

LifeTIMES

Official Newspaper of Active Generations

Active
Generations

Vol. 48, ISSUE 9 - SEPTEMBER 2026

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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



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

Active
Generations
Opportunities for a Lifetime

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

President's Update



Where Did Summer Go?

It's hard to believe summer is already winding down! As we head into fall, we're continuing to enhance our programs with your ideas and feedback helping lead the way. Many of the exciting changes happening at Active Generations have come directly from conversations with our members about what you'd like to see. Thank you for continuing to share your ideas! Here are just a few of the exciting things happening this fall.

Simply Good Café Updates

We're excited to introduce Happy Hour at the Simply Good Café! Join us on September 1, 15, and 29 for an afternoon of live music, specialty appetizers, and beverages. We're thrilled to welcome Landon Weisz as our featured musician in September. If these events are well attended, we hope to make Happy Hour a regular offering.

Many of you have also asked about breakfast at our Main Campus,

and I'm happy to share that we're planning to launch breakfast service in September! Because the Main Campus kitchen is different from our East Campus, the menu will vary slightly. We're putting the finishing touches on the details, so watch for more information soon.

Art & Wellness

Our Main Campus is proud to host the Great Plains Watercolor Society's art show celebrating America's 250th Anniversary. The beautiful artwork is displayed throughout our lobby, and I encourage you to stop by and enjoy the exhibit.

We're also excited for our Women's Wellness Event on September 12. This fun and interactive event is an opportunity to learn something new, explore wellness activities you may have never tried before, and connect with others. And yes, for all the dog lovers, puppy yoga will be one of the featured activities!

IGNITE Campaign Update

A heartfelt thank you to all of our members who supported the Spark Challenge through the IGNITE Campaign. Your generosity is helping bring the vision for the East Campus Expansion one step closer to reality.

Behind the scenes, we're continuing to make steady progress by advancing the building design while exploring financing and fundraising opportunities. There are many exciting pieces coming together, and we look forward to sharing more updates in the months ahead.

The East Campus has experienced tremendous growth since opening, and this expansion is designed to ensure we can continue meeting the needs of our community for years to come. If you'd like to learn more about the IGNITE Campaign and the East Campus Expansion, please don't hesitate to reach out. You can also stop by the front desk, and our team would be happy to connect you with more information.

As always, thank you for being part of the Active Generations community. Your ideas, participation, and enthusiasm continue to shape the future of our organization. We appreciate your continued support and look forward to seeing you at one of our many programs and events this fall!

Betsy Schuster
President & CEO



DO YOU NEED HELP CARING FOR A LOVED ONE?

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

Right at Home
In Home Care & Assistance

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

605.275.0070 | www.RAHSESD.com

LABOR DAY

September 7, 2026

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

Pickleball 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 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
Hiking Club	Tuesdays	9/1	9 am	Great Bear
SING-A-LONG	Tuesdays	9/1, 9/8, 9/15, 9/22 & 9/29	10 am - 11 am	Lobby
Tuesday Evening Dances (Various Bands)	Tuesdays	9/1, 9/8, 9/15, 9/22 & 9/29	6:30 pm - 9 pm	Sertoma A
Motorcycle Club (contact Milton Ellis at milt761@outlook.com)	Wednesday	9/2	Varies	Yankton, SD
Craft Sale	Friday	9/11	10 am - 2 pm	Lobby
Monthly Birthday Party (TBD)	Friday	9/11	1 pm - 2 pm	Sertoma A
Golf Outings	Mondays	9/14, 9/17, 9/22 & 9/28	9 am	Various Golf Courses
Beginning Mah Jongg Class (\$45 Members, \$60 Non-Members)	Tuesdays/Thursdays	9/15, 9/17, 9/22 & 9/24	8:30 am - 11:30 am	Room 203
Hiking Club	Tuesday	9/15	8:30 am	Family Park
Coffee & Cookies with Betsy	Tuesday	9/15	9:30 am	Sertoma B
Motorcycle Club (contact Milton Ellis at milt761@outlook.com)	Wednesday	9/16	Varies	Sioux City
Out to Lunch Bunch (Tour of Veteran Community Project at 11 am, followed by lunch at Falls Overlook Cafe at Falls Park	Thursday	9/17	11 am	Meet at Veterans Community Project
Movie Mania (A Complete Unknown)	Thursday	9/17	3 pm	Room 204
Ted Talks (Various Topics)	Friday	9/18	1 pm	Room 204

AG EAST - MARK YOUR CALENDAR!

ACTIVITY	DAY	DATE	HOURS	LOCATION
Grief Support Group (1st Monday of each month)	Monday	9/14	10:30-11:30 a.m.	Room 103
Women’s Wellness Summit (Ticketed Event - Registration Required)	Saturday	9/12	8:00 a.m. - 12:00 p.m.	Entire Building
Intro to Genealogy with Ann Smith (Registration Required)	Wednesday	9/16	10 a.m. to 11 a.m.	Room 110
Coffee and Cookies w/ Betsy	Thursday	9/10	10 -11 a.m.	Room 115
Movie Mania	Friday	9/18	5-7 p.m.	Room 110
Fall Prevention Screenings with Sanford Stand Strong	Monday	9/21	9 a.m. to 12 p.m.	Room 115
Getting Started with Ancestry.com with Ann Smith (Registration Required)	Wednesday	9/23	10 a.m. to 11 a.m.	Room 110
Bean Bags and Beer	Thursday	9/24	5 p.m. to 7 p.m.	Outside/Dining Area

Active Generations

September 2026 Schedule

EAST PICKLEBALL COURTS

September 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

September 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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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 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.

New to pickleball?
Try out...

Class to Court

Pickleball Intro Workshops

September 15 | 5- 6 PM
East Campus

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

ACTIVE GENERATIONS

GOLF

Club

SEPTEMBER OUTINGS

(Tues) September 8
Elmwood East Golf Course (Sioux Falls)

September 14
Meadow Acres Golf Course (Larchwood, IA)

September 21
Northern Links Golf Course (Renner, SD)

September 28
Spring Creek Golf Course (Harrisburg, SD)

9 a.m.

Start

For more information :
Bob Black 605-759-8671
blackroberte@sio.midco.net

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	Michael McEntee and Gloria Faber (back up)
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	Terry Bong and Ron Weidler
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	Tuesdays / Thursdays	8:00 am - 11:30 am	Room 203	Open
	Main	Fridays	8:00 am - 11:30 am	Room 203	Sharon Schwaderer
	East	Mondays/Friday	3:30 p.m.-6:30 p.m. 9 - 11 a.m.	Room 115	Kathie Smith Open
	East	Wednesdays	1-4 p.m.	Room 115 and 116	Open
Pinochle	Main	Wednesdays	12:30-3 p.m.	Room 203	Becky Grave
	East	Tuesdays Fridays	12:30 - 3 p.m. 9 a.m. - 12 p.m.	Room 115	Gary Kessler Open
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 September 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
Ukeleles for Fun	Main	Tuesdays	9:30-11:30 a.m.	Room 204	Pat Anawksi
Woodcarving Club	Main	Mondays and Saturdays	9-11 a.m.	Room 132	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	10:00 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 (Starting August 12)	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	Debbie Biegger
Shotokan Karate Club	East	Mondays	6:30-7:45 p.m.	Room 116 and 117	Brianna Leesch



Open 7 a.m. to 3 p.m.
Monday - Friday
at East Campus



Providing fresh, accessible breakfast and lunch options.

RAKE THE TOWN

October 31- November 6



Active Generations

Rake the Town Returns This Fall to Help the Community

Active Generations is preparing for Rake the Town, an annual volunteer-driven event that provides fall yard cleanup assistance to older adults and individuals with disabilities in the Sioux Falls and Brandon areas. This year's event will take place Oct. 31 through Nov. 6. Each year, volunteers rake leaves, bag yard waste and help prepare participating homes

for the winter season. The program connects community members who want to give back with neighbors who may need extra support maintaining their yards, helping participants remain safe, independent and proud of their homes. Rake the Town is available to adults age 60 and older who need assistance with yard work, as well as individuals under 60 with a documented disability. Homeown-

ers who participate are asked to make a suggested donation based on yard size, ranging from \$20 to \$75. Individuals, families, businesses and community groups are encouraged to get involved through volunteering. Volunteers play a vital role in supporting our programs, building community connections and helping local residents remain safely in their homes. In addition to yard work volunteers,

Active Generations is currently seeking volunteers to help contact homeowners by phone as preparations for the event begin. Registration for both volunteers and homeowners will be available soon. Community members interested in volunteering or receiving assistance are encouraged to check our website at <https://activegenerations.org/community/rake-the-town/> for registration details

and updates. In addition to yard work volunteers, Active Generations is currently seeking volunteers to help with outreach efforts, including calling homeowners, sharing program information and assisting with participant sign-ups. To learn more about the program, call (605) 333-3317. By working together, we can make a meaningful difference throughout our community.

Tuesday Happy Hour at East Campus

Looking for a fun way to connect with others? Join us for Happy Hour at East Campus from 1 to 3 p.m. on the first, third, and fifth Tuesdays in September. Enjoy live music, conversation, and the chance to meet fellow

members in a relaxed, welcoming setting. Come with friends or on your own. It's a great opportunity to spend an afternoon with the Active Generations community. No registration is required. Just stop by and enjoy good company and great enter-

tainment. Enjoy beverages available for purchase and a special Simply Good Happy Hour menu with a variety of delicious appetizers, including grazing boards, wings, nachos, chislic and other crowd favorites. Don't miss out on this opportunity.

HAPPY HOUR

The first, third and fifth Tuesdays in September!
EAST CAMPUS | 1-3 P.M.



WOMEN'S WELLNESS SUMMIT

Active Generations

Presented by Avera



Women looking to prioritize their health and well-being are invited to Active Generations' inaugural Women's Wellness Summit on Saturday, Sept. 12, from 8 a.m. to noon at the Active Generations East Campus. Presented by Avera, the summit will focus on practical wellness strategies and meaningful connections. The morning begins with

breakfast from Simply Good Cafe, sponsored by Legacy Law Firm, followed by a keynote presentation, "Women's Health in the Wonder Years," from Avera physicians Dr. Kate Boos and Dr. Molly Uhing. Attendees can personalize their experience by choosing from a variety of 30-minute breakout sessions covering topics such as heart health, nutrition, bone health, and urogynecology. Ac-

tive Generations staff will also lead introductory sessions on TRX, pickleball, and the Pathways program. Tickets are \$30 for Active Generations members and \$45 for non-members and include breakfast, all programming, and a wellness swag bag. Space is limited, so early registration is encouraged. Learn more and register at activegenerations.org/womens-wellness.

Saddle Up at Rock Ranch

Members Take the Reins During Special Ranch Visit

Members enjoyed a memorable outing to Rock Ranch in Hills, Minnesota, on June 19 as part of the Senior Saddles program. Participants spent the day touring the ranch, meeting the horses and experiencing the joy of horseback riding in a welcoming and scenic setting. The visit also included coffee, cookies and plenty of opportunities to relax, connect with friends and enjoy the outdoors. The outing gave participants a chance to step outside their daily

routines and try something new while building connections with fellow members. They had the opportunity to interact with the horses and take in the peaceful ranch atmosphere. The day was filled with memorable moments, and the Rock Ranch team helped create an enjoyable experience, making the visit a highlight of the summer season for participants. Programs like Senior Saddles help Active Generations members stay active, connected and engaged throughout the year.



Active Generations

Main Campus
September 15
9:30 a.m. | Sertoma B

East Campus
September 10
10 a.m. | Room 115



Coffee + Cookies





September is National Suicide Prevention Month

For adults age 60 and older, two common experiences can intensify suicidal thoughts: loneliness and loss of meaning.

Both point to a deep human need for connection, purpose, and belonging. As we age, relationships, routines, health, independence, and roles in life can change quickly. When loneliness or a loss of purpose becomes heavy, a person may begin to wish for an end to their suffering or worry that they are a burden to others.

The good news is that no one has to face these feelings alone. Professional support from therapists, psychiatrists, doctors, and counselors can be very helpful, and there are also community resources that may feel more accessible as a first step.

Active Generations offers multiple programs that help older adults build friendships, stay engaged, and re-

duce feelings of loneliness or isolation.

The Helpline Center provides phone support through its Older Adult Outreach program to encourage connection and support people in their life journey. It also offers volunteer opportunities, which can help many people rediscover a sense of purpose. You may not realize it, but other people need you, too.

Most importantly, if you or someone you know is feeling overwhelmed, hopeless, or burdened by thoughts of suicide, help is available right now. Call, text, or chat with a trained crisis counselor at 988 anytime. Counselors are available 24 hours a day, seven days a week, at no cost.



Although suicide can be a difficult topic to discuss, it is an important conversation because it touches many lives. Some of us have known someone who died by suicide, and some may have struggled with suicidal thoughts ourselves. In the Sioux Falls area, one age group experiencing an increasing rate of suicide deaths is adults age 60 and older. These numbers remind us why the conversation matters—even when we worry that talking about suicide might “put the thought” in someone’s mind. The reality is that people who are struggling do not need others to introduce the idea. What they often need most is someone willing to listen with care and without judgment.



Rosie's Farmhouse Café Brings Neighbors Together Over Home-Style Meals in Chester

lunch, Rosie's offers a dining experience that feels more like a family gathering than a restaurant visit.

Inside the cozy café, guests are welcomed with rustic farmhouse décor and the comforting smell of freshly baked pie. Morning breakfasts draw an early crowd with pancakes, eggs, crispy bacon, and biscuits and gravy. Daily specials often feature classics such as roast beef, mashed potatoes with gravy, baked chicken, homemade soups, meatloaf, and warm dinner rolls.

As rural communities work to preserve traditions and social connections, Rosie's Farmhouse Café remains a reminder that a simple meal shared among neighbors can still bring people together. It is more than a café, it is a place where conversation flows as freely as the coffee, where everyone is treated like family.

In a time when many small-town gathering places have disappeared, Rosie's Farmhouse Café (304 4th St) in Chester continues to serve more than just meals — it serves community.

Located near Brant Lake and only 35 miles north of Sioux Falls, the café's welcoming environment has made it especially popular among senior residents seeking both affordable meals and companionship.

Known for its warm atmosphere, breakfast options, and old-fashioned hospitality, the café has become a favorite stop for congregate diners looking for home-style cooking and friendly conversation. From the aroma of fresh coffee in the morning to the sound of neighbors catching up over

Participants are encouraged to travel to other flex locations including Active Generations Main location, Simply Good (East Active Generations location), My Place Café (Montrose), County Fair (Dell Rapids), The Quick Stop (Salem), The Wooden Nickel (Crooks) 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 Punch Card.



Day Break and Adult Day Services

Summer has been flying by here at Day Break! We have been busy tending to our flowers and enjoying some cool treats! Walking in our backyard with the bubble machine. While summer is still here for a little bit yet, we are having a water balloon toss and of course, a lot of laughs! Making fun crafts such as watermelons and swimsuits. Our next craft is making sunflowers, bringing outside to us indoors!

Sunflowers are beautiful and incredible plants! Did you know that they are native to North America? Sunflowers help detoxify the soil from toxins, heavy metals and contaminated soil. The standard height of sunflowers is 6 to 10 feet. The tallest recorded sunflower reached over 35 feet tall! Wow! Sunflowers track the sun from east to west during the day. Mature sunflowers will permanently face east. They help feed the birds, bees and other little critters, along with people! The head of the sunflower are called florets due to the 1,000-2,000 tiny individual flowers! That is just amazing! Their association with sunshine is obvious but are considered to represent happiness, warmth, luck, adoration and friendship!

“Keep your face to the sunshine and you cannot see the shadows. It’s what the sunflowers do!” Quote by Helen Keller

SEPTEMBER 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)
- Coloring Palettes
- Play Doh or Modeling Clay
- Adult Coloring Books
- Felt Dolls
- Bird Feeders
- Artificial Flowers
- 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.

Active Generations Club Notes

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

September is a historical month for music. In 1653 Johann Pachelbel was born. Elvis celebrated his success by buying a pink Cadillac for his mother in 1956. In 1964 the Beatles performed their first US tour. We celebrate the opening of the Rock and Roll Hall of fame in 1983.

So, what do these facts have to do with the Kazukes? We play Pachelbel's Canon, "Can't Help Falling in Love" by Elvis, and coming soon: the Beatles! Many other artists are performed in our programs.

The Kazukes are famous for their combination of ukuleles and kazoos to express their love for these artists. Other instruments include guitar, drum, and banjolele. Voices are also welcome!

If you want to be a part of the celebration of history, come check us out on the first Wednesday of the month at 10 am when we perform for Day Break in Sertoma B. Rehearsals are Wednesdays from 9:30-11:30 in Room 203. Lessons are available.

Hope to see you soon!

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 Main Book Club will be meeting on Monday, September 28th at 9:30am.

The group will be discussing the historical fiction novel "The Year of Wonder" by Geraldine Brooks. The book gives the story of the "plague" as seen by a house maid living in a small village in England.

The book for next month is "The Wager: A Tale of Shipwreck, Mutiny and Murder" by David Grann. The nonfiction book centers around the 1741 shipwreck of HMS the Wager. The ship washed ashore on the coast of Patagonia and the book describes the fight for survival.

Anyone that reads and enjoys a variety of subjects and authors is welcome to join us. Happy Reading!

UKULELES FOR FUN

Looking for a fun and easy way to learn a new instrument? Join Ukuleles for Fun, a beginner-friendly group that meets every Tuesday from 9:30 to 11:30 a.m. in Room 204 at Active Generations' Main Campus.

Participants will learn three to four basic chords and start playing simple songs in a relaxed, welcoming environment. No previous experience is required, making this a great opportunity to try something new, meet others, and enjoy the joy of music.

To learn more or sign up, contact Pat Anawksi at (605) 929-1145. Beginners are welcome!

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 Active 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!

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

TAI CHI WORKSHOP

SEP 15, 2026
9-10 A.M.
EAST CAMPUS

This 16-week workshop meets once a week on Tuesdays. Registration is required, and participants must commit to all 16 weeks.

There is no cost to participate; however, **an Active Membership is required.**

*Active
Generations*

Free to Attend
Reserve your spot by calling the front desk or registering in the Active Generations member app.

For your Good Health

MASSAGE THERAPY

Main Location

Next available dates are:

Tuesday, Sept. 22

Tuesday, Oct. 6

Tuesday, Oct. 27

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.



Medicare Open Enrollment is just around the corner! From October 15 through December 7, Medicare beneficiaries have the opportunity to review and make changes to their Medicare Advantage Plan (Part C) or Prescription Drug Plans (Part D) for 2027.

The Senior Health Information and Insurance Education (SHIINE) program provides free, confidential, and unbiased Medicare counseling to help beneficiaries understand their options, compare plans, avoid costly mistakes, and make informed decisions.

SHIINE serves the entire state, and southeast-

Medicare Open Enrollment Almost Here; SHIINE Ready to Help

ern South Dakota SHIINE covers 12 counties: Minnehaha, Lincoln, Union, McCook, Clay, Turner, Hanson, Hutchinson, Yankton, Bon Homme, Charles Mix and Douglas.

As the demand for Medicare assistance continues to grow, SHIINE is also seeking caring and dedicated volunteers to join its team. Volunteers are the heart of the program, providing one-on-one Medicare counseling, staffing community outreach events, presenting educational programs, and helping connect older adults with trusted Medicare information.

No prior Medicare experience is required. SHIINE provides comprehensive training and ongoing support, making volun-

teering a rewarding opportunity to learn new skills while making a meaningful difference in the lives of South Dakota seniors.

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.

Whether you're preparing for Open Enrollment or looking for a way to give back to your community, SHIINE is here to help.

INTRO TO GENEALOGY

SEP 19, 2026

10-11 A.M.

EAST CAMPUS | ROOM 110

Interested in tracing your family history but unsure where to start? Learn the basics of genealogy, explore helpful resources, and gain the confidence to begin building your family tree.

Presenter: Ann Smith, retired librarian and member of Mary Chilton DAR and the Sioux Valley Genealogical Society.

*Active
Generations*

Free to Attend

Reserve your spot by calling the front desk or registering in the Active Generations member app.

Fall into Volunteering with Meals on Wheels



MEALS on WHEELS
SIOUX EMPIRE

As the seasons change, it's the perfect time to make a meaningful difference in your community by volunteering with Meals on Wheels. Whether you can help weekly, monthly or as a substitute, our flexible schedule makes it easy to fit volunteering into your routine. You'll stay active, meet new people and brighten the day of a neighbor in need.

Volunteers deliver hot, nutritious meals to homebound clients Monday through Friday. Meal pickup is between 10:30 and 11 a.m., and most routes take about 1½

hours to complete. Meals can be picked up at the Active Generations East Campus, Active Generations Main Campus, Hope Lutheran Church or First United Methodist Church, making it convenient no matter where you live.

This fall, deliver more than a meal—deliver warmth, kindness and connection. To learn more or sign up, contact the Meals on Wheels team at mow@activegen.org or 605-333-3305. You can also scan the QR code to complete a volunteer application, and we'll be in touch with the next steps.



WORKERS ON WHEELS
BY ACTIVE GENERATIONS

Workers on Wheels
Now Offers Extended Hours!

Workers on Wheels, Active Generations' community transportation service for seniors, is expanding its hours to better serve you! Starting this month, rides will be available Monday through Friday from 9:00 a.m. to 5:00 p.m., extended from the previous 9:00 a.m. to 2:00 p.m. schedule.

This means more flexibility for scheduling trips to grocery stores, medical appointments, and other essential errands, with the same safe, reliable, and compassionate service you've come to

expect. Whether it's an afternoon doctor's visit or a later grocery run, we've got you covered.

Remember, rides are best scheduled in advance; a week is our recommendation. Call

the Workers on Wheels office at (605) 333-3317 to book your next ride.

We're proud to help you stay independent and connected, now with more hours to serve you!

SEPTEMBER MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | THURSDAY 9/17 | 3 PM

A COMPLETE UNKNOWN

Rated: R

In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world. Timothee Chalamet, Edward Norton, Elee Fanning

EAST CAMPUS | FRIDAY 9/18 | 5 PM

SONG SUNG BLUE

Rated: PG-13

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. Kate Hudson, Hugh Jackman

*Active
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September 2026 Charity and Donations

Adult Day Services and Caregiver Support

In Memory of Dennis Murschel

Jean Nicholson
John or Jane Paulson
Sue Loge
Melissa or Daniel
Radigan
Ann or Christopher
Schiltz

In Memory of Michael Eisenmenger

Koni or Dale Dilly

In Memory of Bob Schmiedt

Claude Beaudry
Julie Larson
Mary & Gordon Mairose
Mary & Rick McClung
Gracia & Michael
Gillespie
Kelli & Jeremy Kral
Julie & Roger Greer
Joan Kramer
Jerry & Sharon

General ADS Donations

Beth Chapman
Joan Haugen
Jason & Lisa Groon

Development

Ellen Janssen
Edward and Delores
Chapin
Robert Whiting
Dr. David & Julie Elson
Mary and Jerome
Freeman
Keith or Marie
Schumacher
William or Carol Kollis
Sandy Wodzinski
Patricia Brennan
Alice Parks
Thomas Raap
Robert & Carolyn
Humphreys
Brent Phinney
Bob Baker (First National
Bank in Sioux Falls)
John Anderson

Target Circle
Sanford Health

IGNITE Capital Campaign (Spark Campaign)

Robert Carr
Kim & Chris Bowman
Jeff & Julie Stroup
Deanna Headrick
Kathy & Joseph Rogers

Membership Services/ Activities

Citi (via Dawn Duerksen)
Mary Ulmer

Nutrition/Meals on Wheels

Beth Chapman
Amy or John Warwick
Christina Peterson
South Dakota State
University Alumni &
Friends
Mark Olsen
SFACF / Kathleen A. &
Dusty Rick Miller

Workers on Wheels (WOW) – Rake The Town

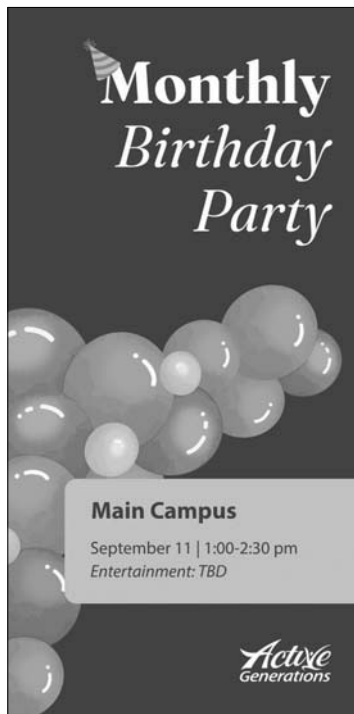
Fleet Farm (Emily Lepisto)

The Mini Movers

The Easiest Way to Avoid
The Hardest Part of Moving.

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affordable moving company.

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361-9363



**Monthly
Birthday
Party**

Main Campus
September 11 | 1:00-2:30 pm
Entertainment: TBD

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**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

Funeral Pre-planning

It pays to compare

Call Kristen Peterson, Funeral Director

HERITAGE FUNERAL HOME
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Fax: 605-334-4186

www.heritagesfsd.com • heritagefh@midco.net

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service in advance.

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appointment and planning guide.




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605-361-1422

 www.sunnycrestvillage.com 

Healthy Changes Coming to Our Menus This September

Beginning September 1, 2026, you may notice a few changes to the meals served through Active Generations' Senior Nutrition Program, including our congregate dining sites and Home Delivered Meals.

These updates are part of the newest Dietary Guidelines for Americans (2025–2030) and are designed to provide even healthier, well-balanced meals while continuing to offer the great taste and quality you have come to expect.

Although some menu items may change, our goal remains the same—to provide delicious, nutritious meals that support healthy aging.

What Will Be Changing? Less Added Sugar

One of the biggest changes is a reduction in added sugars. Meals will now contain no more than 10 grams of added sugar. This means you may notice fewer sweet desserts or changes to some recipes and condiments. Naturally sweet foods like fresh or canned fruit will continue to be included.

More Whole Grains

Each day's menu will include at least one whole-grain item, such as whole wheat bread, whole grain pasta, brown rice, or whole grain rolls. Whole grains provide fiber and nutrients that support heart health and digestion.

More Protein

Meals will now provide a

little more protein than before. Protein helps maintain muscle strength, supports healing, and plays an important role in staying healthy and independent as we age.

Balanced Fruits and Vegetables

The new guidelines place additional emphasis on serving a variety of vegetables throughout the week while continuing to include fruit with meals. You'll continue to enjoy colorful, nutritious fruits and vegetables that provide important vitamins and minerals.

Will My Favorite Meals Change?

Many of your favorite meals will still be on the menu. Some recipes may be updated to meet the new nutrition guidelines, and you may notice different side dishes, whole grain options, or lighter desserts.

Our Commitment to You

At Active Generations, we are committed to providing meals that are nutritious, enjoyable, and

meet the latest nutrition recommendations. Our culinary and nutrition teams have been working hard to make these updates while

maintaining the quality and flavor you expect.

Thank you for allowing us to serve you. We look forward to continuing to

provide meals that nourish your body, support your health, and help you remain independent.

Getting Started

with Ancestry.com

Curious about your family history but not sure where to start?
Bring your laptop to explore Ancestry.com for free!

September 23 | 10 - 11 a.m.
East Campus: Room 110
No Cost

Presenter: Ann Smith,
retired librarian and
member of Mary Chilton
DAR and the Sioux
Valley Genealogical
Society.

Active Generations

No affiliation with Ancestry.com

CRAFT SALE

Friday, September 11
from 10 a.m. to 2 p.m.
at Main Campus
2300 W 46th Street, Sioux Falls, SD

Active Generations

Hiking Club

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.

September Hikes
September 1: Great Bear, Sioux Falls at 9 a.m.
September 15: Family Park, Sioux Falls at 8:30 a.m.

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

Active Generations

Active Generations
SEPTEMBER OUTING

OUT TO LUNCH BUNCH

September 17 | 11 a.m.
Tour of the Veterans Community Project
(367 N. Willow Ave.)
Followed by lunch at the Falls Overlook Cafe
at Falls Park

HELP OLDER ADULTS STAY ACTIVE AND INDEPENDENT

Volunteer with Sanford Health and lead falls prevention programs that help older adults build confidence, stay active and reduce their fall risk.

No fitness background is required.
Training, tools and support are provided.

Learn more or register for training by calling (605) 333-4440
or emailing fallprevention@sanfordhealth.org.

*Active
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BEGINNING MAH JONGG INSTRUCTION



TUESDAYS & THURSDAYS AT MAIN CAMPUS

From 9/15 - 9/24
8:30 a.m. - 11:30 a.m.

MEMBERS \$45 NON-MEMBERS \$60

Sign up by calling (605) 336-6722 or stopping by the front desk.



KAZUKES CLUB

Beginner/Intermediate Pickleball Lessons

LESSONS WITH CHAD

Dates: Fridays: Oct. 2, 9, 16 and 23, 2026
Duration: 4-week series
Time: 6:30-8:30 p.m.
Location: Main Campus

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COST:
\$80 Members
\$120 Non-Members

Build your skills, improve your game, and enjoy four weeks of instruction with Chad in a fun and supportive environment.



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

Roxie's Tour and Travel & Allied Tour and Travel Show

Tuesday, Sept. 22

Room 128 Main Campus 10-11 a.m.

Room 116 East Campus 3-4 p.m.

Come see a presentation of 2027 Tours and receive the brand new colored 2027 catalog!

Call Roxie at **507-227-0905**
with any questions.



September 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
	1 Chicken Alfredo Italian Vegetables Bread Stick Fruit Cup	2 Turkey & Cheese Sandwich Coleslaw Fruit Juice	3 Chicken Thighs Mac'n Cheese Green Beans Fruit Juice	4 Cabbage Roll Casserole Mashed Potatoes Garlic Bread Fruit Cup
7 Closed	8 Garlic Parmesan Pork Mashed Potatoes & Gravy Mixed Vegetables Fruit Cup	9 Sloppy Joe Hashbrowns Green Beans Fruit Cup	10 Beef Ravioli with Spaghetti Sauce Italian Vegetables Garlic Bread Fruit Juice	11 Pulled Pork Sandwich Cheesy Hashbrowns Baked Beans Fruit Cup
14 Chicken Kiev Mashed Potatoes & Gravy California Blend Veggies Fruit Cup	15 French Toast Sausage Link Green Beans Fruit Cup	16 Swedish Meatballs Mashed Potatoes Carrots Fruit Cup	17 Chicken Salad on a Croissant Pasta Salad 3 Bean Salad Fruit Juice	18 Roast Beef Mashed Potatoes & Gravy Corn Fruit Cup
21 Hamburger on a Bun Calico Beans Fruit Cup	22 Chicken Pot Pie over Biscuit Winter Mix Vegetables Fruit Cup	23 Hot Ham & Cheese On a Bun American Fries Green Beans Fruit Cup	24 Tuna Salad on a Croissant Macaroni Salad Pea Salad Fruit Juice	25 Grilled Chicken Breast Tri-Tator Stewed Tomatoes Fruit Cup
28 Baked Ziti Winter Blend Vegetables Garlic Bread Fruit Juice	29 Meatloaf Mashed Potatoes & Gravy Carrots Fruit Cup	30 Chicken & Broccoli Bake Beets 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.



TUESDAY NIGHT DANCES

Main Campus | 6:30 - 9 p.m.
Members \$7 | Non-Members \$10

SEPTEMBER LINE UP

September 1: State Line Drifters

September 8: Audra & the Machine

September 15: Radio Alley

September 22: TBD

September 29: TBD



TRICK OR TREAT

COOKIE DECORATING CLASS



OCTOBER 10 | 1- 3 P.M.
EAST CAMPUS: ROOM 110

Cost: \$55



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



Bean Bags & Beer

SEPTEMBER 24 | 5-7 P.M.

EAST CAMPUS
Outside (weather permitting)

MEMBERS - FREE
NON-MEMBERS - \$10

SNACKS & SODA PROVIDED
BEER \$5 EACH



