

LifeTIMES

Official Newspaper of Active Generations

Active Generations

Vol. 48, ISSUE 5 - MAY 2026

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HOURS OF BUSINESS

**Closed on MAY 25TH
BOTH CAMPUSES**

MAIN

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

EAST

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

Office Hours

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



SIMPLY GOOD

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At East Campus Opens May 4

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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

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

Our Mission

President's Update



Hello Spring!

At Active Generations, we're embracing new beginnings and vibrant living.

Recently, an article in The Journal on Active Aging made me reflect on Active Generations' role in our community.

The article discussed a pivotal moment in the history of aging, not just for how long we live, but how we live those years with vitality, independence, and purpose. One challenge that is often unspoken in many con-

versations is the shift from simply living to a certain age to considering how we live to that age. The question becomes: how do we add vitality, independence, and purpose to all of those years?

When I experience our community, I realize that Active Generations members didn't need to read this article to confirm that this shift has already taken place here.

Across our nutrition, adult day, and membership programs, I see a community living with vitality, independence, and purpose—supported daily by our team.

This past month offered many great examples of how this shift is already coming to life at Active Generations.

For one, Active Generations Bus Outings are off and running. On excursions, members volunteered at the Furniture Mission and toured the City of Sioux Falls Streets Department. More excursions are

planned in May, including a Citi tour and a session on banking fraud.

This spring also marked the launch of our Parkinson's Pathway, and many of our fitness classes welcomed many new participants.

I'm also excited to share more updates in the following pages of this issue of LifeTIMES.

To start, our new Simply Good Café opens May 4 at East Campus, with breakfast and lunch available. While the grand opening will take place in June, we welcome you to visit and experience it early. There will also be options to use the Senior Nutrition Punch Card. We'll expand offerings as we learn and grow.

Speaking of growth, last month we held Member Input Sessions for the East Campus Expansion. This was a fitting time to talk about expansion, as we recorded our highest-ever number of visits to the

Eastside Campus, with more than 7,400 check-ins in March. (Main Campus engagement remains strong, with over 6,700 March visits!) Our broader community is recognizing that Active Generations is a special place—and we are just getting started.

As part of the Capital Campaign to expand East, we launched the Spark Chal-

lenge for members who regularly use the Eastside Campus.

At Active Generations, we believe vitality can be found at any age—sometimes it just takes saying yes to something new.

Together in community and purpose,

Betsy

HELLO Spring!

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

Katie Day
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Active Generations Program Directory

Phone Number: (605-336-6722)

- Option 1:** Membership and Activities
- Option 2:** Meals on Wheels, Catering, Dining, and WOW
- Option 3:** Adult Day Services and Caregiver Support
- Option 4:** Information and questions on Medicare through SHIINE
- Option 5:** Other questions including donor gifts

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

Senior Citizens Services, Inc.
dba

Active Generations Board of Directors

Betsy Schuster – President and CEO
Aimee Middleton – Chairperson

Mark Millage – Secretary
Jim Jarding – Treasurer

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Mission Statement:

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



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FITNESS CLASSES

May 2026 Schedule

\$25/month for unlimited classes OR
\$5/session to pay-as-you-go.

*SilverSneakers Classes No Charge
with Insurance Fitness Incentive.

*Active
Generations*

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

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

Get Extended Hours Access!

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

Get Personalized Training

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

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

Contact Sara Plucker at
splucker@activegen.org

Fitness Class Descriptions:

Strength Circuit:

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

Pilates Sculpt:

Build lean muscle and improve overall tone using controlled, targeted movements.

Strength & Balance:

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

Mobility & Recovery:

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

Reach Your Peak Circuit:

A circuitry-style workout designed to improve cardiovascular health and muscular endurance through timed intervals.

Core on the Floor:

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

SilverSneakers Classic:

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

SilverSneakers BodyBoom:

A total-body workout blending cardio, strength training, and stretching sequences.

SilverSneakers Yoga:

An accessible and

inclusive class with light to moderate-intensity rhythmic and static movement sequences paired with breaths.

Chair Yoga:

A modified form of yoga using a chair for support and adapting traditional poses to be done seated or standing.

Strength Training for Parkinson's:

A class designed for individuals with Parkinson's diagnosis based off of MDT Education Solutions Strength Training course. Open to all individuals, companions are welcome and encouraged.

AG MAIN - MARK YOUR CALENDAR!

TITLE	DAY	DATE	TIME	LOCATION
Bus Outing: May Day Trip to the Falls	Friday	May 1	1-3 p.m.	Leave from Main Campus
Golf Club	Mondays	May 4, 11, 18 and 26	9 a.m.	Various golf courses
Beginners Mah Jongg Class	Tuesdays and Thursdays	May 5, 7, 12 and 14	8:30-11:30 a.m.	Room 203
Hiking Club	Tuesdays	May 5 and 19	9:30 a.m.	Various destinations
Sing-a-Long	Tuesdays	May 5, 12, 19 and 26	10-11 a.m.	Lobby
Tuesday Evening Dances (Various Bands)	Tuesdays	May 5, 12, 19 and 26	6:30-9 p.m.	Sertoma A
May Active Living Expo	Thursday	May 7	9 a.m. - 1 p.m.	Sertoma A & B
Craft Sale	Friday	May 8	10 a.m. - 2 p.m.	Lobby
Monthly Birthday Party (Kazukes)	Friday	May 8	1-2:30 p.m.	Sertoma A
Great Plains Coin Club	Saturday	May 9	10 a.m. - 2 p.m.	Sertoma B
Bus Outing: Smart Banking With Citi (Tour and Presentation)	Wednesday	May 13	8:30-11 a.m.	Leave from Main Campus
Annual Book Sale	Thursday	May 14	8 a.m. - 8 p.m.	Lobby
	Friday	May 15	8 a.m. - 2 p.m.	Lobby
TED Talks (Various Topics)	Friday	May 15	10 a.m.	Room 202
Coffee & Cookies With Betsy	Tuesday	May 19	9:30 a.m.	Sertoma B
Out to Lunch Bunch (Tour of Eros Data)	Thursday	May 21	11:30 a.m.	Meet at Safari Bar & Grill in Renner
Movie Mania ("Eleanor the Great")	Thursday	May 21	3 p.m.	Room 202

AG EAST - MARK YOUR CALENDAR!

TITLE	DAY	DATE	TIME	LOCATION
Simply Good Café Opens at East	Monday	May 4	7 a.m.-3 p.m.	Dining Area
Grief Support Group (1st Monday of each month)	Monday	May 4	10:30 - 11:30 a.m.	Room 103
Grief Group Series	Mondays	April 13 - May 18	1:30 - 3 p.m.	Room 103
Memory Care Caregiver Support Group	Thursday	May 7	10- 11 a.m.	Room 103
Powerful Tools for Caregivers	Thursdays	April 9 - May 14	1:30 - 3 p.m.	Room 103
Roxie's Tour & Travel Presentation	Monday	May 11	2- 3 p.m.	Room 115
Wine & Watercolor w/ Barbara Sparks	Tuesday	May 12	4 -7 p.m.	Room 110
Member Lab: DIY Flower Arrangement with Sonja Sletto	Wednesday	May 13	11 a.m. - 12 p.m.	Room 110
Falls Area Bicyclists Expo	Saturday	May 16	11 a.m. - 1 p.m.	Room 115/116/117
Community Ed Pickleball Workshop - Intro to Pickleball	Saturday	May 16	3:30 - 5:30 p.m.	Gym
Class-to-Court Pickleball Workshop	Tuesday	May 19	5 - 6 p.m.	Room 117
Coffee and Cookies with Betsy	Thursday	May 21	10- 11 a.m.	Dining Area
Bean Bags & Beer	Thursday	May 21	5 - 7 p.m.	Outside
Movie Mania "Goodbye June"	Friday	May 22	5 - 7 p.m.	Room 110
Community Ed Pickleball Workshop - Serving & 3rd Shot Drop	Saturday	May 23	3:30 - 5:30 p.m.	Gym
Caregiver Support Group	Wednesday	May 27	1:30 - 2:30 p.m.	Room 103
Community Ed Pickleball Workshop - Lobbing & Dinking	Saturday	May 30	3:30 - 5:30 p.m.	Gym

Active Generations Club Notes

SING-A-LONG

The Sing-A-Long Club supports members who wish to learn and sing songs together. Talented pianists play tunes on the baby grand piano as singers follow the lyrics on slides displayed on a wall mounted TV. Slides and songs have been getting updated yet still include familiar standards, hymns, spirituals, classic country, pop 50's, 60's, 70's, folk songs, and even a few show tunes. Singing is so good for you - it stimulates your brain and exercises your lungs. And we need your voice! Please stop in to have some fun as we learn newly added songs for 2026. Join us on Tuesdays from 10-11 a.m. in the main lobby of Active Generations Main Campus. Thanks to Nancy Lange for coordinating Sing Along in the past and for continuing to help as we transition to our new responsibilities. For more information, contact Sally Tilstra (605)366-7632 or Ron Tilstra (605)366-7631. And, if you are interested in playing piano, please let us know.

BIBLE STUDY

The Bible study group meets every Thursday from 12-1 p.m. Pastor JoAnn Lagge from Grace Communion Church is leading this group and always welcomes new members. If you are interested just stop by, no need to sign up for this group.

BOOK CLUB

The Active Generations Book Club will meet on Monday, May 18, which is the third Monday this month because of Memorial Day. We'll gather at 9:30 a.m. at the AG Main Campus.

We'll be talking about "No Justice for Agnes" by Wayne Fanebust, a South Dakota author. The story is about the tragic murder of an immigrant girl by her employer, a wealthy woman from Sioux Falls. The trial, which took place around 1906, drew national attention and put Sioux Falls in the spotlight in the early 1900s.

Our next book to check out is "Never Give Up: A Prairie Family's Story" by Tom Brokaw. This book is

a tribute to his parents, Red and Jean, who grew up during the Depression. It shares the challenges they faced and the resilience that helped them get through tough times. Brokaw is a retired news anchor, a South Dakota native, and also wrote "The Greatest Generation."

Happy reading!

KAZUKES CLUB

April and May celebrate vocal music about the weather and spring's renewal. They also commemorate the Beatles and Jazz. Songs like "April Showers" and "April Come She Will" reflect the coming of spring.

As made famous by James Taylor:

"First day of May
Things are beginning
Our side is winning
Hip hip hooray
It's a rite of spring.
A horizontal thing
The sweetest sort of
dance Hidden among the
plants."

Unfortunately, the Kazukes do not currently have any Beatles or Jazz in their lineup. However, we

do have Neil Diamond, the Everly Brothers, and John Denver. Our newest addition is "High Hopes" sung by Frank Sinatra. The Kazukes are preparing "Happy Together" by the Turtles and Pachelbel's Canon in D.

We practice every Wednesday from 9:30 a.m. to 11:30 a.m. On the first Wednesday of each month, we perform for Daybreak at 10 a.m. in Sertoma B. You are welcome to join us! We don't have the May schedule yet.

If you love music, fun, and making others happy, come join us on Wednesday at 9:30 a.m.! We really hope to see you; otherwise, we will go "kerplop!"

QUILTING CLUB

The Active Generations Quilting Club is looking

for more quilting enthusiasts! We are looking for individuals who enjoy quilting and being creative. Our club makes quilted projects of their choice with donated fabric. The items are donated to other non-profit organizations in Sioux Falls. If you like to be creative and use your hands to help make beautiful creations, WE WANT YOU!

For more information contact the club leader Carolyn Colombe at 605-291-9385.

GOLD'N SILVER DRAMA CLUB

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

If you have an idea for a new club, email info@activegen.org

AARP Foundation[®] Tax-Aide

Tax-Aide Program Thank You and Volunteer Opportunities

As the AARP Foundation Tax-Aide group wraps up the 2025 tax season we want to express our greatest appreciation to the management and staff at Active Generations who once again were an essential part of this program's success. This year Sioux Falls Tax Aide

filed nearly 1,400 tax returns, free of charge, for members of Active Generations and other taxpayers throughout the community.

Sioux Falls Tax Aide relies on a dedicated group of volunteers who annually conduct training and complete IRS and AARP Foundation certifications in order to provide this free service. AARP Foundation

Tax-Aide in Sioux Falls is always looking for volunteers to support our local program. Volunteers find this program to be a very rewarding and positive experience and clients are extremely grateful for the help. If you are interested in volunteering, please visit aarpfoundation.org/taxaideonline or contact Sue Roust for more information at sueroust@gmail.com.

CRAFT SALE

Friday, May 8
from 10 a.m. to 2 p.m.
at Main Campus

2300 W 46th Street, Sioux Falls, SD

Active
Generations

Active Generations Clubs and Activities

Cards and Games

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	East	Saturdays	12:30-3 p.m.	Dining Area	Gloria Doohen and Gloria Faber
500 Cards	Main	Saturdays	12-2:30 p.m.	Room 203	Barb Boddicker
Bean Bags	Main	Thursdays	9-11 a.m.	Sertoma A	AG Members
	East	Wednesdays	9- 11 a.m.	Room 115	Gloria Doohen and Gloria Faber
Billiards	Main	Mon-Sat (except during ladies or couples)	6:30 a.m.-close	Room 200	Kathie Smith
Bingo	Main	Fridays (except 2nd Friday)	1-2:30 p.m.	Sertoma B	Richard Miller / Dean Dewes
Bridge (Duplicate)	Main	Mondays / Tuesdays	6:30-9:30 p.m.	Room 203	Ron Klimes
	Main	Fridays	12-4 p.m.	Room 202	Ron Klimes
Bridge (Party)	Main	Thursdays / Fridays	12-3:30 p.m.	Room 203	Arlene Salter / Carolee Olson / Alayne Meyer
	East	Mondays	12-3 p.m.	Room 115	Alayne Meyer / Lois and Will Seibel
Canasta	Main	Thursdays	1-4 p.m.	Lounge	Cher Murphy
	Main	Fridays	12:30-3:30 p.m.	Lounge	Gator Wohlman
Couples Billiards	Main	Tuesdays	6-8 p.m.	Room 200	Kathie Smith
Cribbage	Main	Tuesdays	12-2:45 p.m.	Room 203	Randall Coil
	East	Wednesdays	12- 2:30 p.m.	Room 117	Pete (Francis) Peterson
Dominoes	Main	Mondays	1-3 p.m.	Room 203	Rosemary Campbell
	Main	Wednesdays	1-3 p.m.	Room 203	Carolyn Colombe and Sherrill Bessey
	East	Thursdays	9-11 a.m.	Dining Area	Pam Kessler
Fast Track	Main	Mondays and Thursdays	9:30-11:30 am	Lounge	Dean Dewes
	East	Fridays	12-2 p.m.	Dining Area	Cheryl Anderson
Hand and Foot	Main	Tuesdays	11:30 a.m.-3:30 p.m.	Lounge	Sherrill Bessey
	East	Thursdays	12:30 - 3:30 p.m.	Dining Area	Judy Hansen / (co-chairs) Angie Arney and Jacque Shea
Hand, Foot and Toe	East	Fridays	12:30 - 3:30 p.m.	Room 115	Jan Nason
Hearts	East	Mondays	9-11 a.m.	Dining Area	Roger Megard
Ladies Billiards	Main	Wednesdays	10 a.m.-12 p.m.	Room 200	Cathy Walker
Mah Jongg	Main	Fridays	9 a.m.-12 p.m.	Room 203	Sharon Schwaderer/ Sandra Plooster
	East	Wednesdays	1-4 p.m.	Room 115 and 116	Open
	East	Thursdays	4-6 p.m.	Room 115	Kathie Smith
Pinochle	Main	Wednesdays	12:30-3 p.m.	Room 203	Becky Grave
	East	Tuesdays	12:30 - 3 p.m.	Room 115	Gary Kessler
Pitch 10-Point	Main	Tuesdays	12:30-2:30pm	Room 203	Les Brandhagen
Shuffleboard	Main	2nd and 4th Tuesdays	9-11 a.m.	Sertoma A	AG Members
Table Tennis	Main	Mondays and Wednesdays	3-5 p.m.	Room 205	Terry Bong
	Main	Tuesdays	5-9 p.m.	Room 205	Kai Zhang
	Main	Thursdays	5-7 p.m.	Room 205	Kai Zhang
	Main	Saturdays	11:15 a.m.-3 p.m.	Sertoma A	Kai Zhang
Whist	Main	Mondays	12:30-3:30 p.m.	Room 203	Elsie Fitz
Wii Bowling (Seasonal Leagues - must pre-register w/ Kathie)	East	Thursdays	1:30-3:30 p.m.	Room 115	Kathie Smith

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

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



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

Art and Craft Clubs

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Acanthus Carvers	Main	Mondays	12-5 p.m.	Room 132	Mark Uhrich
Color Me Happy Coloring Club	Main	1st and 3rd Thursdays	10-11:30 a.m.	Room 132	Doris O'Dea
Crafters Club (Main)	Main	Thursdays	9 a.m.-12 p.m.	Room 201	Joanne Avery
	East	Mondays	9 a.m.-5 p.m.	Room 110	Sharon Fitzsimmons
Creative Writing Group	Main	Mondays	9:30-11 a.m.	Room 203	Fred Garber
Knitting Club (Main)	Main	Wednesdays	9 a.m.-12 p.m.	Room 202	Sharon Hofstad
Knitting Club (East)	East	Fridays	1-3 p.m.	Room 110	Margaret Straley
Line Dancing (Main)	Main	Mondays	1:30-3 p.m.	Sertoma A	Bob Gaut
	Main	Wednesdays / Fridays	2:30-4 p.m.	Sertoma B / Sertoma A or 205	Bob Gaut
Line Dancing (Beginners)	Main	3rd Mondays	12-1 p.m.	Sertoma B	Bob Gaut and Bonnie Shumaker
Line Dancing (Urban) (Dec - May)	East	Mondays	2- 3:30 p.m.	Room 116 and 117	Martha (Marty) Wegner
Painting and Drawing Open Studio	Main	Tuesdays and Wednesdays	9 a.m.-2 p.m.	Room 132	AG Members
Quilting Club	Main	Tuesdays	9 a.m.-12 p.m.	Room 201	Carolyn Colombe
Sing-a-Long	Main	Tuesdays	10:30-11:30 a.m.	Lounge	Sally Tillstra / Nancy Lange
Ukulele/Kazukes	Main	Wednesdays	9:30-11:30 a.m.	Room 203	Linda Beckman
Ukulele/Kazukes Beginners	Main	1st and 3rd Fridays	1-2 p.m.	Room 205	Bill Simon
Woodcarving Club	Main	Mondays and Saturdays	9-11 a.m.	Room 132	Nancy Cummings and Derek Boekhoff
	East	Tuesdays and Thursdays	9-11:30 a.m.	Room 110	Mark Uhrich

Special Interest Clubs

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
Active Cruisers Motorcycle Club	Main	Wednesdays	Varied	Various Locations	Milton Ellis
Bible Study	East	Thursdays	10:30 a.m.	Room 115	JoAnn Lagge
Book Club	Main	4th Mondays	9:30-11:30 a.m.	Room 133	Pat Flatequal
EMHS Mental Health Peer Support Group	East	Wednesdays	5:30-7 p.m.	Room 110	Deb Piper
Golfing Club	Main	Mondays	Various Times	Various Locations	Bob Black
Hiking Club	Main	1st and 3rd Tuesdays (April-October)	Various Times	Various Locations	Debbie Carter
Out to Lunch Bunch	Main	Thursdays	11:30 a.m. and 1 p.m.	Various Locations	Deb Biegger
Shotokan Karate Club	East	Mondays	6:30-7:45 p.m.	Room 116 and 117	Brianna Leesch

Active Living Expo

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

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

Active
Generations

Active Generations Pickleball Courts April 2026 Schedule

EAST PICKLE BALL COURTS (2 Courts)	
Monday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Beginners 12 p.m.-1 p.m. Reserved Play 1-4 p.m. Intermediate 4-5 p.m. Reserved Play 5-8 p.m. Advanced
Tuesday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Intermediate 12 p.m.-1 p.m. Reserved Play 1-4 p.m. Advanced 4-5 p.m. Reserved Play 5-8 p.m. Beginners
Wednesday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Beginners 12 p.m.-1 p.m. Reserved Play 1-4 p.m. Intermediate 4-5 p.m. Reserved Play 5-8 p.m. Advanced
Thursday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Intermediate 12 p.m.-1 p.m. Reserved Play 1-4 p.m. Advanced 4-5 p.m. Reserved Play 5-8 p.m. Beginners
Friday	7-9 a.m. Reserved Play 9 a.m. -12 p.m. Beginners 12 p.m.-1 p.m. Reserved Play 1-4 p.m. Intermediate 4-5 p.m. Reserved Play 5-8 p.m. Intermediate
Saturday	Rotating Open Play - Call for Schedule
Sunday	10 a.m.-3 p.m. Open Play

MAIN PICKLE BALL COURTS (2 Courts)	
Monday	3:30-6:30 p.m. Open Play
Tuesday	1:30-4 p.m. Intermediate and Advanced
Wednesday	1:30-4:30 p.m. Beginners 4:30-6:30 p.m. Open Play
Thursday	1:30-4:00 p.m. Advanced & Beginners 4:30-8 p.m. Beginners
Friday	4:30-6:30 p.m. Open Play
Saturday	8-11 a.m. Open Play
Sunday	Main Closed

EAST OUTDOOR PICKLE BALL COURTS* (2 Courts)	
Monday-Friday	6:30 a.m.-8 p.m. Open Play
Saturday	8 a.m.- 3 p.m. Open Play
Sunday	10 a.m.- 3 p.m. Open Play

*Availability Weather Permitting

Court Reservation Regulations:

Premier Fit Members: Can reserve a court up to 1 week in advance. Reservations may be made in person at 6:30 a.m. Reservations may be made by calling at 8 a.m. Limit of 2 non-consecutive hours per week.

Non-Premier Fit Members: Can reserve a court day of play. Must pay \$5 per pickleball session. Punch cards are available to purchase at the front desk.

Non-Members: Cannot reserve a pickleball court. Must pay \$10 day pass to play pickleball.



New to pickleball?

Try out...

Class to Court
Pickleball Intro Workshops

May 19 | 5- 6 PM
East Campus

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

Plant your Roots at The Parkwood



Join us for an afternoon of
container planting & education with
Landscape Garden Centers.

Wednesday, May 6th | 2 p.m.

RSVP (605) 653-1873

Light bites & refreshments
provided!

7800 South Western Ave
Sioux Falls, SD 57108



THE PARKWOOD
A TRANSFORMING AGE COMMUNITY



Feeling The Burden Of Tired, Achy Legs?

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OUTREACH LOCATIONS:

South Dakota

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

Minnesota

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

Iowa

- Orange City Area Health Services
- Sioux City UnityPoint St. Luke's
- Lakes Regional Healthcare
- Spirit Lake and Unity Point Health-Fort Dodge



Active Generations is proud to be a recipient of the Federal Home Loan Bank of Des Moines Member Impact Fund Award through partnership with Midland National Life and North American Company for Life and Health (you may know them better as Sammons Financial Group!). This award will invest \$175,000 to support the IGNITE Campaign.



START A SPARK

IGNITE Campaign starts momentum with Spark Challenge

When the ribbon was cut for the Active Generations East Side Campus in September 2023, the organization moved forward with a vision for the next decade. However, the community's response has turned that 10-year plan into an 18-month reality. Since its opening, the East Campus has experienced 96.4% membership growth. What was in-

tended as breathing room for the city's active 60+ population has quickly become the organization's most heavily used space, clocking over 7,400 check-ins in a single month. To meet this demand, Active Generations has unveiled the IGNITE Campaign in March 2025. This \$13.5 million initiative would more than double the facility's footprint and renovate the Main Campus. The first phase is East Campus's expansion.

The proposed 45,000-square-foot expansion is designed to enhance the high-class experience members expect, featuring nine indoor pickleball courts, an elevated walking track, and specialized wellness studios. But before the campaign goes public in late 2026, the focus has turned inward. From May 1 to July 1, Active Generations is calling on its most important stakeholders to participate

in the Spark Challenge: You, the Members. The goal is to raise \$1 million internally, creating a community mandate that demonstrates the membership is fully invested in the future of the East Campus. The challenge has already found its early champions. Eleven members have stepped forward with initial pledges to ignite the momentum for the Spark Challenge. Their contributions are being bolstered by a significant gift from

Sammons Financial and an anonymous donor. Members can make one-time gifts, multi-year pledges, or IRA charitable rollovers. To learn more or make a contribution, visit activegenerations.org/IGNITE or contact Development Director Wendy McDonnell at 605-275-7680 or wmcdonnell@activegen.org.

Beacom Family Village Officially Opens

On April 22, 2026 Active Generations cut the ribbon on the new Beacom Family Village. The Beacom Family Village allows Active Generations to provide more personalized, dignified care for individuals at every stage of Alzheimer's and dementia along with providing meaningful support for their families. This new site features three secure program areas for Men's Group, Ceili Cottage, and Caregiver Support that increase the program's capacity by 20 participants. Not only is the space refreshed and modern, but it's also equipped with a Tovertafel game system that uses light and motion to create genuine moments of joy and physical activity for participants. Demand for these services is at an all-time high. In 2025, Active Generations' Adult Day and Caregiver Support Services provided care for a record 205 participants and supported over 400 caregivers. Funding for this project was made possible through a public-private partnership with the South Dakota Department of Human Services and Miles and Lisa Beacom. To learn more about Adult Day Services and the Village, visit activegenerations.org.



A New Menu to Enjoy: Simply Good Café Opens May 4 at East

Get New Flavors at the Same Great Price

Active Generations is happy to share that Simply Good Café is having its soft opening this month. The café will bring more variety and flexibility to your meals, while keeping the same friendly community spirit you expect from eating at Active Generations.

Here's a few of our upcoming daily specials include:

- Hamburger and Fries
- Turkey Club Wrap with a Cup of Soup
- Fresh Chef Salad
- Grilled Chicken Sandwich and Cole-slaw
- One-Topping 8-inch Pizza

The soft opening is on May 4. You can stop by anytime between 7 a.m. and 3 p.m., Monday through Friday, at East Campus.

With the launch of the Simply Good Café, you now have the power of choice. If the monthly set menu doesn't tempt your taste buds, you can choose the Daily Special instead at the same \$5.25 meal cost (for those qualifying for the nutrition program).

For instance, if you'd prefer a fresh flatbread pizza over the set menu item of spaghetti and meatballs, you can choose pizza!

Along with new lunch items, Simply Good Café will offer a full breakfast menu with many options eligible for the \$5.25 nutrition program discount. You can order options like:

- The Traditional: 1 Egg, 1 Toast, Sausage or Bacon, Fruit, and Milk
- The Classic: 1 Pancake, Sausage or Bacon, Fruit, and Milk
- Hearty Start: Oatmeal, 1 Egg, Fruit, and Milk

We're hoping the café becomes your new favorite morning hangout spot to fuel up with delicious food and even better company.

As you may already know the Simply Good name from our catering, take-and-bake meals, and famous cookies. We are bringing that same mission to our café: providing better-for-you food made with simple ingredients you can feel good about. Real food. Simple ingredients. Lots of good.

SIMPLY GOOD
CAFÉ

Soft Opening: May 4

Hours:
7 a.m. to 3 p.m.
Monday-Friday

At East Campus

Every single bite you take at Simply Good Café does a world of good. Your purchase directly supports Active Generations' programs, including Meals on Wheels deliveries, Adult Day Services, and more.

May Active Generations Bus Outings

May Day Trip to The Falls

May 1 | 1-3 p.m.
Main Campus Pickup
Trip Cost: \$15

Smart Banking with Citi Bank

May 13 | 8:30-11 a.m.
Main Campus Pickup
Trip Cost: FREE

Sponsored by Citi



Scan to sign up!



Active Generations Nutrition Program Offers Restaurant Options

Forget cooking lunch this week. Head over to The Wooden Nickel in Crooks between 11 a.m. and 1 p.m. for a sit-down meal that beats a frozen dinner any day. The star of the show is their Indian Taco—piles of seasoned beef, beans, and fresh toppings served on authentic frybread. It's \$5.25 for those 60+, but the real draw is the local crowd. Grab a punch card from Active Generations and make it a regular habit.

If you have a Meal Punch Card from Active Generations, you aren't just limited to one spot. We've partnered with local favorites across the area to make sure a hot, \$5.25 meal is never more than a short drive away. Think of it as a dining club for the 60+ crowd where the food is great, and the company is even better. The Wooden Nickel is just one of a few flex options we offer through Active Generation's Nutrition Program:

- In Crooks: The Wooden Nickel (300 N West Ave, Crooks, SD 57020)

- In Chester: Rosie's Farmhouse Café

(304 4th St, Chester, SD 57016)

- In Dell Rapids: County Fair Foods (1002 N Hwy 77, Dell Rapids, SD 57022)

- In Montrose: My Place Café (101 Main St, Montrose, SD 57048)

- In Salem: Quick Stop (241 N Nebraska St, Salem, SD 57058)

- In Sioux Falls: All six Hy-Vee locations (Must have the specific Hy-Vee meal card!)

It's simple: stop by Active Generations or call 605-336-6722 (Option 2) to grab your Meal Punch Card. It's your ticket to any of these locations.

By bringing people into a shared space, the program helps reduce isolation and fosters a sense of belonging among participants. We believe that a healthy meal is always better when shared, reinforcing the importance of both nutrition and companionship.

Join us as often as you like! Call 605-336-6722 (Option 2) or visit Active Generations for a Meal Punch Card.



Adult Day and Caregiver Support Services

The weather is warming as summer approaches.

In May, Adult Day Services participants enjoyed creative, social, and community activities.

ADS participants painted bright Cinco de Mayo pictures, played festive "Cinco" Bingo featuring images like chili peppers and cacti, engaged in lively jeopardy games, made flower bouquets for May Day, and took patio walks in the spring sunshine. May has been lively and full of activities, encouraging creativity, community, and happy participation.

May Wish List

Below is a wish list for our Daybreak Programs. Donations are welcome but never required, and we deeply appreciate the generosity of our supporters. Your thoughtful contributions help us create joyful and meaningful experiences for our ADS participants, making each activity even more special. We will be updating our wish list monthly to reflect the current needs of our

ADS Programs. Donations can be dropped off at our Daybreak entrances.

- Bingo candy (fun-sized pieces)
- Coloring Books
- Seasonal Window Decals
- Coloring Pencils
- Watercolor Palettes
- Gel Pens
- Adult Coloring Books
- Whiteboard Markers
- Stickers

We will update this list monthly to reflect the current needs of our ADS Programs. You can drop off donations at our Daybreak entrances. If you have questions, please call (605) 336-6751 and ask for Berkeley Stancer, the Operations Manager.



Roxie's Tour and Travel +
Allied Tour and Travel

TRAVEL SHOW



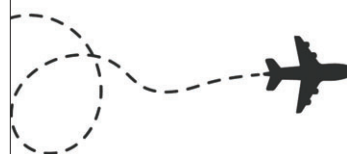
Roxie Mulder

Get the Colored Catalog Vol. #2 and discover exciting travel destinations for the rest of this year and early 2027.

MAY 11

10–11 a.m.
Main Campus

2–3 p.m.
East Campus



ALLIED
tour&travel

Charity And Donation

IGNITE CAPITAL CAMPAIGN:

Federal Home Loan Bank
Sammons Financial Group

ACTIVITIES & MEMBERSHIP SERVICES:

Avera Health
Leslie Morrow
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Sanford Health
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ADULT DAY SERVICES & CAREGIVERS:

Patricia & Theodore Feller
Edward Jones
Kim Koblack
Furniture Mart USA
Rev. Philip Zabell

TAX-AIDE:

Josefina Callaway

IN MEMORIAM: In Memory of Edith Jarding:

Family of Edith Jarding

In Memory of Lynn Olsen:

Diane Biver
Calvin or Joyce Hubregtse
Judy Olsen

In Memory of Patricia Nowak:

Doug Nowak

In Memory of Mark Liester:

Lavonne Liester

In Memory of Scott Jorgensen:

Cynthia Froiland

Victoria Jorgensen
Tom and Kari Loofe
Marie and Paul Rickert
J M Taylor

In Memory of Darrell L. Miner:

Dennis Miner

In Memory of Patricia Nowak:

Doug Nowak

In Memory of Richard Seaman:

Victoria Jorgensen

NUTRITION PROGRAM:

Mary Breiner
CNA Surety

MARCH FOR MEALS:

Frederick Aderhold

Rick Bandy

Robert Barclay

Melania Barnes

Sharie Barr

Francena Beagle

Eileen Bergerson

Savine Billings

Barney & Mary

Brandenburg

Karen Buchkowski

Connie Buehler-

Rodman

Bush Foundation

Heather Carr

Citi

LeeAnne Davis

Doug DeWit

Ken & Chris Dierks

Julie Ermer

Faith United Church

Nadene Fishback

Mary Fortin

Anna Gieschen

Lowell & Paula Hamann

John and Rosemary

Hefner

Rick & Glenys Hull
Charitable Fund at the SFACF

Emily Jackson

Amy Jasmer-Flanders

Mike Justice

Andra and Larry

Kallhoff

Patience Kellogg

Sharon G Lind

Tricia Lohr

David & Shirley Lueth

Angel Maenhardt &

Joseph Tomasulo

Lee and Jean

Magnuson

Wendy McDonnel

Jenette Merrill

Wade Merry

Minnwest Bank

Deanna Nielsen

Maureen Ohm

Tim Olson

John & Denita Pesicka

Beth Quarnstrom

David Quinn

Shireen Ranschau

Jennifer Risinger

Lorraine Rose

Michele Rosenberg

R Wine Bar

Tracy Saathoff

Debbie Satlak

Keith or Marie

Schumacher

Jodi Schwan

Goldie Steuerwald

Linnea Strande

Rhoda Strasser

Jane Teich

The Dakota Scout

Townsquare Media

Jean Tysdal

Rebekah Van Maanen

Patricia Wagner

Ann Weflen

Linda Wells

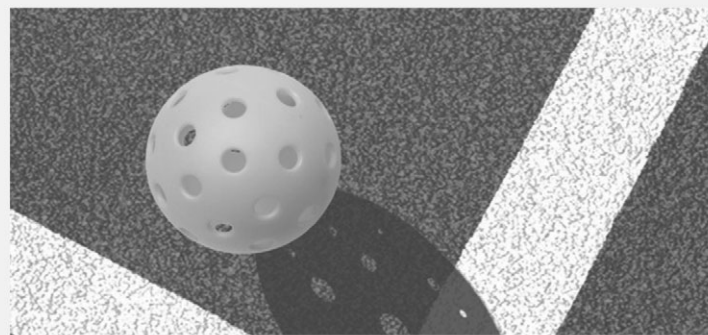
Constance Wright

David and Marge

Wrotenbery

The PADDLE BATTLE

Active Generations Member Tournament



JUNE 1 THROUGH AUGUST 28

Divisions:

Daytime or Evening

\$20 for individuals and

Brackets:

Beginner/Intermediate

Win bragging rights as

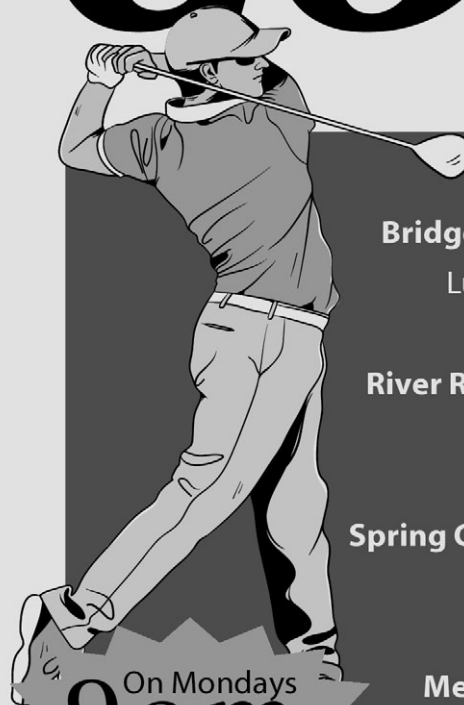
or

the top team at AG!

Intermediate/Advanced

ACTIVE GENERATIONS

GOLF Club



May 4

Bridges at Beresford Golf Course

Lunch: Bertz Beer Garden

May 11

River Ridge Golf Course, Garretson

Lunch: The Safari

May 18

Spring Creek Golf Course, Harrisburg

Lunch: Fresh Horses

May 26

Meadow Acres, Larchwood

Lunch: Golf Course Clubhouse

On Mondays
9 a.m.
Start

Active Generations is a registered 501(c)(3) nonprofit. Your support ensures that individuals in our community have access to programs that promote wellness, independence, and meaningful relationships. Thank you to everyone who helps drive our mission forward.

To Support Active Generations
visit activegen.org/donate.

Contact our Director of Development, Wendy McDonnel, to learn more and explore options that work for you. Call Wendy at 605-275-7680 or email wmcdonnel@activegen.org.



Support IGNITE in the
Spark Challenge from
May 1-July 1!
Activegenerations.org/IGNITE.



Navigating the Medicare Maze: Free Help is Just a Phone Call Away

Medicare is rarely simple. For many in southeastern South Dakota, the transition into enrollment is met with stacks of paperwork and more questions than answers. That is where SHIINE (Senior Health Information & Insurance Education) steps in.

SHIINE offers free, unbiased, and confidential counseling designed to strip away the confusion. Whether you are enrolling for the first

time, looking to compare plans, or simply want to review your current coverage, local counselors are available to guide you.

A SHIINE participant, Kim, experienced this relief firsthand. "Before I found SHIINE, I felt overwhelmed and confused," she shared. "A counselor took the time to walk me through my options and helped me find a plan that gave me peace of mind. Now, I want others to have that same support."

Lending a Helping Hand

As the need for guidance grows, SHIINE is currently seeking volunteers. You don't need a background in insurance, just a willingness to learn and a few hours to spare each month to help others navigate Medicare. SHIINE

provides all the necessary training for volunteers to help beneficiaries.

Interested in volunteering? Call Kayla at 605-333-3314 to learn more.

Education for Your Group

If your local club, church, or organization wants to learn more about Medicare basics or fraud prevention, SHIINE also offers educational presentations throughout Sioux Falls and the surrounding communities.

For Appointments:
Call 888-854-5321.



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.



MEALS on WHEELS SIOUX EMPIRE

Deliver a Smile: Volunteer for Meals on Wheels This May

Deliver a hot meal and a friendly connection to a neighbor in need this spring.

What You'll Do:

- Deliver hot, nutritious meals to clients in need.
- Routes are available Monday through Friday.
- Meal pick-up is between 10:30 a.m. and 11 a.m. Routes typically take about 1.5 hours.
- Meal pick-up locations:
 - o Active Generations Main Campus
 - o Hope Lutheran Church
 - o First United Methodist Church
- Flexible scheduling

is available. Volunteer weekly, monthly, or as a substitute based on your availability.

If you're ready to volunteer or want to learn more, contact Sam at slocke@activegen.org or (605) 333-3305. To start now, scan the QR code to complete the volunteer application, and we'll reach out soon with the next steps.

This May, deliver smiles and companionship to those in need.



Behind the Wheel: Meet Lori Weimann

Every day, a simple ride can change a life. For some in our community, it means independence, hope, and belonging. That's what Lori Weimann delivers—mile after mile—since joining Active Generations' Workers on Wheels program as a driver in April 2025.

For Lori, driving isn't

WOW WORKERS ON WHEELS BY ACTIVE GENERATIONS

just a job; it's her way of giving back. Whether steering through Sioux Falls or sharing stories from her Navy days, Lori brings a personal touch and genuine care to every ride.

Get to know Lori
Lori loves checking out local craft shows and unwinding with cross-stitching or a good book. She's a Navy veteran who's seen many places, but Sioux Falls is the home she calls her own. Her two sons and four grandkids (three boys and one girl) are

her greatest pride. After a long day, you'll find her relaxing with her dog, Faith.

From Lori:
"Assisting others is my passion. Being a driver for Workers on Wheels lets me turn that passion into a service for my neighbors every single day." — Lori Weimann

Inspired by Lori's story? You can reach out directly to the Workers on Wheels team by calling (605) 333-3317 or emailing wow@activegen.org.

Active Generations Introduces Parkinson's Pathway Programming

April is National Parkinson's Awareness Month. During this month, Active Generations announced its new specialized programming for individuals with Parkinson's disease.

Parkinson's Pathway programming is a comprehensive resource to help participants manage symptoms, improve functional mobility, and maintain confidence. By combining physical exercise with social engagement and health education, the program addresses Parkinson's unique challenges in the supportive, upbeat environment of Active Generations.

"Our goal with the Parkinson's Pathway is to provide a holistic support system that goes beyond traditional exercise," said Sara Plucker, Member Services Manager at Active Generations. "By integrating evidence-based strength training with creative and social outlets, we are helping our members maintain their independence and quality of life."

Our programming is curated to target clinical symptoms of the disease, such as bradykinesia (slowness of movement), vocal strength, and neuroplasticity.

At the core of the Pathway's physical programming is the MDT Education Solutions framework. Developed by experts in physical therapy and research, this evidence-based system is specifically designed to target the neurological challenges of Parkinson's.

Unlike general fitness programs, the MDT framework emphasizes intense exercise and

cognitive-motor integration. By challenging participants with complex movements and dual-task exercises, the program stimulates new neural connections. This approach is clinically proven to counter bradykinesia, improve postural alignment, and enhance gait stability to prevent falls.

Featured Programming Strength Training for Parkinson's. Utilizing the MDT framework, these sessions focus on building the stability, agility, and power necessary for daily independence. This class is \$5 for Active Generations Members or \$10 for a non-member day pass. Spouses and caregivers are encouraged to join!

- Main Campus: Mondays (2- 2:45 p.m.) and Fridays (10 - 10:45 a.m.)
- East Campus: Tuesdays, Thursdays, and Fridays (10 - 10:45 a.m.)

Creative & Social Engagement Community connection and cognitive stimulation are essential pillars of the Pathway, targeting the whole person rather than just the diagnosis. These activities are provided at no cost for members:

- Sing-A-Long: Exercises the diaphragm and vocal cords to maintain speech clarity and volume. (Tuesdays | 10 - 11 a.m. | Main Campus)
- Bean Bags: Improves coordination and weight-shifting in a low-impact, social setting. (Wednesdays | 11 a.m. - 12 p.m. | East Campus)
- Table Tennis: Often called a brain sport, this promotes fast-paced reflexes and hand-eye coordination. (Wednesdays | 1:30 - 3 p.m. | Main Campus)

Parkinson's Pathway

Social Activities

Manage Parkinson's symptoms and maintain confidence through our new Parkinson's Pathway.

May

Weekly Social Activities

Sing-A-Long

Tuesdays | 10-11 a.m. | Main

Bean Bags

Wednesdays, 11 a.m.-12 p.m.

| East

Table Tennis

Wednesdays | 1:30-3 p.m. |

Main



Parkinson's Pathway

Strength Training Classes

Manage Parkinson's symptoms and maintain confidence through our new Parkinson's Pathway.



Main Campus

Mondays: 2-245 p.m.

Fridays: 10-10:45 a.m.

East Campus

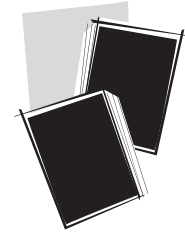
Tuesdays, Thursdays, and

Fridays: 11-11:45 a.m.

Cost: Membership + \$5 per class OR \$10 for a non-member day pass. Spouses, and caregivers are encouraged to join!

Book Review

of "Future Boy" by Michael J. Fox and Nelle Fortenberry



This book has a long subtitle: "Back to the Future and My Journey through the Space-Time Continuum." The action took place in 1985. Michael Fox was rehearsing and videotaping the sitcom Family Ties when he was invited to star in Back to the Future. The movie had been filmed for five weeks, but director Robert Zemeckis and producer Steven Spielberg were not satisfied with the actor.

Fox accepted the offer. By day, he was Alex P. Keaton in "Family Ties;" by night, Marty McFly in "Back to the Future." He worked on a Paramount soundstage during the day and at Universal Studios at night. A driver was hired to take him between jobs. The book was written to mark the 40th anniversary of the movie. The authors (Fox and Fortenberry) say they wrote it in 9 months to coincide with the movie's release.

He described himself in high school as a short but determined kid who

didn't back down, loved to skateboard, played in a rock band, and flirted with girls. Fox talked about tough guys and bullies and gave three options for dealing with them. First, tell a joke to make the bully laugh; maybe he will joke back. Second, flee. Third, hit the bully first or hit back, then flee. Fox said he ran a lot.

The book devotes several pages to Fox's passion for playing guitar. To prepare for the famous Johnny B. Goode scene, he trained intensively with a professional instructor for several months. Fox emphasized the importance of getting his hand movements right.

Fox explained that the original version of the movie featured a tall girl in the lead role. When he replaced the first actor, the director realized the girl playing the lead needed to be replaced. He said that in high school, tall girls didn't date short boys. Fox also learned two things early in his career: always be a team player and give credit to everyone. The book is fun to read.

WORD SEARCH FUN!

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

- | | | |
|--------------|-----------------|-----------------|
| ARBORETUM | ASPARAGUS | BLEEDING HEARTS |
| BLOSSOMS | BONFIRES | FARMERS MARKET |
| GRADUATION | LILACS | MAYPOLE |
| MEMORIAL DAY | MOTHERS DAY | PEONY |
| PLANTING | REJUVENATION | REMEMBRANCE |
| RHODODENDRON | RHUBARB | SPROUTING |
| STRAWBERRIES | WALPURGIS NIGHT | |

See answers to word search on page 19

The 300 Club! Elenor Lorenzen reached her 13th 300-point Wii Bowling Game while Wendy Adams got her first 300 game during Wii Bowling League at East Campus.

Elenor Lorenzen



Wendy Adams

THANKS FOR YOUR SERVICE!



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

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It pays to compare

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

Phone: 605-334-9640

Fax: 605-334-4186

www.heritagesfsd.com • heritagefh@midco.net



Active Generations Hiking Club

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

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

May Dates | 9:30 AM Start
 May 5: Newton Hills
 May 19: Lake Herman

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

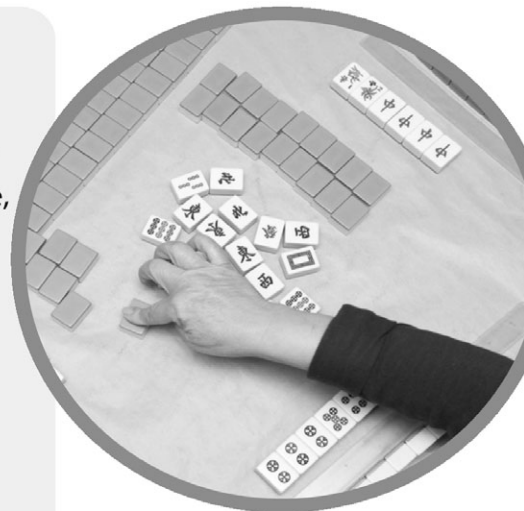


Learn to Play! Beginners Mah Jongg Class

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

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

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



TED TALK SERIES

Learn from experts' TED Talks!

May 15 | 10 AM
 Main Campus Room 202

TOPIC LINEUP

The Nurse Who Can Smell Parkinson's

3 Things I Wish I Knew When I Was Broke

What Would Your "Deathbed Self" Tell You Today?

Spring IT ON!

The Mini Movers

The Easiest Way to Avoid The Hardest Part of Moving.

A powerfully small and affordable moving company.

Senior Citizen Discount
361-9363

Helping Hand Assisted Living, Inc.

1000 Teakwood
 Brandon, SD 57005

An Independent and Assisted Living Community

Accepting private pay and Medicaid/Title XIX

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

An alternative to nursing home care . . .



Happy Mother'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



Member Lab



A SERIES OF STORIES, SKILLS, AND JOURNEYS SHARED BY ACTIVE GENERATIONS MEMBERS.

May Topic

DO IT YOURSELF FLORAL ARRANGEMENTS

May 13 | 11 a.m.-12 p.m.
East Campus, Room 110



Presenter:
Sonja Sletto

Want to be a Member Lab Presenter? Contact Member Services at 605-336-6722

MAY OUTING

OUT TO LUNCH



BUNCH

May 21 | 11:30 a.m.

Meet for Lunch at Safari Bar & Grill

(25795 475th Ave, Renner, SD)

Followed by Tour of the EROS Center*

*Photo ID required- there will be a security screening- no electronic devices allowed

MAY MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | THURSDAY, MAY 21 | 3 PM

"ELEANOR THE GREAT"

Rated: PG-13

After a devastating loss, witty and proudly troublesome Eleanor Morgenstein, 94, tells a tale that takes on its own dangerous life. Starring June Squibb, Erin Kellyman, and Chiwetel Ejiofor

EAST CAMPUS | FRIDAY, MAY 22 | 5 PM

"GOODBYE JUNE"

Rated: R

The movie follows a group of fractured siblings who must come together under sudden and trying circumstances. Starring Helen Mirren, Timothy Spall, and Johnny Flynn

MENDING WORKSHOP

MAY 13 | 3-5 P.M. | MAIN CAMPUS

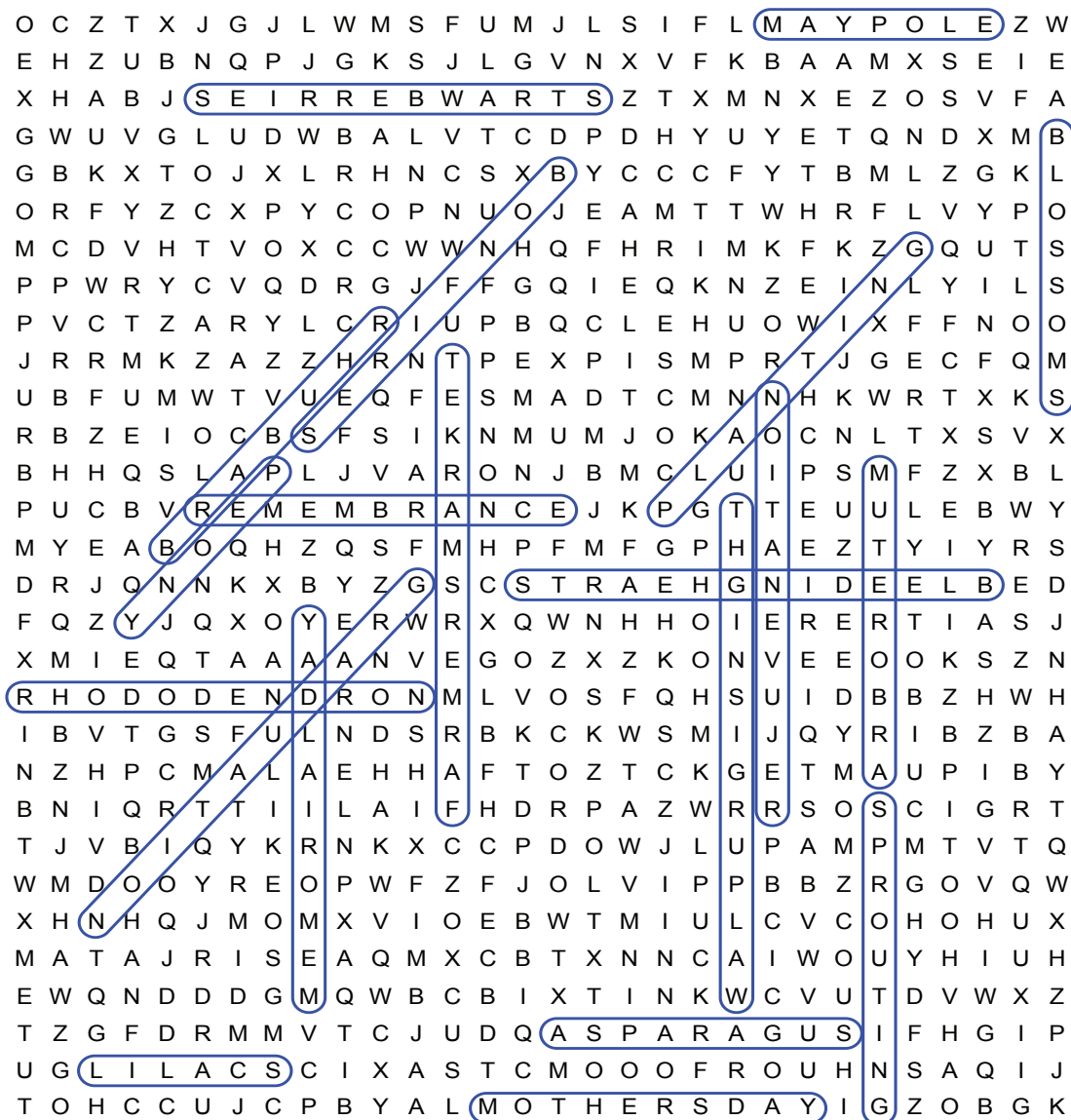


MENDIT605 WILL MEND YOUR COTHING SO YOUR THINGS LAST LONGER, YOU SAVE MONEY, AND YOU PRACTICE SUSTAINABILITY.

Active
Generations

MendIt605

Answers to word search on page 16



- | | | |
|--------------|-----------------|-----------------|
| ARBORETUM | ASPARAGUS | BLEEDING HEARTS |
| BLOSSOMS | BONFIRES | FARMERS MARKET |
| GRADUATION | LILACS | MAYPOLE |
| MEMORIAL DAY | MOTHERS DAY | PEONY |
| PLANTING | REJUVENATION | REMEMBRANCE |
| RHODODENDRON | RHUBARB | SPROUTING |
| STRAWBERRIES | WALPURGIS NIGHT | |

For your Good Health

MASSAGE THERAPY

Main Location
Next available dates are:
Tuesday, May 19
and
Tuesday, June 16
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 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.

SANFORD HEALTH COOPERATIVE

MAIN LOCATION
Tuesdays - Room 128
8:30 a.m. – 12 noon
EAST LOCATION:
Thursdays - Room 115
9 a.m. – 12 noon

Schedule an appointment with the Sanford Health Co-Op team - nurses, pharmacist, dietitian, social worker or therapists by calling 605-333-3217

Who comes to the Co-Op?

Anyone is welcome who has a health complaint, a nagging problem, or just has a desire to get better acquainted with their own health and learn how to do better self-management. We

have an expert team to help with new or existing health problems; to do regular blood pressure checks; to answer questions about medications or their side effects; to evaluate mobility problems such as weakness, poor balance or risk for falls.

Is the Health Co-Op for you? It is really for everyone, especially those receiving Medicare or Medicaid or who have little or no health insurance. Stop in and chat with our committed and friendly staff! We'd love to offer health care surveillance, if desired, or wellness and prevention screening and education.

To contact Sanford Health Cooperative to schedule an appointment, contact them at 605-333-3217.

Bean Bags & Beer

MAY 21 | 5-7 P.M.
EAST CAMPUS LOBBY

MEMBERS - FREE
NON-MEMBERS - \$10

SNACKS & SODA PROVIDED
BEER \$5 EACH

Active Generations

MAIN CAMPUS

BOOK SALE

MAY 14
8AM-8PM
&
MAY 15
8AM-2PM
Main Campus

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

May 2026



Monthly Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cabbage Roll Casserole Mashed Potatoes Garlic Bread Fruit Cup
4 Chicken Thighs Mac'n Cheese Baked Beans Fruit Juice	5 Beef & Bean Burrito Spanish Rice Corn Fruit Cup	6 Garlic Parmesan Pork Mashed Potatoes & Gravy Mixed Vegetables Fruit Juice	7 Sloppy Joe Tri-Tater Green Beans Fruit Juice	8 Teriyaki Chicken Rice Broccoli Fruit Cup
11 Chicken Kiev Mashed Potatoes & Gravy California Blend Fruit Juice	12 French Toast Sausage Link Green Beans Fruit Cup	13 Swedish Meatballs over Mashed Potatoes Carrots Fruit Juice	14 Chicken Salad on a Croissant Pasta Salad 3-Bean Salad Fruit Juice	15 Roast Beef Mashed Potatoes & Gravy Corn Fruit Cup
18 Philly Steak & Cheese Casserole Capri Vegetables Fruit Juice	19 Chicken Pot Pie Over Biscuit Mixed Vegetable Fruit Cup	20 Hot Ham & Cheese on a Bun American Fries Green Beans Fruit Juice	21 Tuna Salad on a Croissant Macaroni Salad Peas Fruit Juice	22 Beef Ravioli with Spaghetti Sauce Italian Vegetables Garlic Bread Fruit Cup
25 Closed	26 Baked Ziti Winter Blend Vegetables Garlic Bread Fruit Juice	27 Pepperoni Pizza Green Beans Fruit Juice	28 Meatloaf Mashed Potatoes & Gravy Carrots Fruit Juice	29 Hamburger on a Bun Calico Beans Fruit Cup

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

All menu items subject to change.

Coffee + Cookies

Join Betsy for updates and dialogue about AG!

Main Campus
May 19
9:30 a.m. | Sertoma B

East Campus
May 21
10 a.m. | Dining Area

TUESDAY NIGHT DANCES

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

MAY LINE UP

- May 5:** Radio Alley
- May 12:** State Line Drifters
- May 19:** Audra & the Machine
- May 26:** Clay Creek Band

THE CASTAWAYS

Dance

DENNIS CRASWELL AND LOGAN STEWART

The Original Castaways, Dennis and Logan, will be performing the 1965 hit song "Liar Liar" while also showcasing their skills on the steel drums. This catchy tune climbed to number 12 on the Billboard Top 100 back in 1965.

6:30-9 P.M.

JUNE 16

MAIN CAMPUS

MEMBERS \$7
NON-MEMBERS \$10