

LifeTIMES

Official Newspaper of Active Generations

Active
Generations

Vol. 48, ISSUE 10 - OCTOBER 2026

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Happy
Halloween

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



RSVP

RETIREE & SENIOR VOLUNTEER PROGRAM

 AmeriCorps
Seniors

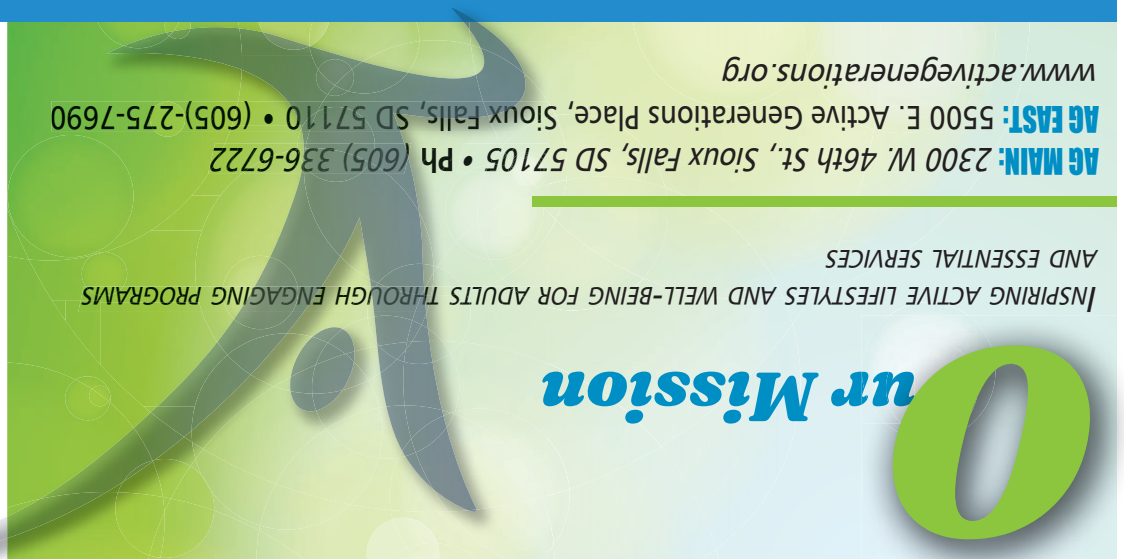
 Active
Generations

Active Generations Expands Volunteer Opportunities

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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



Hello Fall!
Welcome to fall and the changing leaves! With the new season come a few exciting things happening at Active Generations:

Rake the Town
Sign-ups are underway for both those needing assistance with fall yard cleanup and those who would like to volunteer. Each year, more than 1,200 volunteers help rake approximately 300 yards throughout our community. Information is

available on our website or stop by either front desk to learn more or sign up.

Simply Good Happy Hour
Our first Simply Good Happy Hour was a success...and a great time! We are excited to keep it going with three slight changes.

First, we are moving Happy Hour to Thursdays to avoid conflicts with the Tuesday Night Dances at our Main Campus. In October, Happy Hours will be held on the October 15th and 29th.

Second, the happy hours will be from 2-4 p.m. as well in October.

Third, Happy Hour will now be sponsored by

our new RSVP program, helping us bring more opportunities for awareness, connection, and volunteering to Active Generations!

Breakfast is Coming to the Main Campus!
Breakfast is Coming to the Main Campus! We originally hoped to launch breakfast in September, but equipment took a little longer than anticipated. Beginning November 2, made-to-order breakfast options will be available at the Main Campus. We are excited to add another way to gather around the table!

Nutrition Menu Updates
You will notice some changes to our lunch menu as we work to meet new federal dietary requirements. We recog-

nize that some changes to familiar menu items may be frustrating, but meeting these requirements is necessary for us to continue receiving funding that helps keep our meals affordable and accessible. There is always something new happening at

Active Generations, and fall is shaping up to be no exception. Thank you for continuing to participate, volunteer, invite others, and make Active Generations the community it is.

Betsy Schuster President & CEO

ANNUAL BOO BASH

A Spooktacular Evening of Costumes, Music & Fun!

Join us for our Annual Boo Bash and enjoy an evening of Halloween fun with friends, music, snacks, and a costume contest!

Register at the Front Desk or by calling Active Generations.

Tuesday, October 29, 2026
6:30-9:00 PM
Main Campus



Trail Ridge Senior Living Community now offers
Home Care Services!

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

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

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

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

Trail Ridge Home Care

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

605-231-8141

TrailRidgeHomeCare.com



TRAIL RIDGE
HOME CARE

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

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

October-December 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 2:30-3:30 p.m. (Main)
	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

Get Personalized Training

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

Contact Sara Plucker at
splucker@activegen.org

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

ACTIVE ALIGN at AG East



October 2026 Schedule

\$5/class with unlimited classes membership OR \$10/class to pay-as-you-go.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ActiveResist 7:30-8:15 a.m. (Jenny)		ActiveRefresh 7:30-8:15 a.m. (Jenny)		
		ActiveResist 3-3:45 p.m. (Sara)		

CLASS DESCRIPTIONS

- ActiveRefresh:** In this low-impact class, expect a balanced, energizing workout using controlled movements that leave you feeling stronger and refreshed.
- ActiveResist:** In this low-impact class, expect to build strength, improve stability, and challenge your muscles using targeted resistance.
- ActiveRush:** In this low-impact class, expect a workout that elevates your heart rate with sculpting strength movements and energizing rush intervals.

AG MAIN - MARK YOUR CALENDAR!				
ACTIVITY	DAY	DATE	HOURS	LOCATION
Bus Outing to Country Apple Orchard in Harrisburg (\$10.00 members only; sign up at front desk; limit 14 passengers)	Friday	10/2	12:30-2:30 pm	Meet at Active Generations Main
Golf Outings (* end of golf season luncheon to follow at 11:30 am)	Mondays	10/5, 10/12, 10/19 & 10/26*	9 am	Various golf courses
Hiking Club	Tuesday	10/6	9 am	Stone State Park
Sing-A-Long	Tuesdays	10/6,10/13,10/20& 10/27	10 am - 11 am	Lobby
Tuesday Evening Dances (various bands)*annual boo bash	Tuesdays	10/6, 10/13, 10/20 & 10/27*	6:30 - 9 pm	Sertoma A
Motorcycle Club (*contact Milton Ellis at milt761@outlook.com)	Wednesday	10/07	Varies	Martinsburg, NE
Craft Sale	Friday	10/9	10 - 2 pm	Lobby
Monthly Birthday Party (Bob Gaut)	Friday	10/9	1 - 2:30 pm	Sertoma A
Beginning Mah Jongg Class (\$45.00 members; \$60.00 non-members)	Tuesdays & Thursdays	10/13, 10/15, 10/20 & 10/22	8:30 - 11:30 am	Room 203
Watercolor Class by Barbara Sparks (\$25.00 per class)	Tuesdays	10/13, 10/20 OR 10/27	2- 5 pm	Room 132
Out to Lunch Bunch (Tour of City of Sioux Falls Water Reclamation Plant, followed by lunch at Tarquin Argentinian restaurant at 1:00 pm)	Thursday	10/15	11:30 am	Meet at the Water Reclamation Plant
Ted Talks (various topics)	Friday	10/16	11 am	Main Campus Room 202
Coffee & Cookies with Betsy	Tuesday	10/20	9:30 am	Sertoma B
Hiking Club	Tuesday	10/20	9 am	Good Earth (River Trail)
Motorcycle Club	Wednesday	10/21	Varies	Springfield, SD
Movie Mania (Hubie Halloween)	Thursday	10/22	3 pm	Coffee Shop
Bus Outing to see fall colors & foliage (\$10.00 members only; sign up at front desk; limit 14 passengers)	Friday	10/23	12:30 - 2:30 pm	Meet at Active Generations Main
Tools for better living with chronic pain (sign up at front desk; lunch will be provided)	Monday	10/26	10 am - 4 pm	Sertoma B
Annual Boo Bash (Tuesday Night Dance: fun, snacks & costume contest)	Tuesday	10/27	6:30 - 9 pm	Sertoma A

AG EAST - MARK YOUR CALENDAR!				
ACTIVITY	DAY	DATE	HOURS	LOCATION
Grief Support Group (1st Monday of each month)	Monday	10/05	10:30-11:30 a.m.	Room 103
Watercolor Class with Barbara Sparks (\$25 per class)	Fridays	10/16, 10/23, 10/30	9 a.m. - 12 p.m.	Room 110
Cookie Decorating Class (Call 605-333-3305 to register)	Saturday	10/10	1 p.m. - 3 p.m.	Room 110
Lewis Drug Flu/Covid Vaccines	Monday	10/12	9 a.m. - 11 a.m.	Room 113
Costume Line Dancing	Tuesday	10/13	1 p.m. -2:30 p.m.	Room 116/117
Coffee and Cookies w/ Betsy	Thursday	10/15	10 a.m.-11 a.m.	Room 115
Art Therapy for Caregivers	Thursday	10/15	1 p.m. - 3 p.m.	Room 110
Movie Mania	Friday	10/16	5 p.m. - 7 p.m.	Room 110
Bean Bags and Beer	Thursday	10/22	4 p.m. - 6 p.m.	Dining Area

Active Generations October 2026 Schedule

EAST PICKLEBALL COURTS

October 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

October 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.



ACTIVE GENERATIONS

GOLF
Club

9 a.m.
Start



OCTOBER OUTINGS

October 5
Lenkota Golf Club - Lennox, SD

October 12
Hiawatha Country Club - Canton, SD

October 19
Northern Links Golf Course - Renner, SD

October 26
Spring Creek Golf Course - Harrisburg, SD

End of Golf Season Luncheon to follow @ 11:30



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.**

October Hikes

October 6: Stone State Park, Sioux City at 9 a.m.

October 20: Good Earth (River Trail), Sioux Falls at 9 a.m.

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

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
		Fridays	8:00 am-11:30 am	Room 203	Sharon Schwaderer
	East	Wednesdays	12:30-4 p.m.	Room 116 & 117	Open
Marvelous Mah Jongg	East	Fridays	9-11 a.m.	Room 115	Jan Nason
Pinochle	Main	Wednesdays	12:30-3 p.m.	Room 203	Becky Grave
	East	Tuesdays	12:30 - 3 p.m.	Room 115	Gary Kessler
		Fridays	9 a.m.-12 p.m.		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	Wednesdays	5-8 p.m.	Room 110	Evelyn Iddings
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 (To The Oldies)	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	10-11 a.m.	Room 115	JoAnn Lagge
	Main	Thursdays	12-1 p.m.	Room 204	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

SIMPLY
GOOD
CAFÉ

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



Active Generations Expands Volunteer Opportunities

Active Generations has received an AmeriCorps Seniors RSVP (Retired and Senior Volunteer Program) grant to expand volunteer opportunities and strengthen community services throughout the Sioux Empire.

The funding will support the recruitment of volunteers and marks the return of RSVP to the region after several years of absence.

Active Generations is

honored to bring the program back to the community and connect more adults age 55 and older with meaningful ways to serve. The grant will help expand volunteer-based programs that support older adults and caregivers while creating opportunities for volunteers to stay active and engaged.

Through RSVP, volunteers will deliver meals through Meals on Wheels, provide Medicare guidance through SHIINE, and support caregiver services.

Participants can choose how, where, and when they would like to serve while using their skills and experience to make a positive impact in the lives of others. Research shows that volunteering can improve overall well-being, with many volunteers reporting better health and reduced feelings of anxiety, depression, and loneliness.

Active Generations is also celebrating an important leadership transition as Samantha Locke, who has led Meals on Wheels

for more than 10 years, steps into the role of RSVP manager. She has been preparing for the program's public launch and is excited to help connect volunteers with meaningful opportunities to serve.

Active Generations members and community members age 55 and older who are interested in volunteering are encouraged to explore available opportunities and find a role that fits your interests, skills, and schedule. No matter how much time you can

give, your volunteer efforts can make a meaningful difference in your community.

By bringing RSVP back to the Sioux Empire, Active Generations aims to strengthen community connections and create new opportunities for adults to give back through volunteer service. To learn more about RSVP or sign up to volunteer, visit activegenerations.org/get-involved/volunteer/rsvp/.

Celebrating IGNITE Campain Donors



Active Generations recently hosted an IGNITE Donor Pizza Party at East Campus to thank everyone participating in the Spark Challenge and supporting the IGNITE Campaign. Donors enjoyed great food, and the opportunity

to celebrate the impact they're making. As a token of appreciation, each donor received a commemorative T-shirt for helping make a spark.

Behind the scenes, progress continues on the East Campus Expansion. We are advancing building design plans while

exploring financing and fundraising opportunities to help bring this vision to life. We look forward to sharing more updates in the months ahead. To learn more about the IGNITE Campaign, visit <https://activegenerations.org/get-involved/donate/ignite/>.



National Pickleball Day Recap

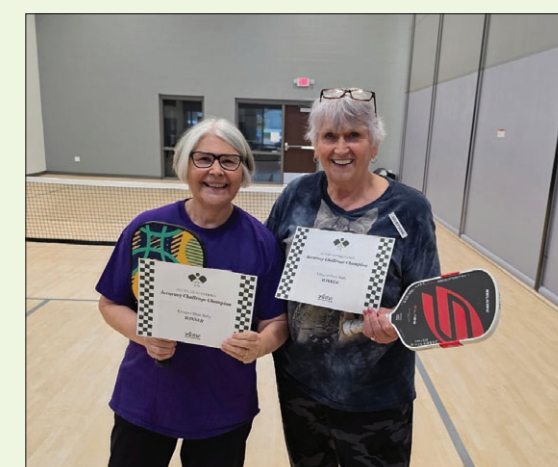
Members Take on Pickleball Challenges and Test Their Trivia Skills

National Pickleball Day brought fun, friendly competition, and community spirit to Active Generations' East Campus on Aug. 8. Participants tested their skills in accuracy challenges, dink rallies, and King of the Court games, while players of all skill levels enjoyed a day of camaraderie and sportsmanship. Winners of each challenge received award certificates recognizing their accomplishments. It was great to see both fa-

miliar faces and new players join the fun throughout the day.

We want to congratulate everyone who participated and helped make the event one to remember. The afternoon highlighted not only the excitement of pickleball but also the friendships and active lifestyle that make the sport so popular.

Thank you to everyone who joined us to play, connect, and celebrate National Pickleball Day. We look forward to seeing you back on the courts soon!



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

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



MOTORCYCLE CLUB

OCTOBER 2026 RIDES

October 7 - Martinsburg, NE | October 21 - Springfield, SD

Day Break and Adult Day Services

Fall Fun in October

October is here, and our participants are excited to welcome the beauty of autumn! Everyone is looking forward to watching the leaves change into beautiful shades of red, orange, and yellow.

This month, we'll enjoy a variety of fall-themed activities, crafts, and games. Participants are especially excited about our upcoming Halloween crafts, where we'll create festive decorations and spooky seasonal projects, including a Witch's Wreath and Ghost Doilies. We've also enjoyed games such

as Ping Pong Panic and Horse Racing this fall.

October is a wonderful time to enjoy friendship, creativity, and the changing season together. We're looking forward to plenty of smiles, laughter, and fun memories!

October 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. Donations can be dropped off at our Day Break entrances.

For questions, please call (605) 336-6751 and ask for Berkeley Stancer, Operations Manager.

Our list includes BINGO candy (fun-size pieces) for all programs; East: watercolor palettes, small suncatchers, felt dolls with clothing, artificial flowers, and garden stake décor; Main: autumn crafts, upcoming holiday crafts, and glue sticks; and Village: adult coloring books, variety puzzle books, suncatchers, and small wooden and/or ceramic craft to paint.



Memory Café

Harvest & Hunting

October 24, 2026 | 10-11:30 a.m.
East Campus
(5500 E Active Generations Place)

What is a Memory Café?

A supportive environment where individuals with dementia and their caregivers can socialize, build connections, and find community.

Activities & Snacks Provided!
For dietary restrictions, please bring your snacks.

RSVP:
caregivers@activegen.org
1800-360-6161

Thanks to our partners:



HAPPY HALLOWEEN!

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

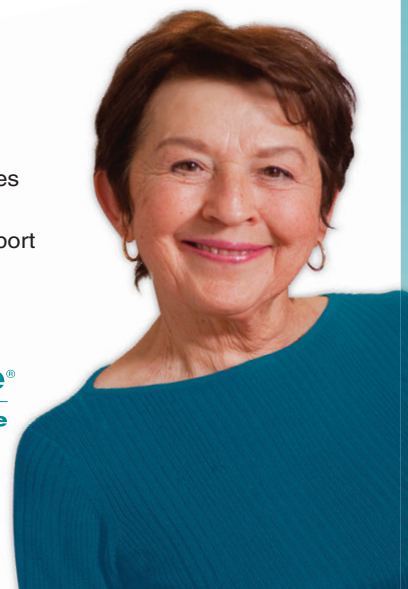


DO YOU NEED HELP CARING FOR A LOVED ONE?

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

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



605.275.0070 | www.RAHSESD.com

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

The crunch of leaves under your feet, the smell of apples and cinnamon, and the cool crisp air. Take a long deep breath of that air and remember Frank Sinatra singing "Autumn Leaves", Ed Sheeran and his album "Autumn Variation", and of course, "Monster Mash". These all remind us of the changing seasons. The seasons are changing

for the Kazukes too. Not only are we sticking a few fall oldies into our program, but we are beginning to prepare for Christmas. So, what are the Kazukes and how can you join in the festivities? The Kazukes is a group of folks who play the ukulele and kazoo, and we sing. Some members play guitar, drums, and the banjo. You do not need to know how to play the Ukelele, we will teach you. To get started you can watch a program in Sertoma B the first Wednesday of every month at 10 am during which we entertain Day Break. Twice a month we perform at various assisted living facilities in Sioux Falls and the surrounding area. Practice is every Wednesday from 9:30-11:30 am in room 203. Come join us to see what we are all about. 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 Book Club will be meeting on Monday, October 26th at 9:30 am at Active Generations Main.

The group will discuss "The Wager" by David Grann.

This book chronicles the shipwreck of the HMS Wager off the coast of Patagonia and how the surviving sailors gave differing accounts of their survival.

The book for next month is "The Devil in the White City" by Erick Larson. This is a work of nonfiction that intertwines the stories of Daniel H. Burnham, the architect of the 1893 Chicago World's Fair, and H.H. Holmes, a serial killer, who used the fair to lure victims to his nearby "Murder Castle".

With its thrill-like narrative, it explores themes of ambition, progress and the stark contrast between innovation and moral decay.

The book club reads a variety of books. If you are interested in joining us for captivating books and engaging discussions, join us for a meeting.

Happy Reading!

UKULELES FOR FUN

Fyi, a beginners' class for Ukuleles is starting! This class is open to any member, no matter the age. We meet every Tuesday at 9:30-11:30 am in room 204 at the Main location. You learn a couple of chords and then a simple melody using those chords. Next, you will progress to a few more chords and melodies to match those and so on. You advance at your own speed. No pressure, remember!

Check us out and try a new hobby, especially if you enjoy music.

Contact Pat at 605-929-1145 or Vicki at 218-779-2449 for more information.

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

OCTOBER MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | THURSDAY 10/22 | 3 PM

HUBIE HALLOWEEN

Rated: PG-13

EAST CAMPUS | FRIDAY 10/23 | 5 PM

I CARE A LOT

Rated: R

Active
Generations

For your Good Health

MASSAGE THERAPY

Main Location

Next available dates are:

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 here, and South Dakotans with Medicare are encouraged to take time to review their coverage for the coming year.

The Medicare Open Enrollment Period runs October 15 through December 7, 2026. During this time, Medicare beneficiaries can review their current coverage and make changes to their Medicare Advantage or Medicare prescription drug coverage. Changes made during Open Enrollment generally take effect January 1, 2027.

For many beneficiaries, reviewing their plan each year is important. Plan premiums, deductibles, drug costs, provider networks, pharmacies and covered benefits can change from one year to the next.

This Open Enrollment season, SHIINE volunteers

will be available to assist beneficiaries in communities throughout South-eastern South Dakota, including:

- Sioux Falls
- Yankton
- Parkston
- North Sioux City/Vermillion area

Appointments may be available in person or by phone, depending on location and volunteer availability.

Don't wait until the last minute. Open Enrollment can be a busy time for Medicare counselors, so beneficiaries are encouraged to schedule their appointment early.

To schedule a free SHIINE appointment for Open Enrollment, call 1-888-854-5321.



It is once again time for our Annual Rake the Town event! If you or someone you know is at least 60 years old or has a documented disabil-

Rake the Town 2026

ity, and lives in the Sioux Falls area, please consider signing up for this year's event.

Rake the Town is a community program that gathers volunteers from the local area to rake leaves and tidy up yards

for eligible residents. If you are eligible and would like to register, or would like to volunteer to rake yourself, you can sign up online at activegenerations.org/resource-services/rake-the-town/, or you can call Workers on Wheels at (605) 333-3317. The deadline to sign up for the event is October 23rd, so do not wait, and sign up today!

Thanksgiving Take & Heat Meals Available for Pre-Order

Skip the stress of holiday cooking and let Active Generations help make your Thanksgiving meal easy and delicious. Our Thanksgiving Take & Heat Meals are fully cooked and ready to reheat and serve, giving you more time to enjoy the holiday with family and friends. Choose from meals serving 2, 6, or 10 people. Each meal includes turkey, mashed po-

tatoes and gravy, dressing, sweet potato casserole, green bean casserole, dinner rolls, and pumpkin pie. Meals are available for pick-up at both Main and East Campus. Orders must be placed by November 20, with pick-up available on Tuesday, November 24, or Wednesday, November 25. A Thanksgiving dinner for two is just \$20, while meals serving six are

available for \$60 and meals serving ten are \$100. Sit back, relax, and enjoy a homemade Thanksgiving meal without any of the preparation or cleanup.



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.



Join Us for RSVP Happy Hour!

Come connect, enjoy conversation, and learn about volunteer opportunities with Active Generations RSVP (Retired and Senior Volunteer Program)!

Starting in October, Happy Hour will be held from 2 to 4 p.m. at Active

Generations East on the following dates:

- October 15, and 29
- November 5 and 19
- December 3, 17, and 31

September Happy Hour dates and times will remain unchanged.

New to RSVP? Sign up with Sam Locke, RSVP Manager, and complete a minimum of 1 hour of volunteering under the guidance of an Active Generations Station Manager in Nutrition, Membership,

SHIINE, Adult Day Services, or Caregiver Services. Show proof of your volunteer hour and receive a \$10 Simply Good gift card!

RSVP connects adults 55 and older with meaningful volunteer opportunities that use their skills, interests, and life experiences to strengthen our community. Membership is free and includes volunteer matching, training, support, recognition, and supplemental accident and liability insurance during qualifying volunteer service.

Whether you're looking to volunteer, meet new people, or simply learn more about RSVP, stop by and say hello!

OUR DOORS ARE OPEN AGAIN!



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A powerfully small and affordable moving company.

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October 2026 Charity and Donations

Adult Day Services and Caregiver Support

*In Memory of Bob
Schmiedt*
Mary Jo Fisher

**Nutrition/Meals on
Wheels**
SFACF / Hymen & Nila
Pitts Charitable Fund II
In Memory of Pamela
Sonnichsen
Diane Helin

**Workers on Wheels
(WOW) – Rake
The Town**
POET

General ADS Donations

David Sorenson (The
Village - Back Door
Awning)
Gary Lemme
Cathy and Dave
Brechtelsbauer (via
Wells Fargo Clearing
House)

Development

Dody Hopkins
American Online Giving
Foundation
Mary Ann Clark
SFACF / Freda B. Lemke
Fund - Restricted
SFACF / Donna
Jean Rentschler
Endowment
Shari Fowlds (via
National Philanthropic
Trust)

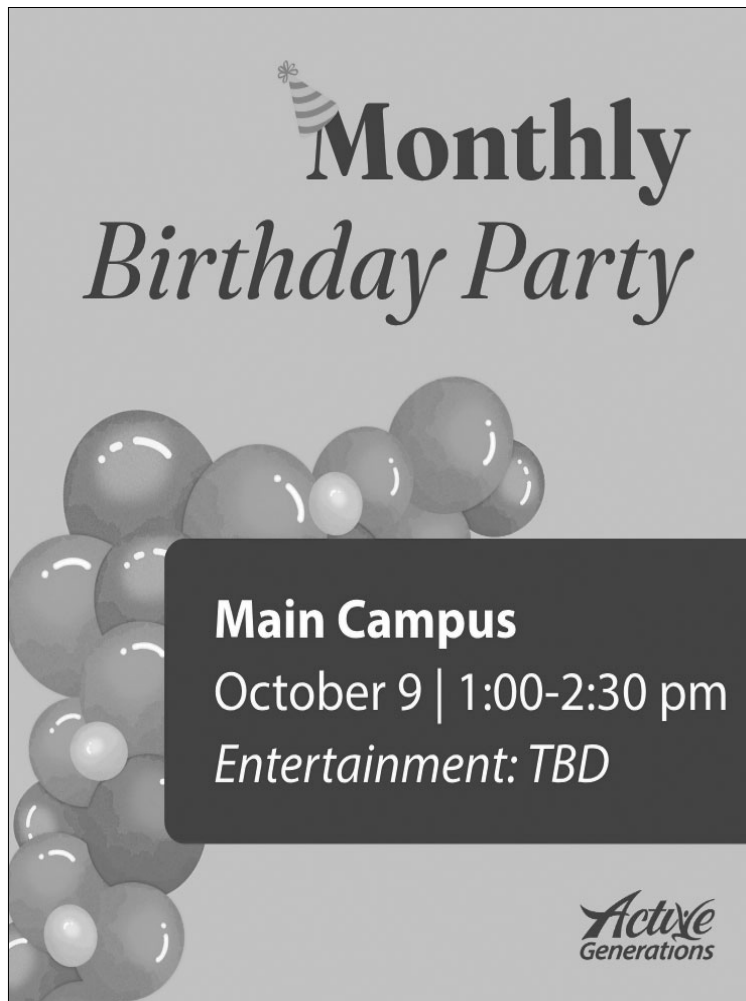
IGNITE Capital Campaign (Spark Campaign)

Dave Bushong (Pledge
Payment)
Carolyn Costar
Dan and Marie LaRock
Paul Livermore
Jim & Susan Bies (via
TIAA)
Janet Sample (via Edward
Jones)
Mert Kramer

Eastside Campus Expansion POET

Membership Services/ Activities

Women's Wellness
Summit
Bobbi Thury (via Legacy
Law Firm P.C.)



**Monthly
Birthday Party**

Main Campus
October 9 | 1:00-2:30 pm
Entertainment: TBD

*Active
Generations*



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

*Don't leave your
family wondering...*

Let **Miller Funeral Home &
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service in advance.

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appointment and planning guide.



**HELLO
Autumn**

*from Sunnycrest Village,
Where Seniors Celebrate Life!*

- Social events
- Daily checks
- Medical clinics
- Garden plots
- Scheduled Transportation
- On-site beauty salon

**SUNNYCREST
RETIREMENT VILLAGE**

 www.sunnycrestvillage.com 
3900 S. Terry Ave.
Sioux Falls, SD 57106
605-361-1422

Good Food. Good Friends. Stronger Communities.

Every Meal Is a Chance to Connect

Did you know that sharing a meal can be an important part of staying healthy, independent, and engaged as we age?

For adults age 60 and older, having a welcoming place to sit down, enjoy a nutritious meal, and visit with friends can make a meaningful difference. Congregate meal programs are designed to provide more than food. They create opportunities for social connection, friendships, wellness, and participation in the community.

Good Nutrition Starts with

Good Company

As we get older, eating well continues to be an important part of maintaining strength, energy, and overall well-being. A nutritious meal can help provide the nourishment needed to stay active and independent.

But eating well is only part of the picture. Social connection matters, too. And the combination of good nutrition and meaningful social connection can help older adults remain engaged with their communities and maintain a healthier, more active lifestyle.

A shared meal may seem simple, but the conversation

around the table can be just as valuable as what is on the plate.

Who Can Participate?

Active Generations' congregate dining program is available to adults 60 years and older. For adults 60 and older, the suggested contribution is \$5.25 per meal. A confidential National Aging Program Information System (NAPIS) form is required once each year to receive the reduced meal cost.

Adults under 60 may also participate at the established full meal cost.

To learn more about the Active Generations congregate dining, current meal locations, or how to participate call Active Generations at 605-336-6722 option 2 or call Beth directly at 605-333-3313.

Active
Generations

OCTOBER OUTING

OUT TO LUNCH

BUNCH

October 15 | 11 a.m.

Tour of the City of Sioux Falls Water Reclamation Plant
(4500 N. Sycamore Ave.)

Followed by lunch at 1:00 pm at Tarquin Argentinian Restaurant
(1301 E. Benson Rd.)
Limit: 20 Participants

Warm Up Sioux Falls Tie Blanket Project

DATES:

10/20 & 11/17

12:30 - 2:00 p.m.

Active Generations East Campus

Active
Generations

Join fellow Active Generations members in creating tie blankets for Warm Up Sioux Falls. No experience is needed, and all materials will be provided by Grace Communion Fellowship.

Help bring warmth and comfort to community members in need while enjoying a meaningful afternoon of service.

Watercolor Series

w/ Barbara Sparks



COST: \$75

Active
Generations

TED TALK SERIES

Friday, 10/16 | 10 AM
Main Campus Room 202

Active
Generations

Learn from
experts' TED
Talks!

TOPIC LINEUP

The haunting history of the Paris Catacombs.
Have you ever had an imaginary friend?
How do snakes swallow animals so much bigger than they are?
I taught rats to drive.
How did detectives solve the case of the bloody motel?

CRAFT SALE

Friday, October 9
from 10 a.m. to 2 p.m.
at Main Campus

2300 W 46th Street, Sioux Falls, SD

Active
Generations

TUESDAY NIGHT DANCES



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

OCTOBER LINE UP

October 6: State Line Drifters
October 13: Radio Alley
October 20: Clay Creek Cowboys
October 27: Prairie Rose



NEW Knitting Club

Spend an evening crafting, creating, and connecting with others who share a passion for fiber arts. Bring your knitting, crochet, embroidery, or other fiber projects and enjoy a relaxing night of creativity.

Every Wednesday,
Beginning October 7, 2026

6:00 PM - 8:00 PM
EAST CAMPUS



Coffee + Cookies





Main Campus
October 20
9:30 a.m. | Sertoma B

East Campus
October 15
10 a.m. | Dining East



Join Betsy for updates and dialogue about AG!



THE INN
ON WESTPORT
Senior Living

30th

ANNIVERSARY CELEBRATION

THURSDAY, OCTOBER 8 | 4:00 – 7:00 P.M.

THE INN ON WESTPORT

4000 South Westport Ave., Sioux Falls, SD 57106

Join us as The Inn on Westport celebrates 30 wonderful years of serving the Sioux Falls community. Enjoy heavy hors d'oeuvres and refreshments, tour our beautiful community and enter for a chance to win prizes.



Scan the QR code or call 605-362-1210 to RSVP.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE | PARKINSON'S PROGRAM

4000 South Westport Avenue | Sioux Falls, SD 57106 | innonwestport.org



MANAGED BY  The Goodman Group 

October 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
 MEALS ON WHEELS (605) 333-3305			1 Chicken Fried Steak Mashed Potato & Country Gravy Peas Fruit Cup	2 Spaghetti & Meat Sauce Italian Vegetable Bread Stick Fruit Cup
5 Tater Tot Casserole Broccoli Fruit Cup	6 Swiss Steak Mashed Potato & Butter Wax Beans Fruit Cup	7 Pulled Pork Sandwich Cheesy Hashbrowns Green Beans Fruit Cup	8 Chicken Strips Scalloped Potatoes Carrots Fruit Juice	9 Sloppy Joe Tri-Taters Cauliflower Fruit Cup
12 Chicken Kiev Mashed Potatoes & Gravy California Blend Veggies Fruit Cup	13 Meatloaf Baked Potato Green Beans Fruit Cup	14 Ham & Scalloped Potato Casserole Corn Fruit Cup	15 Lasagna Casserole Italian Vegetable Garlic Toast Fruit Juice	16 BBQ Ribs Mashed Potatoes Carrots Fruit Cup
19 French Toast Sausage Patty Tomato Juice Fruit Cup	20 Chicken Pot Pie over Biscuit Winter Mix Vegetables Fruit Cup	21 Hot Ham & Cheese On a Bun Macaroni Salad Green Beans Fruit Cup	22 Beef Stroganoff Over Noodles Corn Fruit Juice	23 Fish Sticks Mashed Potato/Butter Stewed Tomatoes Fruit Cup
26 Baked Ziti Winter Blend Vegetables Garlic Bread Fruit Cup	27 Beef Stew California Blend Biscuit Fruit Cup	28 Chicken & Broccoli Bake Beets Fruit Cup	29 Hamburger Gravy Mashed Potato Carrots Fruit Juice	30 Egg Bake Banana Bread Green Beans Fruit Cup

Meals on Wheels Clients: Please call the day before, by 2:30pm to cancel a meal.
Clients must receive at least 3 meals per week and maintain a consistent delivery schedule.

All menu items subject to change.

BUS OUTING:
COUNTRY APPLE
ORCHARD



Date: October 2, 2026
Time: 12:30 PM - 2:30 PM
Location: Country Apple Orchard, Harrisburg

\$10 per person (bus transportation included; no admission fee required). Limited to 14 passengers.



SIGN UP



NCAA Division I
Basketball Tickets

Monday, Nov. 2, 2026 | Time: TBD

Sign up at the front desk today!

Catch Two Exciting Matchups at the Pentagon!

- Murray State vs. Tennessee State
- UTEP vs. Northern Kentucky

Ticket Options:
\$10 – Game Ticket Only
\$20 – Game Ticket + AG Bus Ride

Bus transportation is limited to the first 14 participants.



BUS OUTING:
FALL COLORS



ENJOY AN AFTERNOON TAKING IN THE BEAUTIFUL FALL COLORS IN THE AREA.

Date: October 23, 2026
Time: 12:30 PM - 2:30 PM

\$10 per person (covers bus transportation). Space is limited to 14 passengers.

SIGN UP



