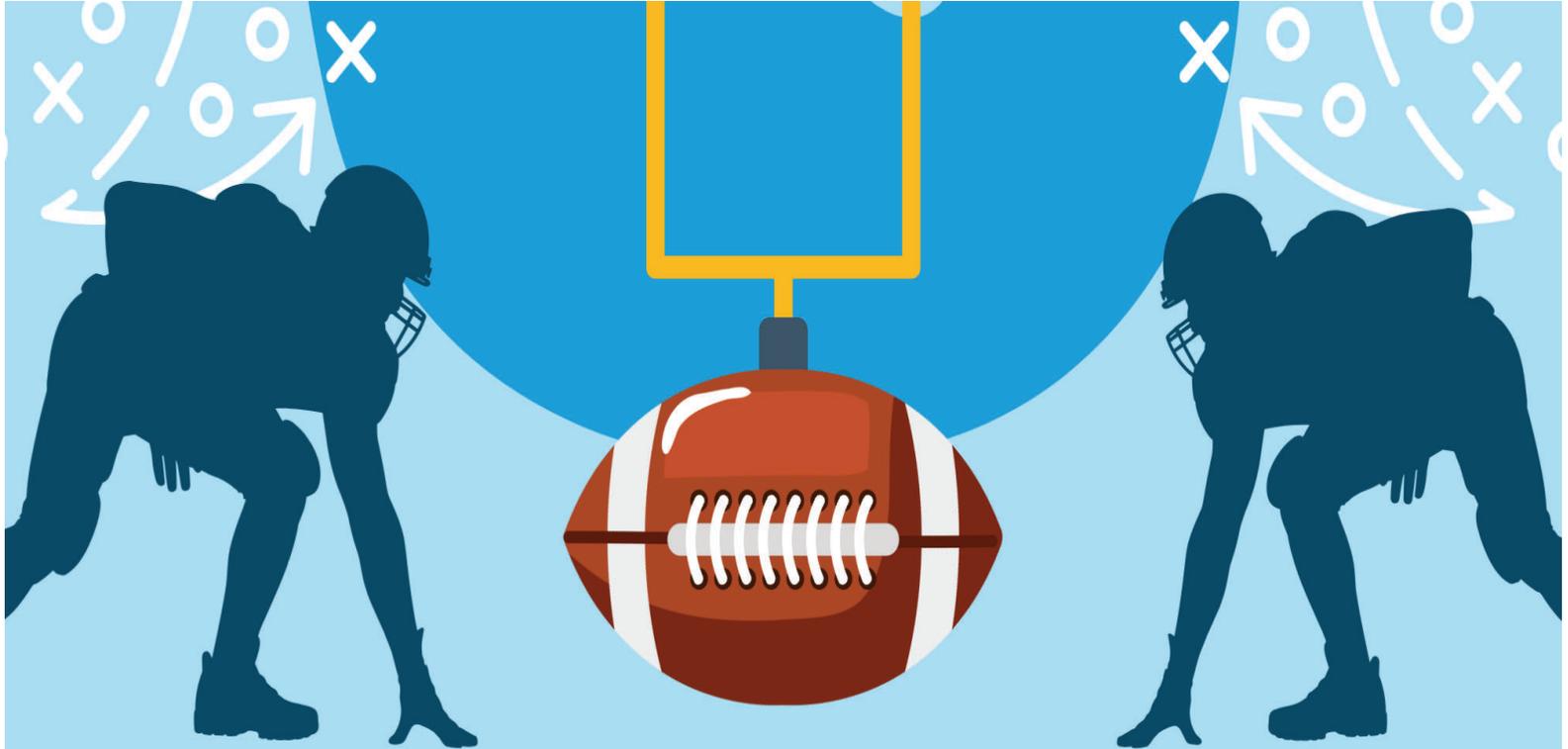


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**SUPER BOWL
PARTY**

OLD COMMERCIALS - GAMES - TREATS - DRINKS FOR SALE

BOTH CAMPUSES | FRIDAY FEB 6TH | 3 PM - 5 PM

MAIN CAMPUS - IN COFFEE SHOP

EAST CAMPUS - IN DINING AREA



Monday, February 16

**HOURS OF
BUSINESS**

MAIN

Mon.- Fri 6:30am-8:00pm

Sat. - 8:00am-3:00pm

EAST

Mon.-Fri. - 6:30am-8:00pm

Sat. - 8:00am-3:00pm

Office Hours

Mon.-Fri. - 8:00am-4:30pm

Active Generations (MAIN) located on Bus Route #2.

www.activegenerations.org

AG EAST: 5500 E. Active Generations Place, Sioux Falls, SD 57110 • (605)-275-7690

AG MAIN: 2300 W. 46th St., Sioux Falls, SD 57105 • Ph (605) 336-6722

GENERATIONS THROUGH PROGRAMS SERVICES AND EDUCATION.

TO PROMOTE POSITIVE AGING FOR ADULTS AND TO ENHANCE THE QUALITY OF LIFE FOR ALL

OUR MISSION



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President's Update

I hope everyone had a wonderful holiday season! 2026 is well underway, and our team is excited to share a few upcoming activities and opportunities at Active Generations.

1. Member Feedback

In early February, we will be sending out a member feedback survey to gather your input on what you enjoy and what you would like to see more of at Active

Generations.

We encourage members to complete the survey through the email that will be sent, but paper copies will also be available at both front desks. A core value of our team is being responsive to our members' needs. While we can't always meet every request, we are committed to listening and responding where we can.

2. Member Knowledge Series

Our community is full of lived experience and expertise, and we want to create opportunities for members to share that knowledge. This spring, we plan to launch a Member Knowledge Series, featuring 45-minute presentations led by members.

Our goal is to begin these presentations in March. If you are interested in presenting, please talk with our Member Services team. Presentations may cover a wide range of topics (such as travel experiences or subject matter expertise). We will not accept presentations that are political in nature.

3. Volunteer Opportunities

In past years, members participated in group volunteer experiences throughout the community. In 2026, we are excited to bring back group volunteer opportunities at local nonprofits.

Our first volunteer experience is planned for March at The Furniture Mission. We are still finalizing details, but wanted to share this renewed opportunity to learn, connect, and give back to our nonprofit community.

4. Active Generations Outings

We were blessed to receive a donation that allowed us to purchase a 15-passenger bus, opening the door to new day outings around the Sioux Falls area. We're currently working through logistics and look forward to offering experiences such as holiday light tours, picnics, hiking opportunities, and museum visits. Jenny already has a great list of ideas to get us started!

We remain committed to creating a community that supports active lifestyles at all levels. As always, we encourage you to try something new—whether that's attending a fitness class, joining a social club, or participating in an activity you haven't explored before.

We look forward to another great year together.

Warm regards,
Betsy

Senior Citizens Services, Inc.
dba
Active Generations Board of Directors

Betsy Schuster – President and CEO

Luke Tibbetts – Chairperson

Aimee Middleton – Vice Chairperson

Dr. David Basel, M.D.	Wade Merry	Lisa Schultz
Dawn Duerksen	Mary Michaels	Kelsey Stevens
Lisa Groon	Mark Millage	Stacy Wrightsman
Mike Halverson	Josh Muckenhirn	
Mike Hauck	Maureen Ohm	
Jim Jarding	Tracy Saathoff	

Mission Statement: To promote positive aging for adults and to enhance the quality of life for all through programs, services and education.

Active Generations Program Directory

Phone Number: (605-336-6722)

Option 1: Membership and Activities

Option 2: Meals on Wheels, Catering, Dining, and WOW

Option 3: Adult Day Services and Caregiver Support

Option 4: Information and questions on Medicare through SHIINE

Option 5: Other questions including donor gifts

General Office Hours: 8:00 a.m. – 4:30 p.m. Central Time



Active Generations Fitness and Wellness

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



ASHLink

Humana.



MEDICA.



Fitness Room Hours:

Mon.–Fri., 6:30am-8pm

(Both Locations)

Sat., 8am-3pm

(Both Locations)

Fitness Class Schedule | February 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:40-7:10am EAST Rise & Grind Bootcamp		6:40-7:10am EAST Rise & Grind Bootcamp		6:40-7:10am EAST Rise & Grind Bootcamp
7:00-7:45am MAIN SilverSneakers Circuit	8:30-9:15am MAIN Silver Sneakers Classic	7:00-7:45am MAIN SilverSneakers Circuit	8:30-9:15am MAIN Silver Sneakers 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	9:00-9:45am EAST SilverSneakers Classic	
9:00-9:45am EAST SilverSneakers Yoga	9:50-10:20am EAST Mobility	9:00-9:45am EAST SilverSneakers Yoga	9:50-10:20am EAST Mobility	9:00-9:45am EAST SilverSneakers Yoga
9:30-10:15am MAIN Silver Sneakers Classic	10:30-11:15am MAIN SilverSneakers Classic	9:30-10:15am MAIN Silver Sneakers Classic	10:30-11:15am MAIN SilverSneakers Classic	10:00-10:45am EAST Strength & Balance
10:00-10:45am EAST Strength & Balance		10:00-10:45am EAST Strength & Balance		
12:00-12:45pm MAIN SilverSneakers BodyBOOM	12:00-12:45pm EAST Sculpted Strength	12:00-12:45pm MAIN SilverSneakers BodyBOOM	12:00-12:45pm EAST Sculpted Strength	12:00-12:45pm MAIN SilverSneakers BodyBOOM
12:00-12:45pm EAST Sculpted Strength	1:00-1:45pm MAIN Strength & Balance		1:00-1:45pm MAIN Strength & Balance	1:00-2:00pm MAIN Chair Yoga
5:30-6:15pm EAST Bootcamp	2:00-2:45pm MAIN Reach Your Peak Circuit	5:30-6:15pm EAST Bootcamp	2:00-2:45pm MAIN Reach Your Peak Circuit	

Class Descriptions:

Bootcamp: A combination of functional movements, strength training, and cardio to build strength and endurance

Sculpted Strength: 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: 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 Yoga: Improve flexibility and balance without the strain on your joints

Silver Sneakers BodyBoom: total-body workout blending cardio, strength training, and stretching sequences

Reach Your Peak Circuit: total-body strength workout using cardio and weight machines and hand weights

Chair Yoga: Modified form of yoga using a chair for support and adapting traditional poses to be done seated or standing

Together,
WE
Make the
Difference

AG EAST

CARDS & SPECIAL INTEREST CLUBS

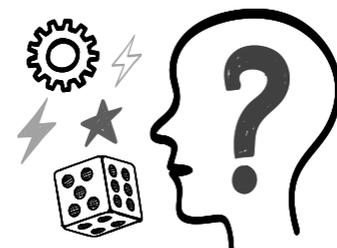
CLUB OR ACTIVITY	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	Saturdays	12:30 - 3:00 pm	Dining Area	Gloria Doohen & Gloria Faber
Bean Bags	Wednesdays	9:00 - 11:00 am	Room 115	Gloria Doohen & Gloria Faber
Bible Study	Thursdays	10:00 - 11:00 am	Room 103	Pastor JoAnn Lagge
Bridge (Party)	Mondays	Noon - 3:00 pm	Room 115	Roger Megard
Crafters Club	Mondays	9:00 am - 5:00 pm	Room 110	Sharon Fitzsimmons
Cribbage	Wednesdays	12:00 - 2:30 pm	Room 117	Pete Peterson
Dominoes	Thursdays	9:00 - 11:00 am	Dining Area	June Tietz
EMHS Mental Health Peer Support Group	Thursdays	3:00 - 4:00 pm	Room 110	Deb Piper
Fast Track	Fridays	12:00 - 2:00 pm	Dining Area	Cheryl Anderson
Hand & Foot (Card Game)	Thursdays	12:30 - 3:30 pm	Dining Area	Judy Hansen/Jackie Shea/Angie Arney
Hand, Foot & Toe (Card Game) Beginners Welcome!	Fridays	12:30 - 3:30 pm	Room 115	Jan Nason
Hearts	Mondays	9:00 - 11:00 am	Dining Area	Roger Megard
Knitting Club	Fridays	1:00 - 3:00 pm	Room 110	Margaret Straley
Line Dancing (Pop Music)	Mondays	2:00 - 3:30 pm	Room 116 & 117	Marty Wegner
Mah Jongg	Wednesdays	1:00 - 4:00 pm	Room 115 & 116	Open
Mah Jongg	Thursdays	4:00 - 6:00 pm	Room 115	Kathie Smith
Pinochle	Tuesdays	12:30 - 3:00 pm	Room 115	Gary Kessler
Shotokan Karate Club	Mondays	6:30 - 7:45 pm	Room 116 & 117	Brianna Leesch
Wii Bowling Winter League (1/8 - 2/26) Pre-Registration Required	Thursdays	1:00 - 3:30 pm	Room 115	Kathie Smith
Woodcarving Club	Tuesdays & Thursdays	9:00 - 11:30 am	Room 110	Nancy Cummings

MARK YOUR CALENDAR!

CLUB OR ACTIVITY	DAY	DATE	TIME	LOCATION
Grief Support Group	Monday	2/2	10:30 - 11:30 am	Room 103
Memory Care Caregiver Support Group	Thursday	2/5	10:00 - 11:00 am	Room 103
Powerful Tools for Caregivers	Thursdays	2/5 - 3/12	12:30 - 3:30 pm	Room 103
Go Red For Women (Wear Red Day)	Friday	2/6	All Day	Both Buildings
Super Bowl Party (Dining Area)	Friday	2/6	3:00 - 5:00 pm	Dining Area
Pickleball Class to Court	Tuesday	2/17	5:00 - 5:30 pm	Room 116/117
Downsizing and Decluttering with Caring Transitions	Wednesday	2/18	1:30 - 2:30 pm	Room 110
Coffee w/ CEO Betsy	Thursday	2/19	10:00 - 11:00 am	Room 115
Siouxland Libraries Bookmobile	Thursday	2/19	11:30 - 12:30 pm	Parking Lot or Foyer
Medicare Advantage: The Basics	Friday	2/20	3:00 - 4:00 pm	Room 110
Movie Mania	Friday	2/20	5:00 - 7:00 pm	Room 110
Cancer: Thriving and Surviving Workshop	Wednesdays	2/25 - 4/1	10:00 - 11:00 am	Room 103



FUN & GAMES



AG MAIN

MARK YOUR CALENDAR!

DAY	DATE	HOURS	LOCATION(S)	ACTIVITY
MONDAYS	WILL RESUME IN THE SPRING	9:00 AM	VARIOUS GOLF COURSES	GOLF OUTINGS
TUESDAYS	WILL RESUME IN THE SPRING	9:00 AM	VARIOUS DESTINATIONS	HIKING CLUB
TUESDAYS & THURSDAYS	2/3, 2/5, 2/13 & 2/15	8:30-11:30 AM	ROOM 203	BEGINNER MAH JONGG CLASS (\$45.00 MMB., \$60.00 NON-MMB.)
TUESDAYS	2/3, 2/10, 2/17 & 2/24	10:30-11:30 AM	LOBBY	SING-A-LONG
TUESDAYS	2/3, 2/10, 2/17 & 2/24	6:30-9:00 PM	SERTOMA A	TUESDAY EVENING DANCES (VARIOUS BANDS)
THURSDAYS	2/5, 2/12, 2/19 & 2/26	6:30-7:30 PM	SERTOMA B	BEGINNING COUNTRY DANCE LESSONS
FRIDAY	2/6	ALL DAY	BOTH LOCATIONS	WEAR RED FOR WOMEN DAY
FRIDAY	2/6	3:00-5:00 PM	BOTH LOCATIONS	SUPER BOWL PARTY
FRIDAY	WILL RETURN IN MARCH	10:00 AM-2:00 PM	LOBBY	CRAFT SALE
FRIDAY	2/13	1:00-2:30 PM	SERTOMA A	MONTHLY BIRTHDAY PARTY (TRIVIA & GAMES)
SATURDAY	2/14	10:00 AM-2:00 PM	SERTOMA B	GREAT PLAINS COIN CLUB
MONDAY	2/16	CLOSED	BOTH LOCATIONS	CLOSED FOR PRESIDENTS' DAY
TUESDAY	2/17	6:30-9:00 PM	SERTOMA A	MARDI GRAS DANCE (MUSIC BY RADIO ALLEY)
WEDNESDAY	2/18	1:30 PM	SERTOMA A	PICKLEBALL CLASS TO COURT (BEGINNERS CLASS)
THURSDAY	2/19	11:30 AM	MEET AT BLUE ROCK BAR & GRILL	OUT TO LUNCH BUNCH (LUNCH AT BLUE ROCK BAR & GRILL, FOLLOWED BY A TOUR OF FEEDING SOUTH DAKOTA)
THURSDAY	2/19	3:00 PM	ROOM 202	MOVIE MANIA ("DIRTY DANCING")
FRIDAY	2/20	10:00 AM-11:00 AM	ROOM 202	TED TALKS (VARIOUS TOPICS)
WEDNESDAY	2/24	9:00-10:00 AM	ROOM 128	COOKIES & COFFEE WITH BETSY
THURSDAY	2/26	4:00 PM	SERTOMA A	BAGS & BREWS

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

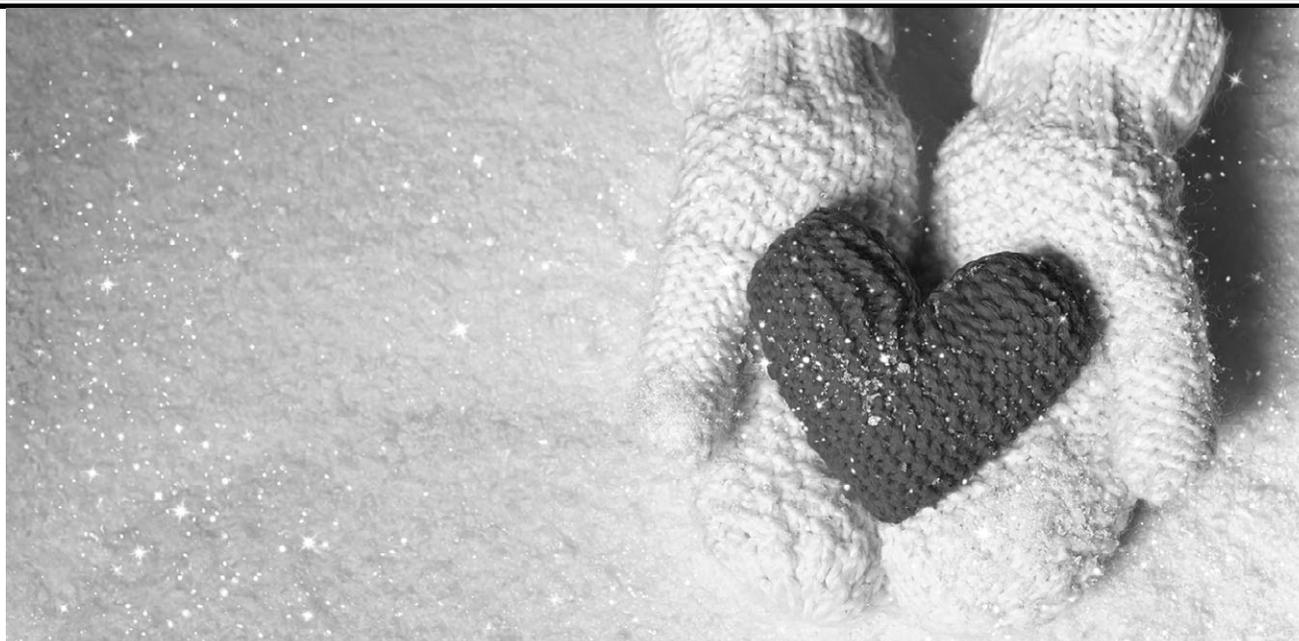


Coffee and Cookies

Main: Tues. Feb 24 @ 9 am,
Room 128

East: Thur. Feb 19 @ 10 am,
Room 115

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



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 10:30-11:30 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 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 12:00 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.

KAZUKES CLUB

A new year has begun, but the Kazukes will continue playing Christmas Carols in January. While we continue with our old program, we are strumming a few new songs. Valentines Day, St. Patrick's Day, and Easter are on the way.

We hope your New Years Resolution is to join us. If you choose not to play the Ukulele, we are always in need of percussionists and singers. Or just join our audience on the first Wednesday of the month in Sertoma B when we perform for Day Break. Be the first to hear our new hits!

The Kazukes practice every Wednesday from 9:30 to 11:30 in room 203. Come join the fun and you may even get a few chuckles!

GOLD'N SILVER DRAMA CLUB

Active Generations' Drama Club did it again! The show "Anything Goes" was another successful production of our Gold'n Silver Drama Club. Close to 270 people attended one of the two shows and as always were impressed with the talent shown on stage. From singing to dancing, from acting to improv,

they did it all! And after months of practicing they will take a much-deserved break. Check back next year for information on meeting times if you are interested in participating in this unique and talented group.

BOOK CLUB

Book Club

The Active Generations Book Club will be meeting on Monday, February 23rd, at 9:30 a.m. at the Active Generations Main.

The book for discussion is "The Violin Conspiracy" by Brenden Slocum. The main character is Ray McMillan, a black classical musician, who discovers his old family fiddle is a priceless Stradivarius. When he is preparing for an important competition, his family heirloom is stolen.

The book to be checked out is "Death on the Nile" by Agatha Christie. It is a classic mystery about a

wealthy heiress murderer on a luxury cruise on the Nile. It is up to Poirot to unravel the mystery and solve the crime. Looking forward to a great discussion. Happy Reading!

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.

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Beginner Mah Jongg Classes

8:30 AM - 11:30 AM | Main Campus
Tuesdays & Thursdays in February

Feb. 3rd, 5th, 13th, 15th

Members: \$45.00 | Non Members: \$60.00



MAIN – CARD & SPECIAL INTEREST CLUBS

CLUB OR ACTIVITY	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
500 Cards	Saturdays	12:00-2:30 pm	Room 203	Barb Boddicker
Acanthus Carvers	Mondays	12:00-5:00 pm	Room 132	Mark Uhrich
Active Cruisers Motorcycle Club	Wednesdays	Varied	Various Locations	Milton Ellis
Bean Bags	Thursdays	9:00-11:00 am	Sertoma A	AG Members
Bible Study	Thursdays	12:00-1:00 pm	Room 128	JoAnne Lagge
Book Club	4th Monday	9:30-11:30 am	Room 128	Pat Flatequal
Bridge (Duplicate)	Tuesdays	6:15-9:30 pm	Room 203	Karn Barth
	Fridays	12:30-4:15 pm	Room 204	Karn Barth
Bridge (Party)	Thursdays	12:00-3:30 pm	Room 203	Arlene Salter & Carolee Olson
Bridge (Party)	Fridays	12:00-3:30 pm	Room 203	Arlene Salter & Alayne Meyer
Canasta	Thursdays	1:00-4:00 pm	Room 204	Cher Murphy
	Fridays	12:30-3:30 pm	Lounge	Gator Wohlman
Color Me Happy Coloring Club	1st & 3rd Thursdays	10:00-11:30 am	Room 132	Doris O'Dea
Couples Billiards	Tuesdays	6:00-8:00 pm	Room 200	Kathie Smith
Crafters Club	Thursdays	9:00 am-Noon	Room 201	Joanne Avery
Creative Writing Group	Mondays	9:30-11:00 am	Room 203	Fred Garber
Cribbage	Tuesdays	12:00-2:45 pm	Room 204	Arlene Sorenson
Dominoes	Mondays	1:00-3:00 pm	Room 204	Rosemary Campbell
Fast Track	Mondays	9:30-11:30 am	Lounge	Dean Dewes
	Thursdays	9:30-11:30 am	Lounge	Dean Dewes
Golfing Club	Mondays	9:00 AM	Various Locations	Bob Black
Hand & Foot	Tuesdays	12:30-3:30 pm	Room 203	Sherrill Bessey
Hiking Club	Will be back in Spring of 2025	Various Times	Various Locations	Debbie Carter
Knitting Club	Wednesdays	9:00 am-Noon	Room 202	Sharon Hofstad
Ladies Billiards	Wednesdays	10:00 am-Noon	Room 200	Cathy Walker
Line Dancing	Mondays	1:30-3:00 pm	Sertoma A	Bob Gaut
	Wednesdays	2:45-4:15 pm	Sertoma B	Bob Gaut
	Fridays	2:30-4:00 pm	Sertoma A or 205	Bob Gaut
Line Dancing (Beginners)	3rd Monday	12:00-1:00 pm	Sertoma B	Bob Gaut & Bonnie Shumaker
Mah Jongg	Tuesdays	8:00 am-Noon	Room 203	Open Play
	Fridays	8:00 am-Noon	Room 203	Sharon Schwaderer
Painting & Drawing Open Studio	Tuesdays	9:00 am-2:00 pm	Room 132	AG Members
	Wednesdays	9:00 am-2:00 pm	Room 132	AG Members
Pickleball (Beginners)	Wednesdays	1:30-4:30 pm	Sertoma A	Sandi Plooster
	Thursdays	4:30-8:00 pm	Sertoma A	Sandi Plooster
Pickleball (Intermediate/Advanced)	Tuesdays	1:30-4:30 pm	Sertoma A	Linda Pierson & Allan Hembree
	Thursdays	1:30-4:30 pm	Sertoma A	Linda Pierson & Allan Hembree
Pickleball (Open Play)	Mondays	3:30-8:00 pm	Sertoma A	
	Wednesdays	4:30-8:00 pm	Sertoma A	
	Fridays	4:00-8:00 pm	Sertoma A	
	Saturdays	8:00-11:00 am	Sertoma A	
Pinochle	Wednesdays	12:30-3:00 pm	Room 203	Becky Grave
Pitch 10-Point	Tuesdays	12:30-2:30 pm	Room 203	Les Brandhagen
Quilting Club	Tuesdays	9:00 am-Noon	Room 201	Carolyn Colombe
Sing-a-Long	Tuesdays	10:30-11:30 am	Lounge	Sally & Ron Tilstra
Shuffleboard	2nd & 4th Tuesdays	9:00-11:00 am	Sertoma A	AG Members
Table Tennis	Mondays	3:00-5:00 pm	Room 205	Kai Zhang
	Tuesdays	5:00-9:00 pm	Room 204	Kai Zhang
	Wednesdays	3:00-5:00 pm	Room 204	Kai Zhang
	Thursdays	5:00-7:00 pm	Room 205	Kai Zhang
	Saturdays	8:00 am-3:00 pm	Sertoma B	Kai Zhang
Ukulele/Kazukes	Wednesdays	9:30-11:30 am	Room 203	Bill Simon & Linda Beckman
Whist	Mondays	12:30-3:30 pm	Room 203	Elsie Fitz
Wii Bowling	Wednesdays	12:30-2:30 pm	Sertoma B	Kathie Smith
Woodcarving Club	Mondays	9:00-11:00 am	Room 132	Derek Boekhoff
	Saturdays	9:00-11:00 am	Room 132	Derek Boekhoff

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



Medicare Advantage Open Enrollment Ends March 31!

Thinking about changing your Medicare Advantage Plan? You have until March 31 to switch plans or return to Original Medicare. Need help? SHIINE offers free, confidential guidance. Call 888-854-5321 to schedule an appointment—by phone or in person.

Join us for "Understanding Medicare" on February 20 at 10 a.m. at the main campus. We'll cover what you need to know if you're considering a change. Space is limited—call AG to RSVP!

Want to make a difference? SHIINE is looking for volunteers! There are many ways to get involved and help your community—call us to learn more.

Reminder: Never share your Medicare number. Suspect fraud? Call us right away!

MAIN

INSIDE (2 COURTS)
MONDAY
3:30 - 8:00 PM OPEN PLAY
TUESDAY
1:30 - 4:00 PM INTERMEDIATE & ADVANCED LEVELS
WEDNESDAY
1:30 - 4:30 PM BEGINNERS LEVEL
4:30 - 8:00 PM OPEN PLAY
THURSDAY
1:30 - 4:30 INTERMEDIATE & ADVANCED LEVEL
4:30 - 8:00 PM BEGINNERS LEVEL
FRIDAY
4:30 - 8:00 PM OPEN PLAY
SATURDAY
8:00 - 11:00 AM OPEN PLAY

Pickleball

EAST

INSIDE (2 COURTS)
MONDAY, WEDNESDAY, FRIDAY
7:00 - 9:00 AM RESERVE PLAY***
9:00 - 12 NOON BEGINNERS LEVEL
12 NOON - 1:00 PM RESERVE PLAY***
1:00 - 4:00 PM INTERMEDIATE LEVEL (ALSO FRIDAY NIGHTS 5:00 - 8:00 PM)
4:00 - 5:00 PM RESERVE PLAY***
5:00 - 8:00 PM ADVANCED LEVEL (MONDAYS & WEDNESDAYS)
TUESDAYS & THURSDAY
7:00 - 9:00 AM RESERVE PLAY***
9:00 AM - 12 NOON INTERMEDIATE LEVEL
12 NOON - 1:00 PM RESERVE PLAY***
1:00 - 4:00 PM ADVANCED LEVEL
4:00 - 5:00 PM RESERVE PLAY***
5:00 - 8:00 PM BEGINNERS LEVEL
SATURDAY
8:00 AM - 3:00 PM SCHEDULED LEVEL PLAY

(SEE WEBSITE OR SCHEDULE AT EAST FOR DETAILS)

OUTSIDE (2 COURTS) WEATHER PERMITTING
ALL OPEN PLAY - ALL LEVELS
MONDAY - FRIDAY
7:00 AM - 8:00 PM
SATURDAY
8:00 AM - 3:00 PM

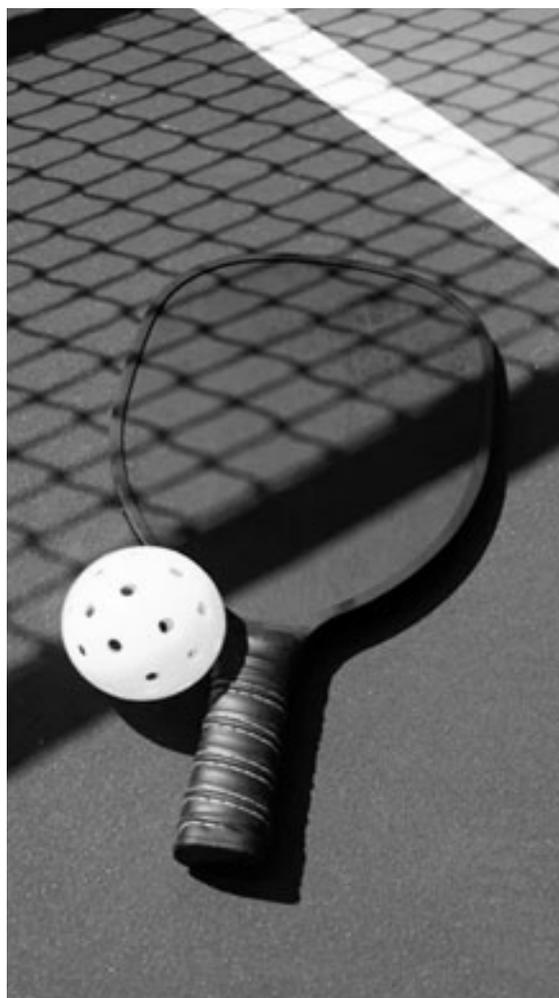
**Only Premier Fit members are permissible to reserve 1 week in advance.

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.



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BAGS & BREWS

Thursday, February 26

4 PM | Main Campus (Indoors)
Free snacks and soda | \$5 Beer

Members - Free
Non Members - \$10

Active Generations

Active Generations
Opportunities for a Lifetime

Bookmobile

The library is coming to you! Visitors who live within the city limits of Sioux Falls and Minnehaha County can register for a card or use their existing library card to check out library materials on the bookmobile. All materials can be returned to the bookmobile or to a Siouxland Library Branch location.

East Campus | 11:30 AM - 12:30 PM
Dates: 02/19

TUESDAY NIGHT DANCES

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.RAHSED.com



6:30 - 9:00 PM
Members \$7 | Non-Members \$10

FEBRUARY BAND LINE UP

February 3rd: State Line Drifters
February 10th: The Huckleberry's
February 17th: Radio Alley (Mardi Gras Party)
February 24th: Clay Creek

Happy Valentine's Day



Just for Laughs

What did the octopus say to their valentine?

I want to hold your hand, hand, hand, hand, hand, hand, hand, hand!

Why are roses so popular on Valentine's Day?

They're scent-imental!

What did the magnet say to the refrigerator?

I'm very attracted to you!

Why did the monkeys get married?

They were bananas about each other!

Spelling Scramble

Unscramble these love-ly letters!

DUIPC _____

ADYCN _____

TREHAS _____

CERNOMA _____

RWOAR _____

ANSWERS: cupid, candy, hearts, romance, arrow



CAREGIVERS



Aging Well Workshop

Navigating Family Estrangement in Older Adulthood

Family relationships are important at every stage of life, but not all family connections stay close over time. Many older adults experience emotional distance or estrangement from adult children, siblings or other family members – often quietly and without support. This webinar will help participants better understand what family estrangement is, why it happens, and how it can affect emotional health, caregiving and aging well.

February 18, 2026

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

Online Webinar

Call the Watch Party host to register:

no RSVP's required

Watch Party Address:

AG Main - 2300 W 46th St, room 202

AG East - 5500 E Active Gen Pl, room 110

Workshop Objectives

- Be able to define family estrangement and understand common reasons why it occurs.
- Learn how estrangement can affect emotional well-being, support systems and caregiving as people age.
- Gain insights into how common estrangement is – and why it is often misunderstood or hidden.
- Learn supportive ways to respond when someone is experiencing family estrangement
- Increase awareness of how community connections can help support well-being when family ties are strained.



SOUTH DAKOTA STATE UNIVERSITY EXTENSION

NDSU

EXTENSION

More information

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

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

MC-04077



Craft Club needs:

- Cotton Bed Sheets (gently used) - florals and prints
- Wrap & Zap
- Flannel Fabric
- Satin Fabric
- 100% Cotton Crochet Yarn - Peaches & Cream or Sugar & Cream brands
- Macrame Cord
- Blankets and Bath Towels (gently used) for pet beds

Quilting Club Needs:

- Christmas themed fabric (100% cotton, ½ yard pieces or larger)

Day Break/Ceili Cottage

February Festivities



As we are at the beginning of the new year, it's a great time to reflect on past achievements and embrace new opportunities!

Although February

is the shortest month of the year, our love shown to one another is certainly never in short supply. This month encourages us to cherish relationships and prepare for the brighter days ahead.

The participants at Adult Day Services have been enjoying the start of 2026 – we're getting ready for the Superbowl by practicing our spiral with a football toss game, diving into wordsearches related to Groundhog Day, making Valentines Day cards, and indulging in hot chocolate happy hour; nothing is sweeter than hot cocoa and camaraderie!



Adult Day Services - Wish List

Below is a wish list for our Daybreak Programs and while donations are appreciated, they are not necessary. We will be updating our wish list monthly to reflect the current wishes of our ADS Programs.



Donations can be dropped off at our Daybreak entrances – If you have any questions, please feel free to call

(605) 336-6751 and ask for Berkeley Stancer (ADS Program Manager).

Bingo candy (fun sized pieces), oldies CD's, coloring books, seasonal window decals, bubble machine, coloring pencils, watercolor palettes, gel pens, adult coloring books, whiteboard markers, winter crafts, and stickers.

GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

ACTIVITIES & MEMBERSHIP SERVICES:

Billie & Darrel Mutchler
Sanford International
Dee White

Jodi Schwan
Robert and Nancy Stanek
Dave Widness
In memory of Donna (Nilson) Davis:
Warren DeCou

DEVELOPMENT, IGNITE & CAPITAL CAMPAIGN:

American Online Giving Foundation
Citi
Teresa & Jeff Bard
Ann Larson
Jenna Mulett
Elizabeth Thiner
In memory of Doris Kono:
Roger & Linda Mousel
In memory of Rick Rowland:
Cynthia Stewart

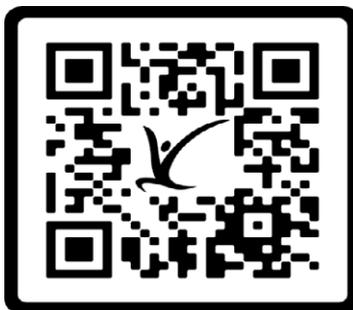
HOLIDAY APPEAL:

JoAnn & Steven Anderson
Anonymous
Ben & Sara Arndt
Gerald Beninga
Cathy and Dave Brechtelsbauer
Capital Services
Laura Davis Keppen
Sandra Dieleman
Kathleen & Guy Dirkson
Joyce Everhart
Cy and Sandy Farner
Tammy Giblin
Ken and Diane Headrick
John and Rosemary Hefner
Rita Hessling
Marlys Hohman
Ellen Janssen
Andra and Larry Kallhoff
Kay Kattke
Ralph Lindner
Stuart Livingston
John Malleck
Pamela Marburger
Doreen McKay
Donald Mertens
Aimee Middleton
Mark Millage
Don and Ann Platt
Gary and Betty Poppens
Thomas Raap
Smit Family Farms, LLC
Sam & Betty Speier
Fund Of The SFACF
Nancy and William Towns
Jean Tysdal
Sharon VanWyhe
Shirley Vehle
Robert Whiting
Williamson Management Group

GIVING TUESDAY:

Advanced Asset Alliance
Anonymous
Gwen Arechigo
MaryAnn Arends
Melania Barnes
Robert Biver
Donna Boyda
Larry & Betty DeJong
Lindsey Eliason
Patricia Feller
Todd Flickema
Mary and Jerome Freeman
Diane Helin
Rita Kenyon
Holly Kleinsasser
Beth Koedam
Ann Larson
Alix Locke
Wendy McDonnel
Erin McCarty
Debra Meiers
Mary & Gary Michaels
Jan & Rick Nelson
Kristie & Tracy Niebeling
Lorraine Rose
Tracy Saathoff
Steve Sahly
Debra Satlak
Dale and Dianne Schnabel

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



Your support of Active Generations is greatly appreciated. You may call (605) 275-7680 or visit 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 partners
We couldn't do it without you!



Monthly Birthday Party

Arlene Young
KAZUKES:
Bethany Lutheran Home

NUTRITION, MEALS ON WHEELS & WORKERS ON WHEELS:

Avera Health
Verdayne
Brandenburg
Beverly English
Darlene George
Amy Hime
Harlen and Dee Hohn
Patti & Joel Hovdenes
Timothy & Mona Ness
Pipestone Holdings, Inc
Sioux Empire Lions

Club
In memory of Marlys Hindbjorgen:
Susan Fields
Russell Fjellanger
Jay Koepsell
Pamela Madsen
Jean & Lee Magnuson
Mary & Martin Oyos
Janet & Jack Ramm
Terry & Joel Wiegand
Doniese & James Wilcox
In memory of Lois Larsen-Devries:
Richard and Valerie Lietz

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.

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

FEBRUARY FITNESS & HEALTH TIPS

Taking care of your heart by exercising, eating right, not smoking, and keeping your stress level down is always a good thing. That is why February is Heart Month, to remind us to get our hearts checked and live a healthy life. But there is more to a healthy heart than just physically taking care of it. Being kind and considerate also does a person good. That's where Random Acts of Kindness Day comes in.

It goes without saying that you should always be nice and kind to other people. But this is a day dedicated to making someone else feel special and loved. And it doesn't take much to do that. A simple compliment would do it. Tell someone that you like their outfit, or new hairdo or their smile. If you eat lunch here at Active Generations invite someone you haven't met to sit at your table or pay for their lunch. Stop at the front desk and buy some coffee pods and hand them out in our coffee shop. Pay for a new exercise class for a fellow exerciser to try. And don't stop there! Let somebody merge in traffic or go ahead in line at the grocery store. If you go for a walk, take some gloves and a plastic bag and pick up litter. Leave a kind note for your garbage person, mail man/woman or coworker. Volunteer at a non-profit organization or take your neighbor's dog for a walk. Donate money to your favorite organization like Active Generations. The possibilities are endless and not limited to that one day!

If you are looking for more inspiration you can go to randomactsofkindness.org. You can check out or print a calendar for the whole year with ideas for every day. Doing something nice for someone else or making another person feel appreciated and special not only helps that person but makes you feel better too. Random acts of kindness have the potential to lower stress and blood pressure and release hormones that will make you and the recipient of your kindness feel good!

The shortest month of the year is truly about taking care of your heart in both a physical and spiritual way. This year Random Acts of Kindness Day is February 17th. Don't hold back on your kindness!



WORD SEARCH FUN!

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

Alphine
Bobsleigh
Carnival
Cupid
Curling
Groundhog Day
Heart Month
Italy
Kindness
Leap Year
Luge
Mardi Gras
Milano Cortina
Olympics
Presidents Day
Romantic
Shortest Month
Skiing
Speed Skating
Super Bowl
Valentine
Windchill

Answers on page 18



Workers on Wheels Coordinator Inspired Students to Volunteer
Brayden, Workers on Wheels Coordinator, visited local high schools to talk with students about the importance of volunteering and the impact it has on

older adults in the community. During these meetings, Brayden introduced students to Workers on Wheels and Meals on Wheels, two programs of Active Generations that support individuals age 60 and older.

The Workers on Wheels program provides transportation to grocery stores and medical appointments for older adults who no longer drive, helping them remain independent. Meals on Wheels serves homebound individuals by delivering nutritious meals and providing a friendly check-in from volunteers.

These presentations took place through SALSA (Students As Leaders Serving All) clubs, made up of students ages 13–18 from eight area high schools: Lincoln, Roosevelt, Washington, Jefferson, Brandon Valley, Tea, Lennox, and Sioux Falls Christian. SALSA clubs met monthly to learn about volunteer opportunities and completed hands-on service projects for local nonprofits.

With nearly 700 students participating each month for 30–40 minutes, SALSA students were able to accomplish a great deal. From September through December, they helped with hands-on projects such as assembling materials, folding, cutting, stuffing, and other time-consuming tasks.

By connecting with SALSA, Brayden inspired the next generation of volunteers while building strong community partnerships that supported older adults and strengthened the community as a whole.



Share the Love This Valentine's Day Volunteer with Meals on Wheels!

This Valentine's season, let's celebrate love in its truest form—kindness, connection, and caring for our neighbors. Meals on Wheels is looking for compassionate volunteers to help us deliver more than meals—we're delivering smiles, friendship, and heartfelt moments to homebound neighbors across the Sioux Empire.

• Why Volunteer This Valentine's Season?

For many seniors and individuals living alone, winter can feel especially lonely. A warm meal paired with a friendly face can mean everything—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

• Give the Gift of Your Time

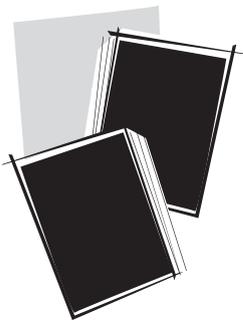
Contact Sam at slocke@activegen.org or call (605) 333-3305 to get started.

Or scan the QR code to complete our volunteer application—we'll be in touch!

This Valentine's Day, share a little love and make a big difference.

Together, we can deliver more than meals—we can deliver companionship, warmth, and heartfelt connection.





Book Review

by Sharon DeVaney

Personal Finance After 50 Part 2

Authors: Eric Tyson and Bob Carlson

The authors of *Personal Finance After 50*, Tyson and Carlson, are experts on both estate and retirement planning. However, this review is about estate planning which is the process of planning for the transfer of ownership of your assets to the recipients of your choice. Typically the estate planner is an attorney who specializes in this area.

There are two important steps in estate planning: a) deciding on your goals, and b) deciding which legal tools to use to accomplish those goals. Here are the first steps in more detail: 1) list all of your assets and debts, 2) prepare a cash flow statement (also called an income statement), and 3) decide how you want your assets to be distributed when you are gone.

Gifts made during your lifetime (instead of at your death) can provide both tax and nontax benefits. You will need advice from one or more attorneys, an accountant, and other professionals. Your will, trust, or other legal documents need to be signed and witnessed or notarized by your state's laws.

In the beginning, you need to decide about dividing assets among a spouse (if married), children (if any), and charities. Other decisions are whether children should receive equal shares, how much a spouse inherits outright, and how much you want to give to charity. Other issues include: guardianship of minor children, whether assets are divided equally among children, and the amount, if any, given to charity. You might decide to give a certain amount tax-free per year as a gift. The gift tax exclusion is indexed for inflation. In 2025, the amount was \$19,000. Spouses can make gifts jointly.

The authors recommend that you should explain the general idea of your estate plan to your heirs. Most estate planners do not recommend that you give family members (other than the executor or trustee) copies of the will or other estate planning documents. Every two or three years, you should meet with your estate planner to review the plan, compare it to changes in your life and the law, and decide whether adjustments should be made.

Obviously, you need to work with professional advisors. Your estate might be assessed for estate and inheritance taxes. Estate taxes are based on the value of the assets (in the estate) after considering deductions and credits. Inheritance taxes are imposed on the person who inherits an asset. There are only 12 states that levy inheritance taxes.

Share the *Joy* of Reading

FEBRUARY MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | FEBRUARY 19TH | 3 PM

"DIRTY DANCING"

In the Catskills, Baby (Jennifer Grey) spends a lackluster summer with her parents before joining the Peace Corps. Her fortune changes when she partners with dance instructor Johnny (Patrick Swayze), and they fall in love. Despite her father's disapproval, Baby is determined to help Johnny with the summer's final big dance.

EAST CAMPUS | FEBRUARY 20TH | 5 PM

"TITANIC"

Poor artist Jack and rich debutante Rose fall in love with each other while aboard the unsinkable Titanic. However, the trip takes a turn for the worse when the ship hits an iceberg.

*Active
Generations*



GRACE COMMUNION
INTERNATIONAL

Sioux Falls Fellowship

Worship Service- Sundays at 11 a.m.

Active Generations East-5500 E. Active Generations

For more information contact Pastor JoAnn 605-366-8820.

or visit our website 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

Call Kristen Peterson, Funeral Director

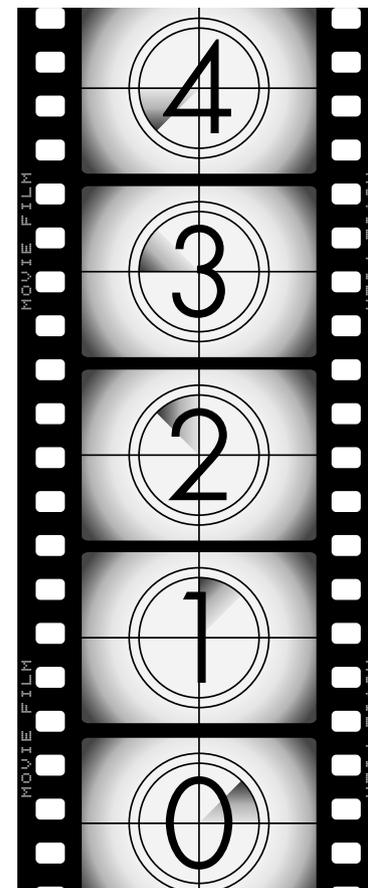
HERITAGE FUNERAL HOME
"Our Heritage is Service."

4800 S. Minnesota Ave. • Sioux Falls, SD 57108

Phone: 605-334-9640

Fax: 605-334-4186

www.heritagesfsd.com • heritagefh@midco.net



February Birthdays

Due to privacy concerns, full last names are no longer included. If we have not listed your birthday, please accept our apologies and come celebrate your birthday with us on the 2nd Friday of the month at Main from 1 - 2:30pm.

Dianne	S	Janice	P	Darlene	S	Dorothy	P
Keri	D	Linda	V	Wendell	B	Scott	H
Stephanie	R	Linda	E	Karen	B	Julie	B
KathyLee	C	Cathy	K	Kenneth	L	Teresa	S
Mark	J	Mary	O	Gary	R	Kay	B
Arlene	K	Kenneth	S	Nina	S	Gerald	T
Floyd	M	Patrick	S	Barbara	S	Cleo	S
Jackie	I	Linda	M	Erwin	H	David	M
Pat	H	Harriet	H	Robin	H	Janine	N
Janet	G	Dolores	G	Wayne	K	Beverly	B
Harlan	R	Robert	G	Joyce	S	Rose	O
Ralph	A	Carolyn	H	Kathie	L	Sharon	R
William	G	Sharon	H	Misha	V	Leesa	R
Carol	W	Mary	L	Sandra	V	Julie	D
Beverly	H	William	P	Dorothy	J	Marlene	E
Audrey	F	Jerold	T	Wendy	A	Marlin	E
Doug	F	Gene	D	Linda	E	Sandra	E
Kate	J	Daniel	B	Debra	J	Emmett	K
Wayne	M	Carol	G	Mark	K	Jerry	G
David	M	CarolAnn	G	James	H	Danny	H
Joan	B	Ken	K	Marie	L	Constance	N
Brenda	G	Veronica	M	Michael	D	Sherrie	B
Frankie	C	Jud	V	Duane	C	Janis	H
John	A	Lloyd	O	Sondra	H	Deborah	M
Linda	A	Jean	P	Teresa	B	Thomas	B
Corliss	E	Paulette	D	Mary	W	Tammy	B
JuneKaye	F	Connie	P	Gaylin	S	Cindy	S
Julie	H	Nancy	H	Marsha	D	Liz	J
Evan	K	Ben	W	Dianna	W	Alexa	A
Darlene	L	Linda	K	Brenda	G	Darlene	W
Craig	L	Cheryl	H	Mary	L	Sonja	G
Michael	M	Astrid	Z	Sue	E	Mary	L
Dianne	S	Betty	P	Darlene	G	Darlene	D
RozAnn	S	Carol	W	Monica	A	Corri	P
Milo	O	Aletha	C	Roxann	E	Terry	J
Jayne	S	Douglas	R	James	M	Leah	A
Susan	B	Bonnie	B	Carol	R	Mark	I
Robert	R	Diane	B	Janice	V	David	L
Lloyd	S	Jolene	B	Joane	S	Dave	B
Pat	W	Joyce	H	Vicki	G	Schrey	A
MaryLavon	W	Nancy	B	Chad	W	Sandy	K
Teresa	H	Kenny	H	Margaret	H	Ryan	S
Marie	N	Deborah	L	Karen	J	Linda	D
Elaine	G	Sharon	R	Doug	R	Nancy	H
Tom	W	Marvella	S	Megan	S	Douglas	V
Robert	B	Kathleen	T	Jacquelyn	P	Francis	K
Shirley	K	Jelene	T	Ryan	B	Wayne	B
Verna	L	William	E	Judy	H	Rhonda	B
Patricia(Pat)	S	Cherie	H	Larry	O	Eugene	N
Melissa	O	Martha	M	Gary	K	Gerald	Z
Jeanette	S	Paul	S	Mary	S	Randall	W
Douglas	W	Candy	G	Roger	W		
Lorna	H	Jo	G	Ronald	F		
Brenda	L	Merlyn	G	John	G		
Diana	L	Jolie	H	Kathryn	L		
Kristi	H	Jean	E	Brenda	W		
Dale	M	Connie	S	Jeff	C		
Sharon	B	Judy	E	Dianne	Z		
Barbara	B	Sharon	K	Bryan	S		
Bev	H	Suzanne	M	Cindy	R		
Rose	T	Patty	P	Lori	G		
Patricia	A	Sheryl	S	Deanna	P		
Pam	S	Patricia	?	Lynda	E		



Sioux Falls Good Samaritan Communities
Invites You to The

Good Sam Birthday Bash
2nd Friday of Each Month

BIRTHDAY PARTY

FRIDAY, FEBRUARY 13 • 1:00 – 2:30 P.M.

ENTERTAINMENT BY:
TRIVIA AND GAMES



In Christ's Love, Everyone Is Someone.

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

**SHARE
THE LOVE**
Happy Valentine's Day!

*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



Answers to word search on page 15

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

MASSAGE THERAPY

Main Location

Next available dates are:

Tuesday, February 3

Tuesday, February 17

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:

Thursday, February 26

Friday, February 27

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.

"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

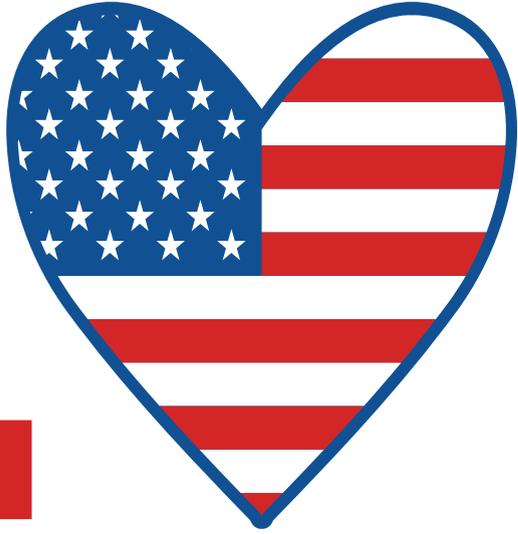
12:00 pm – 5:00 pm,
Room 132

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



LOVE



WEAR RED DAY
WEAR RED DAY

WEAR RED FOR WOMEN

FEBRUARY 6TH



Trail Ridge Senior Living Community *now offers*
Home Care Services!

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

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

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

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

Trail Ridge Home Care

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

605-231-8141

TrailRidgeHomeCare.com



TRAIL RIDGE
HOME CARE H.C.A.N.

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



Happy Valentine's Day

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

Katie Day
REALTOR @
BROKER
Senior Real Estate Specialist
605-941-6903

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*

FEBRUARY *menu*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EGG BAKE MINI MUFFIN HOT APPLES TOMATO JUICE	3 MEATLOAF BAKED POTATO GREEN BEANS FRUIT JUICE	4 CHICKEN ALFREDO ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	5 SLOPPY JOE ON A BUN TRI-TATERS WINTER MIX VEGETABLES FRUIT JUICE	6 TUNA NOODLE CASSEROLE PEAS & CARROTS FRUIT
9 PEPPER STEAK GARLIC MASHED POTATOES CARROTS FRUIT JUICE	10 PORK ROAST BABY RED POTATOES BROCCOLI FRUIT JUICE	11 HAMBURGER GRAVY OVER MASHED POTATOES GREEN BEANS FRUIT JUICE	12 CHICKEN PARMESAN OVER NOODLES STEWED TOMATOES FRUIT JUICE	13 BEEF STEW BISCUIT CALIFORNIA BLEND VEGGIES BAKED APPLES 
16 CLOSED 	17 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	18 APPLE PORK CHOP AMERICAN FRIES CORN FRUIT JUICE	19 CHICKEN & DRESSING CASSEROLE GRAVY PEAS FRUIT JUICE	20 BBQ RIBS AU GRATIN POTATOES GREEN BEANS FRUIT
23 TATER TOT CASSEROLE BROCCOLI FRUIT JUICE	24 SLICED HAM SWEET POTATOES BEETS FRUIT JUICE	25 SWISS STEAK RICE WINTER BLEND VEGETABLES FRUIT JUICE	26 GRILLED CHICKEN SANDWICH RANCH POTATOES PEAS FRUIT JUICE	27 FRENCH TOAST SCRAMBLED EGGS GREEN BEANS FRUIT CUP

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.

**MARDI GRAS
DANCE**

February 17th | 6:30 PM - 9 PM
Main Campus

Music by: Radio Alley

Members: \$7.00
Non-Members: \$10.00

*Active
Generations*
Opportunities for a Lifetime





**SUPER BOWL
PARTY**

OLD COMMERCIALS - GAMES - TREATS - DRINKS FOR SALE

BOTH CAMPUSES | FRIDAY FEB 6TH | 3 PM - 5 PM

MAIN CAMPUS - IN COFFEE SHOP
EAST CAMPUS - IN DINING AREA

*Active
Generations*
Opportunities for a Lifetime