

LifeTIMES

Official Newspaper of Active Generations

Active
Generations

Vol. 48, ISSUE 11 - NOVEMBER 2026

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Both Campuses **CLOSED**
on **November 26th**
Main Campus **CLOSED** on 27th
Thanksgiving Hours
6:30 am - 1:30 pm East Campus

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



November Is Caregiver
Appreciation Month

Active
Generations

Our Mission

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

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

Active
Generations
Opportunities for a Lifetime

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

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57105

President's Update



Leaves are falling, and exciting things are happening at Active Generations!

Over the past month, I'm excited about the improvements at both campuses. With all of you putting our fitness centers to good use, maintaining and replacing equipment is a top priority.

At East Campus, the NuStep is back in action, and all the treadmill belts

have been replaced after three years and thousands upon thousands of steps.

At Main Campus, a donation from SCHEELS helped us replace our two oldest treadmills and two weight benches. We know the three Octane machines near the hallway windows are favorites. Unfortunately, replacement parts are no longer available, so we've ordered three new machines that are as similar to the current ones as we could find.

The Main Campus parking lot has also been freshly sealed, and the lines are repainted. The old lines were getting hard to see, so we're glad to have this work completed before winter. Thank you for your pa-

tience during the sealing process!

If you haven't joined us for a meal lately, I invite you to stop in. Everyone is welcome for breakfast or lunch at our campuses, and adults age 60 and older are eligible for the suggested donation meal option.

During Veterans Day week, November 9–13, veterans can order a free breakfast at either campus, thanks to our community sponsors. Choose pancakes or French toast, bacon or sausage, an egg, and juice. We're grateful to our sponsors and to the veterans in our community for their service.

Our RSVP program is up and running, with some fun opportunities for volunteers. Love go-

ing to the Tuesday Night Dance? Sign up to pack meals through RSVP and receive free admission to the dance! Volunteers who deliver Meals on Wheels may also have opportunities to receive gas cards. We're thankful for the funding that helps us show our volunteers how much we appreciate them. Look for more about RSVP later in this newsletter, including how you can get involved. To participate in RSVP, you must be age 55 or older.

Finally, Medicare Open Enrollment began on

October 15. If you have questions about your coverage, our SHIINE staff and volunteers have appointments available. Their help is free.

Whether you're joining us for a meal, a workout, a dance, or a chance to volunteer, I hope you'll find something here for you this fall. Thank you for being part of Active Generations and for making both campuses such welcoming places to be.

- Betsy



Discover the Quality Care at Trail Ridge Assisted Living

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

Call about our
\$1000*
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Enjoy a stress-free move to
Trail Ridge Assisted Living
with our partners at Empower Moving.



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

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

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

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

Katie Day
MALONEY
REAL ESTATE
(605) 841-6903

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Coffee + Cookies

Active Generations

Join Betsy for updates and dialogue about AG!

Main Campus
November 17
9:30 a.m. | Sertoma B

East Campus
November 19
10 a.m. | Dining East

FITNESS CLASSES

October - December 2026 Schedule | MAIN

\$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. (Susanne)		SilverSneakers Circuit* 7-7:45 a.m. (Susanne)		SilverSneakers Circuit* 7-7:45 a.m. (Susanne)
SilverSneakers Classic* 8:30-9:15 a.m. (Jenny)	SilverSneakers Classic* 8:30-9:15 a.m. (Susanne)	SilverSneakers Classic* 8:30-9:15 a.m. (Jenny)	SilverSneakers Classic* 8:30-9:15 a.m. (Susanne)	
SilverSneakers Classic* 9:30-10:15 a.m. (Jenny)	SilverSneakers Classic* 10:30-11:15 a.m. (Jenny)	SilverSneakers Classic* 9:30-10:15 a.m. (Jenny)	SilverSneakers Classic* 10:30-11:15 a.m. (Jenny)	Strength for Parkinson's 10-10:45 a.m. (Jenny)
SilverSneakers BodyBOOM* 12-12:45 p.m. (Jenny)	SilverSneakers BOOM MIND* 11:30 a.m. - 12:15 p.m. (Deb)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Jenny)	SilverSneakers BOOM MIND* 11:30 a.m. - 12:15 p.m. (Deb)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Jenny)
	Strength & Balance 1-1:45 p.m. (Jenny)		Strength & Balance 1-1:45 p.m. (Jenny)	Chair Yoga 2:30-3:30 p.m. (Main)
Strength for Parkinson's 2-2:45 p.m. (Jenny)	Reach Your Peak Circuit 2-2:45 p.m. (Jenny)		Reach Your Peak Circuit 2-2:45 p.m. (Jenny)	

FITNESS CLASSES

October - December 2026 Schedule | EAST

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength Circuit 8-8:45 a.m. (Jess)				
SilverSneakers Yoga* 9-9:45 a.m. (Sara)	SilverSneakers Classic* 9-9:45 a.m. (Jess)	SilverSneakers Yoga* 9-9:45 a.m. (Sara)	SilverSneakers Classic* 9-9:45 a.m. (Jess)	SilverSneakers Yoga* 9-9:45 a.m. (Sara)
Strength & Balance 10-10:45 a.m. (Jess)	Pilates Sculpt 10-10:45 a.m. (Sara)	Strength & Balance 10-10:45 a.m. (Jess)	Pilates Sculpt 10-10:45 a.m. (Jess)	Strength & Balance 10-10:45 a.m. (Jess)
Strength & Balance 11-11:45 a.m. (Jess)	Strength for Parkinson's 11-11:45 a.m. (Jess)		Strength for Parkinson's 11-11:45 a.m. (Jess)	Strength for Parkinson's 11-11:45 a.m. (Jess)

CLASS DESCRIPTIONS

Strength Circuit: A combination of functional movements, strength training, and cardio to build strength and endurance.
Pilates Sculpt: Build lean muscle and improve overall tone using controlled, targeted movements.
Strength & Balance: Improve stability, muscle strength, and coordination through controlled, low impact movements.
Reach Your Peak Circuit: A circuitry-style workout designed to improve cardiovascular health

and muscular endurance through timed intervals.
SilverSneakers 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 BodyBoom: 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.

ACTIVE ALIGN November Schedule 2026 | East

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ActiveResist 7:30-8:15 a.m. (Jenny)		ActiveRefresh 7:30-8:15 a.m. (Jenny)		
		ActiveResist 2-2:45 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.

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

Cost:
\$5 – Per Game Ticket



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

Active Generations Board of Directors

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Lisa Groon Mary Michaels
 Josh Muckenhirn

Mission Statement:

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

AG MAIN - MARK YOUR CALENDAR!				
ACTIVITY	DAY	DATE	HOURS	LOCATION
AG Autumn Adventures: Pick up check-list at either front desk	Mondays-Sundays	11/1-11/30	All Day	Both Locations
NCAA Division I Basketball Tickets (\$5/ Member, \$20 Tickets & Bus Ride)	Monday	11/2	TBD	Sandford Pentagon
Beginning Mah Jongg Class (\$45 Members, \$60 Non-members)	Tuesdays & Thursday	11/3, 11/5, 11/10 & 11/12	8:30 - 11:30 a.m.	Room 203
Watercolor series by Barbara Sparks (\$75 for series)	Tuesdays	11/3, 11/10 & 11/17	2 - 5 p.m.	Room 132
Sing-A-Long	Tuesdays	11/3, 11/10, 11/17 & 11/24	10 - 11 a.m.	Lobby
Tuesday Evening Dances (Various Bands)	Tuesdays	11/3, 11/10, 11/17 & 11/24	6:30 - 9 p.m.	Sertoma A
Veterans Day Breakfast	Monday - Friday	11/9-11/13	8:30 a.m. - 1 p.m.	Both Locations
Ted Talks (Various Topics)	Friday	11/13	10 a.m.	Coffee Shop
Craft Sale	Friday	11/13	10 a.m. - 2 p.m.	Lobby
Monthly Birthday Party (SID "The Lone Wolf" Eisenbeisz)	Friday	11/13	1- 2:30 p.m.	Sertoma A
Great Plains Coin Club	Saturday	11/14	10 a.m. - 2 p.m.	Sertoma B
Coffee & Cookies with Betsy	Tuesday	11/17	9:30 a.m.	Sertoma B
Out to Lunch Bunch (Tour of Dakota Lions Sight & Health, Followed by Lunch at BB's)	Thursday	11/19	11 a.m.	Meet at Dakota Lions Sight & Health
Movie Mania ("A Beautiful Day in the Neighborhood")	Thursday	11/19	3 p.m.	Coffee Shop
Christmas Dinner	Tuesday	12/08	11 a.m. - 1:00 pm.	Sertoma A
Tree of Love (Pick up an ornament & Buy requested items in bulk; Drop off by December 14th' Cash & Gift cards welcomed (Amazon & Walmart)	Mondays-Sundays	11/23-12/14	All Day	Both Locations

AG EAST - MARK YOUR CALENDAR!				
ACTIVITY	DAY	DATE	HOURS	LOCATION
Grief Support Group (1st Monday of each month)	Monday	11/02	10:30-11:30 a.m.	Room 103
NCAA Division I Basketball Tickets (\$5/ Member, \$20 Tickets & Bus Ride)	Monday	11/02	TBD	Sandford Pentagon
Watercolor Series with Barbara Sparks (\$75)	Fridays	11/06, 11/13, 11/20	9 a.m. - 12 p.m.	Room 110
Veteran's Day Breakfast	Monday-Friday	11/09-11/13	8:30 a.m. 1 p.m.	Simply Good
Cookie Decorating Class (Call 605-333-3305 to register)	Saturday	11/14	1 p.m. - 3 p.m.	Room 110
Warm Up Sioux Falls - Help Tie Fleece Blankets	Tuesday	11/17	12:30- 2 p.m.	Room 110
Pickleball Class to Court	Tuesday	11/17	5 p.m. - 6 p.m.	Room 116/117
Coffee and Cookies w/ Betsy	Thursday	11/19	10 a.m.-11 a.m.	Room 115
Bean Bags and Beer	Thursday	11/19	4 p.m. - 6 p.m.	Dining Area
Movie Mania	Friday	11/20	5 p.m. - 7 p.m.	Room 110

Pickleball Schedule November 2026

EAST PICKLEBALL COURTS

November 2026 Schedule

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

November 2026 Schedule

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



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



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

Court Reservation Regulations:

Premier Fit Members: Can reserve a court up to 1 week in advance. Reservations may be made in 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. Non-Members: Cannot reserve a pickleball court. Must pay \$10 day pass to play pickleball.

NOVEMBER MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | THURSDAY 11/19 | 3 PM
A BEAUTIFUL DAY IN THE NEIGHBORHOOD
Rated: PG

EAST CAMPUS | FRIDAY 11/20 | 5 PM
RENTAL FAMILY
Rated: PG-13

CRAFT SALE

Friday, November 13
from 10 a.m. to 2 p.m.
at Main Campus
2300 W 46th Street, Sioux Falls, SD

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.	Room 204	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	Tuesdays Wednesdays	2-4 p.m. 12:30-4 p.m.	Room 110 Room 116 & 117	Kathie Smith 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	Tuesdays	9-11 a.m.	Sertoma A	AG Members
Wii Bowling (Seasonal Leagues - must pre-register w/ Kathie)	Main	Wednesdays	12:30-2:30 p.m.	Sertoma B	Kathie Smith
	East	Thursdays	1:30-3:30 p.m.	115	

Club and Activity information is updated before the second Monday of every month. This page was last updated for the November 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	6-8 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
Ukuleles for Fun – Beginners	Main	Tuesdays	9:30-11:30 a.m.	Room 204	Vicki Klamm and Pat Anawski
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

Veteran's Day Breakfast

November 9-13
8:30 a.m. - 1 p.m.
Main & East Campus

Enjoy a complimentary breakfast featuring your choice of pancakes or French toast, sausage or bacon, and an egg.

FREE BREAKFAST FOR **VETERAN'S!**

**SIMPLY
GOOD**
CAFÉ

Active
Generations



November is Caregiver Appreciation Month

November is National Family Caregivers Month, a time to recognize the millions of people who provide care, support, and encouragement to loved ones every day.

Caregiving is one of the most meaningful ways we show love, but it can also bring stress, exhaustion, and uncertainty. That is why support matters.

At Active Generations, we are committed to helping caregivers navigate their journey with confi-

Gather and Grow
Celebration of Family Caregivers

11 a.m. to 1 p.m.
November 7, 2026
East Campus



Scan to register for brunch!

dence. Our no-cost Caregiver Services program offers one-on-one care planning, personalized resource referrals, support groups, educational classes, Memory Cafés, and the RISE Women's Program, which provides cognitive wellness activities for participants while offering meaningful re-

spite for caregivers. These services are designed to provide guidance, connection, and support for caregivers at every stage.

As part of National Family Caregivers Month, caregivers and their loved ones are invited to Gather and Grow: A Celebration of Family Caregivers on Saturday, Nov. 7, from 11 a.m. to 1 p.m. at Active Generations East Campus. This special luncheon will bring caregivers together to connect, discover helpful resources, hear inspiring stories, and find renewed encouragement. The event focuses

on three important pillars: resources, connection, and support. This month, take a moment to thank the caregivers in your life. Their compassion, dedication, and sacrifice make a meaningful difference every day.

If you or someone you know is caring for a loved one, the Caregiver Services Team at Active Generations is here to help. Contact us at caregivers@activegen.org or 1-800-360-6161 to learn more about available resources and support services.

Breakfast Comes to Main Campus Starting Nov. 2

Starting November 2, community members looking for a warm, delicious morning meal will have a new option in town. The Active Generations Main Campus is officially launching its brand-new breakfast service.

Breakfast will be served Monday through Friday from 8-11 a.m., offering a variety of comforting morning classics designed to satisfy any appetite.

Prices range from \$3 to \$7 depending on the meal and the diner's age. Meals for adults age 60

and older cost \$3 and include fruit juice and milk. Diners age 60 or older can also obtain a DHS Meal Card for nutrition program pricing at activegenerations.org/NAPIS. Meals for individuals under 60 range from \$4 to \$7.

\$3	SIMPLE PLATE Slice of French toast; or pancake with one egg and choice of bacon or sausage.	
\$4	THE TRADITIONAL Two eggs, a slice of toast, and either sausage or bacon.	THE CLASSIC Two pancakes with sausage or bacon.
	THE HEARTY START Oatmeal and an egg.	THE BISTRO STYLE Two slices of French toast, with either sausage or bacon.
\$5	PANCAKE AND EGG Two buttermilk pancakes, one egg, with bacon or sausage.	2 EGG PLATE Two eggs with a choice of bacon or sausage, served with hashbrowns or toast.
	FRENCH TOAST Two slices of French toast, one egg, and bacon or sausage.	

Holiday Prep Made Easy with Ready to Heat Thanksgiving Meals

THANKSGIVING TAKE & HEAT MEALS



ORDER HERE



Cooking during the holidays can be overwhelming and stressful. Active Generations handles the prep so you can spend more time enjoying Thanksgiving with family and friends.

Active Generations' Thanksgiving Take & Heat meals are fully prepared and ready to reheat, so you can spend less time in the kitchen and more time with loved ones.

Choose from meals that serve two, six or 10 people. Each meal includes tur-

key, mashed potatoes and gravy, dressing, sweet potato casserole, green bean casserole, dinner rolls and pumpkin pie, providing all the traditional Thanksgiving favorites families love.

Meals are available for pickup at both Main and East campus locations. Orders can be placed by Nov. 20; pickup is available Tuesday, Nov. 24, or Wednesday, Nov. 25. Pricing is \$20 for a meal serving two, \$60 for a meal serving six and \$100 for a meal serving 10.

Highlights From AG's First Women's Wellness Summit

Active Generations welcomed more than 80 participants to its inaugural Women's Wellness Summit on September 12.

The event kicked off with breakfast from Simply Good Café and a keynote presentation focused on women's health in the

Wonder Years. Attendees then selected from an array of 30-minute breakout sessions, covering topics such as women's health, strength training, Pilates: Resist and Refresh, and pickleball.

An outdoor puppy yoga session was a fun, memorable highlight. Each participant received a swag bag filled with goodies. "We hope everyone left the summit feeling refreshed and inspired to support their wellness journey. Active Generations thanked attendees and sponsors for helping make the event a success," Sara Plucker, Member Services Manager, said.



Join AG on a Trip to

Nora Store Christmas

Dec 3 and Dec 4

Leave Main Campus at 12:15 p.m. and return at 3:15 p.m.

\$10 per person

Sign-up at the front desk or use the Active Generations Member App



Day Break and Adult Day Services

There are so many things to be thankful for this month! Family and friends, good health, the kindness of the community, and continuing to have experiences and memories to last a lifetime. The changing leaves and harvest themes bring inspiration and reflection to our participants. We are so thankful for each other here at Day-break. There is nothing like good friends and fun to get you through the start of the colder months approaching.

Participants have been getting creative with painting trees to mimic the fall colors, as well as painting suncatchers related to all things fall – thanksgiving turkeys, acorns and pumpkins! We have been participating in gratitude exercises, such as discussing things we are grateful for and family traditions we grew up with around

Thanksgiving time. We wish everyone a happy, healthy and festive holiday season ahead!

November Wishlist

Below is our Day Break wish list. Donations are appreciated but not required. Thank you for supporting our programs. Drop off donations at any Day Break entrance. Questions? Call 605-336-6751 and ask for Berkeley Stancer, operations manager.

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



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RESOURCES • CONNECTION • ENCOURAGEMENT

SATURDAY, NOVEMBER 7 | 11 A.M. - 1 P.M.
ACTIVE GENERATIONS EAST CAMPUS

This special lunch event brings together caregivers and their loved ones to connect with others, discover helpful resources, hear inspiring stories and find renewed support.

Registration required. Scan the QR code or email sdaarp@aarp.org.



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

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at
Home**
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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

Sing-A-Long participants are looking forward to singing Fall and Winter holiday songs. Christmas tunes are sung throughout December so drop in for some holiday cheer! Sing-A-Long is held every Tuesday from 10 - 11 a.m. in the lobby of Main. Feel free to set a spell and sing with us. A big thanks to the pianist volunteers for their time and talents! Also, we could use someone with tech skills to run the slide presentation for us when we are away. To volunteer or for more information, contact Sally Tilstra (605)366-7632 or Ron Tilstra (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

Remember to "keep a song in your heart!" Stop in at our beginners' class at AG and we will help you do just that. It has been said that music can reduce stress. What is a beginners' class (ukuleles for fun)? It is a simple class learning two or three chords at a time and simple songs to go with them. The class meets every Tuesday at 9:30 a.m. in room 204, main campus. There is no stress as you work at your own pace. Older songs are played and newer songs are introduced later. Stop in and introduce yourself and we will briefly explain how the class works. Ukuleles are available for a short time to see if this is a "fit" for you. We will give you a "happy" song to take home as well.

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, November 23 at the Main location at 9:30 a.m.

The book we will be discussing is "The Devil in the White City" by Erick Larson. It is a story of two men, one a serial killer and the other the architect of the Chicago World's Fair.

The book for checkout is "The River We Remember" by Kent Kruger. This book is a historical fiction set in 1958 Minnesota. The book follows Sherrif Brody Dern as he investigates the murder of a wealthy landowner. The book explores themes of war trauma, prejudice, and the nature of memory.

Happy Reading!

UKULELES FOR FUN

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 a.m. 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

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For your Good Health

MASSAGE THERAPY Main Location

Next available dates are:

Tuesday, November 17
Tuesday, December 15

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.

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, di-

etitian, 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.

Active
Generations

TUESDAY NIGHT DANCES

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

NOVEMBER LINE UP

November 3: State Line Drifters
November 10: Audra & the Machine
November 17: TBD
November 24: Clay Creek Cowboys





Medicare Open Enrollment is Oct. 15-Dec. 7. Review your Medicare Advantage or prescription drug plan to ensure your coverage meets your needs for 2027. SHIINE (Senior Health Information & Insurance Education) offers free, confidential and unbiased Medicare counseling. Volunteers help compare plans, review prescription costs and pharmacies, and explain Medicare options—no insurance sales. Volunteers are available statewide. SHIINE needs volunteers; no experience required, training provided. Call 888-854-5321 to schedule an appointment or learn more.

Active Generations and Southeast SHIINE are pleased to announce that they have assumed responsibility for providing SHIINE services throughout a large portion of Western and Central South Dakota, expanding access to free, unbiased Medicare counseling and education for beneficiaries across the region.

The counties served include Bennett, Butte, Campbell, Corson, Custer, Dewey, Fall River, Gre-

Medicare Open Enrollment Is Here!

gory, Haakon, Harding, Hughes, Jackson, Jones, Lawrence, Lyman, Meade, Mellette, Oglala Lakota, Pennington, Perkins, Potter, Stanley, Sully, Todd, Tripp, Walworth, and Ziebach in addition to the current 12 counties of Lincoln, Minnehaha, Turner, Hanson, McCook, Charles Mix, Douglas, Hutchinson, Bon Homme, Yankton, Clay and Union.

As services continue to grow, Southeast SHIINE is actively seeking both volunteers and staff members who are passionate about helping Medicare beneficiaries navigate their healthcare options. Opportunities include counseling, outreach, education, and program support.

For current openings and detailed job descriptions, visit the Active Generations website or Indeed. Volunteers please contact Kayla at 605-333-3314. Together, we can continue providing trusted Medicare assistance to communities across South Dakota.

For questions about SHIINE services, volunteer opportunities, or employment openings, please contact Kayla Bailey at (605) 333-3314.



Thank you for your support with Rake the Town! Active Generations and Workers on Wheels would like to extend heartfelt thanks to every-

one who came together to make Rake the Town such a success this year. Our sponsors for the event came together in a great way and really supported the community through contributing to this effort. The sponsors were: the City of Sioux Falls, CNA Surety, NorthWestern Energy, Vance Thompson Vision, First Premier

Bank, Fleet Farm, Nyberg's ACE, POET, and Lewis Drug. A big thank you as well for the more than 1000 volunteers who stepped up to make this event possible as well! Without that generous outpouring of support every year, Rake the Town would not be possible, and the community looks all the better for it.



MEALS on WHEELS SIOUX EMPIRE

This Thanksgiving season, give back to 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 make a meaningful difference. Just a small time commitment can bring nourishment, friendship and peace of mind to 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 Main Campus, Hope Lutheran Church or First United Methodist Church, making it convenient no matter where you live.

This Thanksgiving, share more than a meal—share kindness, compassion and the comfort of knowing someone cares. If you'd like to volunteer or learn more, contact the Meals

Share the Spirit of Thanksgiving with Meals on Wheels

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 follow up with the next steps.

Together, we can make this Thanksgiving a little brighter for our neighbors.



How Active Generations Congregate Sites Nourish Connections

Sometimes, one of the best things you can do for your overall health and well-being is simple: pull up a chair and share a meal with someone else.

Across the Sioux Empire, Active Generations is expanding opportunities for adults aged 60 and older to gather, dine, and stay connected. Through a network of traditional congregate dining sites, senior activity centers, and local restaurant partnerships, the organization's Nutrition Program delivers essential health benefits while combating social isolation.

Whether dining daily, once a week, or as schedules permit, area seniors are invited to participate across several dining models.

For weekday meal services in Sioux Falls, Active Generations operates two primary congregate dining locations:

- Active Generations Main Campus (2300 W. 46th St., Sioux Falls) Monday-Friday, 11 a.m.-12:30 p.m.
- Simply Good Cafe at Active Generations East Campus (5500 E. Active Gen Place, Sioux Falls), Monday-Friday, 7 a.m.-3 p.m.

Flex Dining Options

For individuals who prefer a restaurant atmosphere or live outside central Sioux Falls, Active Generations partners with local small businesses through its Flex Dining initiative. Participating establishments include:

- Rosie's Farmhouse Cafe (304 Fourth St., Chester)
- Wooden Nickel (300 N. West Ave., Crooks)
- County Fair Food Store (1002 N. Highway 77, Dell Rapids)
- My Place Cafe (101 Main St., Montrose)
- Quick Stop (241 N. Nebraska St., Salem)
- Combine II (653 Main St., Garretson)

Community Congregate Sites Dining is also hosted at regional senior centers across neighboring communities. Participants attending these locations are asked to call one day in advance to place their meal order:

- Alcester Senior Citizens Center (104 E. Second St., Alcester) 605-934-2057
- Beresford Senior Activity Center (107 S. Third St., Beresford) 605-763-5074
- Hartford Senior Citizens Center (119 N. Main Ave., Hartford) 605-528-3999
- Hudson Senior Center (421 Fourth St., Hudson) 605-984-2111
- Lennox Senior Center (519 S. Main St., Lennox) 605-409-8788

Supported in part by the National Senior Nutrition Project, Active Generations provides subsidized meal cards for adults 60 and older. Federal regulations require participants to complete an annual NAPIS registration form to qualify for reduced rates.

To learn more about congregate dining, meal schedules, or registration:

Call Active Generations at 605-336-6722 (Option 2) or contact program coordinator Beth directly at 605-333-3313.

For complete details on the Nutrition Program and Meal

October 2026

Charity and Donations

**Adult Day
Services and
Caregiver Support**

**Adult Day
Donations**
Sarah Ridley
Jason & Lisa Groon

**In Memory of Lucille
Wirt**
Kevin & Brenda
Shriver
Samantha Larsen
Ellen Nupson
Diane and Allen Stark
Pamela Ritter
Sharon Johnson

**In Memory of
Robert Eugene
Van Roekel**
Joyce Tripp

Development
Arnie Hauge
First Interstate
BancSystem
Foundation
Beth Amor

**In Memory of Sjrllie
& Rod Fisher**
Denise Hanten

**IGNITE Capital
Campaign**

Spark Campaign
Arnie Hauge
Barbara Sparks
Dan and Marie
LaRock (Pledge
Payment)
Mike & Connie Gough
Mert Kramer (Pledge
Payment)
Janet Sample (via
Edward Jones)

**Nutrition / Meals on
Wheels**
Our Saviors Lutheran
Church
Capital Services
Margaret Bruggeman
Mark Olsen
Roger Nordtvedt
Sioux Falls Area
Community
Foundation
(Software Grant)

**In Memory of
Robert Eugene
Van Roekel**
Barbara Buechler

Daniel and Tonya
Schuster
Robert Schuster
Anne Ciochetto
Jennifer & Ryan
Schelle

**Workers on Wheels
(WOW) - Rake
the Town**
Lisa Jacobson
Arlene Wagner

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Sioux Falls Fellowship

Worship Service- Sundays at 11 a.m.

Active Generations East-5500 E. Active Generations

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

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

Funeral Pre-planning

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Monthly Birthday Party

Main Campus

November 13

1:00-2:30 pm

Entertainment:

*Sid "The Lone
Wolf" Eisenbeisz*

*Active
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*A few blessings and comforts that
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- ♦ Helpful neighbors
- ♦ Affordable rent
- ♦ Scheduled transportation
- ♦ Community feeling
- ♦ Privacy
- ♦ I'm OK checks
- ♦ Feeling safe
- ♦ Neighborhood gatherings
- ♦ Independence
- ♦ Activities
- ♦ Friendships

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NOVEMBER 19 | 4-6 P.M.
EAST CAMPUS

MEMBERS - FREE
NON-MEMBERS - \$10

**SNACKS & SODA PROVIDED
BEER \$5 EACH**



*Active
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TED TALK SERIES

*Active
Generations*

Friday, 11/13 | 10 AM
Main Campus Room 202

Learn from
experts' TED
Talks!

TOPIC LINEUP

Why you should share a recipe with a stranger (3:53)

Ever walk into a room and forget what you were doing? (5:30)

Bridge Over Troubled Water (8:18)

How to attack (and defend) a medieval castle (5:18)

Norse mythology's climate lessons for the future (6:34)



Medicare Open Enrollment Is Here!

SHIINE provides free, unbiased Medicare counseling and can help compare plans and prescription costs.

Review your Medicare plan **before Dec. 7.**

We're looking for volunteers!
Call: 1-888-854-5321

Our SHIINE Coverage Is Expanding!

We're now providing free, unbiased Medicare counseling in 28 counties across Western and Central South Dakota.

Volunteers and staff are needed.



For SHIINE services, volunteer opportunities, or employment information, contact Kayla Bailey at **(605) 333-3314.**

Try something new or enjoy what you already love!

Participate in activities, and check them off your list. Pick up your checklist at the Front Desk and start working on your adventures today!

Dates: November 1-30

AG

Autumn Adventures

*Active
Generations*



*Active
Generations*

NOVEMBER OUTING

OUT TO LUNCH

BUNCH

November 19 | 11 a.m.

Tour of Dakota Lions Sight & Health

(4501 W 61st St. N)

Followed by lunch at BB's Pub

(5402 W University Trail)



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Michael Opoku-Darko, MD
Neurosurgery



George Yang, MD
Neurosurgery



Shawn Vuong, MD
Pediatric Neurosurgery

SANFORD[®]
HEALTH

November 2026



Monthly Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Chow Mein Over Rice Fruit Juice	3 Meatloaf Mashed Potatoes & Gravy Green Beans Fruit	4 Salisbury Steak Mashed Potatoes California Vegetables Fruit Juice	5 Roast Pork Roasted Potatoes Carrots Fruit	6 Creamed Chicken with Vegetables Biscuit Fruit Juice
9 Tater Tot Casserole Green Beans Juice	10 Chicken Parmesan Whole Grain Spaghetti & Marinara Sauce Italian Vegetables Fruit	11 Swiss Steak Mashed Potatoes Carrots Fruit Juice	12 Roast Pork with Mushroom Gravy Rice Pilaf Broccoli Fruit Juice	13 Beef Tips in Gravy Egg Noodles Mixed Vegetables Fruit Juice
16 Beef Enchilada Casserole Corn Fruit	17 Homestyle Chicken & Noodles Broccoli Fruit	18 Swedish Meatballs & Cream Gravy Egg Noodles Peas & Carrots Fruit Juice	19 Grilled Chicken Sandwich Cheesy Potatoes Mixed Vegetables Fruit	20 Roast Beef Mashed Potatoes & Gravy Corn Fruit Juice
23 Cheeseburger Casserole Cook's Choice Vegetables Fruit Juice	24 Chicken Pot Pie over Biscuit Fruit	25 Hamburger on a Bun Potato Wedges Green Beans Fruit Cup	26 CLOSED HAPPY THANKSGIVING!	27 CLOSED
30 Hamburger & Potato Casserole Mixed Vegetables 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.

New to pickleball?
Try out...

Class to Court
Pickleball Intro Workshops



November 17 | 5-6 PM
East Campus

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

Register at the front desk or in the member app.

Watercolor Series

w/ Barbara Sparks



Main Campus:
November 3, 10 & 17
2 - 5 p.m.

East Campus:
November 6, 13 & 20
9 a.m. - 12 p.m.

COST: \$75





Join Us for
Christmas
Dinner

Tuesday, December 8
11 a.m. to 1 p.m.
Main Campus

Celebrate the season with Active Generations at
our annual Christmas Dinner. Enjoy a traditional
holiday meal for \$5.25 per person.

