LifeTIMES

Official Newspaper of Active Generations

Active Generations

Vol. 48, ISSUE 12 - DECEMBER 2026

In this Issue

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



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



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

Non Profit Org.
US POSTAGE
PAID
Permit No. 676
Sioux Falls, S.D.
57105

President's Update



As we wrap up 2026 and prepare for 2027, I am grateful for everyone who makes Active Generations part of their day. It has been a busy year, and our team is working hard to prepare for what comes next.

Our board of directors recently approved a membership dues adjustment beginning Jan. 1, 2027. This represents our first dues increase since June 2025. The adjustment is approximately 5 percent, or between 50 cents and $1.40 per month, depending on your membership level. Like your household, we face rising costs, but our growing membership has helped us keep due increases minimal, something I'm proud of.

We are also introducing a new All Access tier for members wanting a comprehensive package. We know every dollar matters to you, and we deeply appreciate your continued commitment to Active Generations. Read more on Page 8.

RSVP, our volunteer program, is also officially underway. Participating volunteers can receive a $5 gas card for delivering a Meals on Wheels route or free admission to a Tuesday night dance for helping pack meals, along with other fun swag items. If you have been considering volunteering, we would love to help you find a good fit.

Please also join us for breakfast at either campus. The two-egg breakfast with bacon and hash browns is my favorite. If you have not tried it yet, consider this your invitation.

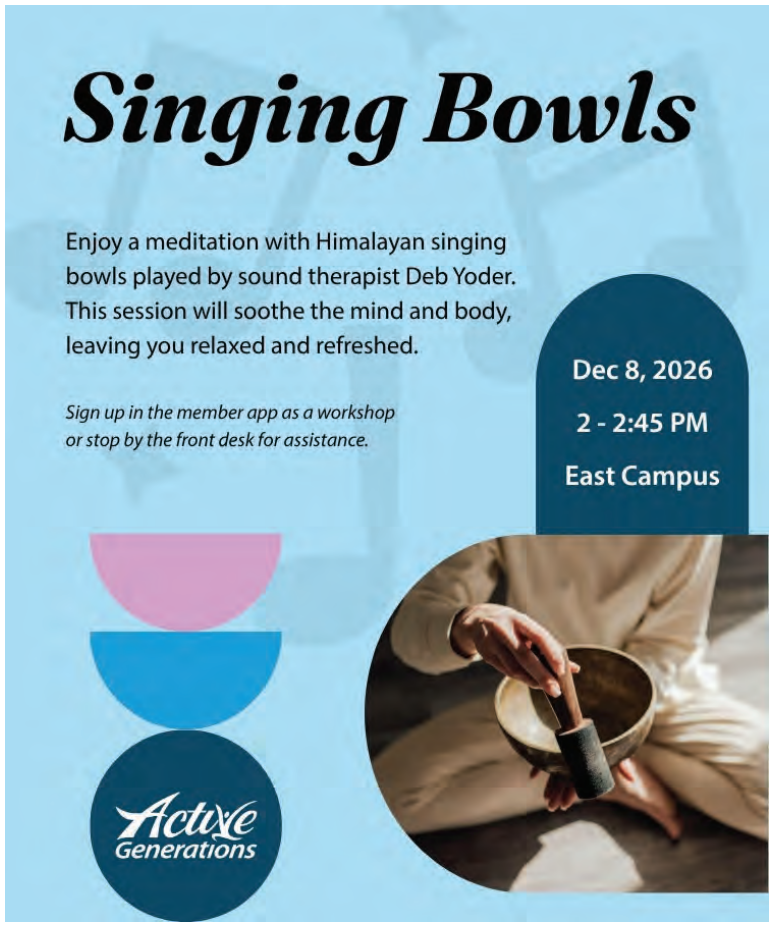
As the holidays approach, we will host our Christmas meal on Dec. 8 at the main campus. New this year are our Christmas light tours—a fun way to enjoy the sparkle of the season and leave the driving to someone else.

You will find details about everything mentioned here throughout this issue of LifeTIMES.

T ank you to our members, volunteers, donors and staff for another year of supporting Active Generations and one another. I look forward to seeing you around our campuses as we finish the year.

Best, Betsy







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.

Active Generations

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.

Active Generations

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 circuity-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

December 2026 Schedule | EAST

$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: n 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.



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

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

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

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
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	12/1-12/14	All Day	Both Locations
Tuesday evening dances (various bands)	Tuesdays	12/1, 12/8, 12/15, 12/22, & 12/29	6:30 - 9:00 p.m.	Sertoma A
Bible Study	Thursdays	12/3, 12/10 & 12/17	12:00 - 1:00 p.m.	Room 204
Christmas Dinner	Tuesday	12/8	11 a.m. - 1:00 p.m.	Sertoma A
Craft Sale	Friday	12/11	10:00 a.m. - 2:00 p.m.	Lobby
Monthly Birthday Party (Wayne Lee)	Friday	12/11	1 - 2:30 p.m.	Sertoma A
Great Plains Coin Club	Saturday	12/12	10 a.m. - 2 p.m.	Sertoma B
Coffee & Cookies with Betsy	Tuesday	12/15	9:30 a.m.	Coffee Shop
Out to Lunch Bunch (Lunch at Boston's Pizza, Followed by a Tour of the Pettigrew Museum at 12:30 p.m., wear red and green for Christmas)	Thursday	12/17	11 a.m.	Meet at Boston's Pizza
Movie Mania ("A Heidelberg Holiday"); Hot Chocolate and Popcorn provided	Thursday	12/17	3 p.m.	Coffee Shop
Beginning Mah Jongg Class ($45 Members, $60 Non-members)	Tuesday & Thursday	1/5, 1/7, 1/12 & 1/14	8:30 - 11:30 a.m.	Room 203
Wii Bowling Winter League (Contact Kathie Smith at 503-929-7603)	Wednesdays	1/6-2/24	12:45 - 2:30 p.m.	Sertoma B

AG EAST - MARK YOUR CALENDAR!

ACTIVITY	DAY	DATE	HOURS	LOCATION
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	12/1-12/14	All Day	Both Locations
Happy Hour	Thursdays	12/3, 12/17 & 12/31	2 - 4 p.m.	East
Grief Support Group (1st Monday of each month)	Monday	12/07	10:30-11:30 a.m.	Room 103
Singing Bowls with Deb Yoder	Tuesday	12/8	2 - 2:45 p.m.	East
Christmas Dinner	Tuesday	12/8	11 a.m. - 1 p.m.	East
Bible Study	Thursday	12/3, 12/10, 12/17, 12/31	10 - 11 a.m.	Room 115
Cookie Decorating Class (Call 605-333-3305 to register)	Saturday	12/12	1 p.m. - 3 p.m.	Room 110
Memory Ornaments with AseraCare	Tuesday	12/15	1:30- 2:30 p.m.	Room 110
Pickleball Class to Court	Tuesday	12/15	5 p.m. - 6 p.m.	Room 116/117
Coffee and Cookies w/ Betsy	Thursday	12/17	10 a.m.-11 a.m.	Room 115
Bean Bags and Beer	Thursday	12/17	4 p.m. - 6 p.m.	Dining Area
Movie Mania	Friday	12/18	5 p.m. - 7 p.m.	Room 110

Pickleball Schedule December 2026

EAST PICKLEBALL COURTS

December 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

December 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**

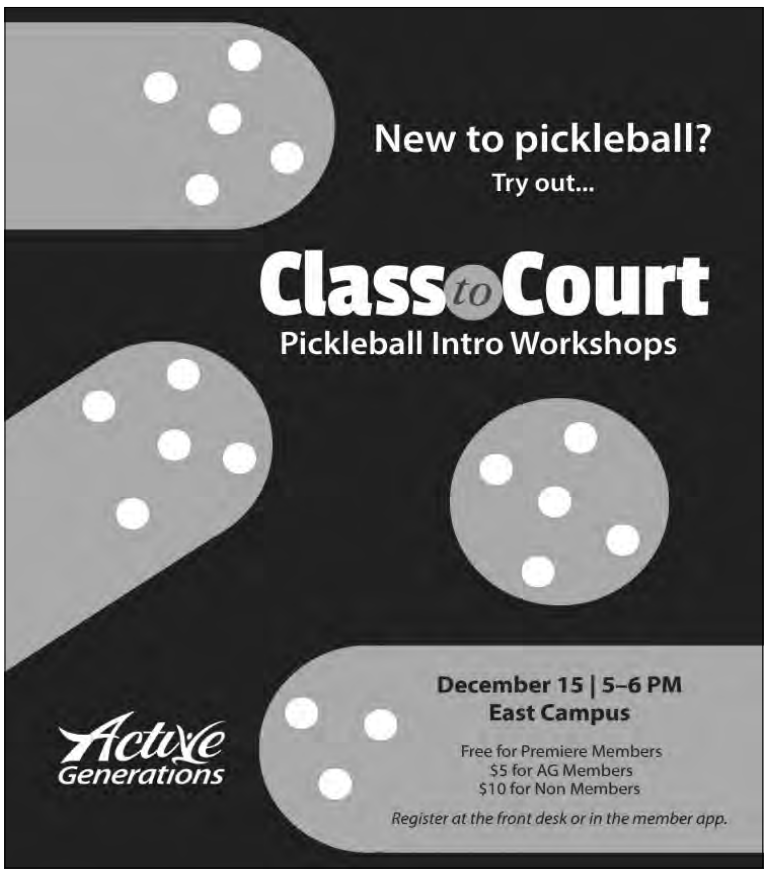
OUTDOOR EAST PICKLEBALL COURTS

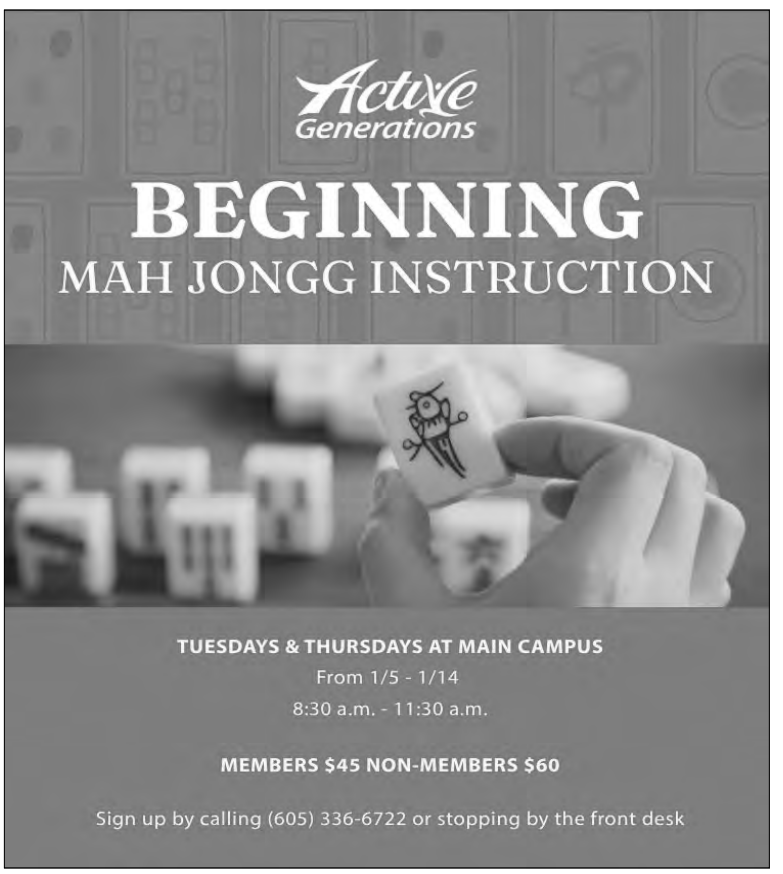
Weather Permitting

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**

Active Generations

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





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	Wednesdays	12:30-4 p.m.	Room 116 & 117	Ann Foster
		Thursdays	4 - 6 p.m.	Room 110	Joy Saffle
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 December 2026 issue of LifeTIMES.

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

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

Art and Craft Clubs

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Acanthus Carvers	Main	Mondays	12-5 p.m.	Room 132	Mark Uhrich
Color Me Happy Coloring Club	Main	1st and 3rd Thursdays	10-11:30 a.m.	Room 132	Doris O'Dea
Crafters Club (Main)	Main	Thursdays	9 a.m.-12 p.m.	Room 201	Joanne Avery
	East	Mondays	9 a.m.-5 p.m.	Room 110	Sharon Fitzsimmons
Creative Writing Group	Main	Mondays	9:30-11 a.m.	Room 203	Fred Garber
Knitting Club (Main)	Main	Wednesdays	9 a.m.-12 p.m.	Room 201	Sharon Hofstad
Knitting Club (East)	East	Fridays	1-3 p.m.	Room 110	Margaret Straley
Line Dancing (Main)	Main	Mondays	1:30-3 p.m.	Sertoma A	Bob Gaut
	Main	Wednesdays / Fridays	2:30-4 p.m.	Sertoma B / Sertoma A or 205	Bob Gaut
Line Dancing (Beginners)	Main	3rd Mondays	12-1 p.m.	Sertoma B	Bob Gaut and Bonnie Shumaker
Line Dancing (Country)	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
Knitting Club	East	Wednesdays	6 - 8 p.m.	Room 110	Evelyn Iddings
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
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



Tree of *Love*

Stop by either location and choose an ornament from the **Tree of Love**.
Return the requested items, cash, or Amazon/Walmart gift cards by **Dec. 14**.

Donations will be distributed to homebound Meals on Wheels seniors.

Ends December 14

Active Generations

New Membership Rate, Policy Adjustments for 2027

2027 Membership Options

	60+ Only			
	Active Fit OR Social Fit	Social and Active	Premier Fit	All Access
	$10.50 Per Month $105 Yearly *Active Fit Free with select insurance/month*	$15.75 Per Month $157.50 Yearly *$6 off with select insurance/month*	$29.40 Per Month $294 Yearly *$6 off with select insurance/month*	$49 Per Month $490 Yearly *$6 off with select insurance/month*
Full Use of Fitness Center	Active Fit Only	✓	✓	✓
Unlimited Participation in Clubs and Groups	Social Fit Only	✓	✓	✓
Unlimited Pickleball and Golf Simulator	$5/session	$5/session	✓	✓
Unlimited Standard Fitness Classes	$25/month for unlimited classes OR $5/session to pay-as-you-go.	$25/month for unlimited classes OR $5/session to pay-as-you-go.	$25/month for unlimited classes OR $5/session to pay-as-you-go.	✓
Extended Hours Access	$5/month	$5/month	$5/month	✓
1 Monthly Guest Pass			✓	✓

The Member Services team is announcing upcoming membership rate adjustments and policy updates starting January 1, 2027. These updates include a 5% rate adjustment designed to keep our programs high quality and accessible across both Main Campus and East Campus.

For most members, this will mean an increase of about $0.50 to $1.40 per month. Memberships will update automatically during the member's first billing cycle after January 1, 2027—no action is required. This is the first rate change since June 2025, and the organization has worked to keep it as minimal as possible.

Starting in 2027, members will have the option of the new All Access Membership for $49 a month (or $490 a year). Many members have asked for a simple, all-in-one membership. With All Access, you'll get unlimited group fitness classes, pickleball court and golf simulator reservations, extended access, and a guest pass each month.

The new year also brings adjustments to membership administration and policies starting January 1, 2027.

Insurance Discount and Annual Membership Changes: Insurance membership discounts will only be available with month-to-month memberships. Annual memberships will continue to receive the equivalent of two months free through our annual payment discount but will no longer qualify for additional insurance discounts.

Because insurance eligibility can change throughout the year, annual memberships make it difficult for Active Generations to adjust discounts when a member is no longer eligible for an insurance-sponsored membership.

Members currently receiving an insurance discount on an annual membership may continue their existing membership through its expiration date. At renewal, they will transition to a month-to-month membership structure to ensure insurance discounts can be adjusted as eligibility changes.

Social Only and Active Fit Membership Eligibility Changes: With the rising cost of providing programs and services, maintaining our Social Fit and Active Fit memberships at $10 per month has become increasingly challenging.

To recognize the importance of keeping these affordable membership options available for older adults, Social Fit and Active Fit memberships will now be limited to individuals age 60 and older.

Our Membership Services team will work directly with current members under age 60 who are enrolled in these plans to review their options and assist with transitioning to an appropriate membership.

For monthly memberships and add-ons, workshops, and classes, Active Generations will need a valid debit or credit card on file.

If a billing transaction fails, members will have 10 calendar days to update their payment information before account suspension occurs.

Account Freezing and Reactivations: Need a break, medical leave, or heading south for the winter? We recognize there is a need for pausing memberships due to medical leave or extended vacations.

Members may freeze monthly memberships for up to four months each year (annual memberships are not eligible). If a membership is canceled, suspended, or expired, and a member wishes to rejoin within 12 months (determined by their active status history Active Generations' membership software), a $50 reactivation fee will apply, unless returning from an approved freeze or joining as a new member.

To learn more or ask questions in person, please visit activegenerations.org/2027-rates/ or attend the December Coffee and Cookies.

NEW HOURS Simply Good Cafe at East Campus will now be open 7 a.m. to 1:30 p.m. Monday through Friday.



RSVP Ready to Enroll Volunteers in Program

Active Generations is proud to partner with AmeriCorps Seniors RSVP to connect volunteers with meaningful opportunities throughout the Sioux Empire. RSVP provides adults age 55+ the opportunity to use their skills, talents, and life experiences to make a meaningful difference while strengthening their communities.

You can volunteer weekly or just a few hours each month! Either way, you're making a difference. Visit activegenerations.org/rsvp or stop in the RSVP Office at Main Campus.

Order take-and-heat meals for Christmas

Active Generations is offering Christmas Feast take-and-heat meals this holiday season, making it easier for people to enjoy a festive dinner at home while supporting the community. Active Generations' Simply Good line is accepting orders for its ready-to-heat Christmas meals, which provide a convenient, healthy way to celebrate the season with a warm meal.

The Christmas Feast includes pork tenderloin pinwheel, potatoes, broccolini, a dinner roll and pecan pie. Each meal is fully cooked and only needs to be reheated, making holiday hosting simple and satisfying.

Orders must be placed online by Dec. 17. Packages are available for two, six or 10 people. Meals are ordered online, picked up at the designated time and reheated at home following provided instructions.

For menu details, pricing and to place an order, visit the Active Generations website.



Active Generations to Host Holiday Light Tours

Soak in the Season with Hassle-Free Bus Tours Around Sioux Falls

Those looking for a magical, hassle-free way to experience the city's best holiday lights have a new option this year: the Active Generations Holiday Light Tours. Running from late November through December 31, these tours offer individuals, families, and groups a comfortable, accessible way to enjoy Sioux Falls' festive displays—without ever having to drive.

The tours are designed as a fundraiser for Active Generations' misson to serve adults in the area.

Tours are happening on a 14-passenger bus. Riders can choose from public tours at just $15 per person (ages 4 and up), while families, friends, or organizations can reserve the entire bus for a flat fee of $250.

Private charters include a dedicated driver, customized tour pacing, and a stop at Falls Park. Tour dates, availability, and booking information can be found on at activegenerations.org/holiday-lights.



Day Break and Adult Day Services

We all know the classic holiday poem that popularized the magic of St. Nicholas, his sleigh, and stockings hung by the chimney with care. But the story of holiday stockings actually dates back centuries to a legend of generosity and caregiving.

As the story goes, Saint Nicholas learned of a family facing hard times and secretly dropped bags of gold down their chimney, which landed safely in the stockings the daughters had hung by the fire to dry. That simple act of anonymous support transformed a family's outlook and gave them hope for the future.

That spirit of practical, compassionate support is at the heart of what we do every day at Active Generations' Day Break program.

Caregiving is a true labor of love, but every family needs a helping hand to share the load. Our Day Break program offers trusted respite for family caregivers while providing participants with an engaging, joyful environment filled with purposeful daily activities, socialization, and community.

Whether you are looking to explore regular attendance options for the new year or want to schedule a personal tour of our facilities, our team is here to support you and your family every step of the way.

To learn more about enrollment, daily schedules, or caregiver support resources, please reach out to our team.

Day Break staff wish everyone a wonderful and blessed holiday season, a peaceful close to 2026, and a bright, healthy New Year!

Memory Café

Holiday Traditions

December 5, 2026 | 10-11:30 a.m.
East Campus
(5500 E Active Generations Place)

What is a Memory Café?

This group serves as a place where people living with dementia/related illnesses and their caregivers can socialize and build community in a safe and understanding environment. This program aims to promote meaningful social interactions and help decrease the feelings of isolation.

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

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

Thanks to our partners:

Active Generations

Encompass Health
Rehabilitation Hospitals

Caregivers joined Active Generations for Gather and Grow:

A Celebration of Family Caregivers! It was a powerful afternoon spent honoring the dedicated individuals who give so much of themselves every day during National Family Caregiver Month in November. A special thank you to Avera Health and AARP South Dakota for partnering with us to make this celebration possible!











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 a 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 AG Main book club will meet Monday, Dec. 12, at 9:30 a.m.

The book for discussion is "The River We Remember" by William Kent Kruger. It is a mystery about the murder of a wealthy landowner. The novel is set in 1958 in a small Minnesota town.

The book for January is "The Last Exchange" by Charles Martin. The book is a combination of romance and suspense. It is arranged as "Before" and "After" in the life of the main characters, a popular movie star and her bodyguard.

Happy reading!

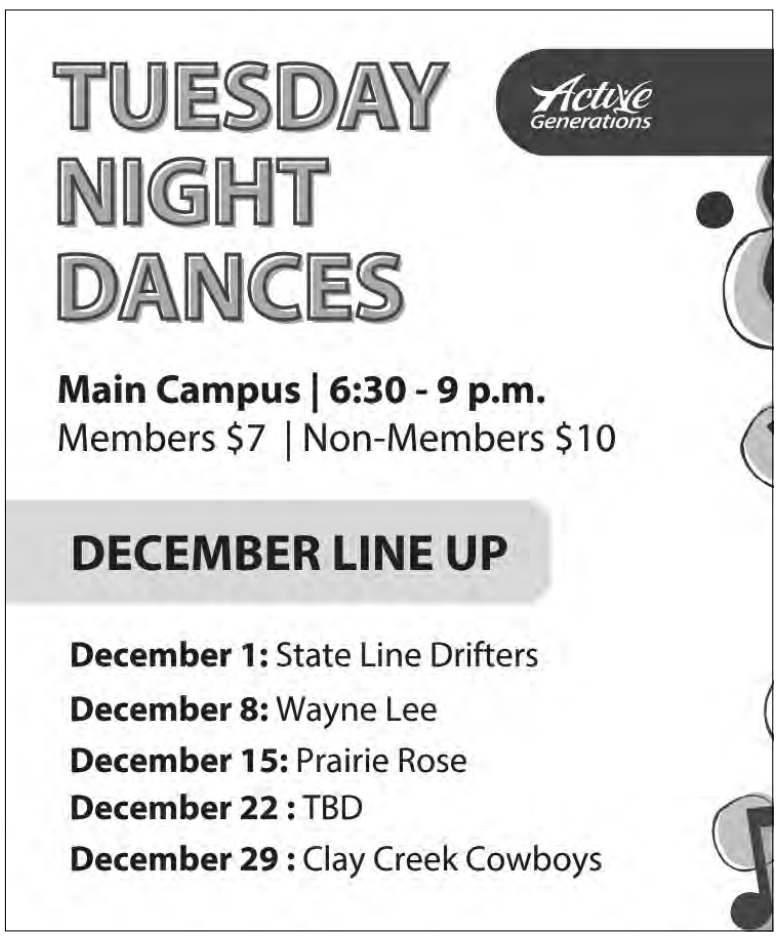
UKULELES FOR FUN

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 in idea for a new club, email info@activegen.org



Open Again! Quality Amish & American-made Furniture & Mattresses

CHUCK'S FURNITURE
ESTABLISHED 1969
3916 S. Willow Ave., Sioux Falls, SD
605.336.6895 • www.605furniture.com 362933

For your Good Health

MASSAGE THERAPY
Main Location
Next available dates are:

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, 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.

SHIINE
Senior Health Information & Insurance Education

Medicare Open Enrollment Is Here!

Need help with Medicare? SHIINE is here for you.

Medicare open enrollment runs Oct. 15 through Dec. 7. Now is the time to review your Medicare Advantage or prescription drug plan and make sure your coverage continues to meet your needs for 2027.

SHIINE (Senior Health Information & Insurance Education) provides free, confidential and unbiased Medicare counseling. Trained volunteers can help you compare plans, review prescription costs and pharmacies and understand your Medicare options—without selling insurance.

Volunteers are available around the state to offer guidance and assistance.

Call 888-854-5321 to schedule a free appointment.

As services continue to grow, we are actively seeking volunteers who are passionate about helping Medicare beneficiaries navigate their health care options. Opportunities include counseling (phone and/or in person), outreach, education and hostesses in any of the 39 counties we cover.

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

Come Visit
The Total Stop in Salem, SD

A new congregate meal site is opening at The Total Stop (25315 US Hwy 81) in Salem, South Dakota.

All are welcome to enjoy a meal, bring a friend and connect with others in a friendly setting. The meal site offers an opportunity for fellowship and conversation around the table.

Visitors are encouraged to stop by, see the new location, and experience the warmth of the community firsthand. The site offers good food, great company, and a welcoming community.

To see all the congregate sites in Active Generations' Nutrition Program, visit activegenerations.org.



MEALS on WHEELS
SIOUX EMPIRE

Share the joy of the season with Meals on Wheels

Meals on Wheels seeks volunteers this Christmas season. Flexible scheduling allows for weekly, monthly or substitute shifts. Even limited time can bring a warm meal and holiday cheer to homebound neighbors.

Volunteers deliver hot meals to homebound clients Monday through Friday. Meal pickup is 10:30-11 a.m., and most routes take about 90 minutes. Pickup locations include Active Generations Main Campus, Hope Lutheran Church and First United Methodist Church.

Through AmeriCorps Senior RSVP, volunteers can now receive a $5 gas card for delivering a Meals on Wheels route OR a free admission to a Tuesday night dance for packing meals. For those considering volunteering, visit Sam Locke at Main Campus.

To volunteer or learn more, contact Meals on Wheels at mow@activegen.org or 605-333-3305, or scan the QR code to apply.

WOW
WORKERS ON WHEELS
BY ACTIVE GENERATIONS

Rake the Town: Celebrating Another Great Year

We are grateful to everyone who helped make Rake the Town in 2026 and 2027 a success. Despite a week of rain in 2026, 1,009 volunteers in 79 raking groups came together to serve the community, raking 225 yards for neighbors in need. In 2027, more than 1,000 volunteers raked over 225 homes, showing once again that the community can come together to help those in need. Thank you to everyone who volunteered and registered their home for Rake the Town. It was a beautiful October week to rake and clean the town, and many leaves were taken to the dump.

We also sincerely thank our sponsors for their support and partnership: First PREMIER Bank, Lewis, RBS Sanitation, Vance Thompson Vision, CNA Surety, Northwestern Energy, Fleet Farm, Nyberg's ACE, and POET.

It's time to start thinking about 2027. If you're interested in signing up for next year, call and let us know. Our staff will record your information and call to confirm your interest next year. Call 605-333-3317 to pre-register. We look forward to an even better Rake the Town in 2027.





AARP Foundation Tax-Aide

Sioux Falls Tax-Aide Information for Preparing 2026 Tax Returns

Welcome to another tax year! The Sioux Falls Tax-Aide team plans to open the local AARP Foundation Tax-Aide program for preparing 2026, 2025 and 2024 tax returns. The in-person tax preparation program will operate at Active Generations' main location (2300 W. 46th St., Sioux Falls, S.D.) from Feb. 1 through April 13, 2026. In Sioux Falls, assistance is only available for federal tax returns. No assistance is available for people needing to file a state tax return. We look forward to getting started and helping you get your taxes prepared and filed.

Appointment scheduling begins Monday, Jan. 18. Taxpayers are urged to refrain from calling prior to 8 a.m., especially on Jan. 18. To make an appointment, call the Helpline Center by dialing 2-1-1 between 8 a.m. and 5 p.m. Monday through Friday. Please be aware that there is no one available at Active Generations to answer questions about the program.

Once you've made an appointment:

Taxpayers with a scheduled appointment will be asked to pick up an intake and interview packet that includes forms to complete, a list of necessary documents to bring, and information about what Tax-Aide can and cannot do (our scope). Bring the completed forms to the scheduled appointment along with the items noted below.

Taxpayers will need photo IDs, Social Security cards (or ITIN/ATIN cards), all income tax-related documents (including Affordable Care Act documents such as Form 1095-A, B or C), last year's tax return and bank account information to use for electronic transfer of refunds or payments. Taxpayers must have a Social Security card (or ITIN/ATIN card) for each person listed on the tax return. If you do not have your Social Security card(s), contact the Social Security office in person or at ssa.gov to have a replacement issued before your appointment.

The AARP Foundation Tax-Aide program provides free tax preparation for taxpayers with low to moderate income in Sioux Falls. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attention to the older population. Tax-Aide is a partnership program supported by both the AARP Foundation and the IRS. Tax preparation is provided by IRS-certified volunteers. AARP or Active Generations membership is not required.

The Mini Movers

The Easiest Way to Avoid The Hardest Part of Moving.

A powerfully small and affordable moving company.

Senior Citizen Discount

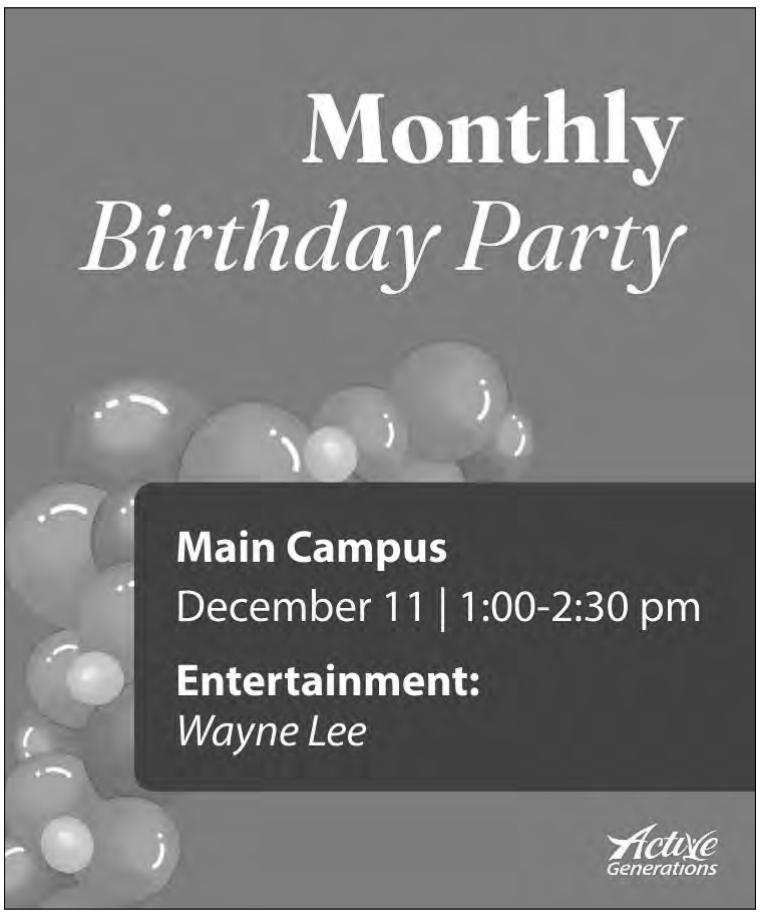
361-9363

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







OUT TO LUNCH BUNCH

Active Generations

DECEMBER OUTING



December 17 | 11 a.m.

Lunch at Boston's Pizza
(1301 W. Russell St) at 11:00 am

Followed by a tour of the Pettigrew Museum
(131N. Duluth Ave.) at 12:30 pm
Wear red & green for Christmas!

Coffee + Cookies

Active Generations



Join Betsy for updates and dialogue about AG!

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

East Campus
December 17
10 a.m. | Dining East

EARN PERKS *WHILE GIVING BACK*

Get rewarded for helping your community through the RSVP program at Active Generations:

BENEFITS:

- **$5 Gas Card for every Meals on Wheels route you deliver**
- **Free Tuesday Night Dance Admission for every meal-packing shift you help with**
- **Fun Swag and Rewards for participating volunteers**

RSVP
RETIRED & SENIOR VOLUNTEER PROGRAM
AmeriCorps Seniors | Active Generations

JOIN NOW

activegenerations.org/RSVP

CRAFT SALE

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

Active Generations

Wii Bowling

WINTER LEAGUE

Wii Bowling Winter League
Thursdays | January 7 - February 25, 2027
1:00 - 3:30 p.m.
East Campus



Active Generations

If interested contact
Kathie Smith at:
503-929-7603

Wii Bowling

WINTER LEAGUE

Wii Bowling Winter League
Wednesdays | January 6 - February 24, 2027
12:45 - 2:30 p.m.
Main Campus



Active Generations

If interested contact
Kathie Smith at:
503-929-7603

LIVING WITH COPD OR ALZHEIMER'S? KNOW SOMEONE LIVING WITH COPD OR ALZHEIMER'S?



Circle Clinical Research is currently enrolling for clinical trials. There is no cost, and reimbursement is provided.

CONTACT US

Call 605-215-1159 to see if you may qualify today.

Circle Clinical RESEARCH

Circle Clinical Research
circleclinical.com

December 2026

Monthly Menu

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

Active Generations

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Alfredo Whole Grain Penne Pasta Broccoli Fruit	2 Breakfast Ham & Egg Bake Breakfast Potatoes Vegetable Medley Cinnamon Apples	3 Chicken & Rice Casserole Green Beans Fruit	4 Pork Loin with Country Gravy Seasoned Potatoes Peas, Juice
7 Hamburger on a Bun Potato Wedges Baked Beans Fruit Juice	8 Roast Beef Mashed Potatoes & Gravy Corn Fruit Salad & Cheesecake	9 Chicken & Stuffing with Gravy Carrots Fruit Juice	10 Ham & Scalloped Potatoes Casserole Broccoli Fruit	11 Spaghetti & Meat Sauce Cauliflower Garlic Bread Fruit Juice
14 Chicken Chow Mein over Rice Fruit	15 Meatloaf Mashed Potatoes & Gravy Green Beans Fruit	16 Creamed Chicken & Vegetables over Biscuit Fruit Juice	17 Roast Pork Roasted Potatoes Carrots Fruit	18 Salisbury Steak & Onion Gravy Mashed Potatoes California Blend Veggies Fruit Juice
21 Tater Tot Casserole Green Beans Fruit Juice	22 Chicken Parmesan Whole Grain Spaghetti & Marinara Sauce Italian Vegetables Fruit	23 Swiss Steak Mashed Potatoes Carrots Fruit Juice	24 **CLOSED**	25 **CLOSED**
28 Beef & Bean Stuffed Pepper Casserole Green Beans Fruit Juice	29 Swedish Meatballs & Cream Gravy Egg Noodles Peas & Carrots Fruit Juice	30 Homestyle Chicken & Noodles Broccoli Fruit	31 Beef Enchilada Casserole Corn Fruit	

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.

