12:30 - 3 p.m.	Room 115	Gary Kessler
Pitch 10-Point	Main	Tuesdays	12:30-2:30pm	Room 203	Les Brandhagen
Shuffleboard	Main	2nd and 4th Tuesdays	9-11 a.m.	Sertoma A	AG Members
Table Tennis	Main	Mondays and Wednesdays	3-5 p.m.	Room 205	Terry Bong
	Main	Tuesdays	5-9 p.m.	Room 205	Kai Zhang
	Main	Thursdays	5-7 p.m.	Room 205	Kai Zhang
	Main	Saturdays	11:15 a.m.-3 p.m.	Sertoma A	Kai Zhang
Whist	Main	Mondays	12:30-3:30 p.m.	Room 203	Elsie Fitz
Wii Bowling (Seasonal Leagues - must pre-register w/ Kathie)	East	Thursdays	1:30-3:30 p.m.	Room 115	Kathie Smith

Club and Activity information is updated before the second Monday of every month. This page was last updated for the July 2026 issue of LifeTIMES.

Want to start a club? Need to update your club's information? Contact Member Services at info@activegen.org
Send your club pictures to communications@activegen.org



Scan here for the most up-to-date activity schedule

Art and Craft Clubs

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Acanthus Carvers	Main	Mondays	12-5 p.m.	Room 132	Mark Uhrich
Color Me Happy Coloring Club	Main	1st and 3rd Thursdays	10-11:30 a.m.	Room 132	Doris O'Dea
Crafters Club (Main)	Main	Thursdays	9 a.m.-12 p.m.	Room 201	Joanne Avery
	East	Mondays	9 a.m.-5 p.m.	Room 110	Sharon Fitzsimmons
Creative Writing Group	Main	Mondays	9:30-11 a.m.	Room 203	Fred Garber
Knitting Club (Main)	Main	Wednesdays	9 a.m.-12 p.m.	Room 201	Sharon Hofstad
Knitting Club (East)	East	Fridays	1-3 p.m.	Room 110	Margaret Straley
Line Dancing (Main)	Main	Mondays	1:30-3 p.m.	Sertoma A	Bob Gaut
	Main	Wednesdays / Fridays	2:30-4 p.m.	Sertoma B / Sertoma A or 205	Bob Gaut
Line Dancing (Beginners)	Main	3rd Mondays	12-1 p.m.	Sertoma B	Bob Gaut and Bonnie Shumaker
Line Dancing (Country) (May-Oct)	East	Tuesdays	1-2:30 p.m.	Room 116 and 117	Lynn Hartman
Line Dancing (Urban)	East	Mondays	2- 3:30 p.m.	Room 116 and 117	Martha (Marty) Wegner
Painting and Drawing Open Studio	Main	Tuesdays and Wednesdays	9 a.m.-2 p.m.	Room 132	AG Members
Quilting Club	Main	Tuesdays	9 a.m.-12 p.m.	Room 201	Carolyn Colombe
Sing-a-Long	Main	Tuesdays	10:30-11:30 a.m.	Lounge	Sally Tillstra / Nancy Lange
Ukulele/Kazukes	Main	Wednesdays	9:30-11:30 a.m.	Room 203	Linda Beckman
Ukulele/Kazukes Beginners	Main	1st and 3rd Fridays	1-2 p.m.	Room 205	Bill Simon
Woodcarving Club	Main	Mondays and Saturdays	9-11 a.m.	Room 132	Nancy Cummings and Derek Boekhoff
	East	Tuesdays and Thursdays	9-11:30 a.m.	Room 110	Mark Uhrich

Special Interest Clubs

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Active Cruisers Motorcycle Club	Main	Wednesdays	Varied	Various Locations	Milton Ellis
Bible Study	East	Thursdays	10:30 a.m.	Room 115	JoAnn Lagge
Book Club	Main	4th Mondays	9:30-11:30 a.m.	Room 133	Pat Flatequal
EMHS Mental Health Peer Support Group	East	Wednesdays	5:30-7 p.m.	Room 110	Deb Piper
Golfing Club	Main	Mondays	Various Times	Various Locations	Bob Black
Hiking Club	Main	1st and 3rd Tuesdays (April-October)	Various Times	Various Locations	Debbie Carter
Out to Lunch Bunch	Main	Thursdays	11:30 a.m. and 1 p.m.	Various Locations	Debbie Biegger
Shotokan Karate Club	East	Mondays	6:30-7:45 p.m.	Room 116 and 117	Brianna Leesch

Kayaking Outing

August 5 | 1 - 2 p.m.

Members: \$5

Non-Members: \$10

Registration Deadline:

July 31

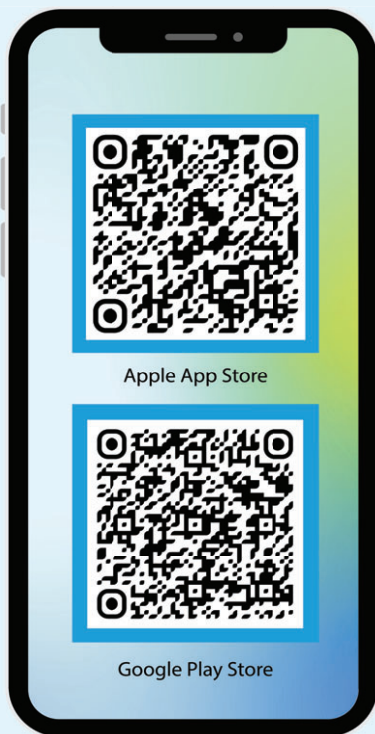
Join us
kayaking at
the Outdoor
Campus

SCAN TO
REGISTER



**Active
Generations**





Download AG's New Mobile App

Active Generations is making it easier for members to stay connected with the launch of a brand-new mobile membership app and a fully redesigned website. These updates come as part of a transition to a new software system that began in

June, aimed at streamlining how members interact with the Active Generations' many programs and services.

For members who like managing their calendar using their phone, the new mobile app offers ways to manage your membership and reservations. The new mobile

app, now available for download in both the Apple App Store and Google Play, allows members to view event calendars, manage class registrations, and access personal membership information.

While the app offers a digital way to engage, this is a strictly an optional tool. Members

can register for events, renew memberships, and receive assistance in person still.

For those looking to dive into the new technology, staff are readily available at both front desks to provide hands-on demonstrations and troubleshooting assistance.

Attend AG's First Women's Wellness Summit in September

Active Generations will host its inaugural Women's Wellness Summit on Saturday, Sept. 12, from 8:30 a.m. to noon at East Campus (5500 E. Active Generations Place). Women are invited to gather to learn and connect.

Presented by Avera, the event brings local experts together to focus on women's health for those in their 40s, 60s and beyond, as participants navigate different stages of life and health.

Tickets include breakfast, access to speakers and breakout sessions, and a swag bag from sponsors.

The morning begins with breakfast sponsored by Legacy Law Firm. Afterward, Avera experts will deliver a keynote address on hor-

mone health, functional wellness, balancing hormones, and navigating transitions such as perimenopause and menopause.

Following the keynote, attendees may choose from a schedule of 30-minute active and educational breakout sessions designed to support well-being, health and lifestyle balance. Each session block runs concurrently, allowing participants to select one session per block. Multiple breakout times throughout the morning allow for attendance at more than one session, making it easy to tailor the experience to individual interests.

- Wellness deep-dives: Extra time to discuss lifestyle balance with health experts.
- Fitness intros: Easy,

low-impact introductions to strength training, TRX fitness, pickleball and the Pathways program.

- Puppy yoga: Stretch and unwind with adoptable puppies from Almost Home Canine Rescue, sponsored by Xcel Energy. This session requires an additional fee*.

*Puppy yoga is the only session with an extra charge. All other breakouts are included in the ticket price.

Tickets are available online at activegenerations.org starting July 10. Member-exclusive pre-sale begins July 10; general public sales launch July 13. Tickets are \$30 for members and \$45 for nonmembers.

WOMEN'S WELLNESS SUMMIT

Active Generations

SEPT 12

8:30 a.m.-12 p.m.

5500 E Active Generations Pl

Register Now!



Presented by

Avera



Coffee + Cookies

Main Campus
July 21

9:30 a.m. | Sertoma B

East Campus
July 16

10 a.m. | Dining Area





ActiveHealth Pathways

New specialty programs to make exercise safe and approachable

Starting a new routine after surgery or a new medical diagnosis can be intimidating, and it is easy to feel overwhelmed. To help area adults navigate these challenges, Active Generations is introducing a new lineup of specialty programs called ActiveHealth Pathways.

The initiative is designed to make physical movement safe, approachable and deeply supportive. Moving beyond general fitness and exercise, these pathways support those navigating health issues, medical conditions, recovery from illness or surgery, or chronic diseases with specialized programs.

The goal is simple: help participants move with confidence, build physical strength, and improve their overall health in a welcoming environment. Guided by degreed and certified fitness staff, the pathways offer safe, effective exercise strategies to help participants pave the way to their healthiest lives.

Because different health journeys require different types of support, Active Generations will offer multiple pathways of specialty programming tailored to various health conditions.

8-week Focused Fitness Pathways

To support short-term health journeys, Active Generations will offer four specialized 8-week tracks

with exercises and activities tailored to each participant's medical goals. Participants can choose the pathway that best aligns with their needs to help keep them focused throughout the two-month program. The available pathways include weight management, functional fitness, orthopedic and heart.

Signing up for any of these 8-week tracks costs \$199. Registration includes an eight-week social and active membership to Active Generations, two fitness assessments, six personal training sessions, an individualized exercise plan and access to a variety of group classes. A referral from a medical provider is not required to participate.

Parkinson's Pathway

Recognizing that some conditions require continuous, lifelong care, the Parkinson's Pathway features social and fitness activities designed to help participants manage symptoms and maintain confidence. The pathway has no end date. This ongoing track allows participants to exercise at their own pace, consistently maintaining functional movement, balance and fine motor skills in a supportive environment.

Available activities include sing-alongs, bean bags, table tennis (Active Generations is South Dakota's only Ping Pong for Parkinson's chapter) and the Strength for Parkinson's class. The supportive environment encourages both physical engage-

ment and social connection, giving participants multiple ways to stay active and engaged.

The cost for the Parkinson's Pathway is membership plus \$5 per class, or \$10 for a nonmember day pass. Spouses and caregivers are encour-

confidence-building wellness care.

By focusing on small-group or individualized settings, expert oversight, and gradual progression, Active Generations aims to foster a comfortable atmosphere where members can feel completely at

Available Pathways

Cardiac: Made for those who have completed cardiac or pulmonary rehab or anyone with cardiovascular risk factors.

Functional Fitness: Designed for those living with fibromyalgia, arthritis, or who struggle with mobility.

Weight Management: For a wide range of health conditions like obesity and weight-related conditions.

Orthopedic: For those recovering from muscle or joint injuries or replacements, or for individuals transitioning from physical therapy.

Parkinson's: This program is built for people living with Parkinson's disease. Using the MDT Education Solutions framework, participants focus on strength, stability, agility and confidence in a supportive group setting and engage in social programming.

aged to join, making the program accessible and inclusive for those supporting loved ones with Parkinson's.

The demand for targeted, medically sound wellness programs has risen sharply in the community as the adult population continues to grow. Active Generations has supported healthy lifestyles for adults for nearly 60 years, but these new specialty programs mark a thoughtful shift toward more personalized,

ease as they improve their physical well-being.

The new specialty programs are open to both current Active Generations members and newcomers. Because sessions are designed to be highly supportive and personalized, group sizes will be kept small.

For details on Focused Fitness Pathways registration or Parkinson's Pathway enrollment, visit the front desk or call 605-336-6722 Option 1.



Use Your DHS Meal Card in Dell Rapids

Builds Through Congregate Meals in Dell Rapids

Known primarily as a local grocery destination, County Fair Food Store, 1002 N. Highway 77 in Dell Rapids, is also serving a deeper purpose—bringing people together through its congregate meal program.

Located along North Highway 77, the store has long been a staple in the com-

munity, offering fresh groceries, quality meat and everyday essentials. But beyond its aisles, County Fair Food Store helps nourish both body and community spirit by providing a welcoming space for shared meals with local seniors.

The congregate meal pro-

gram offers residents the opportunity to gather regularly for hot, nutritious meals in a comfortable, friendly setting. These meals are designed with balanced nutrition in mind while still featuring the familiar, home-style flavors many attendees know and love.

For many in Dell Rapids, the program is about more than just food. It creates a place where neighbors can connect, discuss local sports, friendships can grow, and seniors can enjoy meaningful social interaction.

An Active Generations staff member is at the County Fair on Tuesdays to sell meal tickets and take new diner applications from 11 a.m. to 1 p.m. Note that when visiting the County Fair, they accept only Active

Generations meal tickets when purchasing a congregate meal.

Other participating flex locations include Active Generations Main Location (2300 W 46th St), Simply Good (East Location at 5500 E Active Gen Pl), Rosie's Farmhouse Café (Chester), The Quick Stop (Salem), My Place Café (Montrose), The Wooden Nickel (Crooks), Main location, Simply Good or the 6 HyVee stores in Sioux Falls. For a complete listing of dining locations go to the website at activegenerations.org/meals. Call 605-336-6722 (Option 2) or visit the nearest Active Generations for a Meal Card.



Fun in the Sun at Adult Day Services

July is shaping up to be a lively and joyful month here at our adult



day services. With summer in full swing, we are embracing both sunshine and celebration with activities that bring everyone together in fun and meaningful ways.

To kick things off, we will be celebrating the Fourth of July with a spirited red, white and blue crepe paper horse race. Participants will team up to race their decorative teams in patriotic style. This activity is sure to spark laughter and a little friendly competition.

But the fun does not stop there. Keeping the festive spirit alive, we are turning up the cheer with a special Christmas in July party. Think decorated palm trees, bright tropical ornaments and a unique blend of summer vibes with classic holiday charm. It is a chance to enjoy the magic of the holiday season—without the snow!

Throughout the month, we also will continue to

offer our regular programs, including music, games, crafts and social time, all designed to promote connection, creativity and well-being.

Below is a wish list for our Day Break programs.

Donations are welcome but never required, and we deeply appreciate the generosity of our supporters. Your thoughtful contributions help us create meaningful experiences for our ADS participants, making each activity even more special. We will update our wish list monthly to reflect the current needs of our ADS programs. Donations can be dropped off at our Daybreak entrances. If you have questions, please call 605-336-6751 and ask for Berkeley Stancer, the operations manager.

Our list includes BINGO candy (fun-size pieces), colored pencils, watercolor palettes, whiteboard markers, stickers, Play-Doh, modeling clay, small suncatchers, tangram puzzles and felt dolls with clothing.



SUMMER SLICES COOKIE DECORATING CLASS

JULY 11 | 1-3 P.M.
EAST CAMPUS: ROOM 110

Call (605) 333-3305 or scan to register today!



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REALTOR® BROKER - Senior Real Estate Specialist

Active Generations Club Notes

If you have an idea for a new club,
email info@activegen.org

SING-A-LONG

A variety of additional tunes have been introduced each month to Sing-A-Long participants. They have been patient with the challenges that come with learning new songs. Volunteer pianists have worked to master the new tunes so singers can follow the lyrics on slides displayed on the monitor. Some songs are a better fit for the group than others.

Regular attendees welcome those who drop in on the day of Sing-A-Long. Don't be shy about joining in to sing familiar standards, hymns, classic country, pre-1980s pop, folk and Broadway tunes. Sing-A-long is held Tuesdays from 10 to 11 a.m. in the lobby of Main Campus.

Organizers look forward to singing a few more patriotic songs each week in June. For more information, contact Sally Tilstra at (605) 366-7632 or Ron Tilstra at (605) 366-7631.

BIBLE STUDY

The Bible study group meets every Thursday from 12-1 p.m. Pastor JoAnn Lagge from Grace Communion Church is leading this group and always welcomes new members. If you are interested just stop by, no need to sign up for this group.

KAZUKES CLUB

It is summertime, the season for upbeat patriotic music. We celebrate our independence with songs such as "God Bless the USA" and "America the Beautiful." Another popular song for the summer is "All Summer Long" by the Beach Boys.

This is the season for Fourth of July concerts and parades. In July,

many musicians celebrate their birthdays, including Elvis on the 16th. Many artists wait until July to release their new hits due to touring, festivals and vacations.

Music is also beneficial for those with dementia, Alzheimer's and mental health issues. It reduces anxiety and agitation, unlocks emotional memories, improves mood and reduces depression.

So you ask, what does this have to do with Kazukes? The ukulele is small and easy to hold. The vibration and sound provide multisensory stimulation. Singing and playing familiar songs creates a sense of belonging. Lastly, music stimulates the brain's motor system and helps with coordination.

At the Kazukes, we play patriotic music, familiar songs from the 1950s, 1960s, and 1970s, and even some Elvis. Our newest songs include "Song Sung Blue," "Happy Together," and "High Hopes." We are also working on Pachelbel's Canon. Our programs end with "America the Beautiful."

Come join Kazukes so you can enjoy the music of your youth and share it with others. We practice Wednesday mornings in Room 203 from 9:30 to 11:30 a.m. We perform for Day Break on the first Wednesday of the month. Twice a month, we perform for residents in retirement and assisted living facilities.

So grab a uke and come join us!

QUILTING CLUB

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 quilted projects of their choice with donated fabric. The items are donated to other non-profit organizations in Sioux Falls. If you like to be creative and use your hands to help make beautiful creations, WE WANT YOU!

For more information contact the club leader Carolyn Colombe at 605-291-9385.

BOOK CLUB

The Active Generations Book Club will meet Monday, July 27, at 9:30 a.m. at Main Campus.

The book that will be discussed is "Empire of Pain" by Patrick R. Keefe. The book is an account of the billionaire family behind Purdue Pharma. It is a masterpiece of investigative journalism, revealing how the Sackler family intentionally created the American opioid crisis to build a fortune.

The book that will be checked out is "Daring Greatly" by Brené Brown. The author argues that vulnerability is not a weakness but a strength. After extensive research, the author challenges the myth that we should appear "perfect" and instead encourages readers to embrace imperfection. Readers are encouraged to "dare greatly" by showing vulnerability authentically in all areas of life.

Happy reading!

WII BOWLING

Wii Bowling for both East and Main Campus are in the final session before our summer break. We must give a shout out to two of our players. Eleanor Lorenzen for reaching her 17th perfect

300 game and Martin Saffel for his 18th perfect 300 game!

Wii Bowling will resume in September. If you are interested in joining us, please contact Kathie Smith at 503 929-7603.



For YOUR Good Health

MASSAGE THERAPY

Main Location
Next available dates are:

Tuesday, July 21
Tuesday, August 4
Tuesday, August 25

Room 140
15 min \$22
30 min \$44

Call Active Generations to set up an appointment (1:30-8 p.m.) with massage therapist CarolAnn Schroeder.

SANFORD FOOT CLINIC

Active Generations will no longer schedule Sanford Foot Care appointments on behalf of participants. If you would like to schedule, reschedule, or inquire about a Foot Care appointment, please contact Sanford directly at 605-328-4222.

We appreciate your understanding as Sanford transitions to managing all appointment scheduling directly. If you have questions about Foot Care services, Sanford's team will be happy to assist you.

SANFORD HEALTH COOPERATIVE

MAIN LOCATION
Tuesdays - Room 140
8:30 a.m. - 12 noon

EAST LOCATION:
Thursdays - Room 113
9 a.m. - 12 noon

Schedule an appointment with the Sanford Health Co-Op team - nurses, pharmacist, dietitian, social worker or therapists by calling 605-333-3217

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.



During the open enrollment period from Oct. 15, 2025, through March 31, 2026, SHIINE provided assistance and support to 2,219 beneficiaries throughout southeastern South Dakota.

Through community outreach, one-on-one counseling and enrollment assistance, SHIINE helped individuals and families access important Medicare information and other valuable health care resources. SHIINE remains committed to providing

free, trusted, unbiased guidance to Medicare beneficiaries year-round, helping South Dakotans make informed decisions about their health care coverage.

The impact of SHIINE's services continues to be recognized across the state as beneficiaries rely on the program for accurate information and personalized support when navigating Medicare options.

SHIINE is also seeking dedicated volunteers who are interested in helping seniors and community members understand their health care choices and enrollment options. Volunteers play a vital role in expanding SHIINE's outreach efforts and ensuring that Medicare beneficiaries

throughout southeastern South Dakota have access to the assistance they need.

If you or someone you know living in Sioux Falls or surrounding communities would benefit from learning more about SHIINE, Medicare basics, coverage options or how to prevent Medicare fraud, educational presentations are available.

To learn more about SHIINE services or volunteer opportunities, contact Kayla at 605-333-3314.



MEALS on WHEELS SIOUX EMPIRE

Deliver Sunshine: Volunteer with Meals on Wheels in July

July is the perfect time to make a meaningful difference in your community by volunteering with Meals on Wheels.

Enjoy flexible scheduling—whether you want to help weekly, monthly or just as a substitute. Not only will you stay active

and connect with others, but you'll also brighten the lives of those in need, even with a small-time commitment.

As a volunteer, you'll deliver hot, nutritious meals to clients in need. Routes are available Monday through Friday, with meal pickup between 10:30 and 11 a.m. Most routes take about 1.5 hours to complete. Meals can be picked up at the Active Generations Main Campus, Hope Lutheran Church or First United Methodist Church, making it convenient no matter where you live.

This July, deliver more than a meal—deliver sun-

shine, connection and care. If you're ready to volunteer or want to learn more, contact Sam at slocke@activegen.org or 605-333-3305.

To get started now, scan the QR code to complete the volunteer application, and we'll follow up with next steps.



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WORKERS ON WHEELS BY ACTIVE GENERATIONS

Rake the Town Returns: Volunteers Needed

It's time to make plans for Rake the Town. In early November, volunteers in Sioux Falls will join together to rake the yards of older and/or disabled neighbors, helping keep the community beautiful and accessible.

This year's event runs from Oct. 31 to Nov. 6.

Your commitment is essential to the event's success, will you answer the call and lend a hand? Step up and volunteer to rake or haul!

Volunteers of all ages are welcome to rake or haul leaf bags. Whether you are signing up alone, as a family or with a group, your help makes this event happen every fall.

Starting Aug. 1, visit activegenerations.org/rake-the-town/ or contact Brayden at (605) 333-3317 or wow@activegen.org to register and make a difference.

June 2026 Donations

ADULT DAY SERVICES:

Ann and Joe Henkin

IGNITE CAPITAL CAMPAIGN:

Alan Hartwig
Jeanette and Chuck Nietert
Darryl and Dawn Martinson
Brenda and Wallace Ahrendt
Julie Meeker
Robert Carr
Bev Vos
Gary and Cynthia Bormann
Elaine and Michael Rieck

MEMBERSHIP SERVICES:

Sally Tilstra

MEALS ON WHEELS:

Dawn Miller
Hartford Area Community Foundation
Corliss Wahl

IGNITE Campaign Update and Spark Challenge

The Spark Challenge ends July 1!

Thank you to every member who has started a spark. Your contribution ignites the growth of Active Generations and the campaign's first phase of expanding the East Campus.

There's still time to give to the Spark Challenge.

Contact Wendy McDonnel (at (605) 275-7680 or wmcdonnel@activegen.org) about how to give through Qualified Charitable Distributions (QCD) from an IRA for those age 70½ and older, Donor-Advised Funds or Tax-deductible charitable contributions.

JULY OUTING OUT TO LUNCH



BUNCH

July 23 | 11:30 a.m.

Lunch at Azteca Mexican Restaurant
(811 S. Minnesota Ave.)

Followed by a Tour the Archives for the Center
for Western Studies
(2121 S. Summit Ave.)

250th AMERICA



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 gcichurches.org/siouxfalls

Thursday Bible Study at 12 p.m. on 46th Street, Room 202.
Thursday Bible Study at 10 a.m. East location, Room 115

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JULY 23 | 5-7 P.M.

EAST CAMPUS

Outside (weather permitting)

MEMBERS - FREE

NON-MEMBERS - \$10

SNACKS & SODA PROVIDED
BEER \$5 EACH

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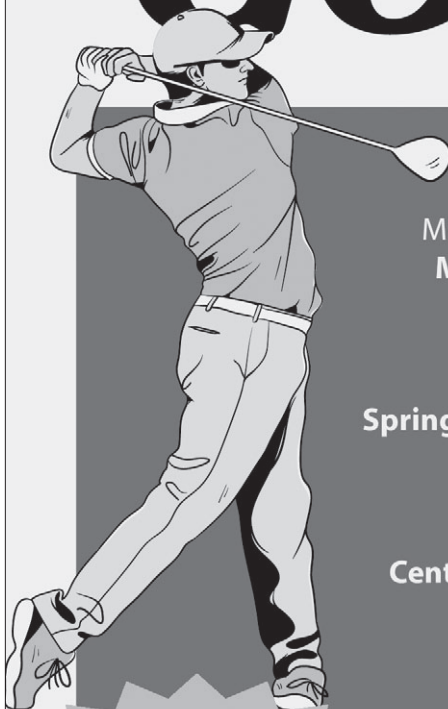
We invite you to call for
information and a tour!
(605) 582-7939

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ACTIVE GENERATIONS

GOLF Club



JULY OUTINGS

Monday, July 6 *9:30 a.m. Start
Meadow Arces, Larchwood
 Lunch: The Clubhouse

Monday, July 13
Spring Creek Golf Course, Harrisburg
 Lunch: Fresh Horses

Monday, July 20
Central Valley Golf Club, Hartford
 Lunch: The Goat

Monday, July 27
Kuehn Park, Sioux Falls
 Lunch: The Gateway

9 a.m.

Start
 *Except July 6

For more information :

Bob Black 605-759-8671
 blackroberte@sio.midco.net

*Active
 Generations*

TUESDAY NIGHT DANCES

6:30 - 9 PM

Members \$7 | Non-Members \$10

JULY LINE UP

July 7: Audra and the Machine

July 14: Radio Alley

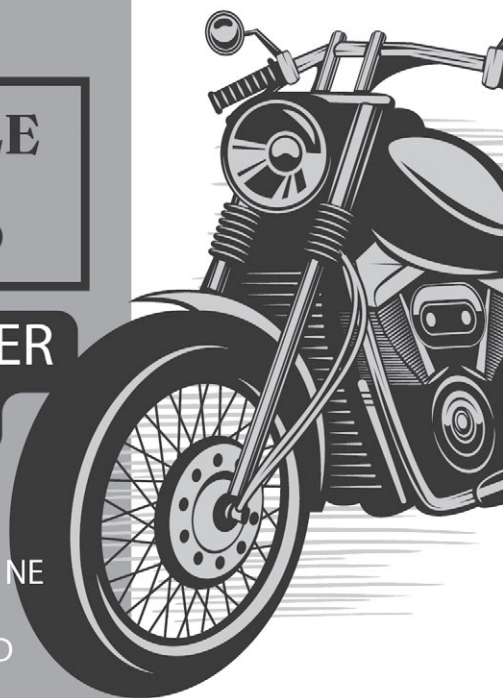
July 21: State Line Drifters

July 28: Clay Creek Cowboy Band



MOTORCYCLE CLUB

JULY-SEPTEMBER 2026 RIDES



- July 1 Martinsburg, NE
- July 15 Mitchell, SD
- August 5 Vermillion, SD
- August 19 Hudson, SD
- Sept 2 Yankton, SD
- Sept 16 Sioux City, IA

Departure times and locations vary. Those interested are emailed prior.

Join a ride!
 Contact Milton Ellis
 605-359-1397 or
 milt761@outlook.com

Hiking Club

Active Generations

Walk with us for the nature, stay for the conversation.

The Hiking Club is a low-stress way to get outdoors, make new friends and catch up with old ones. Most hikes are three miles, and **no dogs, please.**

July Hikes

July 7: Palisades, Garretson at 9:30 a.m.

July 21: Clay County Park, Vermillion at 9:30 a.m.

Contact Debbie Carter to join!
 dl.carter24@gmail.com



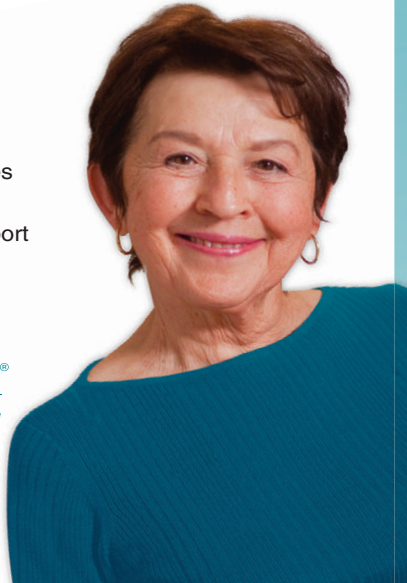
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World Cup Party



Predict the next Soccer World
Champion and win a prize!

July 8 | 1 - 2:30 p.m.
Main Campus



Games, FIFA
Trivia, and
treats!

Predict and Win!

World Cup Party



Kick a soccer ball everytime
you visit an Active
Generations campus to
score and win a treat July 1
through July 18.



July 1
through
July 18

Kick to be a Champion!

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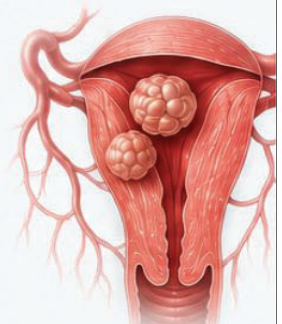


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July 2026



Monthly Menu

All gravy and all bread contains gluten.
Each meal has 4-5 CHO.
Add 2 CHO for bread and milk.



Monday

Tuesday

Wednesday

Thursday

Friday

6 Grilled Chicken Breast
Tri-Tator
Stewed Tomatoes
Fruit Juice

7 Baked Ziti
Winter Blend Vegetables
Garlic Bread
Fruit Juice

1 Hamburger on a Bun
Baked Beans
Potato Salad
Fruit Cup

2 Tuna Salad on a Bun
Macaroni Salad
Peas
Fruit Juice

3 **No lunch served.
No Meals on Wheels.**

13 Chicken & Broccoli Bake
Beets
Fruit Juice

14 Taco Bake
Spanish Rice
Mexican Corn
Fruit Cup

8 Pepper Steak
American Fries
Green Beans
Fruit Cup

9 Meatloaf
Mashed Potatoes & Gravy
Carrots
Fruit Juice

10 French Toast
Sausage Link
Green Beans
Fruit Cup

20 Stuffed Bell Pepper
Casserole
Roasted Potatoes
Broccoli Fruit Juice

21 Chicken Alfredo
Italian Vegetables
Bread Stick
Fruit Cup

15 Pulled Pork Sandwich
Cheesy Hashbrowns
Baked Beans
Fruit Juice

16 Chicken Strips
Scalloped Potatoes
Carrots
Fruit Juice

17 Roast Beef
Mashed Potatoes & Gravy
Corn
Fruit Cup

27 Chicken Thighs
Mac'n Cheese
Baked Beans
Fruit Juice

28 Goulash
Corn
Fruit Cup

22 Turkey & Cheese
Sandwich
Coleslaw
Fruit Juice

23 Sweet & Sour Pork
Rice
Stir Fry Vegetables
Fruit Juice

24 Cabbage Roll Casserole
Mashed Potatoes
Garlic Bread
Fruit Cup

29 Garlic Parmesan Pork
Mashed Potatoes & Gravy
Mixed Vegetables
Fruit Juice

30 Sloppy Joe
Hashbrowns
Green Beans
Fruit Juice

31 Teriyaki Chicken
Rice
Broccoli
Fruit Cup

31 Teriyaki Chicken
Rice
Broccoli
Fruit Cup

Lunch is served weekdays at 11 a.m. to 12:30 p.m. at Main and 11 a.m. to 1 p.m. at East.

All menu items subject to change.

Acrylic Painting

With Steve Bergeson

Learn how to paint a landscape of Covell Lake with acrylic and discover painting techniques. This class is great for beginners and intermediate painters. Members: \$15 | Non-Members \$20

Paint This!

Main Campus July 15 2-4 p.m.	East Campus July 16 2-4 p.m.
------------------------------------	------------------------------------

Active Generations Scan to Register!

Celebrate 250 Years of Independence

- Independence Dance**
June 30 | 6:30-9 p.m. | Main Campus
Clay Creek Band and Veterans recognition.
- All-American Cookout**
July 1 | 11 a.m.-3 p.m. | East Campus
Food, snacks and yard games.
- Great Plains Watercolor Society**
August-November | Displayed at Main + East Campus
Gallery showcasing works that reflect America's spirit and heritage.

See you on the bus!

Falls Park Trip

AG Bus Trip + Ice Cream

July 17 | 1 - 3 p.m.
Main Campus Pickup or Meet at the Falls \$10 admission fee

SCAN TO REGISTER

On this outing, you'll enjoy a bus ride to Falls Park in Sioux Falls, followed by ice cream at Falls Landing Cafe. Bus capacity is 14.