

LifeTIMES

Official Newspaper of Active Generations

Active
Generations

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In this Issue

Calendar of Events	4
Club Notes	11
Special Interest Clubs	6-7
Day Break	10
Dining	10
Donations & Gifts	13
Fitness and Wellness	3
Good Health	11
Meals on Wheels	12
Menu	16
Mission Statement	1
Pickleball Schedule	5
President's Update	2
Shiine	12
Workers on Wheels	12

WOMEN'S WELLNESS SUMMIT

Active
Generations

SEPT 12

Register for a morning of
knowledge and activities.

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



Presented by

Avera

Our Mission

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

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

Active
Generations
Opportunities for a Lifetime

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

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Sioux Falls, S.D.
57105

President's Update



Over the past few months, we have been sitting on some exciting news that we were unable to share until we received permission from our funders. I'm thrilled to say we have officially been given the green light! Active Generations has been awarded several grants that will further expand our programs and services for both our members and the broader community.

Parkinson's Pathway
Receives National Support

Earlier this year, we

launched our Parkinson's Pathway thanks to startup funding from the Seed for Success Foundation. We are now excited to share that Active Generations has also been awarded funding from the National Parkinson Foundation.

This grant will help us expand awareness of the program through additional marketing and provide scholarships so participants can access classes regardless of financial circumstances. If you are currently participating in the Parkinson's Pathway and want scholarship assistance, please speak with one of our team members.

RSVP Returns to the
Sioux Empire

Since joining Active Generations, I have been amazed by the impact our volunteers have on our organization. Every day, volunteers deliver meals, support programs, and

strengthen our mission. However, while the need for volunteers has grown, dedicated funding to recruit, support, recognize, and expand volunteerism has become increasingly limited over the past several years.

One of my goals has been to change that. I am excited to announce that Active Generations has been awarded an AmeriCorps Seniors RSVP (Retired and Senior Volunteer Program) grant. RSVP has not operated in the Sioux Empire for several years. We are honored to bring this important program back to our community.

We also have exciting leadership news. Samantha Locke, who has led our Meals on Wheels program for more than 10 years, has accepted the role of RSVP Manager. Over the coming month, she will transition into her new position as we prepare for the pro-

gram's public launch this fall. We look forward to seeing RSVP grow and connect more adults aged 55 and older with meaningful volunteer opportunities throughout our community.

Launching the RISE
Women's Program

We were also awarded a one-year pilot grant through the Center for Dementia Respite Innovation, funded by the Alzheimer's Association, to launch our new RISE Women's Program.

This innovative program will be based at The Beacom Family Village and is designed for women in the early stages of cognitive change seeking connection, wellness, and purpose. Participants will enjoy fitness, social engagement, creative activities, education, and meaningful relationships in a supportive environment. Our team is developing

the program with plans to launch this fall.

Thank You, Gold 'N Silver
Drama Club

Finally, I want to extend my sincere appreciation to the members of the Gold 'N Silver Drama Club. After many years of entertaining our community, the club recently made the difficult decision to conclude its long-standing productions.

Thank you for the countless hours you invested, the laughter you shared, and the joy you brought to so many people over the years. Your performances created memories and have left a lasting legacy at Active Generations.

As we celebrate these exciting new beginnings, we also celebrate the people and programs that helped shape who we are today.

I hope you are enjoying this summer season!
Betsy Schuster
President & CEO



Trail Ridge Senior Living
Community *now offers*
**Home Care
Services!**

Trail Ridge Senior Living Community, a trusted name in the Sioux Falls area for over 25 years, is now offering Home Care Services to area residents!

Trail Ridge Home Care provides a variety of supportive options to assist seniors who wish to remain in their own home.

Call for your
**FREE In-Home
Care Consultation
today!**

- **Companion Care**
Social Engagement
- **Personal Care**
Nutrition & Meal Prep
Housekeeping!
- **Advanced/Specialized Care**
Memory Care support
- **Post-Operative Support**
Assistance while you Rehab

Trail Ridge Home Care

3408 W. Ralph Rogers Road, Suite 200
Sioux Falls, SD 57108

605-231-8141

TrailRidgeHomeCare.com



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

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
SilverSneakers Circuit* 7-7:45 a.m. (Main)		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 Classic* 8:30-9:15 a.m. (Main)	Pickleball Strength Circuit 8-8:45 a.m. (East)	SilverSneakers Classic* 8:30-9:15 a.m. (Main)	SilverSneakers Circuit* 7-7:45 a.m. (Main)
SilverSneakers Yoga* 9-9:45 a.m. (East)	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 Classic* 9:30-10:15 a.m. (Main)	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)
Strength & Balance 10-10:45 a.m. (East)	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 11-11:45 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)
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 BOOM MIND* 11:30 a.m. - 12:15 p.m. (Main)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)
Strength for Parkinson's 2-2:45 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 Circuit 5:30-6:15 p.m. (East)	Reach Your Peak Circuit 2-2:45 p.m. (Main)		Reach Your Peak Circuit 2-2:45 p.m. (Main)	

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

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.

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

AG MAIN - MARK YOUR CALENDAR!

ACTIVITY	DAY	DATE	HOURS	LOCATION
Golf Outings	Mondays	8/3, 8/10, 8/17, 8/24 & 8/31	9:00 a.m.	Various Golf Courses
Hiking Club	Tuesday	8/4	9:00 a.m.	Good Earth
Sing-A-Long	Tuesdays	8/4, 8/11, 8/18 & 8/25	10:00-11:00 a.m.	Lobby
Tuesday Evening Dances (Various Bands)	Tuesdays	8/4, 8/11, 8/18 & 8/25	6:30-9:00 p.m.	Sertoma A
Motorcycle Club (*Contact Milton Ellis At Milt761@outlook.com)	Wednesday	8/5	Varies	Vermillion, SD
Kayaking (\$5.00 Members; \$10.00 Non-Members)	Wednesday	8/5	1:00-2:00 p.m.	Outdoor Campus
Monthly Birthday Party (New Horizons Band)	Friday	8/14	1:00-2:30 p.m.	Sertoma A
Coffee & Cookies With Betsy	Tuesday	8/18	9:30 a.m.	Sertoma B
Hiking Club	Tuesday	8/18	9:30 a.m.	Big Sioux Rec Area
Motorcycle Club (*Contact Milton Ellis At Milt761@outlook.com)	Wednesday	8/19	Varies	Hudson, SD
Out To Lunch Bunch (Lunch At Over Easy Restaurant, Followed By A Tour Of Sioux Falls One Stop)	Thursday	8/20	12:30 p.m.	Meet At Over Easy
Movie Mania	Thursday	Back In September	3:00 p.m.	Room 204
Craft Sale	Friday	Back In September	10:00 a.m.-2:00 p.m.	Lobby
Ted Talks (Various Topics)	Friday	Back In September	10:00 a.m.	Room 204

AG EAST - MARK YOUR CALENDAR!

ACTIVITY	DAY	DATE	HOURS	LOCATION
Grief Support Group (1st Monday of each month)	Monday	8/3	10:30-11:30 a.m.	Room 103
Member Lab: Electricity: How do we make it, move it, and use it?	Monday	8/3	3:30-4:30 p.m.	Room 115
Kayaking at Outdoor Campus	Wednesday	8/5	1-2 p.m.	Outdoor Campus
National Pickleball Day	Saturday	8/8	11 a.m. to 1:30 p.m.	East Campus
Back to School Cookie Class	Saturday	8/8	1-3 p.m.	Room 110
Pickleball Class to Court	Tuesday	8/18	5-6 p.m.	Room 116/117
Coffee and Cookies w/ Betsy	Thursday	8/20	10 -11 a.m.	Room 115
Bean Bags and Beer	Thursday	8/27	5-7 p.m.	Outside
Great Plains Water Color Society Display	August through November			East Campus
Movie Mania	Back in September!			

Active Generations

August 2026 Schedule

EAST PICKLEBALL COURTS

August 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. Beginners 10a.m.-1p.m. Intermediate 1-3p.m. Advanced	Sunday 10 a.m.-3 p.m. Open Play

MAIN PICKLEBALL COURTS

August 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



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Court Reservation Regulations:

Premier Fit Members: Can reserve a court up to 1 week in advance. Reservations may be made in the app beginning at 12 am, in person at 6:30 am or by calling the East Front Desk at 8:00 am. 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.

August Topic

ELECTRICITY:
How do we make it, use it, and move it?

August 3 | 3:30 - 4:30 p.m.
East Campus, Room 115



Presenter: Bob Eddy

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

Line Dancing at the Sioux Empire Fair

August 4 | 2-4 p.m.
Sioux Empire Fair Grounds Arts Center

Line Dancing, Games and Ice Water! All welcome to join the fun.



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
	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	Coffee Shop	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	Robyn Anderson
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 August 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	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
Main Campus Book Club	Main	4th Mondays	9:30-11:30 a.m.	Room 133	Pat Flatequal
East Campus Book Club	East	2nd Wednesdays	9:30-10:30 a.m.	Room 110	Linda Leddy
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	Deb 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**

WOMEN'S WELLNESS SUMMIT

Active
Generations

SEPT 12
8 a.m.-12 p.m.

East Campus
(5500 E Active Gen Pl)
activegenerations.org/womens-wellness

Member Tickets \$30

No. 5



Presented by

Avera

Active Generations Hosts First Women's Wellness Summit

Women navigating their 40s, 50s, 60s, and beyond have a unique opportunity to invest in their health and vitality this September. Active Generations has announced its inaugural Women's Wellness Summit, a morning dedicated entirely to health, connection, and practical wellness habits.

Presented by Avera, the event aims to translate

modern medical research into everyday habits. The summit will take place on Saturday, September 12, from 8 a.m. to 12 p.m. at the Active Generations East Campus (5500 E. Active Generations Place).

The morning kicks off at 8 a.m. with a breakfast from Simply Good Cafe, sponsored by Legacy Law Firm. Following breakfast, Avera healthcare professionals Dr. Kate Boos and Dr. Molly Uhing will de-

liver the keynote address, "Women's Health in the Wonder Years."

After the keynote, attendees can customize their morning with a variety of 30-minute concurrent breakout sessions. Avera professionals will lead medical and wellness deep-dives focusing on cardio health, nutrition, bone vitality, and urogynecology. For those looking to jumpstart a movement routine, Active Genera-

tions staff will host gentle, low-impact introductions to strength training, TRX fitness, pickleball, and their Pathways program. Attendees can also opt into a special "Puppy Yoga" add-on session sponsored by Xcel Energy, featuring adoptable puppies from Almost Home Canine Rescue.

Tickets are \$30 for Active Generations members and \$45 for non-members. Registration covers

complete access to the morning's programming, breakfast, and an exclusive wellness swag bag. Because space is limited for specific breakout sessions, early registration is highly encouraged. Member pre-sale begins Friday, July 10, and general public sales launch on Monday, July 13. Registration details and session sign-ups are available at activegenerations.org/womens-wellness.

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 stream-

lining how members interact with the Active Generations' many programs and services. Members are not required to download the app to use their Active Generations membership.

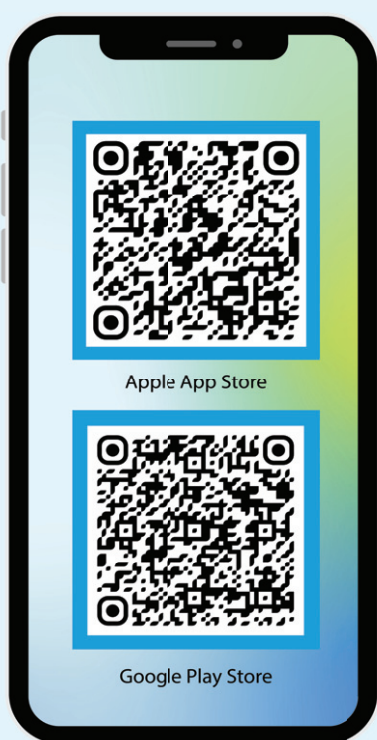
For members who like managing their calendar using their phone, the new mobile app offers ways to man-

age 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.



250 Years as a Nation Exhibition Features Member Art



To celebrate the 250th year anniversary of the signing of the Declaration of Independence, Active Generations campuses will host an exhibition of watercolor paintings with a patriotic theme. This 250th milestone is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the

next generation and beyond.

The show, organized by and featuring painters from the Great Plains Watercolor Society, explores the meaning of patriotism. From American values, recognizing heroes, and preserve a legacy for future generations, the 30-40 pieces of art from local artists will share their own take and scenes of how they define patriotism.

Since 2017, the Great Plains Watercolor Society has been furthering personal growth, contributing to the community and advancing education about, and practice of, all aspects of water media arts. The group has 100 members that span multiple Midwest states, and enthusiastic founding members that belong to Active Generations.

Celebrate National Pickleball Day!

Special Event and Exclusive Pickle-Themed Menu at Simply Good Café

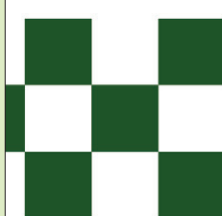
Pickleball is a foundational part of Active Generations' daily culture. At both Main and East campuses, pickleball is a place where friendships form over fast volleys and where staying healthy goes hand in hand with finding a true sense of belonging.

To honor our court culture, Active Generations is going all out for National Pickleball Day, leading up to August 8. AG will offer a special pickle-themed menu and an event from 11 a.m. to 1:30 p.m. Saturday, Aug. 8, at East Campus, where members can

test their skills, challenge friends and win official bragging rights. The day's events are divided into three categories: accuracy challenges, King of the Court challenges and trivia.

All August-long, you can walk right off the East Campus courts after your game and head straight to the Simply Good Café to enjoy our limited-time pickle-themed menu.

Whether you like it savory, cheesy or with a little bit of a kick, there is something here to satisfy your post-game cravings.



**SIMPLY
GOOD**
CAFÉ

Pickleball Menu



Dill Pickle Pizza | 8" \$10 / 16" \$15
Ranch base, mozzarella, dill, pickles, and cheese curds.

Dill Pickle Burger | \$10.50
Dill-seasoned hand-pressed burger with cheddar cheese, bacon, tomato, and pickle ranch sauce

Pickle Roll-Up Panini | \$10.50
Cream cheese, cheddar cheese, ham, and dill pickles.

Pickled Chicken Sandwich | \$8
Pickle-brined fried chicken tenders on sourdough with pepper jack cheese and bacon.

Pickled Tenders and Fried Pickle Basket | \$10
Chicken tenders brined in pickle juice, hand-battered, and fried and crispy fried pickle chips served with pickle ranch and spicy pickle ranch.

Dill Kettle Chips with Pickle de Gallo | \$3.50
Crunchy dill-seasoned kettle chips served with a side of fresh pickle de gallo.

Coffee + Cookies

Main Campus
August 18
9:30 a.m. | Sertoma B

East Campus
August 20
10 a.m. | Dining Area



My Place Cafe Serves Up Food, Community in Montrose

In Montrose, a small-town dining spot brings people together, one meal at a time. My Place Café (210 W. Main St., Montrose), has become a favorite spot for good food, friendly conversation, and a warm atmosphere that reflects the spirit of community living.

Through the Active Generations Nutrition Program, diners with DHS Meal Cards can enjoy a meal here for just \$5.25!

My Place Café is known for its relaxed atmosphere and homestyle cooking. People from Montrose and nearby towns come here for good food and a sense of togetherness. Whether you stop in for lunch with friends or share stories over coffee, the restaurant offers more than just a meal. It's open for lunch Wednesday through Sunday, 8 a.m. to 2 p.m.

Inside, the setting is simple and welcoming. People

greet each other across tables while servers bring out favorite dishes made fresh each day. My Place Café welcomes everyone, from long-time residents to newcomers and travelers. Many guests are greeted by name, which adds a personal touch and helps make this spot a true part of the community. The name really fits.

Dining at congregate sites like My Place Café helps reduce isolation and supports well-being. In many rural areas, places to gather are hard to find, so this café has become an important part of daily life for many in the community and beyond.

Visit other flex locations for discounted meals using your DHS Meal Card, including the Active Generations Main location, Simply Good Café at East Campus, Rosie's Farmhouse Cafe, County Fair, the Quick Stop, the Wooden Nickel or any of the six Hy-Vee stores in Sioux Falls.

Want to get a meal card? The Nutrition Program serves nutritious weekday lunches at more than 10 locations across the Sioux Empire. If you are 60 or older, you qualify. No income requirements. Visit activegenerations.org/congregate-dining/ or call 605-336-6722 (Option 2) to learn more and fill out the form.



Day Break and Adult Day Services

August was a lively month for Active Generations' Adult Day Services. We enjoyed activities that helped everyone connect, stay healthy, and have fun. The warm weather was perfect for spending time outside, gardening, and playing bean bag games in the sun.

Participants colored sun-sational coasters for our beverages with bright, cheerful designs that added a sunny touch to our routines. We also painted rocks arranged to look like cacti. Fostering artistic expression offers social interaction, teamwork, and a creative outlet for those who love crafting.

AUGUST WISHLIST

Below is a Day Break wishlist. We welcome donations, but they are not required. Thank you for your generosity—your support helps us create joyful and meaningful experiences for everyone in our programs.

- Bingo candy (fun-sized pieces)
- Puzzles (300-500 pieces)
- Coloring Books
- Seasonal Window Decals
- Sun-Catchers
- Black Pens
- Whiteboard Markers
- Stickers

We update this list monthly to reflect current needs of our ADS Programs. Donations can be dropped off at our Day Break entrances. For questions, please call (605) 336-6751 and ask for Berkeley Stancer, Operations Manager.



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.**

August Hikes

August 4: Good Earth, Sioux Falls at 9 a.m.

August 18: Big Sioux Rec, Brandon at 9:30 a.m.

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

IT'S PICNIC Season

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

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Senior Citizen Discount
361-9363

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

In June, the music industry mourned the passing of Clive Davis, a renowned record executive who won five Grammy Awards and was inducted into the Rock and Roll Hall of Fame.

Davis hired Tony Orlando, who then gave Barry Manilow his first recording contract. Davis signed many artists, including Pink Floyd, Sly and the Family Stone, Janis Joplin, Santana, Bruce Springsteen, Chicago, Aerosmith, Billy Joel and others. He also guided the careers of Whitney Hous-

ton and Aretha Franklin. Many of these artists are familiar from our younger days.

The Kazukes of Active Generations are music lovers who play mostly ukuleles. We also have guitars, a banjo, percussion instruments and vocalists. As Kazukes, we play many hits from Davis' era and we encourage you to join!

The Kazukes gather every Wednesday from 9:30 to 11:30 a.m. in Room 203. Catch us on the first Wednesday of each month in Sertoma B, where we perform for Day Break. We also perform twice a month at various assisted living facilities.

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 Main Campus Book Club will be meeting on

Monday, August 24 at 9:30 a.m. at Active Generations Main Campus.

The book for discussion is "Daring Greatly" by Brene Brown. She argues that vulnerability is a strength and not a weakness. The principles apply to parenting, leadership and potential relationships.

Our next book will be "The Year of Wonder" by Geraldine Brooks. The book is a historical novel inspired by the true story of the village of Eyam, England during the 1666 plague outbreak. The story is told through the eyes of a housemaid named Anna Frith.

If you love to read, you are welcome to attend a meeting.

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.

GOLD N SILVER DRAMA CLUB

It is with much consideration and thought that the Gold'n Silver Drama Club has voted to discontinue. Thanks to all who supported our shows and attended our performances.

The Drama Club was one of the first volunteer groups formed when Ac-

tive Generations moved to its new building on West 46th Street from Downtown Sioux Falls.

Over the years, members spent many hours creating new shows twice a year. It was a rewarding experience, and many lifelong friendships were formed while doing something they enjoyed. Members loved sharing the shows with Active Generations audiences.

Thank you for letting us entertain you!

For YOUR Good Health

MASSAGE THERAPY

Main Location

Next available dates are:

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.

CURT ACES ONE AT ELMWOOD EAST

Active Generations golfer Curt Seiders scored his first-ever hole-in-one at Elmwood East's par three hole 5. He was playing with Connie English, Wade Meyer, and Deb Clemens. Golf Club goes to different courses Mondays at 9 a.m. in the summer. Check out our August schedule in this issue of LifeTIMES.





Medicare open enrollment runs from Oct. 15 to Dec. 7, and SHIINE is here to support South Dakotans throughout the process. Whether you are reviewing your current coverage, considering new plan options, or trying to understand Medicare changes before they begin Jan. 1, SHIINE provides guidance you can trust.

Did You Know?

• SHIINE stands for Senior Health Information and Insurance Education. The program is part of a nationwide network

Medicare Open Enrollment Almost Here; SHIINE Ready to Help

called State Health Insurance Assistance Programs, or SHIPs.

• SHIINE counselors receive thorough training and are certified annually to stay current on Medicare rules and plan options.

• Counseling is always completely unbiased. SHIINE never sells insurance or promotes specific companies, so your needs always come first.

• Each year, SHIINE helps thousands of South Dakotans save money, avoid penalties and feel confident about their coverage choices.

• Many SHIINE counselors are dedicated community volunteers who make a real difference by helping people navigate complex health care deci-

sions.

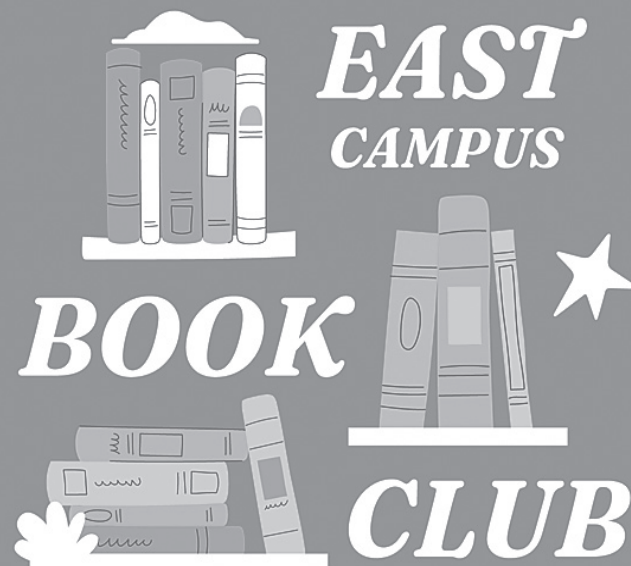
• SHIINE serves the entire state, and southeastern South Dakota SHIINE covers 12 counties: Minnehaha, Lincoln, Union, McCook, Clay, Turner, Hanson, Hutchinson, Yankton, Bon Homme, Charles Mix and Douglas.

Community Education Opportunities

If you or someone you know wants to learn more about Medicare basics, coverage options, or fraud prevention, you can request a SHIINE educational presentation for your group or organization.

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

New Club at East Campus!



August 12

9:30 - 10:30 a.m.

Room 110

Meeting on the second Wednesday of each month. Limited to 12 people.

Contact Linda Leddy to join book club at 605-530-2091 or leddyli@live.com

Volunteer from East Campus: New Meals on Wheels Routes on East Sioux Falls



Meals on Wheels is looking for volunteers to deliver and pack meals for new routes on the East side of Sioux Falls. This is perfect for members who want to volunteer right from East Campus to pack and deliver hot, nutritious meals for Meals on Wheels participants. For those looking to deliver, the two new routes are available and take about an hour to complete.

If you haven't volunteered before or are looking for a way to make a meaningful difference in your community, Meals on Wheels is always looking for volunteers. 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.

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 and East Campus, Hope Lutheran Church or First United Methodist Church, making it convenient no matter where you live.

If you're ready to volunteer or want to learn more, scan the QR code to complete the volunteer application, and we'll follow up with next steps.



Thanks to all our volunteers last month who helped pack and deliver meals!



Rake the Town Returns:

Volunteers Needed!

Get ready to Rake the Town! Active Generations needs volunteers this fall to provide yard maintenance for adults aged 60+ and individuals with disabilities. This year's event will take place from October 31 through November 6.

For more than 20 years, Rake the Town has been Active Generations' annual fall service event, supporting neighbors in our community so they can stay in their homes and remain independent.

Volunteers of all ages are encouraged to sign up to either rake or haul leaf bags. Whether you're an individual, a family, or a group, your time and energy can make a real difference in keeping our community beautiful and accessible.

Volunteer registration opens August 1. You can sign up for the event by registering online at activegenerations.org/rake-the-town/, or by contacting Brayden at (605) 333-3317 or wow@activegen.org.

August 2026 Donations

ADULT DAY SERVICES AND CAREGIVER SUPPORT:

Arlyce Daugherty
Melanie Keegan
Marshall and Angeline
Lavin
Barbara Lee
Hope Norland
Craig Wawers

In Memoriam of Mike Eisenmenger

Briggs Medical Services
Company
Brian Erickson
Holly Eisenmenger
Patricia and Theodore
Feller

Catherine Haugland
Shirley Harrison
Ruth Huber
Timothy and Belva
Peterson

In Memoriam of Scott Jorgensen

Traci Hylland
In Memoriam of Robert
Schmiedt
Kelsey Gardiner
Nancy and Craig Schoen
Susan Winters

MEMBERSHIP SERVICES:

Ignite Capital Campaign
Eileen Bergerson
Sandra Chroman
Chris and John
DeSchepper
Larry and Betty De Jong
Scott Doetzel

Linda and John Dunleavy
Tim and Phyllis Gaspar
Tyler Goff
Mary Beth Haiar
Pam Hansen
Joel and Jane Hathaway
Clayton and Peggy
Hedman

Fran and Colleen
Hummel
Norm Jerke
Sandy Kreutner
John Matthews Jr.
Roy and Pamela Morris
Tom Parlman
Matt Paulson
Carol Reznicek
Renae and Jerry Reu
Sally Tilstra



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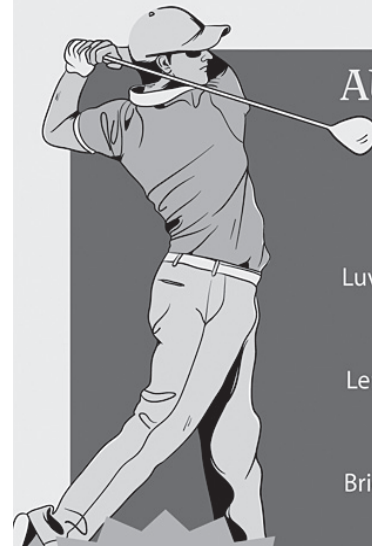
MILLER Funeral Home
& on-site crematory
Sioux Falls • Hartford

NUTRITION SERVICES:
Kari Garcia

Matt Paulson
Tom Parlman

ACTIVE GENERATIONS

GOLF



AUGUST OUTINGS

August 3

Northern Links, Renner

August 10

Luverne Country Club, Luverne

August 17

Lenkota Country Club, Lennox

August 24

Bridges at Beresford, Beresford

August 31

River Ridge Golf Course, Garretson

9 a.m.
Start

For more information :

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

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MOTORCYCLE CLUB

AUGUST-OCTOBER 2026 RIDES

August 5	Vermillion, SD
August 19	Hudson, SD
September 2	Yankton, SD
October 7	Martinsburg, NE
September 16	Sioux City, IA
October 21	Springfield, SD



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

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

TUESDAY NIGHT DANCES

6:30 - 9 PM

Members \$7 | Non-Members \$10

AUGUST LINE UP

August 4: State Line Drifters

August 11: TBD

August 18: TBD

August 25: Clay Creek Cowboy Band



BACK TO SCHOOL COOKIE DECORATING CLASS



AUGUST 8 | 1- 3 P.M.
EAST CAMPUS: ROOM 110

Instructor: Jamie Cody | Cost: \$55

**Active
Generations**

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



New to pickleball?
Try out...

Class to Court

Pickleball Intro Workshops

August 18 | 5- 6 PM
East Campus

Free for Premiere Members
\$5 for AG Members
\$10 for Non Members

**Active
Generations**



Palisades State Park Trip AG Bus Outing

August 21
8:30-11:30 a.m.
\$20 per person
8:30 a.m. Departure
from Main Campus



**SCAN TO
REGISTER**

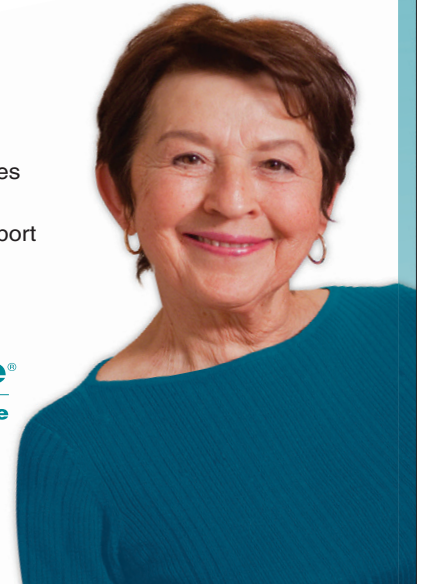


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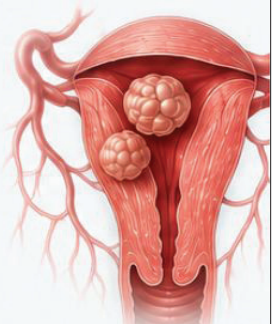


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August 2026



Monthly Menu

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



Monday

Tuesday

Wednesday

Thursday

Friday

3 Chicken Kiev Mashed Potatoes & Gravy California Blend Veggies Fruit Juice	4 French Toast Sausage Link Green Beans Fruit Cup	5 Swedish Meatballs Mashed Potatoes Carrots Fruit Juice	6 Chicken Salad on a Bun Pasta Salad 3 Bean Salad Fruit Juice	7 Spaghetti & Meat Sauce Italian Vegetables Bread Stick Fruit Cup
10 Philly Steak & Cheese Casserole Carrots Fruit Juice	11 Chicken Pot Pie over Biscuit Winter Mix Vegetables Fruit Cup	12 Ham & Cheese Sandwich Potato Salad Coleslaw Fruit juice	13 Meatloaf Mashed Potatoes & Gravy Carrots Fruit Juice	14 Hamburger on a Bun Calico Beans Fruit Cup
17 Grilled Chicken Breast Tri-Tator Stewed Tomatoes Fruit Juice	18 Baked Ziti Winter Blend Vegetables Garlic Bread Fruit Juice	19 Pepper Steak American Fries Green Beans Fruit Cup	20 Tuna Salad on a Bun Macaroni Salad Pea Salad Fruit Juice	21 BBQ Ribs Au Gratin Potatoes Carrots Fruit Cup
24 Chicken & Broccoli Bake Beets Fruit Juice	25 Taco Bake Spanish Rice Mexican Corn Fruit Cup	26 Pulled Pork Sandwich Cheesy Hashbrowns Baked Beans Fruit Juice	27 Chicken Strips Scalloped Potatoes Carrots Fruit Juice	28 Egg Salad on a Bun Potato Salad Pea Salad Fruit Cup
31 Stuffed Bell Pepper Casserole Roasted Potatoes Broccoli Fruit Juice				

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.

AUGUST OUTING

OUT TO LUNCH



BUNCH

August 20 | 12:30 p.m.

Lunch at Over Easy Restaurant
(5722 E. 18th St.)
Followed by a Tour the Sioux Falls One
Stop
(501 S. Highland Ave.)



Bean Bags & Beer

AUGUST 27 | 5-7 P.M.
EAST CAMPUS
Outside (weather permitting)

MEMBERS - FREE
NON-MEMBERS - \$10

SNACKS & SODA PROVIDED
BEER \$5 EACH

