

LifeTIMES

Official Newspaper of Active Generations

Active Generations

Vol. 48, ISSUE 4 - APRIL 2026

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Active Living Expo

FREE FOR MEMBERS!

Explore 40 health, wellness, and aging vendor booths and enter to win door prizes!

EAST CAMPUS
April 15, 2026 | 9 AM - 1 PM

MAIN CAMPUS
May 7, 2026 | 9 AM - 1 PM

HOURS OF BUSINESS

Closed on April 5 (East Campus only)

MAIN

Monday, Wednesday, Friday:
6:30 am - 6:30 pm
Tuesday: 6:30 am - 9:30 pm
Thursday: 6:30 am - 8:00 pm
Saturday: 8:00 am - 3:00 pm
Sunday: Closed

EAST

Mon.-Fri.: 6:30 am - 8:00pm
Saturday: 8:00 am - 3:00 pm
Sunday: 10 am - 3 pm

Office Hours

Monday - Friday
8:00 am - 4:30 pm

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57105

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



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



In Community

As a community, we continue evolving as an organization to serve you well today and into the future. You may have noticed that some of the content in LifeTIMES has begun to shift slightly. Based on your feedback, many of you asked for more updates about programs, activities, and what's happening at Active Generations. While the President's Update will continue to share highlights, there is much more to discover in the pages ahead.

IGNITE Campaign Update

While updates may seem quiet at times, our team continues working steadily behind the scenes on the IGNITE Campaign and sharing the vision for the future of Active Generations. As a next step—and an exciting milestone—we will host Member Input Sessions in April focused on the East Campus expansion. While we continue seeking philanthropic support to fully fund the project, we are excited to move forward with the next phase of design.

To the members who have already stepped forward to support the campaign, thank you. We look forward to sharing more updates in the coming months as we finalize additional gifts.

Improving Member Communication

How we communicate with you remains a priority, recognizing that everyone has different preferences. One area we know we can improve is electronic

communication and interaction. In April, we will transition to a new member software platform that will provide a top-tier member experience, including a mobile app. Be sure to check the following pages for more details.

Bus Excursions Are Coming

Thanks to the generous gift of an electric bus to Active Generations, we are excited to begin offering bus excursions starting in April. Our first trips will include two outings to The Falls for ice cream, along with two guided tours with Dustin Hansen, City of Sioux Falls Street Operations Manager. The tour topic, Our Streets: Plows, Potholes, and Projects, will offer an inside look at how our city's streets are maintained and improved. We look forward to expanding these opportunities as we continue learning about member interests.

Other Highlights

March was an incredible

month as we shared the impact of our Senior Nutrition programs, especially Meals on Wheels. Thank you to everyone who supported the March for Meals campaign. Your support helps ensure homebound adults in our community receive nutritious meals and daily connection. We are also always looking for volunteer drivers to help deliver meals throughout our community. If you are interested in

making a difference, we would love to have you join our Meals on Wheels team. At Active Generations, it is the strength of our community—members, volunteers, staff, and supporters—that allows us to continue growing, adapting, and creating meaningful opportunities for connection and well-being.

See you out in the community,
Betsy

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
Aimee Middleton – Chairperson

Mark Millage – Secretary
Jim Jarding – Treasurer

Luke Tibbetts
Dr. David Basel, MD
Kjerstin Blotske
Dawn Duerksen
Lisa Groom

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.



Trail Ridge Senior Living Community now offers Home Care Services!

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

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

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

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

Trail Ridge Home Care

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

605-231-8141

TrailRidgeHomeCare.com



TRAIL RIDGE
HOME CARE

FITNESS CLASSES

April 2026 Schedule

\$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 6:40-7:10 a.m. (East)		Strength Circuit 6:40-7:10 a.m. (East)		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 Circuit* 7-7:45 a.m. (Main)	SilverSneakers Classic* 8:30-9:15 a.m. (Main)	SilverSneakers Yoga* 9-9:45 a.m. (East)
SilverSneakers Classic* 8:30-9:15 a.m. (Main)	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)	Strength for Parkinson's 10-10:45 a.m. (Main)
SilverSneakers Yoga* 9-9:45 a.m. (East)	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 & Balance 10-10:45 a.m. (East)
SilverSneakers Classic* 9:30-10:15 a.m. (Main)	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 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 & Balance 10-10:45 a.m. (East)	Strength for Parkinson's 11-11:45 a.m. (East)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)
SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)	Core on the Floor 11:30 a.m. - 12:15 p.m. (Main)	Mobility & Recovery 11-11:30 a.m. (East)	Core on the Floor 11:30 a.m. -12:15 p.m. (Main)	Chair Yoga 1-2 p.m. (Main)
Strength for Parkinson's 2-2:45 p.m. (Main)	Strength & Balance 1-1:45 p.m. (Main)	SilverSneakers BodyBOOM* 12-12:45 p.m. (Main)	Strength & Balance 1-1:45 p.m. (Main)	
Strength Circuit 5:30-6:15 p.m. (East)	Reach Your Peak Circuit 2-2:45 p.m. (Main)		Reach Your Peak Circuit 2-2:45 p.m. (Main)	

Get Extended Hours Access!

Add extended hours access to both locations any-time from 5 a.m. to 11 p.m. for just \$5/month.

Get Personalized Training

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

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

Contact Sara Plucker at
splucker@activegen.org

Fitness 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 and Balance: Improve stability, muscle strength, and coordination through controlled, low impact movements.

Mobility & Recovery: Release tension and improve functional movements and flexibility with dynamic stretching, fluid motions, and light stability work.

Reach Your Peak Circuit: A circuit-style workout designed to improve cardiovascular health and muscular endurance through timed intervals.

Core on the Floor: A mat-based session focused on strengthening the abdomen and back to improve posture and stability.

SilverSneakers Classic: Strengthen muscles and increase range of movement for daily life activities.

SilverSneakers Circuit: Improve strength and cardio with alternating low-impact moves and upper-body strength.

Silver Sneakers Circuit: Improve strength and cardio

with alternating low-impact moves and upper-body strength.

SilverSneakers BodyBoom: total-body workout blending cardio, strength training, and stretching sequences.

Chair Yoga: 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 welcomed and encouraged.

AG MAIN - MARK YOUR CALENDAR!

CLUB OR ACTIVITY	DATE	TIME	LOCATION
Beginner Country Dance Lessons	April 2, 9, 16, 23 & 30	6:30-7:30 p.m.	Sertoma B
Golf Club Outings	April 6,* 13, 20 & 27	*10 a.m.	Various Golf Courses
Hiking Club	April 7 & 21	9 a.m.	Various Destinations
Sing-A-Long	April 7, 14, 21 & 28	10-11 a.m.	Lobby
Tuesday Evening Dances (various bands)	April 7, 14, 21 & 28	6:30-9 p.m.	Sertoma A
The Big Squeeze Event	April 9	9 a.m.-2 p.m.	Lobby
Craft Sale	April 10	10 a.m.-2 p.m.	Lobby
Monthly Birthday Party (Featuring The Kazukes)	April 10	1-2:30 p.m.	Sertoma A
Great Plains Coin Club	April 11	10 a.m.-2 p.m.	Sertoma B
Coffee and Cookies with Betsy	April 21	9:30 p.m.	Sertoma A
Mayoral Forum	April 21	2-3:30 p.m.	Sertoma B
Wine and Watercolor Class with Barbara Sparks	April 24	4-7 p.m.	Room 115

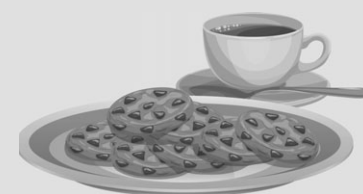
AG EAST - MARK YOUR CALENDAR!

CLUB OR ACTIVITY	DATE	TIME	LOCATION
Art Therapy for Caregivers	April 1	1-3 p.m.	Room 110
Memory Care Caregiver Support Group	April 2	10-11 a.m.	Room 103
Powerful Tools for Caregivers	April 2 – May 7 (Thursdays)	1:30-3 p.m.	Room 103
Grief Support Group	April 6	10:30-11:30 a.m.	Room 103
	April 9 – May 14 (Thursdays)	1:30-3 p.m.	Room 110
The Big Squeeze Event	April 9	9 a.m.-2 p.m.	Lobby
East Campus Expansion - Member Input Session	April 13	9-10 a.m.	Room 115
	April 14	4-5 p.m.	Room 115
	April 16	10-11 a.m.	Room 115
Pickleball Class-to-Court	April 14	5-6 p.m.	Room 117
Active Living Expo	April 15	9 a.m.-1 p.m.	Multi-purpose Room
Wine and Watercolor Class with Barbara Sparks	April 21	4-7 p.m.	Room 115

Good Sam Birthday Bash
2nd Friday of Each Month
BIRTHDAY PARTY
APRIL 10 • 1:00 – 2:30 P.M.

Entertainment By:
The KAZUKES

COFFEE
AND
COOKIES



Main:
 Wednesday, APRIL 21
 9:30 am, Sertoma A

Members are
 invited
 to meet Betsy
 (CEO)
 and talk all
 things AG!

Active Generations Club Notes

SING-A-LONG

The Sing-A-Long Club supports members who wish to learn and sing songs together. Talented pianists play tunes on the baby grand piano as singers follow the lyrics on slides displayed on a wall mounted TV. Slides and songs have been getting updated yet still include familiar standards, hymns, spirituals, classic country, pop 50's, 60's, 70's, folk songs, and even a few show tunes. Singing is so good for you - it stimulates your brain and exercises your lungs. And we need your voice! Please stop in to have some fun as we learn newly added songs for 2026. Join us on Tuesdays from 10-11 a.m. in the main lobby of Active Generations Main Campus. Thanks to Nancy Lange for coordinating Sing Along in the past and for continuing to help as we transition to our new responsibilities. For more information, contact Sally Tilstra (605)366-7632

or Ron Tilstra (605)366-7631. And, if you are interested in playing piano, please let us know.

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.

BOOK CLUB

The Active Generations Book Club will be meeting at 9:30 a.m. on Monday, April 27, at Main Campus.

The discussion will be on "No One Ever Asked" by Katie Granshert. The book is a novel about the intersection of the lives of three women when a wealthy school is forced to integrate with a poor, failing district. It explores several social issues.

After the discussion, cop-

ies of the next book, "No Justice for Agnes," will be available for checkout.

This is a true crime story by South Dakota author Wayne Fanebust. For three years beginning in 1906, the trial of Emma Kaufman, for brutally killing a servant girl, was the center of attention in South Dakota. Agnes Polries, born in Austria-Hungary, was Emma Kaufman's personal maid. The 16-year-old immigrant girl was found dead after abuse and torture. The trial of Emma Kaufman became a nationwide sensation.

Happy Reading!

KAZUKES CLUB

"The older the fiddle, the sweeter the tune" is a common Irish proverb. The Kazukes of Active Generations may have old ukuleles, but the strummers are older, and do they ever play sweet tunes! In February, we played sweetheart tunes for our Valentines at Hearthstone. Our spe-

cialty for March is Irish folk songs - "Irish Lullaby" and "My Wild Irish Rose" are two of them. Our classics are still on the program.

"Just what are your classics?" you ask. Every concert begins with "You Are My Sunshine" and ends with "America the Beautiful". We play selections from Neil Diamond, the Everly Brothers, Elvis, etc. All the tunes are oldies that we loved when we were just kids.

You ask, "How can I join in making sweet tunes?" Get a Ukulele and join our rehearsals on Wednesdays from 9:30-11:30 a.m. in room 203. We also have rhythm instruments and guitars. Good voices are not a necessity. So, come and make some sweet tunes with us on Wednesdays!

QUILTING CLUB

The Active Generations Quilting Club is looking for more quilting enthusiasts! We are looking for individuals who en-

joy 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.

GOLD'N SILVER DRAMA CLUB

Active Generations' Drama Club will meet again in a few months to decide on a theme and dates for the next Follies in the fall. Once we have a date for those meetings we will post the information right here. Thank you!

If you have an idea for a new club, email Jenny Centra: jcentra@activegen.org

Your Active Generations Experience is Getting an Upgrade!

Coming this April: A simpler way to book classes, reserve courts, and manage your membership.

In April, Active Generations is upgrading to a new member management system for easier booking, payments, and scheduling. This new software will give you

more control over your membership, provide you with real-time updates, and a smoother overall experience with Active Generations activities.

The biggest improvement will be a new Active Generations Members App. It will be your go-to for booking classes, reserving courts, and managing your membership.

In late April, you'll be able to download the app on your mobile device, with features to help you navigate

your membership. (Rest assured, this isn't replacing calling the front desk to sign up for things!)

The biggest improvement? The club and class calendars will be available on the app. The app offers a dynamic, color-coded view of everything happening. Additionally, reservations will be simpler. With the app, you won't need to call the front desk to reserve a court or the golf simulator. You

will handle pickleball court and golf simulator reservations yourself, view available times, and reserve your court directly. This will make finding a time instantly faster!

There is also a digital wallet to store a card on file for automatic payments for memberships or classes. You'll be able to get a digital key fob as well to scan at the front desk, in case you forget the physical one. This app will also let club leaders and the Membership

Services Team send you push notifications to send you updates when clubs or classes are canceled.

We're Here to Help:

This change could feel tech-heavy, but we've got your back. When the app is launched, visit Bethany in the library on Fridays. You can also stop by the front desk to get help getting started, downloading, or setting your password.

Active Generations Clubs and Activities

Cards and Games

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	East	Saturdays	12:30-3 p.m.	Dining Area	Gloria Doohen and Gloria Faber
500 Cards	Main	Saturdays	12-2:30 p.m.	Room 203	Barb Boddicker
Bean Bags	Main	Thursdays	9-11 a.m.	Sertoma A	AG Members
	East	Wednesdays	9- 11 a.m.	Room 115	Gloria Doohen and Gloria Faber
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	Ron Klimes
	Main	Fridays	12-4 p.m.	Room 202	Ron Klimes
Bridge (Party)	Main	Thursdays / Fridays	12-3:30 p.m.	Room 203	Arlene Salter / Carolee Olson / Alayne Meyer
	East	Mondays	12-3:00 p.m.	Room 115	Alayne M. / Lois and Will Sibillare
Canasta	Main	Thursdays	1-4 p.m.	Lounge	Cher Murphy
	Main	Fridays	12:30-3:30 p.m.	Lounge	Debbie Lujan
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 / Sherrill Bessey
	East	Thursdays	9-11 a.m.	Dining Area	Pam Kessler
Fast Track	Main	Mondays / 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.	Dining Area	Judy Hansen / (co-chairs) Angie Arney and Jacque Shea
Hand, Foot and Toe	East	Fridays	12:30 - 3:30 p.m.	Room 115	Jan Nason
Hearts	East	Mondays	9-11 a.m.	Dining Area	Roger Megard
Ladies Billiards	Main	Wednesdays	10 a.m.-12 p.m.	Room 200	Cathy Walker
Mah Jongg	Main	Fridays	9 a.m.-12 p.m.	Room 203	Sharon Schwaderer / Sandra Plooster
	East	Wednesdays	1-4 p.m.	Room 115 and 116	Open
	East	Thursdays	4-6 p.m.	Room 115	Kathie Smith
Pinochle	Main	Wednesdays	12:30-3 p.m.	Room 203	Becky Grave
	East	Tuesdays	12:30 - 3 p.m.	Room 115	Gary Kessler
Pitch 10-Point	Main	Tuesdays	12:30-2:30pm	Room 203	Les Brandhagen
Shuffleboard	Main	2nd and 4th Tuesdays	9-11 a.m.	Sertoma A	AG Members
Table Tennis	Main	Mondays / 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	Elsie Fitz
Wii Bowling (Seasonal Leagues - must pre-register w/ Kathie)	East	Thursdays	1:30-3:30 p.m.	Room 115	Kathie Smith
Wii Bowling	Main	Wednesdays	12:30-2:30 p.m.	Sertoma B	Katie Smith

Club and Activity information is updated before the second Monday of every month. This page was last updated for the April 2026 issue of LifeTIMES.

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	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	Wednesdays	9 a.m.-12 p.m.	Room 202	Sharon Hofstad
	East	Fridays	1-3 p.m.	Room 110	Margaret Straley
Line Dancing	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 (Urban)	East	Mondays	2- 3:30 p.m.	Room 116 and 117	Martha (Marty) Wegner
Painting and Drawing Open Studio	Main	Tuesdays / 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	10:00 -11:00 a.m.	Lounge	Sally Tillstra / Nancy Lange
Ukulele/Kazukes	Main	Wednesdays	9:30-11:30 a.m.	Room 203	Linda Beckman
Ukulele/Kazukes Beginners	Main	1st and 3rd Fridays	1-2 p.m.	Room 205	Bill Simon
Woodcarving Club	Main	Mondays / Fridays	9-11 a.m.	Room 132	Derek Boekhoff
	East	Tuesdays / Thursdays	9-11:30 a.m.	Room 110	Mark Uhrich

Special Interest Clubs

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Active Cruisers Motorcycle Club	Main	Wednesdays	Varied	Various Locations	Milton Ellis
Bible Study	East	Thursdays	10:30 a.m.	Room 115	JoAnn Lagge
Book Club	Main	4th Mondays	9:30-11:30 a.m.	Room 133	Pat Flatequal
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	April 16	Various Times	Various Locations	Deb Biegger
Shotokan Karate Club	East	Mondays	6:30-7:45 p.m.	Room 116 and 117	Brianna Leesch

Active Living Expo

FREE FOR MEMBERS!

EAST CAMPUS
April 15, 2026 | 9 AM - 1 PM

MAIN CAMPUS
May 7, 2026 | 9 AM - 1 PM

Explore 40 health, wellness, and aging vendor booths and enter to win door prizes!

Check out www.activegenerations.org for more details.

Active
Generations
Opportunities for a Lifetime

Active Generations Pickleball Courts April 2026 Schedule

EAST PICKLE BALL COURTS (2 Courts)	
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	Rotating Open Play - Call for Schedule
Sunday	10 a.m.-3 p.m. Open Play

MAIN PICKLE BALL COURTS (2 Courts)	
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	4:30-6:30 p.m. Open Play 4:30-8 p.m. Beginners
Friday	4:30-6:30 p.m. Open Play
Saturday	8-11 a.m. Open Play
Sunday	Main Closed

EAST OUTDOOR PICKLE BALL COURTS* (2 Courts)	
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

*Availability Weather Permitting

Court Reservation Regulations:

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.

2026 Pickled Purple Pickleball Tournament

Pickleball tournament fund raiser for the South Dakota Alzheimer's Association will be held Saturday May 2, 2026, at East Campus. Suggested donation of \$25 per individual to play in the tournament. Official signup will occur in April.

Questions - Contact Phyllis Gaspar at 419-277-3879 or pgaspar1976@gmail.com



Feeling the burden of tired, achy legs?

Don't delay in getting them checked out and finding relief! Visit **Dakota Vascular** at one of our convenient locations.



Patrick Kelly, MD



Angelo Santos, MD



Gregory Nissen, MD

OUTREACH LOCATIONS:

South Dakota

- Aberdeen Modern Day Healthcare
- Brookings Regional Hospital
- Dakota Dunes Unity Point Clinic
- Gregory Avera
- Huron Foundation Clinics
- Madison Regional Hospital
- Mitchell Clinic
- Mitchell Avera Queen of Peace
- Plankinton Hometown Family Healthcare
- Parkston St. Benedict Health Center
- Watertown Physicians Vein Clinic
- Winner Hospital
- Yankton Quality Healthcare

Minnesota

- Marshall Avera
- Slayton Murray County Medical Center
- Windom Area Health Services

Iowa

- Orange City Area Health Services
- Sioux City Unity Point



3801 S Elmwood Ave, Sioux Falls, SD 57105
 605.306.6100 www.dakotavascular.com



Beacom Family Village Opens In April for ADS

For more than two years, Active Generations has worked to expand care for individuals and support for families. Active Generations is excited to open the Beacom Family Village. With support from the South Dakota Department of Human Services and Miles and Lisa Beacom, this project is now complete.

The Beacom Family Village, located at 3301 E. 26th St. near the east side McDonald's, will officially open on April 27 to serve our Adult Day Services (ADS) and Caregiving

Support participants.

This new location is on a major city route between our two campuses, ensuring convenient access for families. We will continue to offer ADS and Caregiving Support at our current campuses, while the new site increases our capacity by 20 participants. Demand for these services is at an all-time high. In 2025, we provided care for a record 205 participants and supported over 400 caregivers through our programs.

The Beacom Family Village enhances our ability to provide personal, dignified care. The facility



will feature three secure program areas to better serve individuals with early-onset Alzheimer's dementia and caregiver support

events. We look forward to welcoming members of our community to the Village. To celebrate this

milestone, we will hold a ribbon-cutting ceremony on Wednesday, April 22, ahead of the official opening on Monday, April 27.

Join Us!

Input Sessions are at the East Campus in Room 115 on the following dates and times:

- April 13, at 9-10 a.m.**
- April 14, at 4- 5 p.m.**
- April 16, at 10-11 a.m.**

IGNITE CAMPAIGN UPDATE

Member Input Sessions for East Campus: Week of April 13

We continue working toward our facility goals to better support the needs of our members and programs both today and in the years ahead. Since launching IGNITE the campaign last year, we have been actively raising philanthropic support to fund important facility improvements and future expansion

for more pickleball courts, indoor walking track and another weight room at East Campus. These efforts will help ensure Active Generations continues to provide welcoming spaces and meaningful opportunities for connection, wellness, and community. We are excited to share that we have secured funding to move forward with the next phase of

finalizing our design plans. While we still have additional dollars to raise before the project receives a full green light, this milestone allows us to continue refining the vision for our future spaces. We invite you to help shape the future of the East Campus by attending a Member Input Session during the week of April 13. These sessions will provide an

opportunity to share ideas for East campus activities, spaces, and programming. Sessions will take place on the following dates:

- April 13, at 9-10 a.m. at East Campus in Room 115.
- April 14, at 4- 5 p.m. at East Campus in Room 115.
- April 16, at 10-11 a.m. at East Campus in Room 115.

The IGNITE Campaign supports Sioux Falls' growth and helps Active Generations continue serving adults by offering activities that boost well-being. As we prepare to serve 5,000 members by 2028, your input is important. If you attend the East Campus, please consider coming!

May is Mental Health Awareness Month!

Mental Health Awareness Apparel

Scan to preorder before April 24!

Back of shirt

Sioux Falls Mayoral Forum

Moderated by Jodi Schwan of SiouxFalls.Business

April 21 | 2-3 p.m.
Active Generations Main Campus
(2300 W 46th Street)

Free for Members | \$10 for Non Members

Scan to submit questions to the moderator

Rediscover Community Dining with Active Generations

At Active Generations, our Nutrition Program offers nutritious meals to adults in the Sioux Empire, regardless of circumstances.

Whether you're looking for a daily gathering, a flexible dining option, or the comfort of a meal delivered to your door, our program is designed to solve adult food insecurity and isolation.

Our Nutrition Program goes beyond homebound Meals on Wheels and congregate dining at East and Main campuses.

Active Generations serves 20 communities in the region with three flexible meal options for a healthy,

independent lifestyle:

- **Home Delivery:** For those unable to leave home, we deliver nutritious meals on weekdays with help from friendly volunteers through Meals on Wheels.

- **Congregate Dining:** Hot, sit-down meals at scheduled times in communal dining rooms at Main or East Sioux Falls locations, or senior centers and cafes in nearby towns—for those seeking regular, in-person meals.

- **Flex Locations:** Prefer a restaurant setting or live farther away? We partner with five local cafes and six Sioux Falls Hy-Vee locations. Flex locations include Rosie's Farmhouse

Cafe (Chester), The Wooden Nickel (Crooks), County Fair Foods (Dell Rapids), My Place Cafe (Montrose), and Quick Stop (Salem). Pay with cash, card, check, or a pre-paid punch card.

Recommended donation for 60+ diners: \$5.25 per meal; Hy-Vee meals: \$6 (purchase Hy-Vee pre-paid red meal ticket at Active Generations).

Whether you join us daily or weekly, these meals enrich lives and remind us of the joy in gathering. A healthy meal is always better when shared.

Join us as often as you like—we can't wait to see you. Call 605-336-6722 (Option 2) or visit the cashier desk for your punch card and a list of participating cafes.

Adult Day and Caregiver Support Services

This month, our community engaged in creative and colorful activities that fostered joyful connections. To welcome spring, participants crafted decorative flowers from recycled magazines. Through careful folding and shaping, these magazine pages became vibrant blooms that now enhance our activity room.

Participants also created personalized keepsakes using assorted jewelry pieces. Beads, gems, and trinkets were arranged into unique heart designs, each reflecting individual style and creativity. Additionally, participants decorated plastic Easter eggs with jewel stickers in preparation for the upcoming holiday.

In addition to these hands-on projects, a highlight of the month was a music concert featuring Dolly Parton on YouTube. Participants sang along to familiar songs and shared memories of their favorite Dolly Parton outfits.

Daybreak Programs Wish List

The following is a wish list for our Daybreak Programs. Donations are appreciated but not required and may be dropped off at any Daybreak entrance. For questions, please contact Berkeley Stancer, ADS Program Manager, at (605) 336-6751.

- Bingo candy (sugar-free)
- Tennis balls
- Bubble machine
- Word search and coloring books
- Ceramics to paint
- Watercolor palettes
- Tickers
- 6 to 8-inch outdoor flowerpots



Aging Well Workshop Beyond the Will: The Decisions, Documents and People that Shape Your Estate Plan

Many people think estate planning begins and ends with a will when they die – but there's much more involved. This webinar explains the key documents and decision-makers that come into play during life, incapacity, and after death. We'll demystify fiduciary roles like trustees, personal representatives, agents, guardians and conservators, and explain how you can tailor your planning to make sure you aren't leaving your loved ones a mess.

April 15, 2026

10:00 a.m. CST / 9:00 a.m. MT

Online Webinar

Call the Watch Party host to register:

NO RSVP REQUIRED

Watch Party Address:

**AG Main: 2300 W 46th St.
Sioux Falls, SD**

Workshop Objectives

- Learn the difference between wills, trusts and probate.
- Understand who makes financial and health care decisions during incapacity.
- Explore guardianship and conservatorship scenarios and when they arise.
- Understand fiduciary duties and why your selections matter.
- Learn about common tax and asset protection considerations that come into play with estate planning.
- Learn how to avoid some common estate planning mistakes.



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

NDSU

EXTENSION

More information

Leacey Brown | SDSU Extension Gerontology Field Specialist | Leacey.brown@sdsstate.edu | (605) 394-1722

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Learn more at extension.sdsstate.edu © 2026, South Dakota Board of Regents

MC-04077



GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

ACTIVITIES & MEMBERSHIP SERVICES:

Dakota Vascular
First Premier Bank

ADULT DAY SERVICES & CAREGIVERS:

First Premier Bank
Kathrine Schnabel
In Memory of Jerry Gran:
Debra Gran
In Memory of Scott Jorgensen:
Martha Baxter
Alysia Boysen
Jan or Owen Hotvet
Gloria Houle
Dixie Jorgensen
Victoria Jorgensen
Cynthia Winn

DEVELOPMENT, IGNITE & CAPITAL CAMPAIGN:

American Online Giving Foundation
First Interstate Bank Foundation
Pamela McCreedy
Tom and Beth Masterson
Robert and Kristin O'Connell
Joel Rosenthal
Kevin Topolinski
In Memory of Jerry & Shari Fowlds:
Jerry & Phyllis Schievelbein

HOLIDAY APPEAL:

Bill Christiansen
Avera Heart Hospital Of South Dakota

MARCH FOR MEALS:

Jenna Bonn
Mark and Sally Dominick
Barb Ebeling
Hy-Vee Corporate Office
Lewis Drug Inc

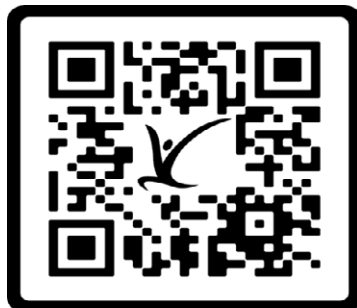
Dena Smith
In Memory of Lynn Olsen:
Mark Olsen

NUTRITION, MEALS ON WHEELS & WORKERS ON WHEELS:

First Premier Bank
Market Beat
Rob Schultz
Sioux Falls Bridge Club
In Memory of Lynn Olsen:
Central Baptisit Church
Allison Jahraus
In Memory of Karen Vietor:
Dale and Karla Olson
Klm & Steven Sutton

Is Active Generations in your will or estate plans? For guidance with this process, please contact: Wendy McDonnel Director of Development 605-275-7680

To donate:
<https://qrco.de/bespvr>



SCAN ME

Thank you to our March for Meals 2026 Donors!



We are grateful

Your support means a great deal to us!



Monthly Birthday Party
April 10
1:00 - 2:30 p.m.
The Kazukes

APRIL MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | THURSDAY, APRIL 23 | 3 PM

"JAY KELLY"
Rated: R
Famous movie actor Jay Kelly embarks on a journey of self-discovery, confronting his past and present with his devoted manager Ron. Poignant and humor-filled, pitched at the intersection of regrets and glories. Starring George Clooney & Adam Sandler

EAST CAMPUS | FRIDAY, APRIL 24 | 5 PM

"THE SENIOR"
Rated: PG
Nearly four decades after being kicked off his team, Mike returns to his alma mater to take the hit that changed everything. Bruised, doubted, and nearly broken, he fights for one last shot at the ending he still believes is possible. Starring Michael Chiklis & Mary Stuart Masterson

Active Generations is proud to be a partner of Sioux Empire United Way. United Way funds 90 different health and human service programs in Lincoln, McCook, Minnehaha and Turner Counties. One in three people in the Sioux Empire benefit from these partner programs. For more information, contact 605-336-2095 or visit www.seuw.org.





We're here for you!

SHIINE (Senior Health Information & Insurance Education) is a free, confidential, and unbiased program based in South Dakota. We provide one-on-one counseling, help you compare plans, and offer education to protect you from Medicare fraud, mistakes, and abuse. To schedule an appointment, call 888-854-5321 today.

Volunteer with SHIINE
SHIINE offers meaningful volunteer opportunities

for anyone who wants to help others. Our volunteers support Medicare beneficiaries and help build stronger communities throughout the region. You can choose from several different roles:

- **Exhibitor:** As an Exhibitor, you share SHIINE's resources at community events. You staff booths or kiosks, hand out materials, and answer general questions about the program. This role is great for people who like meeting others and representing SHIINE.
- **Presenter / Community Liaison:** If you like public speaking or outreach, this role could be a good fit. Presenters lead educational sessions, deliver materials to partner counties, and

help spread the word about SHIINE's services. Some training may be needed. Counselors talk with beneficiaries and their families, reviewing personal information like medications, billing statements, and Medicare notices. This work requires trust, confidentiality, and special training. It's a rewarding way to support people who need guidance.

Interested in helping or need some guidance? Get in touch with us today! SHIINE is here to support you every step of the way. Call 605-333-3314.



Active Generations Bus Outings

April Excursion

Our Streets: Plows, Potholes and Projects

April 17 and 24 | 1-3 p.m.
Main Campus Pickup
Members Only: \$15



Led by Dustin Hansen
Streets Manager, City of Sioux Falls



Scan to sign up!



Active Generations



MEALS on WHEELS SIOUX EMPIRE

Volunteer with Meals on Wheels This April

This April, Meals on Wheels invites you to volunteer and help foster connection in our community through delivering meals. Volunteers deliver not only meals, but also friendship and support to homebound neighbors throughout the Sioux Empire.

Why Volunteer This Spring?

After winter, many seniors and individuals living alone experience isolation. A warm meal and a friendly visit can provide comfort, conversation, and reassurance.

What You'll Do:

- Deliver a hot, nutritious meal to clients in need
- Routes run Monday through Friday
- Pick up between 10:30 a.m. and 11 a.m. (routes take about an hour and a half)
- Meal pick-up locations: Active Generations Main Campus, Hope Lutheran Church, and First United Methodist Church
- Flexible scheduling is available.

You may volunteer weekly, monthly, or as a substitute based on your availability

This April, help us deliver renewal, kindness, and connection. Together, we

can deliver more than meals. We can provide warmth, companionship, and springtime joy. Contact slocke@activegen.org or call (605) 333-3305 to get started. Or, scan the QR code to complete our volunteer application.

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

Helping Hand Assisted Living, Inc.

1000 Teakwood
Brandon, SD 57005

An Independent and Assisted Living Community

Accepting private pay and Medicaid/Title XIX

We invite you to call for information and a tour!
(605) 582-7939

An alternative to nursing home care . . .



WOW

WORKERS ON WHEELS
BY ACTIVE GENERATIONS

Workers On Wheels Applications Now Available Online

Workers on Wheels (WOW) has opened its online application process. This provides a faster, more accessible way for community members needing reliable transportation to get

support, reducing wait times and barriers. Adults aged 60+ who face transportation challenges, especially for necessary medical and food-provisionary trips, are invited to apply.



APRIL FITNESS & HEALTH TIPS

Strength Training as a Gamechanger for Parkinson's Disease

We often focus only on symptom management for Parkinson's disease. But strength training does more than that: it helps the brain adapt.

While cardiovascular exercise like walking or cycling benefits the heart, strength training addresses the neuromuscular deficits caused by Parkinson's. Using the MDT Education Solutions framework, Active Generations is offering a new Strength Training for Parkinson's class that focuses on the return on investment for your nervous system.

For those with Parkinson's, the brain's volume knob for movement often turns down, leading to smaller, slower movements. Strength training turns it up, focusing on three critical areas:

- **Force Production:** Parkinson's causes muscles to feel weak or stiff. Lifting weights or using bands forces the brain to recruit more muscle fibers, improving standing and climbing.

- **Bone Density and Joint Safety:** As we age, especially with a condition that affects balance, protecting our bones is vital. Strength training is the gold standard for maintaining bone density and reducing the risk of fall-related injuries.

- **The Brain-Body Link:** Learning movements with weights creates new neural pathways—a workout for both brain and biceps.

AG's Parkinson's Pathway to Fitness Program

A diagnosis shouldn't mean retreating from an active life with Active Generations. Our Parkinson's Fitness Pathway offers long-term support for your health. This class is the beginning

of more programs to help those with Parkinson's live an active life.

Our specialized trainers help people with and without diagnoses. Sessions use functional movements that enhance real-world safety—like stability for busy sidewalks or narrow hallways. Whether you were diagnosed last month or have been living with Parkinson's for 20 years, there is a place for you here.

In April we will have more strength classes—Mondays 2-2:45 p.m. and Fridays 10-10:45 a.m. at Main and Tuesdays, Thursdays and Fridays 11-11:45 a.m. at East. Companions, spouses, and caregivers are encouraged to join!

Contact us to sign up or for the current class schedule, including specific days, times, and locations for each session.




Learn to Play!
Beginners Mah Jongg Class

Mah Jongg is a popular tile-based game that originated in China. Get your card, learn the game, and enjoy with friends!

May 5, 7, 12 & 14
8:30-11:30 a.m.
Main Campus

Members: \$45*
Non-Members: \$60*
*Includes Mah Jongg Card





Active Generations
Opportunities for a Lifetime

Don't leave your family wondering...

Let **Miller Funeral Home & on-site crematory** help you plan your personalized service in advance.

Call **605-336-2637** for your **FREE** appointment and planning guide.



MILLER Funeral Home
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HAPPY
Easter

*from Sunnycrest Village,
Where Seniors Celebrate Life!*

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

 **SUNNYCREST RETIREMENT VILLAGE**

3900 S. Terry Ave. Sioux Falls, SD 57106

605-361-1422

www.sunnycrestvillage.com





Active Generations Hiking Club

Walk with us for the nature, stay for the conversation.

The Hiking Club is a low-stress way to get outdoors, make new friends and catch up with old ones. Most hikes are three miles, carpooling is available and **no dogs, please.**

April Dates | 9 AM Start

April 7: Outdoor Campus

April 21: Great Bear

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



WORD SEARCH FUN!

R Q J O Z Z W Q V P Z R A D I S H E S M S A M H D E F S Q S
 B D H Q J S T W D N Z R F P K Y N P K D K D O Y N D L W R E
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ARTICHOKES
 DUCKLINGS
 FREESIAS
 MIGRATION
 PASQUE FLOWER
 RAINSHOWERS
 SHALLOTS

BLOSSOMS
 EASTER BASKET
 HATCHLINGS
 MUSHROOMS
 PLANTING
 REGENERATION
 SPRING

DAFFODILS
 FLOWERS
 LAMBS
 NASTURTIUM
 RADISHES
 ROBINS
 STRAWBERRIES

ACTIVE GENERATIONS

GOLF Club

JOIN NOW

APRIL OUTINGS

- April 6
Kuehn Park Golf Course, Sioux Falls**
- April 13
Spring Creek Golf Course, Harrisburg
- April 20
Elmwood East Golf Course, Sioux Falls
- April 27
Lenkota Golf Club, Lennox

On Mondays
9 a.m.
 Start
 **10 a.m. Start on April 6

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



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 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 103

Funeral Pre-planning

It pays to compare

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 Fax: 605-334-4186
www.heritagesfsd.com • heritagefh@midco.net

TED TALK SERIES

April 17 | 10 AM
Main Campus Room 202

Learn from experts' TED Talks!

TOPIC LINEUP

- Norse mythology's climate lessons for the future
- How to handle grief at work and beyond
- Why are there two tides a day?
- Why violence is rising with global temperatures



THE BIG SQUEEZE

is coming to our location!

By getting screened in The Big Squeeze, you have the opportunity to know your numbers to prevent strokes, heart attacks, heart failure and many other complications that come with having uncontrolled high blood pressure.

Screenings for The Big Squeeze will take place on **April 9 from 9 a.m. to 2 p.m. at East and Main campuses.**



WINE + WATERCOLOR



WITH BARBARA SPARKS

Barbara Sparks will teach you to paint spring wildflowers of the plains. This class is for beginners to intermediate painters. **Supplies are provided.** Members \$20 | Non-members \$30



Main Campus | 4- 7 PM
April 24
May 15

East Campus | 4- 7 PM
April 21
May 12



SCAN TO SIGN UP



APRIL OUTING

OUT TO LUNCH



BUNCH

April 16 | 11 a.m.

Tour of the Calvary Episcopal Cathedral
(500 S. Main Ave.)
Followed by Lunch at
Minerva's
(301 S. Phillips Ave.)

Answers to word search on page 16

R Q J O Z Z W Q V P Z (R A D I S H E S) M S A M H D E F S Q S
 B D H Q J S T W D N Z R F P K Y N P K D K D O Y N D L W R E
 C A U P C E E O W K P N E I P L Q M U U Z W J I M D G M F K
 K Q X H L O J T E O O I Y L G A T D M P O R H A J X J H R O
 P S U V C I T L Z I G P Y V F Q S B J H O S C H B R M N K H
 A R V W Q O D C T D N X L D Q J D W B E N N B U Q T Q G R C
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| ARTICHOKES | BLOSSOMS | DAFFODILS |
| DUCKLINGS | EASTER BASKET | FLOWERS |
| FREESIAS | HATCHLINGS | LAMBS |
| MIGRATION | MUSHROOMS | NASTURTIUM |
| PASQUE FLOWER | PLANTING | RADISHES |
| RAINSHOWERS | REGENERATION | ROBINS |
| SHALLOTS | SPRING | STRAWBERRIES |

For your Good Health

MASSAGE THERAPY

Main Location

Next available dates are:

Tuesday, April 7
 Room 128
 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 HEALTH COOPERATIVE

MAIN LOCATION

Tuesdays - Room 128
 8:30 a.m. – 12 noon
 EAST LOCATION:

Thursdays - Room 115
 9 a.m. – 12 noon

The Health Co-Op team of nurses, pharmacist, dietitian, social worker or

therapists is now available at both A.G. locations.

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 Med-

icaid 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.

SANFORD FOOT CLINIC

Next available dates are:

TBD

Call 605-336-6722 to set up an appointment. For basic, non-medical nail care you can contact our Beauty Shop at 605-333-3308.



Located in AG Main

WOODCARVING CLUB

Mondays, Saturdays,
 9 a.m. • Room #132

Active Generations' Woodcarving Club meets Monday and Saturday at 9 a.m. in the Art Room (132). For more information, contact Derek Boekhoff, 759-3482.

QUILTING CLUB

Every Tuesday, 9 a.m.
 – Noon • Room #201

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 quilts, wall hangings and more to sell at our annual bazaar and showcase throughout the building. If you like to be creative and use your hands to help make beautiful creations – WE WANT YOU! For information, contact our leader: Carolyn Colombe at 605-291-9385

PAINTING AND DRAWING OPEN STUDIO

Tuesdays 9 a.m. – 2 p.m.

Wednesdays 9 a.m. – 2 p.m.

Room #132

Learn about oils, water-colors, and drawing. Students mentor each other. No registration required. Cost: Own supplies.

KNITTING CLUB

Wednesdays, 9 a.m. – Noon • Room #201

Active Generations Knitting Club meets Wednesday mornings at 9:30 in Room 201. Come and learn to knit or bring a project that you are working on and socialize. The club is working on two community service projects:

"Warm Up America" afghans for the homeless, and "Caps for Kids" for needy school children. Yarn donations are always appreciated!

"COLOR ME HAPPY" COLORING CLUB

First & Third Thursdays of Month • 10 a.m.
 Room #132

A few were already using the adult coloring books and shared some helpful hints. Coloring has become quite the rage and we know why. It's not just about colors and coloring in the lines. It's a great way to ease stress and relax. Come and join us. For questions or more information, call leader, Doris O'Dea at 361-7228.

CRAFT CLUB

Thursdays, 9 a.m. – Noon, Room #201

Are you creative? Love to make things? Join this creative craft group as they create useful, interesting, whimsical, and fun crafts that can be purchased at our monthly Craft Sale or out the display window in the AG foyer area. For more information contact JoAnn Avery at 339-1516.

ACANTHUS CARVERS

Mondays

12:00 pm – 5:00 pm,
 Room 132

Acanthus carving is a traditional form of woodcarving where the acanthus leaf is used as a design motif. For thousands of years, it has appeared in architecture, furniture, marine carvings, decorative items, signs, and frames. This is a great addition to our variety of clubs, and we're thrilled to provide this opportunity for our members.

For more information contact Mark Uhrich at 605-338-7526



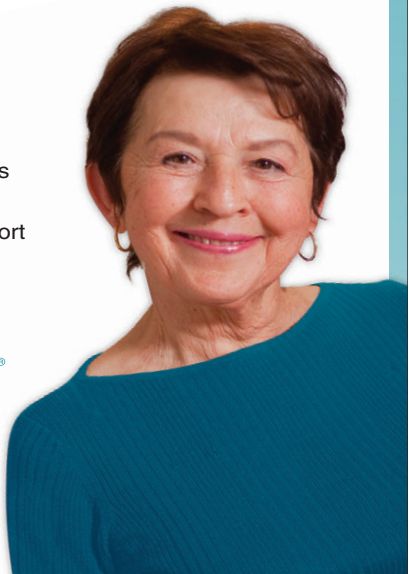


DO YOU NEED HELP CARING FOR A LOVED ONE?

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



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



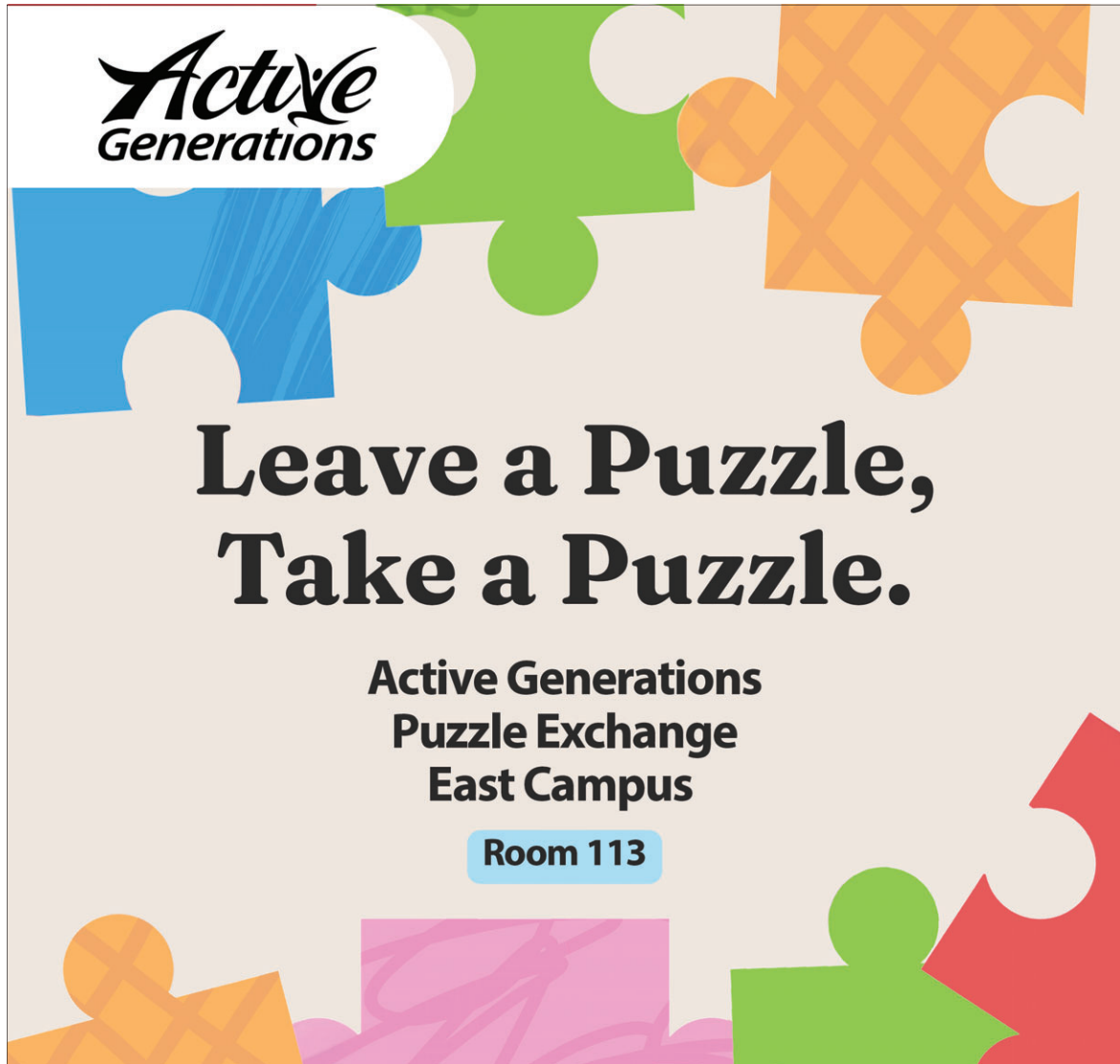
605.275.0070 | www.RAHSED.com

*Active
Generations*

Leave a Puzzle, Take a Puzzle.

Active Generations
Puzzle Exchange
East Campus

Room 113



Walk-in Wednesdays are back.

Come tour The Parkwood.

You want a space where you can feel yourself. Where you can relax, laugh, and experience the retirement you deserve. Where you can enjoy gourmet meals, the sophisticated atmosphere, and the close-knit community.

Discover what it feels like to come home. Tour The Parkwood during our walk-in event, no appointment needed.

Take a
stroll through
The Parkwood.

Attend a
Walk-in Wednesday event.
April 1, 8 & 15 • 2:00 – 4:00 PM

Light refreshments served.
No appointment needed.



A special offer just for you

For a limited time, **sign a lease by May 1st** and receive **up to three months free rent** and **one year of free chef-prepared meals.**

RSVPs appreciated but not required.



To RSVP, please scan the QR code or call **(605) 653-1873**



7800 South Western Avenue
Sioux Falls, SD 57108

April 2026



Monthly Menu

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



Monday

Tuesday

Wednesday

Thursday

Friday

1 Spaghetti & Meat Sauce
Italian Vegetables
Bread Stick Fruit Juice

2 Meatballs & Gravy
Garlic Mashed Potatoes
Green Beans
Fruit Juice

3 Tuna Noodle Casserole
Peas
Fruit

6 Tater Tot Casserole
Broccoli
Applesauce
Fruit Juice

7 Swiss Steak
American Fries
Mixed Vegetables
Fruit Juice

8 Chicken Cordon Bleu
Mashed Potatoes
Carrots
Fruit Juice

9 Sloppy Joe on a Bun
Tri-Taters
Winter Mix Vegetables
Fruit

10 Pizza
Green Beans
Fruit

13 Hamburger on a bun
Baked Potato
Carrots
Fruit Juice

14 Ham & Scalloped Potatoes Casserole
Corn
Fruit Juice

15 Chicken Thighs
Herbed Potatoes
Green Beans
Fruit Juice

16 Beef Stew over Biscuit
California Blend Veggies
Fruit Juice

17 BBQ Ribs
Au Gratin Potatoes
Corn
Fruit

20 Pork Fritter
Mashed Potatoes & Country Gravy
Carrots
Fruit Juice

21 Lasagna Casserole
Italian Vegetables
Garlic Toast
Fruit Juice

22 Chicken Sandwich
Tater Tots
Peas
Fruit Juice

23 Hamburger Gravy
Mashed Potatoes
Green Beans
Fruit Juice

24 Sliced Ham
Sweet Potato
Beets
Fruit Juice

27 Grilled Chicken
Ranch Potatoes
Peas
Fruit Juice

28 Egg Bake
Muffin
Hot Apples

29 Pulled Pork
Sandwich
Steak Fries
Corn
Fruit Juice

30 Parmesan Chicken Breast
Au Gratin Potatoes
Green Beans

Lunch is served weekdays at 11 a.m. to 12:30 p.m. at Main and 11 a.m. to 1 p.m. at East.

All menu items subject to change.

TUESDAY NIGHT DANCES

6:30 - 9 PM
Members \$7 | Non-Members \$10

APRIL LINE UP

- April 7: State Line Drifters
- April 14: Clay Creek Band
- April 21: The Huckleberry's
- April 28: TBD



CRAFT SALE

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