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**Provide  
independence  
and healthy  
living for  
adults 60+**

We're raising money for  
Meals on Wheels  
of the Sioux Empire  
this month



**HOURS OF  
BUSINESS  
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

**March for Meals  
2026**



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

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](http://www.activegenerations.org)

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

**OUR MISSION**

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 57105

## President's Update



Each year, I reflect on a word to guide the year ahead. I continue to return to one: Community. At Active Generations, we are fortunate to be part of an amazing one. In 2025, our membership grew by 8%, a true reflection of the connections and sense of belonging that make this place special. To our longtime members—thank you for shaping us. To our new members—welcome!

As we focus on community, I want to highlight the growth of the programs Active Generations provides throughout Sioux Falls. Through generous grants and gifts, we are on track to open The Beacom Family Village at the end of April. This new location will expand our Adult Day capacity by 20 participants, building on a record year where we provided care for 205 individuals and supported over 400 caregivers.

Our Nutrition Services also continue to evolve. We provide approximately 23,000 meals each month, and we are nearing the completion of the Eastside Kitchen renovation. By early April, we will launch new breakfast options and expanded lunch choices. This March, we also celebrate March for Meals, and I invite you to support this vital program through donations or by volunteering to drive a route.

Finally, we are adjusting our facility hours and

expanding our Extended Hours Program to the Main Campus starting March 1. These updates ensure our resources align with how you use our buildings, while offering even more flexibility for your personal schedule. Read on for the full breakdown of our updated staffed hours and how you can now get extended access to both locations. Additionally, we are adding new personal training options and a new Program: Parkinson's Fitness Pathway. Talk to the front desk to learn more!

There are also more exciting updates with our first volunteer opportunity of the year with the new bus. Read more on page 10.

These updates highlight only a small portion of what happens here every day. Thank you to everyone who participated in our recent member survey; your feedback helps us improve. I look forward to seeing you out in our community!

You'll notice the monthly birthday list is no longer included in the newsletter. Without last names it was often difficult to tell which "Mary" or "John" was being celebrated! By removing the printed list, we can dedicate more space to the programs and updates you use

most. We still want to celebrate with you at our monthly birthday parties. Warm Regards,  
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

# COOKIE DECORATING CLASS



**SATURDAY, MARCH 14 | 1 PM - 3 PM**  
**EAST CAMPUS: ROOM 110**

AG Members: \$45 | Non-Members: \$55

*Active*  
Generations

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



Senior Citizens Services, Inc.  
dba

### Active Generations Board of Directors

Betsy Schuster – President and CEO  
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Tracy Saathoff  
Lisa Schultz  
Kelsey Stevens  
Stacy Wrightsman

### Mission Statement:

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

# Active Generations Fitness and Wellness

Active Generations is a fitness and wellness provider for the following insurance plans:



**Fitness Room Hours:**  
 Extended Hours Access  
 For \$5/month, you can  
 access both campus  
 locations from  
 5 a.m.- 11 p.m.

## Fitness Class Schedule | March 2026

No charge for members with an Insurance Fitness Incentive for SilverSneakers classes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:40-7:10am   EAST Strength Circuit		6:40-7:10am   EAST Strength Circuit	8:30-9:15am   MAIN Silver Sneakers Classic	6:40-7:10am   EAST Rise & Move
7:00-7:45am   MAIN SilverSneakers Circuit	8:30-9:15am   MAIN SilverSneakers Classic	7:00-7:45am   MAIN SilverSneakers Circuit	9:00-9:45am   EAST SilverSneakers Classic	7:00-7:45am   MAIN SilverSneakers Circuit
8:30-9:15am   MAIN Silver Sneakers Classic	9:00-9:45am   EAST SilverSneakers Classic	8:30-9:15am   MAIN Silver Sneakers Classic	9:50-10:20am   EAST Mobility & Recovery	9:00-9:45am   EAST SilverSneakers Yoga
9:00-9:45am   EAST SilverSneakers Yoga	9:50-10:20am   EAST Mobility & Recovery	9:00-9:45am   EAST SilverSneakers Yoga	10:30-11:15am   MAIN SilverSneakers Classic	10:00-10:45am   EAST Strength & Balance
9:30-10:15am   MAIN Silver Sneakers Classic	10:30-11:15am   MAIN SilverSneakers Classic	9:30-10:15am   MAIN Silver Sneakers Classic	11:30-12:15pm   MAIN Core on the Floor	11:00-11:45am   EAST Strength Training for Parkinson's
10:00-10:45am   EAST Strength & Balance	11:30-12:15pm   MAIN Core on the Floor	10:00-10:45am   EAST Strength & Balance	12:00-12:45pm   EAST Pilates Sculpt	12:00-12:45pm   MAIN SilverSneakers BodyBOOM
12:00-12:45pm   MAIN SilverSneakers BodyBOOM	12:00-12:45pm   EAST Pilates Sculpt		1:00-1:45pm   MAIN Strength & Balance	1:00-2:00pm   MAIN Chair Yoga
2:00-2:45pm   MAIN Strength Training for Parkinson's	1:00-1:45pm   MAIN Strength & Balance	12:00-12:45pm   MAIN SilverSneakers BodyBOOM	2:00-2:45pm   MAIN Reach Your Peak Circuit	
5:30-6:15pm   EAST Strength Circuit	2:00-2:45pm   MAIN Reach Your Peak Circuit	5:30-6:15pm   EAST Strength Circuit		

### 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.
- Silver Sneakers Classic:** Strengthen muscles and increase range of movement for daily life activities
- Silver Sneakers Circuit:** Improve strength and cardio with alternating low-impact moves and upper-body strength
- Silver Sneakers 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!**

TITLE	DAY	DATE(S)	TIME	LOCATION(S)
Hiking Club	Tuesdays	Will resume in the spring	9:00 AM	Various destinations
Sing-A-Long	Tuesdays	3/3, 3/10, 3/17, 3/24 & 3/31	10:00-11:00 AM	Lobby
Tuesday Evening Dances (Various bands)	Tuesdays	3/3, 3/10, 3/17, 3/24 & 3/31	6:30-9:00 PM	Sertoma A
Beginning Country Dance Lessons	Thursdays	3/5, 3/12, 3/19 & 3/26	6:30-7:30 PM	Sertoma B
Oscar Week (A different Oscar-nominated movie shown each day)	Monday - Friday	3/9, 3/10, 3/11, 3/12 & 3/13	3:30 PM	Room 202
Craft Sale	Friday	3/13	10:00 AM-2:00 PM	Lobby
Monthly Birthday Party (The Huckleberrys)	Friday	3/13	1:00-2:30 PM	Sertoma A
Great Plains Coin Club	Saturday	3/14	10:00 AM-2:00 PM	Sertoma B
Golf Outings	Mondays	3/16, 3/23 & 3/30	9:00 AM	Various golf courses
Cookies & Coffee with Betsy	Tuesday	3/17	9:30-10:30 AM	Sertoma B
Bean Bags & Green beer	Tuesday	3/17	1:00-3:00 PM	Lobby
St. Patty's Day Dance (Mu- sic by Radio Alley)	Tuesday	3/17	6:30-9:00 PM	Sertoma A
March Madness (Take shots to win prizes)	Monday-Friday	3/17-3/31	All Day	Lobby
Out To Lunch Bunch (Tour of Midco Arena & lunch at Boss's)	Thursday	3/19	10:30 AM	Meet at the Midco Arena
TED Talks (Various topics)	Friday	3/20	10:00 AM	Room 202
Coffee with the Chief	Friday	3/20	10:00 AM	Sertoma A
Understanding Medicare (SHIINE)	Friday	3/20	10:00 AM	Coffee Shop
Movie Mania ("Return of the King: The Fall & Rise of Elvis")	Thursday	3/27	3:00 PM	Room 202

**AG EAST - MARK YOUR CALENDAR!**

CLUB OR ACTIVITY	DAY	DATE	TIME	LOCATION
Grief Support Group	Monday	3/2	10:30 - 11:30 am	Room 103
Memory Care Caregiver Support Group	Thursday	3/5	10:00 - 11:00 am	Room 103
Powerful Tools for Caregivers	Thursdays	2/5 - 3/12	12:30 - 3:30 pm	Room 103
Oscars Week: "Frankenstein"	Monday	3/9	5:00 - 7:30 pm	Room 110
Oscars Week: "F1: The Movie"	Tuesday	3/10	5:00 - 7:30 pm	Room 110
Oscars Week: "Train Dreams"	Wednesday	3/11	5:00 - 7:30 pm	Room 110
Siouxland Libraries Bookmobile	Thursday	3/12	11:30 - 12:30 pm	Parking Lot
Oscars Week: "Blue Moon"	Thursday	3/12	5:00 - 7:30 pm	Room 110
Oscars Week: "Sinners"	Friday	3/13	5:00 - 7:30 pm	Room 110
St Patrick's Day Cookie Decorating Class	Saturday	3/14	1:00 - 2:30 pm	Room 110
Bean Bags & Green Beer	Tuesday	3/17	4:00 - 6:00 pm	Dining Area
Pickleball Class to Court	Tuesday	3/17	5:00 - 6:00 pm	Room 117
Mah Jongg Alzheimer's Tournament	Wednesday	3/18	9:00 am - 4:00 pm	Room 115/116
**CANCELED** Silver Sneakers Yoga	Wednesday	3/18	9:00 - 9:45 am	Room 116/117
**CANCELED** Strength & Balance	Wednesday	3/18	10:00 - 10:45 am	Room 116/117
Aging Well Workshop: Polypharmacy & Deprescribing	Wednesday	3/18	10:00 - 11:00 am	Room 110
Coffee w/ CEO Betsy	Thursday	3/19	10:00 - 11:00 am	Room 115
Member Knowledge Series: Electricity	Tuesday	3/24	12:00 - 12:45 pm	Room 110
Caregiver Support Group	Wednesday	3/25	1:30 - 2:30 pm	Room 103

## New Hours and Expanded Access: More Ways to Visit

To ensure Active Generations remains as accessible and efficient as possible, we are updating our facility operations beginning March 1. These changes align our staffed hours with the times you use the buildings most.

### New Staffed Hours

Both campuses will continue to open at 6:30 AM on weekdays. While our weekday morning and daytime hours remain consistent at the East Campus, we are adjusting our Sunday and evening schedules to better support our most active programs.

### East Campus Hours:

- **Mon – Fri: 6:30 a.m. – 8 p.m.** (No change)

- **Saturday: 8 a.m. – 3 p.m.**
- **Sunday: 10 a.m. – 3 p.m.**

### Main Campus Hours:

- **Mon, Wed, Fri: 6:30 a.m. – 6:30 p.m.**
- **Tuesday: 6:30 a.m. – 9:30 p.m.** (For dances)
- **Thursday: 6:30 a.m. – 8 p.m.**
- **Saturday: 8 a.m. – 3 p.m.**
- **Sunday: Closed**

### The Extended Hours Program: Now at BOTH Locations!

We know many of our members have schedules that don't fit into traditional hours. After a successful trial at the East Campus, we are thrilled to expand the Extended Hours Program

to the Main Campus! For an additional \$5 per month, you gain access to BOTH the Main and East buildings from 5 a.m. to 11 p.m., all year round.

This is a fantastic option for early birds and night owls who want to use the fitness centers or facilities on their own time.

This program requires a key fob and a brief introductory session to go over safety expectations.

If you have questions about the new schedule or want to sign up for a key fob, please visit the front desk or call our Member Services Team at 605-336-6722. We are happy to help you find the best time to visit!



## Coffee and Cookies

### Main:

Tuesday, March 17  
9:30 am, Sertoma B

### East:

Thursday, March 19  
10 am, Dining Area

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



## Outside Groups Meeting at Active Generations

Group	Date/Time	Room	Contact
Sodak Referral Network	Wednesdays, 8 - 9:30 a.m.	Main 203	Bill Lenker 605-521-9021
Grace Communion Church	Sundays, 11 a.m.	East 115	Pastor JoAnn Lagge, 605-366-8820
NARFE Chapter 0201	Third Tuesday, 11:30 a.m.	Sertoma B	Stan Christopherson, 605-371-1180



Sioux Falls Good Samaritan  
Communities Invites You to The

Good Sam Birthday Bash  
**2nd Friday of Each Month**

**BIRTHDAY PARTY**

**MARCH 13 • 1:00 – 2:30 . . . . .**

ENTERTAINMENT BY:

**THE HUCKLEBERRYS**

*Sponsored the second Friday of each month by:*  
**SIoux FALLS GOOD SAMARITAN COMMUNITIES  
HELPLINE CENTER**



# Active Generations Club Notes

## SING A LONG

The Sing Along activity at Active Generations 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 10:00-11:00 a.m. in the main lobby of Active Generations Main. Thanks to Nancy Lange for coordinating Sing Along in the past and for continuing to help as we transition to our new re-

sponsibilities. 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 12:00 noon until 1:00 pm. 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, March 23.

The book that will be discussed is "Death on the Nile" by Agatha Christie. The book is a 1937 detective novel featuring Hercule Poirot. The detective investigates the murder

of a wealthy heiress on a luxury cruise on the Nile.

The book that will be checked out is "No One Ever Asked" by K. E. Granshert. It is a novel about three women whose lives intersect when an affluent school district is forced to integrate with an impoverished school district. The book explores themes of race, adoption, social justice, and prejudice throughout its converging stories. Happy Reading!

## KAZUKES CLUB

Prince states, "I pride myself on working with great musicians." What makes a great musician? The ability to be creative, have fun, and make people happy. We are proud to be the Kazukes because of the joy and memories we bring to others.

But what are the Kazukes, you ask? They are a group of people who get together to play ukuleles and kazoos, hence the

name Kazukes. There are percussion instruments in the group as well. They practice every Wednesday from 9:30-11:30 in Room 203.

Through the oldies, many memories resurface. Songs range from Elvis to Neil Diamond and John Denver. "That was my wedding dance," "You brought back memories of when I was young," are a couple of the comments that have been made.

So, if I join the Kazukes, what do I do? The Kazukes, as mentioned previously, practice every Wednesday. On the first Wednesday of every month, we perform for Daybreak. We also average two concerts a month in various assisted living facilities in Sioux Falls and the surrounding area.

If you want to bring happiness to your life and others through music, join us on Wednesdays. Bring your voice

or instrument and make some new friends. See you soon!

## 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!

## QUILTING CLUB

Every Tuesday, 9:00 a.m.-12 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 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.

## FOSS FLATS SENIOR APARTMENTS

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## MAIN & EAST- CARD & SPECIAL INTEREST CLUBS

Special Interest Clubs and Groups	Locations	Days	Times	Where	Leaders
Active Cruisers Motorcycle Club	Main	Wednesdays	Varied	Various Locations	Milton Ellis
Bean Bags	Main	Thursdays	9:00 - 11:00 am	Sertoma A	AG Members
	East	Wednesdays	9:00 - 11:00 am	Room 115	Gloria Doohen & Gloria Faber
Bible Study	Main	Thursdays	12:00 - 1:00 pm	Room 128	JoAnne Lagge
	East	Thursdays	10:00 - 11:00 am	Room 103	Pastor JoAnn Lagge
Book Club	Main	4th Monday	9:30 - 11:30 am	Room 128	Pat Flatequal
Golfing Club	Main	Mondays	9:00 AM	Various	Bob Black
Hiking Club	Main	Spring 2025	Various Times	Various	Debbie Carter
Line Dancing	Main	Mon / Wed / Fri	Varied Times	Sertoma A / B	Bob Gaut
Line Dancing (Beginners/Pop)	Main	3rd Monday	12:00 - 1:00 pm	Sertoma B	Bob Gaut & Bonnie Shumaker
	East	Mondays	2:00 - 3:30 pm	Room 116 & 117	Marty Wegner
Shotokan Karate Club	East	Mondays	6:30 - 7:45 pm	Room 116 & 117	Brianna Leesch
Sing-A-Long	Main	Tuesdays	10:30 - 11:30 am	Lounge	Sally & Ron Tilstra

Cards and Games Clubs	Locations	Days	Times	Where	Leaders
Club	Campus	Day(s)	Time(s)	Location(s)	Leader(s)
10 Point Pitch	East	Saturdays	12:30 - 3:00 pm	Dining Area	Gloria Doohen & Gloria Faber
	Main	Tuesdays	12:30 - 2:30 pm	Room 203	Les Brandhagen
500 Cards	Main	Saturdays	12:00 - 2:30 pm	Room 203	Barb Boddicker
Bridge (Duplicate)	Main	Tues / Fri	6:15 pm / 12:30 pm	Room 203 / 202	Karn Barth
Bridge (Party)	Main	Thur / Fri	12:00 - 3:30 pm	Room 203	Arlene Salter & Various
	East	Mondays	Noon - 3:00 pm	Room 115	Roger Megard
Canasta	Main	Thur / Fri	Varied Afternoon	Lounge	Cher Murphy / Gator Wohlman
Couples Billiards	Main	Tuesdays	6:00 - 8:00 pm	Room 200	Kathie Smith
Cribbage	Main	Tuesdays	12:00 - 2:45 pm	Room 203	Arlene Sorenson
	East	Wednesdays	12:00 - 2:30 pm	Room 117	Pete Peterson
Dominoes	Main	Mon / Wed	1:00 - 3:00 pm	Room 202	Rosemary Campbell
	East	Thursdays	9:00 - 11:00 am	Dining Area	June Tietz
Fast Track	Main	Mon / Thur	9:30 - 11:30 am	Lounge	Dean Dewes
	East	Fridays	12:00 - 2:00 pm	Dining Area	Cheryl Anderson
Hand & Foot / Toe	Main	Tuesdays	12:30 - 3:30 pm	Lounge	Sherrill Bessey
	East	Thur / Fri	12:30 - 3:30 pm	Dining Area / 115	Judy Hansen / Jan Nason
Hearts	East	Mondays	9:00 - 11:00 am	Dining Area	Roger Megard
Ladies Billiards	Main	Wednesdays	10:00 am - Noon	Room 200	Cathy Walker
Mah Jongg	Main	Tues / Fri	8:00 am - Noon	Room 203	Open Play / Sharon Schwaderer
	East	Wednesday	1:00 pm - 4 pm	Room 115 & 116	Open / Kathie Smith
	East	Thursday	4 pm - 6 pm	Room 115 & 116	
Pinochle	Main	Wednesdays	12:30 - 3:00 pm	Room 203	Becky Grave
	East	Tuesdays	12:30 - 3:00 pm	Room 115	Gary Kessler
Shuffleboard	Main	2nd & 4th Tue	9:00 - 11:00 am	Sertoma A	AG Members
Table Tennis	Main	Mon - Sat	Varied Times	Room 205/Sert. B	Mike Mavity
Whist	Main	Mondays	12:30 - 3:30 pm	Room 203	Elsie Fitz
Wii Bowling	Main	Wednesdays	12:30 - 2:30 pm	Sertoma B	Kathie Smith
	East	Thursdays	1:00 - 3:30 pm	Room 115	Kathie Smith (Winter League)

Arts and Crafts Clubs	Locations	Days	Times	Where	Leaders
Club	Campus	Day(s)	Time(s)	Location(s)	Leader(s)
Acanthus Carvers	Main	Mondays	12:00 - 5:00 pm	Room 132	Mark Uhrich
Color Me Happy Coloring Club	Main	1st & 3rd Thur	10:00 - 11:30 am	Room 132	Doris O'Dea
Crafters Club	Main	Thursdays	9:00 am - Noon	Room 201	Joanne Avery
	East	Mondays	9:00 am - 5:00 pm	Room 110	Sharon Fitzsimmons
Creative Writing Group	Main	Mondays	9:30 - 11:00 am	Room 203	Fred Garber
Knitting Club	Main	Wednesdays	9:00 am - Noon	Room 202	Sharon Hofstad
	East	Fridays	1:00 - 3:00 pm	Room 110	Margaret Straley
Painting & Drawing Open Studio	Main	Tues / Wed	9:00 am - 2:00 pm	Room 132	AG Members
Quilting Club	Main	Tuesdays	9:00 am - Noon	Room 201	Carolyn Colombe
Ukulele/Kazukes	Main	Wednesdays	9:30 - 11:30 am	Room 203	Bill Simon & Linda Beckman
Woodcarving Club	Main	Mon / Sat	9:00 - 11:00 am	Room 132	Derek Boekhoff
	East	Tue / Thur	9:00 - 11:30 am	Room 110	Nancy Cummings

**Active Generations members are invited to join our many different clubs.**

# Pickleball

## MAIN Location - Inside (2 Courts)

Day	Time	Level / Activity
Monday	3:30 PM - 6:30 PM	Open Play
Tuesday	1:30 PM - 4:00 PM	Intermediate & Advanced Levels
Wednesday	1:30 PM - 4:30 PM	Beginners Level
	4:30 PM - 6:30 PM	Open Play
Thursday	1:30 PM - 4:30 PM	Intermediate & Advanced Level
	4:30 PM - 6:30 PM	Beginners Level
Friday	4:30 PM - 6:30 PM	Open Play
Saturday	8:00 AM - 11:00 AM	Open Play

## EAST Location - Inside (2 Courts)

Day(s)	Time	Level / Activity
Mon, Wed, Fri	7:00 AM - 9:00 AM	Reserve Play***
	9:00 AM - 12:00 PM	Beginners Level
	12:00 PM - 1:00 PM	Reserve Play***
	1:00 PM - 4:00 PM	Intermediate Level (Also Fri Nights 5:00-8:00 PM)
	4:00 PM - 5:00 PM	Reserve Play***
	5:00 PM - 8:00 PM	Advanced Level (Mondays & Wednesdays)
Tue & Thu	7:00 AM - 9:00 AM	Reserve Play***
	9:00 AM - 12:00 PM	Intermediate Level
	12:00 PM - 1:00 PM	Reserve Play***
	1:00 PM - 4:00 PM	Advanced Level
	4:00 PM - 5:00 PM	Reserve Play***
	5:00 PM - 8:00 PM	Beginners Level
Saturday	8:00 AM - 3:00 PM	Scheduled Level Play (See website for details)

## EAST Location - Outside (2 Courts)

Weather Permitting - All Open Play - All Levels

Day(s)	Time
Monday - Friday	7:00 AM - 8:00 PM
Saturday	8:00 AM - 3:00 PM

### Key & Regulations

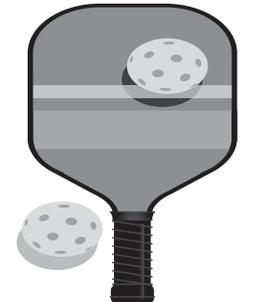
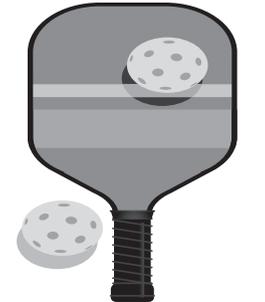
- Reserve Play (\*\*\*) : Premier Fit members only (1 week lead time).
- Limits: Max 2 non-consecutive hours per week.
- Non-Members: Must buy punch cards (\$50/\$100) at front desk (\$5 per session).

\*\*Only Premier Fit members are permissible to reserve 1 week in advance.

Reservation requests are limited to 2 non-consecutive hours a week. Reservations will remain as phone-in or at the front desk.

Non-Premier Fit members are required to purchase a Pickleball punch card for \$50.00 or \$100.00 (\$5.00 per punch/session).

Cards are punched at front desk before entering indoor or outdoor courts.



### The Mini Movers

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### 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 . . .



# PICKLEBALL

## THE SPRING SEASON

New to pickleball?  
Try out...

# Class to Court

Pickleball Intro Workshops

March 17 | 5- 6 PM  
East Campus

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



## Coffee with the Chief

at Active Generations

Have a question about local safety? Want to share an idea for the community? Police Chief Thum is grabbing a coffee and wants to hear from you.

March 20 | 10 a.m.  
Main Campus



Sioux Falls Police Chief Jon Thum  
Photo Credit: Argus Leader

TAKE YOUR SHOT TO WIN PRIZES!

# MARCH

## MADNESS

MARCH  
17-31

How it works:

- Take **3 shots** every time you stop by.
- Collect 12 points throughout the month to enter the **Grand Prize Raffle**.
- Win Every Day! Just for attempting a shot, you'll get treat!



# Bean Bags & Beer

ST. PATRICK'S DAY  
CELEBRATION WITH GREEN  
BEER, SNACKS & BEAN BAGS

MARCH 17 | 4-6 P.M.  
EAST CAMPUS LOBBY

MEMBERS - FREE  
NON-MEMBERS - \$10.00



# March for Meals 2026

## Active Generations Aims to Raise \$200,000 for Local Seniors This March

Each March, communities across the country come together for March for Meals, a national campaign celebrating the historic day in 1972 when the Older Americans Act was amended to include a nutrition program for seniors.

At Active Generations, this month is a vital opportunity to raise awareness and support for our local senior nutrition efforts—specifically our Meals on Wheels and congregate dining programs. We are currently aiming to raise \$200,000 this month to meet the growing demand for meals for seniors in the area.

The need is growing faster than many realize. Each month, about 60 new seniors turn to us for help. For many, a Meals on Wheels delivery is the highlight of their day—not just for the food, but for the friendly face at the door. In fact, for the 4,100 clients who live alone, that volunteer visit is often their only social connection.

### How You Can Help

Donate! Every dollar helps us cover the rising costs of food and transportation. Your donations directly support the preparation and delivery of high-quality meals.

Dine Out to Help Out! Beyond direct donations, you can support the cause by visiting local businesses on their “Give Back” days:

- March 3: 10% of sales at R Wine Bar, Brix, Trio Jazz Club, and Maribella’s will be donated.
- March 9: 10% of sales at The Barrel House will go toward the campaign.

Volunteer with us! We are always in need of volunteer drivers. Taking a route usually takes about an hour, but the impact lasts much longer.

Whether you donate, volunteer to drive a route, or visit a participating restaurant, you are helping us bridge the gap for our seniors. Visit the front desk or our website to see how you can get involved.

# We got a Bus!

## AG Outings Start in March with Volunteer

One of the best ways we grow as a community is by giving back to the city we call home. We are excited to announce our first group volunteer outing of the year on Friday, March 27, from 9:00 AM to 11:30 AM.

This month, we are heading to the Furniture Mission of South Dakota, a local organization dedicated to turning houses into homes for those in need.

We are looking for a team of 10 volunteers to join us for a morning of service with a special focus: painting toddler beds.

These beds are essential items that help provide dignity and security for children in families who are overcoming difficult situations—from those fleeing abusive environments to those just trying to make ends meet. It’s a simple task, but the impact of a

fresh coat of paint means a world of difference to a family starting over.

In addition to our service work, the morning will include a tour of the Furniture Mission’s facility. You’ll get a behind-the-scenes look at how they sort donations, manage their carpentry shop, and coordinate the delivery of furniture to hundreds of local households.



### Join the Furniture Mission Trip

Friday, March 27 | 9-11:30 AM.

Please visit the front desk to add your name to the list. Limited to 10 Spots.

# Sioux Falls Mayoral Forum

Moderated by Jodi Schwan of SiouxFalls.Business

April 21 | 2-3 p.m.

Active Generations Main Campus  
(2300 W 46<sup>th</sup> Street)

Free for Members | \$10 for Non Members

Active  
Generations

Scan to submit  
questions to the  
moderator



## Community Keeps Us Strong: Mental Health Awareness

As we look forward to the month of May, Active Generations is preparing to observe Mental Health Awareness Month. While we often focus on the physical benefits of our programs, like staying active in the gym or enjoying a nutritious meal, the impact on our emotional and mental well-being is just as vital. We regularly hear from our members that this organization provides

more than just a place to go; it offers a sense of belonging. In a world where isolation can become a challenge, the simple act of sharing a conversation, joining a card game, or attending a class can be a powerful remedy.

To honor this connection, we are launching our "Community Keeps Us Strong" campaign. We believe that when we show up for one another, we all become more resilient. To raise awareness, we will be offering special edition T-shirts for pre-order. These shirts feature the "Community keeps us strong" message alongside the Active Generations logo, reminding everyone

that no one has to walk their journey alone.

We invite you to stop by the front desk in the coming weeks to try on a sample size and place your pre-order. Whether you wear it at the gym or out in Sioux Falls, you'll be helping us spread a message of hope and inclusion. Let's continue to look out for one another and celebrate the bonds that make Active Generations a true home for so many.



## Aging Well Workshop Polypharmacy and Deprescribing: Managing Medications for Health and Safety as We Age

Many older adults take several medications to manage health conditions, but taking multiple medications can sometimes increase the risk of side effects, falls, confusion or other health concerns. This webinar provides a general overview of medication use in older age, including what polypharmacy means and how deprescribing – the careful and planned reduction of medications – can help improve safety and quality of life.

**March 18, 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, room 202**  
**AG East - 5500 E Active Gen Pl, room 110**

### Workshop Objectives

- Gain a basic understanding of what polypharmacy is.
- Learn what deprescribing means and how it differs from stopping medications on one's own.
- Recognize common risks with taking multiple medications
- Understand the importance of regular medication review.



**SOUTH DAKOTA STATE UNIVERSITY EXTENSION**

**NDSU EXTENSION**

### More information

Leacey Brown | SDSU Extension Gerontology Field Specialist | [leacey.brown@sdsu.edu](mailto:leacey.brown@sdsu.edu) | (605) 394-1722

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MC-04077

## Day Break/Ceili Cottage

Shenanigans and Spring, March is here! A month of green with St. Patrick's Day and peeking tulips and daffodils. We start to put away our winter jackets; the weather likes to play games with a quick winter reality check!

Daffodils are the flower for March. The sweet smell of spring blooms! Sprouts of color are peeking through the ground with a bit of winter left. Here at Day Break, we just can't wait for spring to arrive. We are going to bring spring to us! We are planting tulips and daffodil bulbs in large mason jars. Plant a variety of colored tulips and guess what color it will be when it blooms. It helps pass the time of winter to spring.

We are all a wee bit Irish on St. Patrick's Day! St. Patrick was thought to be originally from Wales or Scotland. As a boy he was captured as he was forced to be a slave. He tended sheep before escaping where he had a vision of going to Ireland to spread the message of Christianity. The 17th of March is chosen to celebrate the saint's death on March 17 the year 461 A.D. The Shamrock was used as a metaphor for the Holy Trinity when Patrick was introducing Christianity to Ireland. A shamrock is a "little clover". It is now the emblem of Ireland. Four leaf clovers are a genetic mutation, representing good luck and once believed to ward off evil centuries ago. "Never iron a four-leaf clover because you don't want to press your luck."

Celebrating St. Patrick's Day with Shamrock Bingo, Pot O' Gold Coin toss and Leprechaun scavenger hunt sure brings out the shenanigans in us! Wearing your green so you don't get pinched!

May the hinges of your friendship never grow rusty and for each petal of the shamrock, brings a wish your way: Good Health, Good Luck and Happiness for Everyday!

### WISH LIST:

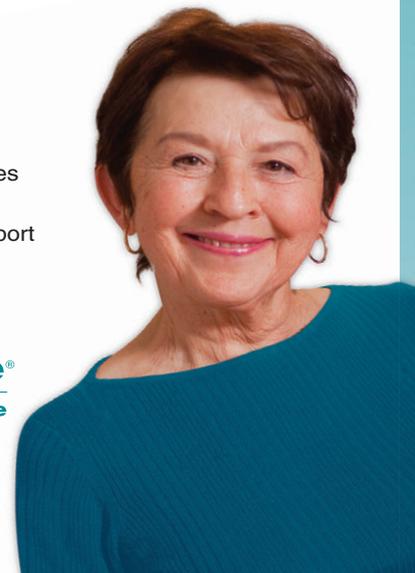
- Photo printer
- Bubble machine
- Crafts/Paintable Bird House
- Bingo Candy
- Wate color Palettes
- Colored Pencils
- Markers
- Flower Stickers
- Play-Doh
- Suncatchers

## DO YOU NEED HELP CARING FOR A LOVED ONE?

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

**Right at Home**  
In Home Care & Assistance

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



605.275.0070 | [www.RAHSESD.com](http://www.RAHSESD.com)

# GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

**ACTIVITIES & MEMBERSHIP SERVICES:**

Culligan Water of Sioux Falls  
In Memory of Denny DeGroot:  
Gerald Beninga  
Marcia & Gerald Van Ginkel

**DAY BREAK, ADULT DAY SERVICES & CAREGIVERS:**

Carol and Steve Stember

**DEVELOPMENT, IGNITE & CAPITAL CAMPAIGN:**

Anonymous Preventive Care-Sanford Health  
Tom and Pamela Simanek  
Ron Williamson  
In Memory of Roger Elverson:  
Tom & Cindy Elverson

**HOLIDAY APPEAL:**

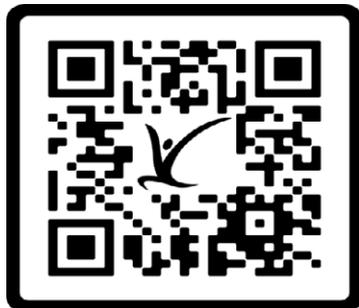
Melaine Daulton  
Michael Draayer  
Michelle Mueller  
In Memory of Helen Noyes:  
Mary Noyes Wold

**NUTRITION, MEALS ON WHEELS & WORKERS ON WHEELS:**

Kari Garcia  
Harlen and Dee Hohn  
Gil and Dorothy Koepsell  
Northwestern Energy  
In Memory of Denny DeGroot:  
Dale and Karla Olson  
In Memory of Donald Hookie:  
Dale and Karla Olson  
In Memory of Laura Hynek:  
Phyllis Gaspar

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/hespVR>



SCAN ME

Your support of Active Generations is greatly appreciated. You may call (605) 275-7680 or visit [www.activegenerations.org](http://www.activegenerations.org) to make your gift today! Thank you!



*We are grateful*

Your support means a great deal to us!

Thank you to our March for Meals 2026 Donors!



Monthly Birthday Party

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](http://www.seuw.org).

*A Great Big*  
**THANK YOU TO OUR COMMUNITY**

**Now You Know** Fun facts and conversation-starting snippets for curious minds of all ages!

**Did St. Patrick Chase Snakes?**

Snakes feature prominently in the legend of St. Patrick, whose feast day is celebrated every year on March 17. As the legend goes, St. Patrick drove all snakes from Ireland. But scientists and historians note that St. Patrick, who lived in the mid-fifth to early-sixth century, likely came along too late to accomplish such a feat, as evidence suggests post-glacial Ireland never had any snakes. Indeed, the ocean waters surrounding the Emerald Isle are too cold to enable the migration of snakes from other locales, which suggests the snakes in the legend of St. Patrick are symbols and not meant to represent reptiles.





# SHIINE

## Senior Health Information & Insurance Education

**Need help with  
Medicare?  
We've got you!**

SHIINE (Senior Health Information & Insurance Education) is a FREE, confidential, and unbiased program right here in South Dakota. Federally funded and community-focused,

we help Medicare beneficiaries:

- Understand their benefits
- Compare plans
- Spot and avoid fraud

We offer one-on-one counseling, plan comparisons, and education to help protect

you from Medicare fraud, errors, and abuse  
Call 888-854-5321 to make an appointment!

**Medicare Advantage  
Open Enrollment Ends  
March 31!**

Thinking about switching your Medicare Advantage Plan or going back to Original Medicare? You have until March 31 to make a change! Call 888-854-5321 to make an appointment!

**Join us for  
"Understanding  
Medicare"  
March 20  
10:00 a.m.  
Main Campus**

We'll break down everything you need to know if you're considering a change. Space is limited, call Active Generations to RSVP! 605-336-6722

**Calling  
All Volunteers!**

Want to make a real difference in your community? Do you know someone who is great at helping others? SHIINE is looking for volunteers! There are many ways to get involved and help others navigate Medicare. Call us to learn more!  
605-333-3314



**MEALS ON WHEELS  
SIOUX EMPIRE**

**Share the Luck  
This St. Patrick's Day  
– Volunteer with  
Meals on Wheels!**

This St. Patrick's Day season, let's celebrate a little Irish luck the best way possible—by spreading kindness, connection, and care to our neighbors. Meals on Wheels is looking for compassionate volunteers to help us deliver more than meals—we're delivering smiles, friendship, and a bit of good fortune to homebound neighbors across the Sioux Empire.

**Why Volunteer This St. Patrick's Season?**

For many seniors and individuals living alone, winter can feel long and lonely. A warm meal

paired with a friendly face can feel like striking gold—bringing comfort, conversation, and the reminder that someone truly cares.

- **What You'll Do:**
- Deliver a hot, nutritious meal to clients in need
- Routes run Monday through Friday
- Pick up between 10:30 AM–11:00 AM (routes take about 1.5 hours)
- Meal pick-up locations:
  - Active Generations Main Campus
  - Hope Lutheran Church
  - First United Methodist Church

Flexible scheduling—volunteer weekly, monthly, or as a substitute when it

fits your schedule

Share Your Time,  
Spread the Luck  
Contact Sam at [slocke@activegen.org](mailto:slocke@activegen.org) or call (605) 333-3305 to get started. Or scan the QR code to complete our volunteer application—we'll be in touch!

This St. Patrick's Day, be someone's lucky charm and make a meaningful difference.

Together, we can deliver more than meals—we can deliver warmth, companionship, and a little extra cheer.



**WORKERS ON WHEELS  
BY ACTIVE GENERATIONS**

**Workers on  
Wheels at  
Sioux  
Empire on  
Tap**

Workers on Wheels teamed up with Sioux Empire on Tap once again this year! Sioux Empire on Tap is a local beer sampling event that has taken place in Sioux Falls for the last 12 years, and WOW has been helping staff this event for the

last 4+ years. This event took place on Saturday, February 21st, and is always a fun event to take part in! Volunteers helped serve drinks to help make the event a reality; in exchange, the event will make donations to Workers on Wheels for each volunteer. Our volunteers this year were a mix of staff and volunteers from the community; we would like to sincerely thank everyone who volunteered to help fundraise and raise awareness for Workers on Wheels!

## MARCH FITNESS & HEALTH TIPS

The month of March is named after the Roman God of War, Mars. That is because many military conflicts resumed at that time of the year after taking a break during the winter. Unfortunately, nowadays that is not the case. There is more to March though than the origin of its name. The third month of the year is also known as a time of renewal, time change, and in some parts of the world full of Irish spirit. Which brings to mind “the luck of the Irish”.

Are the Irish really luckier than others? Not necessarily. Do you really need

luck to be happier? Not really. Happiness is not dependent on luck. It is a matter of several factors like life choices, attitude, environment, and social connections among others. Some people think being rich makes you happier. It might make your life easier but not happier. Realizing that possessions do not make you happy makes you happier. Here are a few things that in my opinion make your life more fulfilled and hopefully happier.

Exercising to stay strong makes you happier.  
Hanging out with friends

to play cards or Pickleball or billiards makes you happier.

Eating a healthy lunch with friends, old or new, makes you happier.

Staying in step with Line Dancing makes you happier.

Checking out a good book or a puzzle makes you happier.

Watching a movie for free makes you happier.

Attending a special event makes you happier.

Getting support and guidance to take care of a loved one makes you happier.

Dancing the evening away makes you happier.

Having coffee and catching up on the newest “gossip” makes you happier.

Getting help with Medicare questions makes you happier.

Singing favorite songs or playing the Ukulele with friends makes you happier.

Treating yourself to a new haircut, a manicure, or pedicure makes you happier.

Supporting a local non-profit organization like Active Generations makes you happier.

And wouldn't you know, you can do all this here at Active

Generations! Your support through membership fees, paying the suggested donation for lunch, giving to our IGNITE campaign, etc., helps us offer all our programs at an affordable price and ensures that we will be your “happy place” for years to come.

“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”

J.R.R. Tolkien



# TED TALK SERIES

March 20 | 10 AM

Main Campus Room 202

Learn from  
experts' Ted  
Talks!

## TOPIC LINEUP

Why do so many cultures have dragon legends?

The 3 best predictors of how well you'll age

Upstairs, downstairs: The life of a British maid

The myth of Ireland's most infamous love triangle

What happens to your brain without any social contact?

Active  
Generations

*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.

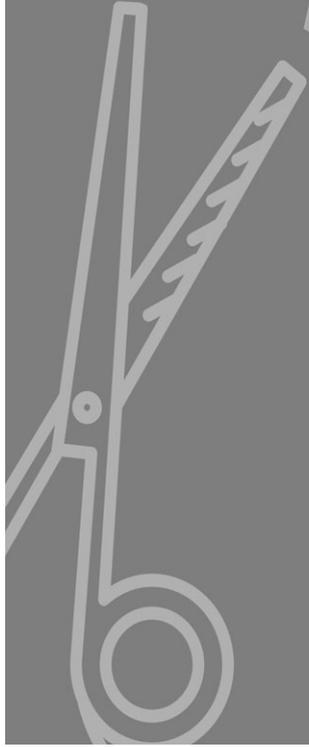


**MILLER** Funeral Home  
& on-site crematory  
Sioux Falls • Hartford





# CRAFT SALE



**Friday, March 13**

from **10 a.m. to 2 p.m.**

at **Main Campus**

2300 W 46<sup>th</sup> Street, Sioux Falls, SD

*Active Generations*

X X A  
 Z Z W F C G  
 M P T O P G U V N  
 A Y Q X F F T O P  
 Q P R W Y F O N I F  
 G A K Z L D A A E G  
 N U A H C E R P E L R  
 H U R V K R W L H N E N P B D P X T W A W A  
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 G M C O U J C A P T J W L N H K V I L G O L D  
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 Z Y B L P R J L B W E D D  
 U N B O D E E Y Q  
 C V M K E L

**Answers to word search on page 15**

## Happy ST. PATRICK'S day

*from Sunnycrest Village,  
Where Seniors Celebrate Life!*

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

### SUNNYCREST RETIREMENT VILLAGE

3900 S. Terry Ave. Sioux Falls, SD 57106

605-361-1422

[www.sunnycrestvillage.com](http://www.sunnycrestvillage.com)



- BAGPIPES
- FOLKLORE
- LENT
- MELTING
- OF
- POT
- SHAMROCK
- TRANSFORMATIONAL
- BASKETBALL
- GOLD
- LEPRECHAUN
- MIGRATION
- OSCARS
- RAINBOW
- SPRING
- DAFFODIL
- GREEN BEER
- MARCH MADNESS
- MUDPUDDLE
- PARADE
- RENEWAL
- TOURNAMENT



Provide For Your Neighbor

## March for Meals 2026

When you give, you put meals on the table for someone in need.

Join March for Meals to support Active Generation's nutrition programs, where you ensure that no senior goes hungry or alone.



### How You Can Help

Every meal is \$10. After state reimbursement, the remaining cost is \$5.25, which we cover through generous donor support.

### Get Involved

You can either make a monetary donation or volunteer directly. **Scan the code** to discover more ways you can help.



1 Meal = \$5.25

1 Week of Meals = \$37.75

1 Month of Meals = \$157.50

1 Year of Meals = \$1,916.25

Your gift provides independence and healthy living for adults 60+.

### Give More With These Local Partners

On March 3, R Wine Bar & Kitchen, Brix Wine Bar, Trio Jazz Club, and Maribella's Ristorante will donate 10% of sales.

On March 9, The Barrel House will donate 10% of sales.

*Active Generations*  
Opportunities for a Lifetime

WATCH OSCAR-NOMINATED MOVIES ALL WEEK LONG

# OSCARS WEEK

Week of March 9-13

Main Campus Showings at 3:30 p.m.

East Campus Showings at 5 p.m.

## MOVIES

MARCH 9:

Frankenstein (Rated R)

MARCH 10:

F1: The Movie (Rated PG-13)

MARCH 11:

Train Dreams (Rated PG-13)

MARCH 12:

Blue Moon (Rated R)

MARCH 13:

Sinners (Rated R)



Enjoy popcorn brought to you by Gaylen's Gourmet Popcorn!

*Active Generations*

## For your Good Health

### MASSAGE THERAPY

Main Location

Next available dates are:

Wednesday, March 18

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





**Active Generations**

**MARCH OUTING**

# OUT TO LUNCH

**Limited to 20 Spots!**

# BUNCH

**March 19 | 10:30 a.m.**

**Tour of the Midco Hockey Arena**  
(2510 S. Grange Ave.)  
**Followed by Lunch at**  
**Boss's Pizza and Chicken**  
(2111 S. Minnesota Ave.)



## Discover the Quality Care at Trail Ridge Assisted Living

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



Call about our **\$1000\*** Moving Special!

Enjoy a stress-free move to **Trail Ridge Assisted Living** with our partners at Empower Moving.



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

**TRAIL RIDGE**  
SENIOR LIVING COMMUNITY

605-339-4847 • [TrailRidge.net](http://TrailRidge.net)

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

HAPPY **St. Patrick's DAY**

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

**Katie Day**  
**MALONEY**  
REAL ESTATE  
*Financing People and Pets their Forever Homes*

**Noon Meals Served**  
**MAIN:** 11:00 a.m.–12:30 p.m.  
**EAST:** 11:00 a.m.–1 p.m.

*Menus Subject to  
 Change  
 Without Notice*

# MARCH *menu*

**ALL MEALS SERVED W/  
 1% MILK and  
 WHOLE-WHEAT BREAD**  
 (except where otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAMBURGER ON A BUN TRI-TATERS BAKED BEANS FRUIT JUICE	3 HAM & SCALLOPED POTATOES CASSEROLE CORN FRUIT JUICE	4 BEEF STEW CALIFORNIA BLEND VEGGIES BISCUIT FRUIT JUICE	5 CHICKEN THIGHS HERBED POTATOES GREEN BEANS FRUIT JUICE	6 TUNA NOODLE CASSEROLE PEAS FRUIT
9 PORK FRITTER MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT JUICE	10 GOULASH ITALIAN VEGETABLES GARLIC TOAST FRUIT	11 BREADED CHICKEN SANDWICH TATER TOTS PEAS FRUIT JUICE	12 HAMBURGER GRAVY MASHED POTATOES GREEN BEANS FRUIT JUICE	13 FISH STICKS TRI-TATERS PEAS & CARROTS FRUIT  <b>Birthday Party 1-2:30pm</b>
16 MEATLOAF BAKED POTATO WITH SOUR CREAM GREEN BEANS FRUIT JUICE	17 SHEPHERD'S PIE STEWED TOMATOES FRUIT JUICE  <b>Happy Saint Patrick's Day 🍀</b>	18 CHICKEN BREAST AU GRATIN POTATOES ITALIAN VEGETABLES FRUIT JUICE	19 PULLED PORK SANDWICH BAKED POTATO CORN FRUIT JUICE	20 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
23 PEPPER STEAK AMERICAN FRIES CARROTS FRUIT JUICE	24 TATER TOT CASSEROLE BROCCOLI FRUIT JUICE	25 BEEF STROGANOFF OVER EGG NOODLES CORN FRUIT JUICE	26 PARMESAN CHICKEN BREAST OVER PASTA CALIFORNIA BLEND VEGGIES FRUIT JUICE	27 SAUSAGE GRAVY OVER BISCUIT SAUSAGE LINKS BEETS FRUIT
30 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY PEAS FRUIT JUICE	31 CHICKEN & DRESSING CASSEROLE SLICED CARROTS FRUIT JUICE			All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.

**PLEASE NOTE:** Nutrition services does not provide carry-out containers for leftovers. All ages are welcome to dine with us. Persons younger than 60 can eat for the full cost of the meal, and persons 60 years or older can eat for a recommended donation. Our menus are not adjusted for food allergies.



St. Patty's Day  
**DANCE**

**March 17**

6:30-9 p.m.  
 Main Campus  
 (2300 W. 46<sup>th</sup> St, Sioux Falls)

Music by **Radio Alley**  
 Green Beer for Sale

Members \$7 | Non-Members \$10



**TUESDAY  
 NIGHT  
 DANCES**

**6:30 - 9:00 PM**

Members \$7 | Non-Members \$10

**MARCH LINE UP**

**March 3:** Audra & the Machine

**March 10:** State Line Drifters

**March 17:** Radio Alley  
 (St. Patty's Day Dance)

**March 24:** The Huckleberrys

**March 31:** TBD

