

*In this Issue*

Arts and Crafts .....	18
Birthdays .....	17
Calendar of Events .....	4-5
Club Notes & Special Interest.....	6, 7
Caregivers .....	12
Day Break.....	12
Development.....	13
Donations & Gifts.....	13
Donor Spotlight .....	19
Fitness and Wellness .....	3
Meals on Wheels.....	15
Menu .....	20
Mission Statement.....	1
Shiine .....	8
WOW .....	15

**HOLIDAY HOURS**  
at Active Generations

Wed.-Thur.,  
Dec. 24-25  
Closed All Day  
both days.  
  
Thur., Jan. 1  
Closed All Day

**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

# Winter Jamboree

**DECEMBER 11TH 2025**  
5:30 PM - 7:00 PM | EAST CAMPUS

SPONSORED  
BY:



**First PREMIER Bank**  
**PREMIER Bankcard**

# New Years Dance

**DECEMBER 31ST 2025**  
6:00 PM - 9:00 PM | MAIN CAMPUS  
**MUSIC BY VINYL 5**

Active  
Generations  
Opportunities for a Lifetime

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

TO PROMOTE POSITIVE AGING FOR ADULTS AND TO ENHANCE THE QUALITY OF LIFE FOR ALL GENERATIONS THROUGH PROGRAMS SERVICES AND EDUCATION.

OUR MISSION

Active  
Generations

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

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





## President's Update

We've reached one of our favorite times of year — a season filled with reflection, connection, and celebration. We're planning a joyful December to close out 2025 with fun, food, and festivities! So, grab your pencil (or your phone calendar!) and mark these dates:

### Christmas Dinner – Wednesday, December 10 11 a.m. - 12:30 p.m. (Both Campuses)

Our annual Christmas Dinner will be served at both the Main and Eastside Campuses.

This cherished tradition brings our members and volunteers together for a warm, sit-down meal and plenty of holiday cheer!

### December Jamboree – Thursday, December 11 5:30–7:30 p.m. (Eastside Campus)

Keep the celebrations going the very next day with our December Jamboree, featuring live music from Vinyl 5! Bring your dancing shoes and holiday spirit for this upbeat evening at the Eastside Campus.

### Big Announcement – New Year's Eve Bash!

We're ringing in the new year early with our first (or first in a long time!) AG New Year's Eve Bash!

- Tuesday, December 31 | 6–9 p.m.
- Live Music: Vinyl 5
- Soup & Dessert Bar included
- Tickets: \$35 – available December 1

Last year, members asked us last-minute to host something — this year, we are making it happen! Tickets will also be available at the door (as space allows), but we recommend buying early — seating is limited.

## Tree of Love – Meals on Wheels

Help make the season brighter for our Meals on Wheels participants by picking an ornament from the Tree of Love.

Each ornament represents a senior in need — your kindness helps spread holiday cheer and nourishment to our community.

## Eastside Kitchen Project Update

Construction on the Eastside Kitchen will begin the week of Christmas to install a new cooking hood. The kitchen will be closed for approximately 75 days.

During that time:

- Lunch will continue in a modified serving format.
- Once reopened, we'll debut a made-to-order limited menu pilot!

We appreciate your patience and understanding as we work through the noise and excitement of construction — the improvements will be well worth it!

# Celebration, Community and Cheer!

Last month, I shared about our Ignite Campaign — the vision we have for our facilities that will allow us to continue serving you today while preparing to serve our community for generations to come. Each campus has unique features within these dreams, and your philanthropic support helps make them possible.

As the year comes to a close, we invite you to consider making a gift to Active Generations in an area that brings you joy — whether that's helping purchase new dining chairs and tables for the Main Campus, contributing toward the Eastside Expansion, or supporting Adult Day Services, Meals on Wheels, or another area of AG that aligns with your passion. Your generosity helps ensure we can continue creating meaningful connections, providing vital services, and strengthening our community — today and for generations to come.

Looking forward to a great December as we head into 2026!

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.

Dawn Duerksen

Lisa Groon

Mike Halverson

Mike Hauck

Jim Jarding

Wade Merry

Mary Michaels

Mark Millage

Josh Muckenhirn

Maureen Ohm

Tracy Saathoff

Lisa Schultz

Kelsey Stevens

Stacy Wrightsman

**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

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

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



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

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



# Active Generations Fitness and Wellness

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



**ASHLink**



**SilverSneakers**  
by Tivity Health

**Humana**

**MEDICA**



**RenewActive**  
by UnitedHealthcare



## Fitness Room Hours:

**Mon.–Fri., 6:30am-8pm**

**(Both Locations)**

**Sat., 8am-3pm**

**(Both Locations)**

## Fitness and Wellness Class Schedule

*Reservations are encouraged for all fitness classes! Please call 605-336-6722 to register.*

### Fitness & Wellness Class Schedule | December 2025

Drop in for \$5/class, buy bulk sessions with a punch card, or go unlimited for \$25/month!

See the front desk for more information.

**\*\*No charge for members with an Insurance Fitness Incentive.**

#### MONDAY/WEDNESDAY/FRIDAY

TIME	CLASS	LOCATION
7:00-7:45am	Get Active/Healthy Hustle** NO CLASS 12/15 & 12/26	MAIN
8:30-9:15am 9:30-10:15am	SliverSneakers Classic** NO CLASS ON FRIDAYS	MAIN
12:00-12:45pm	BodyBEASTS**	MAIN
1:00-2:00pm	Yoga (Chair) FRIDAYS ONLY	MAIN
9:00-9:45am	Restorative Stretch**	EAST
10:00-10:45am	Chair Strength (Video Led) FREE	EAST

NO CLASSES 12/24/25

#### TUESDAY/THURSDAY

TIME	CLASS	LOCATION
10:30-11:15am	SilverSneakers Classic**	MAIN
8:30-9:00am	Restorative Floorwork**	EAST
9:00-9:45am	SilverSneakers Classic**	EAST
11:45-12:00pm	Yoga (Video Led) FREE	EAST
1:00-1:45pm	Reach Your Peak Circuit	EAST
4:30-5:30pm	Tai Chi Dance (THURSDAYS ONLY)	EAST

NO CLASSES 12/25/25

#### SATURDAY

TIME	CLASS	LOCATION
11:00am-12:00pm	Tai Chi Dance	MAIN
9:00am-10:00am	Tai Chi Dance	EAST

**\*\*ONLY CERTAIN CLASSES ARE COVERED BY INSURANCE INCENTIVE PROGRAMS. You can purchase a punch card for classes if you do not have Insurance Incentive! Class passes can be purchased at the front desk.**

Fitness Room  
Orientation •

By appointment,  
336-6722

#### Class Descriptions:

**Get Active Healthy Hustle** - Intermediate; floorwork, cardio, hand weights, balance, use of all equipment, full body.

**Silver Sneakers Classic** - Beginner; cardio, bands, hand weights, overall body.

**Body Beasts** - Advanced; full body, cardio, strength training, floorwork.

**Restorative Stretch** - Beginner; full body stretches, including chair/standing.

**Circuit** - Beginner/Intermediate; variable difficulty, use of cardio and strength machines & hand weights.

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 (Canceled 12/8)	Mondays	6:30 - 7:45 pm	Room 116 & 117	Brianna Leesch
Wii Bowling Fall/Winter League (11/6 - 12/18) 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	12/1	10:30 - 11:30 am	Room 103
St. Lambert's HOPE Squad	Tuesday	12/2	1:00 - 2:00 pm	Room 116/117
Ornaments for Grief with Aseracare/Grief During The Holidays (RSVP Required)	Wednesday	12/3	1:00 - 2:00 pm	Room 110
Lifelong Learning w/ Augustana: 5 Mini Sessions to Choose From	Wednesday	12/3	3:30 - 5:00 pm	Room 110 & Dining Area
Memory Care Caregiver Support Group	Thursday	12/4	10:00 - 11:00 am	Room 103
Introduction to SAIL Class (Stay Active & Independent for Life)	Thur/Tue/Thur	12/4, 12/9 & 12/11	10:30 - 11:30 am	Room 116/117
Siouxland Libraries Bookmobile	Thursday	12/4	11:30 am - 12:30 pm	Parking Lot
Tax Aide New Volunteer Training	Saturday	12/6	8:30 am - 3:00 pm	Room 103/110
Tie Away With Us (Help tie fleece blankets for Project Warm Up SF)	Saturday	12/6	12:00 - 3:00 pm	Room 110
Pickleball DUPR Event (Registration Required)	Saturday	12/6	3:30 - 7:30 pm	Pickleball Courts
Pickleball DUPR Event (Registration Required)	Sunday	12/7	11:00 am - 5:00 pm	Pickleball Courts
Christmas Dinner	Wednesday	12/10	11:00 am - 12:30 pm	Dining Area
Holiday Jamboree	Thursday	12/11	5:30 - 7:00 pm	Gymnasium
Holiday Cookie Pie Class	Saturday	12/13	1:00 - 3:00 pm	Room 110
Acrylic Painting: Snowy Scene in the Hills	Tuesday	12/16	2:00 - 4:00 pm	Room 110
Coffee w/ CEO Betsy	Thursday	12/18	10:00 - 11:00 am	Room 115
Out to Lunch Bunch (Touchmark at All Saints, Soup & Salad w/ Talk on Pioneer History)	Thursday	12/18	11:00 am	Meet at Location
Mend It 605	Thursday	12/18	1:00 - 3:00 pm	Room 110
Bean Bags & Beer	Thursday	12/18	4:00 - 6:00 pm	Dining Area
Medicare Advantage: The Basics (SHIINE) Register at front desk or call 605-336-6722	Friday	12/19	3:00 - 4:00 pm	Room 110
Movie Mania	Thursday	12/19	5:00 - 7:00 pm	Room 110
CLOSED FOR CHRISTMAS EVE	Wednesday	12/24	ALL DAY	BOTH BUILDINGS
CLOSED FOR CHRISTMAS DAY	Thursday	12/25	ALL DAY	BOTH BUILDINGS



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
MONDAY	12/1-12/15	ALL DAY	BOTH LOCATIONS	TREE OF LOVE DONATIONS ACCEPTED (IF YOU ARE MAKING A MONETARY DONATION CASH OR GIFTCARDS ONLY)
MONDAY	12/1	3:30-5:00 PM	LIBRARY	LIFELONG LEARNING WITH AUGUSTANA (5 MINI SESSIONS TO CHOOSE FROM)
TUESDAY	12/2	2:00-4:00 PM	ROOM 132	ACRYLIC PAINTING CLASS ("SNOWY SCENE IN THE HILLS")
TUESDAYS	12/2, 12/9, 12/16, 12/23 & 12/30	10:30-11:30 AM	LOBBY	SING-A-LONG
TUESDAYS	12/2, 12/9, 12/16, 12/23 & 12/30	6:30-9:00 PM	SERTOMA A	TUESDAY EVENING DANCES (VARIOUS BANDS)
WEDNESDAY	12/10	11:00 AM-12:30 PM	SERTOMA A	CHRISTMAS DINNER
THURSDAYS	12/4, 12/11 & 12/18	6:30-7:30 PM	SERTOMA B	BEGINNING COUNTRY DANCE LESSONS
WEDNESDAY	12/10	11:00 AM-12:30 PM	SERTOMA A	CHRISTMAS DINNER
SATURDAY	12/13	10:00 AM-2:00 PM	SERTOMA B	GREAT PLAINS COIN CLUB
FRIDAY	12/12	10:00 AM-2:00 PM	LOBBY	CRAFT SALE
FRIDAY	12/12	1:00-2:30 PM	SERTOMA A	MONTHLY BIRTHDAY PARTY (THE KAZUKES)
WEDNESDAY	12/17	1:00-2:00 PM	ROOM 128	COOKIES & COFFEE WITH BETSY
THURSDAY	12/18	11:00 AM	MEET AT TOUCHMARK AT ALL SAINTS	OUT TO LUNCH BUNCH (TOUCHMARK AT ALL SAINTS, LUNCH & TALK ABOUT PIONEER HISTORY)
THURSDAY	12/18	1:00-3:00 PM	LOBBY	TREE OF LOVE PACKING (VOLUNTEERS NEEDED: CALL JENNY AT 605-333-3306)
THURSDAY	12/18	3:00 PM	ROOM 202	MOVIE MANIA ("MY SECRET SANTA")
FRIDAY	WILL RETURN IN THE NEW YEAR	10:00 AM-11:00 AM	ROOM 202	TED TALKS (VARIOUS TOPICS)
FRIDAY	12/19	10:00 AM	128	MEDICARE ADVANTAGE: THE BASICS (SHIINE); REGISTER AT FRONT DESK OR BY CALLING 605-336-6722
FRIDAY	12/19	1:00 PM	LOBBY	HOLIDAY PARTY (REFRESHMENTS, UGLY SWEATER CONTEST)
WEDNESDAY	12/24	ALL DAY	BOTH LOCATIONS	CLOSED FOR CHRISTMAS EVE
THURSDAY	12/25	ALL DAY	BOTH LOCATIONS	CLOSED FOR CHRISTMAS DAY
WEDNESDAY	12/31	6:00-9:00 PM	SERTOMA A	NEW YEAR'S DANCE (MUSIC BY VINYL 5, SOUP & DESSERT BAR; \$35.00 PER PERSON)

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: Wed. December 17 @ 1 pm, Rm 128  
East: Thur. December 18 @ 10 am, Rm 115

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



# Active Generations Club Notes

**SING A LONG**  
Come join us to sing some of your favorite songs!

This group started about 20 years ago and has been one of the favorites ever since. Members meet in the lounge of Active Generations Main to sing their favorite songs from decades ago. Accompanied by a piano, it will take you back to your childhood! You don't have to be a good singer, you just have to enjoy music and bring some enthusiasm!

So, if singing is one of your favorite things, come to Active Generations Main every Tuesday at 10:30 am to sing your heart out!

If you are a piano player and would like to show off your talent, this group is always looking for volunteers.

Contact Nancy Lange at 605-261-5385 for any ques-

tions or to volunteer.  
Happy singing!

**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**  
Music, the universal language! Our audiences are very thankful for the music we bring to them. And we are thankful for our instruments and our ability to create the music. Who are we? We are the Kazukes!

The Kazukes are a group of 24 members that get together every Wednesday from 9:30 to 11:30 in room 203 to prac-

tice. The group consists of ukuleles, banjoleles, kazoos, and a variety of other instruments. Then twice a month we share our music with a variety of retirement villages.

Music! What kind of music? We play country, contemporary, and religious, plus others. All of it is oldies -from the 30s to the 60s, some calm and some lively!

The Kazukes perform the first Wednesday of the month for Day Break in Sertoma B. Come listen! You will be thankful you did!

**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**  
The Active Generations Book Club will be meeting on Monday, December 15, at 9:30am at the Active Generations Main location. Note this is the third Monday due to the Christmas Holiday.

The book that will be discussed is "The Nature of Fragile Things" by Susan Meissner. This book is a historical fiction about a young Irish immigrant woman who becomes a mail order bride. Her fate

becomes entwined with the fates of two other women on the eve of the 1906 San Francisco earthquake.

The Book checked out for the January discussion is "Mad Honey" by Jodi Picoult. This book tells the story of two women who have left abusive relationships and are trying to make a new life in the small town of Adams, New Hampshire. When one is found dead, the other finds her son accused of murder and a tense courtroom drama unfolds.

If you are interested in reading and discussing a variety of books, you might want to join the Active Generations Book Club. Please contact the Active Generations for the leader's contact information.

Happy Reading!!

## Sioux Falls Table Tennis Tournament





## 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
Bingo	Fridays (except 2nd Friday)	1-2:30 pm	Sertoma B	Richard Miller, Dean Dewes
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
	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
	Wednesdays	1:00-3:00 pm	Room 204	Carolyn Colombe, Sherrill Bessey
				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	Nancy Lange, Dennis Renli
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.**





The SHIINE program is currently seeking dedicated volunteers to help serve our 12 counties in Southeast South Dakota. If you or someone you know is willing to travel and/or present educational sessions, we’d love to connect!

Join us for an informative presentation titled “Medicare Advantage Plans: The Basics” on Friday, December 19. Two sessions will be held:

- 10:00 AM at the Main Campus
- 3:00 PM at the East Campus

Space is limited, so please RSVP to reserve your spot at either location.

MAIN

Pickleball

EAST

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

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.

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

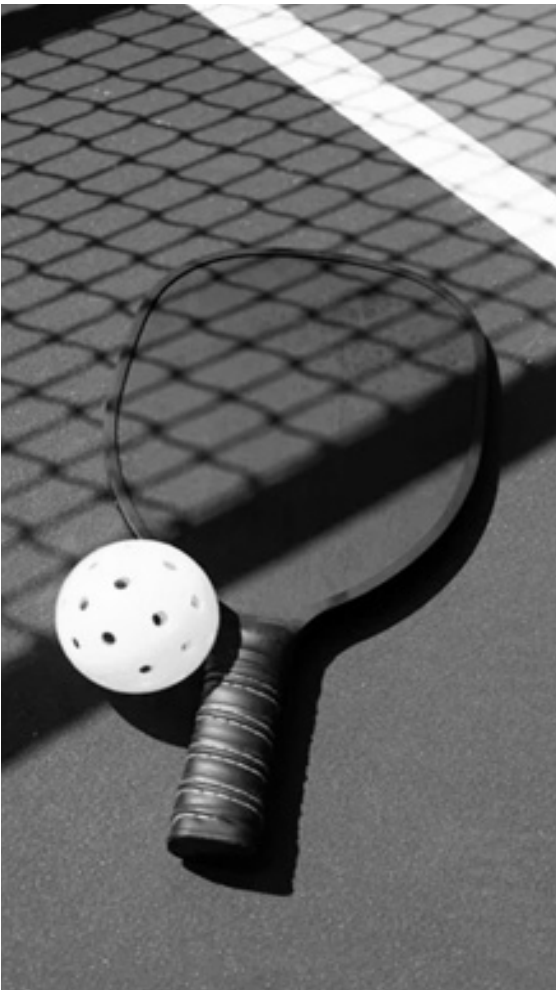
An Independent and  
Assisted Living Community

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 . . .





# New Years Dance

**DECEMBER 31ST 2025**  
6:00 PM - 9:00 PM | MAIN CAMPUS  
**MUSIC BY VINYL 5**

## Secure Your Tickets Early!

Join us for a Tuesday Night dance on November 18 or November 25 to grab your tickets at a discounted rate.

**Early Bird Pricing:** \$25 per ticket (only available at Tuesday night dances).  
**After December 1st:** \$35 per ticket  
**At the Door:** \$45 per ticket

ONLY 2 TICKETS PER PERSON  
LIMITED NUMBER OF TICKETS AVAILABLE



# DECEMBER MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

**MAIN CAMPUS | THURSDAY, DEC. 18TH | 3 PM**

## "MY SECRET SANTA"

Taylor disguises as Santa at a resort to fund her daughter's ski lessons. Working with the charming manager Matthew, she finds holiday cheer and a chance at love amidst challenges.

**EAST CAMPUS | FRIDAY, DEC. 19TH | 5 PM**

## "JINGLE BELL HEIST"

At the height of the holiday season, two strangers team up to rob one of New York's most famous department stores while accidentally falling in love.



# Tree of Love

Take an ornament off our Tree of Love and buy the bulk items for our homebound senior bags that will be packed and delivered.

Donations accepted from  
Dec. 1<sup>st</sup> - December 15<sup>th</sup>

Volunteers needed to pack bags:  
December 18<sup>th</sup> from 1 - 3 PM

To donate a monetary gift for bulk items to be purchased, visit Member Services or call (605)336-6722



# Active Generations NEW! GIFT CARDS

For more information, please call (605) 366-6722 or stop by the Member Services Desk.

# TUESDAY NIGHT DANCES

6:30 - 9:00 PM

Members \$7 | Non-Members \$10

## DECEMBER BAND LINE UP

**December 2:** State Line Drifters

**December 9:** Clay Creek Band

**December 16:** The Huckleberrys

**December 23:** Norgaard Country

**December 30:** Audra & The Machine



# Acrylic Painting Class

Join us for a delightful painting experience! This month, we will explore a "Snowy Scene in the Hills."

**MAIN:** TUESDAY, DEC. 2 | 2 - 4 PM  
**EAST:** TUESDAY, DEC. 16 | 2 - 4 PM

## CLASS HIGHLIGHTS:

- No experience needed
- All supplies provided
- Spots are limited

**COST:**  
\$15/MEMBER  
\$25/NON-MEMBER

**TO REGISTER:**  
CALL (605)336-6722  
OR STOP BY MEMBER SERVICES







HALLOWEEN FUN!



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



FIREPLACE PROFESSIONALS, INC.

# 4TH ANNUAL HOLIDAY HEARTHS

HONORING OUR CAREGIVERS

**Active  
Generations**  
Opportunities for a Lifetime

**CAREGIVERS**  
By Active Generations  
Support, Strength & Solutions



*This holiday season, Fireplace Professionals is partnering with Active Generations to help make the holidays a little brighter for the caregivers in our community.*

*At today's event, please take a gift tag and jot down an idea – something you'd love to receive, or something that would make caregiving a little easier.*

*Your ideas will help us fill our Holiday Hearths Giving Tree, so the right gifts can reach those who give so much all year long.*

## How You Can Help:

--Take a tag and share a gift idea.

--Hang it on our tree or return it to the table.

You are invited to visit Holiday Hearths to see hearths decorated by local designers November 24 - December 24th.

## Day Break/Ceili Cottage Happy Holiday Season!

Here we are again! It seems like the years go faster!

As the weather quickly changes from Autumn to Winter. Coats, mittens and snow boots are now the latest style! The Christmas sweets and Christmas music make the month just a bit more tolerable. The months of winter can get long in the Plains.

At Day Break, we reminisce of the old days of the Christmas season. Talking of how growing up on the farm, dealing with all the snow and singing Christmas songs while milking the cows. The wonderful smells of the kitchen. Turkey, Ham, Pies, Breads and Christmas Cookies. Listening to Christmas songs and stories on the radio. Taking Sleigh rides and caroling. Waiting for Santa!

We are making Christmas ornaments with mason jar lids and old cookie cutters. The tree will become nostalgic! Decorating Christmas cookies that we get to eat! Bringing a feeling that helps remember the good old days.

It's the little things that make the spirit bright and the heart smile. Remember the reason for the season!

Day Break Staff would like to Wish All of You a Wonderful Holiday Season and a Healthy and Safe New Year 2026!

*"It is Christmas in the heart that puts Christmas in the air."*

~ W.T. Ellis

**Active  
Generations**

## DECEMBER CRAFT SALE

A diverse selection of handmade crafts are available for purchase.

MAIN CAMPUS  
Friday, December 12th  
10 AM - 12 PM

PLEASE JOIN US FOR A

# HOLIDAY PARTY

FRIDAY  
19  
DECEMBER  
AT 1 PM

UGLY SWEATER CONTEST  
REFRESHMENTS PROVIDED

**Active  
Generations**  
MAIN CAMPUS  
2300 W. 46TH STREET

# OUT TO LUNCH BUNCH

THURSDAY, DECEMBER 18TH  
TOUCHMARK AT ALL SAINTS  
111 W 17TH STREET, SIOUX FALLS

No cost to attend  
Lunch and learn about pioneer history  
Meal: Soup and salad  
Parking available underground or on the northeast side

To Register:  
Call: (605)336-6722  
or stop by the front desk

**Active  
Generations**  
Opportunities for a Lifetime

# Merry Christmas from our house to yours!

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

**SRES**  
**MALONEY**  
REAL ESTATE  
Finding People and Pets their Forever Homes



# GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

## ACTIVITIES & MEMBERSHIP SERVICES:

Avera Health  
In Memory of Verone  
Merrill:

Marcia & Gerald  
Van Ginkel

## ADULT DAY SERVICES & CAREGIVERS:

Avera Health  
Jeff & Renae Malone  
Brent Tifft

In Memory of Anne  
Butz:

Camille Tweeten  
Vern Eide Motorcars

In Memory of Philip  
Dahle:

Kathy Hanisch  
In Memory of Jeffrey  
Larson:

JoAnn Anderson  
Karn Barth  
Julie Blauth  
Patricia & Theodore  
Feller

Linda & William Good  
Lisa Gray

Judy Hansen  
Kari & Chad Hultgren  
Stephanie & Douglas  
Knutson

Clarice Konold  
Bill and Joyce Kubat  
Julie Larson

Lonny Larson  
Peggy Licari  
Karrey & Steve  
Lindeberg

Larry Meyerink  
Todd & Mildred Miller

Susan Olson  
Rebecca Osmundson  
Sara Reece

Vincent Reefer  
Monica & Robert  
Schmiedt

Nancy & Jerel Tieszen  
Roy Wilkins  
Family of Doug  
Wilson

Nancy & Robert  
Zimney

## DEVELOPMENT, IGNITE & CAPITAL CAMPAIGN:

Courtney and Jordan  
Feist

June Kaye Fitch  
Five Star Call Centers  
Arnie Hauge

Maureen Ohm  
Sammons Financial  
Group  
Julie Waage

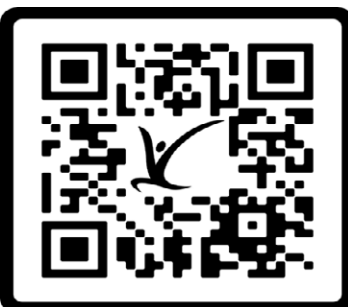
## NUTRITION, MEALS ON WHEELS & WORKERS ON WHEELS:

Avera Health  
David Carlisle  
Joseph Tomasulo  
Mary Wolfgram

**Is Active  
Generations  
in your will or  
estate plans?  
For guidance  
with this  
process,  
please contact:**

Wendy  
McDonnel  
Director of  
Development  
605-275-7680

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



SCAN ME

*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**

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



**GRACE COMMUNION  
INTERNATIONAL**

Sioux Falls Fellowship

Worship Service- Sundays at 11 a.m.

Active Generations East-5500 E. Active Generations

For more information contact Pastor JoAnn 605-366-8820.  
or visit our website [gcichurches.org/siouxfalls](http://gcichurches.org/siouxfalls)

Thursday Bible Study at 12 p.m. on 46th Street, Room 202.  
Thursday Bible Study at 10 a.m. East location, Room 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

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



*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.





## AARP Foundation® Tax-Aide

### Sioux Falls Tax-Aide Information for Preparing 2025 Tax Returns

Welcome to another tax year! The Sioux Falls Tax-Aide team plans to open the local AARP Foundation Tax-Aide program for preparing 2025, 2024, and 2023 tax returns. The in-person tax preparation program will operate at Active Generations' Main location (2300 W. 46th St., Sioux Falls, SD) from February 2 through April 11, 2026. In Sioux Falls, assistance is only available for federal tax returns. No assistance is available for people needing to file a state tax return. We look forward to getting started and helping you get your taxes prepared and filed.

Appointment scheduling begins Monday, January 19 – taxpayers are urged to refrain from calling prior to 8 am on the 19th. To make an appointment, call the Helpline Center by dialing 2-1-1 between 8 am and 5 pm Monday through Friday. Please be aware that there is no one available at Active Generations to answer questions about the program.

#### Once you've made an appointment:

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

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

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

## DECEMBER FITNESS & HEALTH TIPS

It's the most wonderful time of the year! I am one of those "weirdos" that loves winter and snow. When I still had my dog, we used to go for long walks in the snow or during a snowfall. To me it is very peaceful and magical. What I don't like is ice. But ice, unfortunately, is also part of winter. Over the years I fell quite a few times, not so much because of the snow but because of the ice that sometimes hides underneath. It took me years to get smart enough to get me some cleats to put on the bottom of my boots. You can purchase those online or at any sporting goods store (there are cleats available for canes and wheelchairs also). And they actually work in most cases. The only times I had to be extremely careful were on really smooth ice. Then even cleats don't work.

Before you head out in snowy or icy conditions, determine if it is really necessary. Is it worth potentially falling and getting hurt? Unless you have an appointment you have to keep, please stay home. If you have to go somewhere, even if it is just a few steps to the mailbox or to take out garbage, make sure to dress appropriately and bring your cell phone. Don't just dash out without gloves or mittens, a hat and a scarf. In case you fall, and nobody is around to help, you don't want to lay there in the snow without proper attire. And don't worry about how you look. On my dog walks I had on layers and layers of clothes. Sometimes nothing matched but I didn't care as long as I stayed warm. Don't forget to bring your cell phone either. If you do fall you can call for help.

If you grew up in South Dakota or have lived here a long time you know to be prepared for inclement weather. Stock up on necessities when you can and make sure



you have food in the house that does not need any heating up in case the power goes out, and also basic essentials. Some things you should always have on hand are bottled water, energy bars, peanut butter, bread, batteries, candles, matches, a flashlight, first aid kit and any medications you might need. If you have pets, make sure you have food and also any medication they might need.

If you do slip, try not to catch your fall. I know, that's easier said than done because you automatically try to do just that. But it puts you at a higher risk for fracturing your wrists and arms. Also, if you fall down, wait for someone to help you get up to prevent more injuries. I know from experience that it is hard to get back up on ice (in my case it didn't help having an 80-pound dog jumping around on me, thinking I was playing).

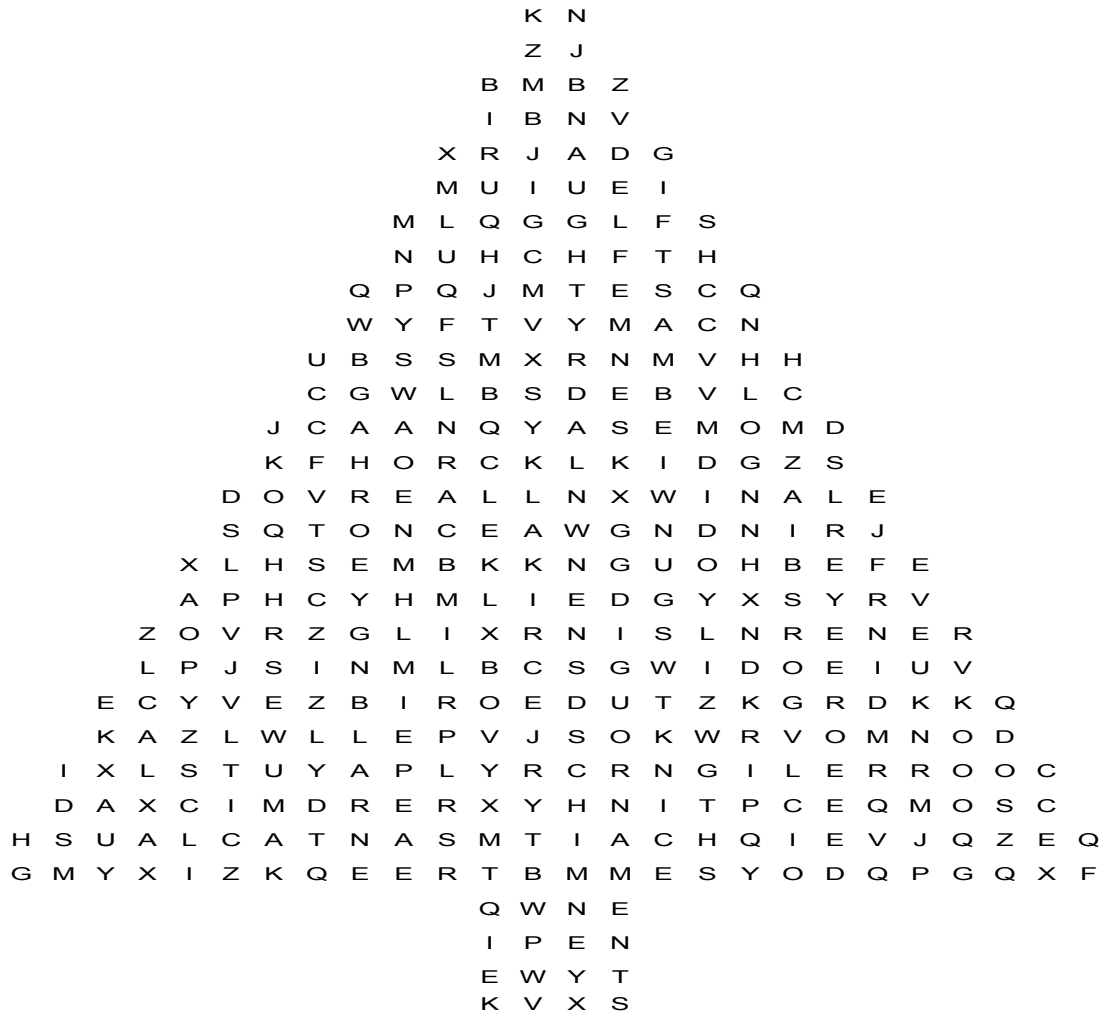
If you do have to drive somewhere, make sure to have water, energy bars, a blanket, a portable phone charger, a flashlight, a shovel and cat litter in the car. That is in addition to the things you should always have in your car, like an ice scraper, a first aid kit and jumper cables. Also make sure you have a full tank of gas and let someone know where you are going.

But again, stay home if you can! And remember that Active Generations will be closed when the Sioux Falls School District is closed.

Have a wonderful, merry Christmas and happy holidays! Stay safe!



# WORD SEARCH FUN!



CANDY CANE  
COOKIES  
GIFTS  
MILK  
NORTH POLE  
REINDEER  
SLEIGH BELLS

CHECKING TWICE  
ELVES  
GINGERBREAD  
NAUGHTY  
ORNAMENTS  
RUDOLPH  
TREE

CHIMNEY  
GARLANDS  
JOLLY  
NICE  
RED NOSE  
SANTA CLAUS

Answers on page 18



## Deliver Holiday Cheer – Volunteer with Meals on Wheels This Christmas Season!

As the Christmas lights begin to twinkle and the spirit of giving fills the air, it's the perfect time to share kindness with those who need it most. Meals on Wheels is seeking caring, community-minded individuals to help us deliver more than just meals—we're delivering holiday warmth, joy, and connection to our homebound neighbors across the Sioux Empire.

### Why Volunteer This Season?

For many seniors and individuals living alone, the holidays can be especially isolating. A warm meal and a friendly visit can bring comfort, companionship, and a reminder that they are not forgotten during this special time of year.

### 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 once a week, once a month, or as a substitute when it fits your schedule

### Be Someone's Holiday Miracle

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

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

This Christmas, give the gift of your time and heart.

Together, we can deliver more than meals—we can deliver holiday cheer, hope, and human connection.



## Rake the Town 2026

Thank you to everyone who volunteered and registered their home for Rake the Town this year! It was a beautiful week in October to be out raking and cleaning the town, and a lot of leaves were taken to the dump. Over

200 homes were raked by over 1200 volunteers this year, so the community has shown once again that it can come together and help those in need when asked to do so.

It's time to start thinking about 2026! Rather than waiting to call if you are aware you'd like to sign up next year, call and let us know if that is something you'd be interested in! Our WOW staff will record your information, and will call to confirm your interest next year. Just call (605) 333-3317 to pre-register, we look forward to having an even better Rake the Town in 2026!







## Book Review

by Sharon DeVaney

### Truly

by Lionel Richie

Lionel Richie is a popular co-host of American Idol. He is also a singer, songwriter, and international celebrity. He is 74 years old and going strong. He is described as one of the world's best-selling artists of all time. The book, Truly, is the story of his life. Lionel was born on June 20, 1949 in Tuskegee, Alabama. His father was a systems analyst in the Army and his mother was a teacher and school principal. His grandmother was a pianist who played classical music.

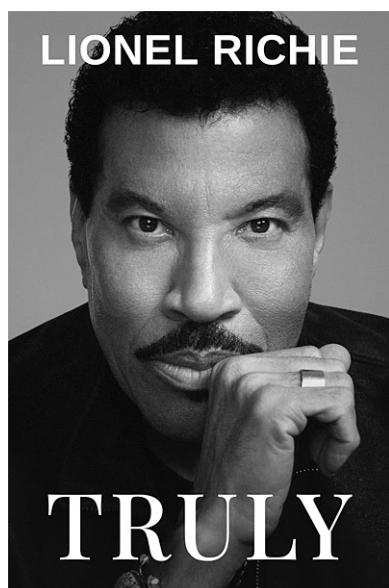
Lionel grew up on the campus of Tuskegee Institute. Their family home was given to his grandparents as a gift from Booker T. Washington. Lionel accepted a tennis scholarship to attend Tuskegee Institute. He was a member of the marching band. His degree was in economics with a minor in accounting. As a student, he was involved with several R and B groups; he became a singer and saxophonist with the Commodores.

He rose to fame in the 1970s as a songwriter and the co-lead singer of the Commodores. His early hits were "Easy," "Sail On," "Three Times a Lady, and "Still." In 1980, he left the group and became a solo performer. In 1981, Lionel wrote the single "Endless Love" which he recorded as a duet with Diana Ross. In 1982, he officially launched his solo career with his first album that included the singles "You Are," "My Love," and "Truly."

His second album included the number one singles "All Night Long" and "Hello." In 1985, he co-wrote with Michael Jackson, "We Are The World." From 1986 to 1996, he took a break from recording. Since then he has released seven studio albums. His musical career evolved with him writing songs for other artists such as Kenny Rogers. Although he continued to write songs and perform, for a while there seemed to be less interest in his music in the States. However, he was very popular in the United Kingdom, Australia, and the Arab countries.

When he was invited to join American Idol as a judge in 2018, it re-introduced him to the public.

His awards include four Grammy Awards and one Golden Globe Award. In 2016, Lionel received the Johnny Mercer Award. In 2022, he received the Gershwin Prize for Popular Song, the American Music Awards Icon Award, and he was inducted into the Rock and Roll Hall of Fame.



## The Importance of Senior Nutrition and Community Support

Senior Nutrition is more than just a meal—it is a lifeline for many older adults in our community. At Active Generations, we proudly provide nutritious meals through a donation-based program that ensures no senior goes hungry, regardless of their ability to pay.

The recommended donation for each meal is \$5.25, which helps cover a portion of the actual cost. On average, it costs around \$10.00 to prepare and serve one meal. While we currently receive \$4.76 in federal and state funding per meal, this still leaves a gap that must be filled through community donations and local support.

We understand that not every senior can contribute financially. Some of our clients are unable to donate at all, while others generously give the full recommended amount—or even more. However, we have also seen a recent trend where some individuals, upon learning that others donate less, choose to reduce their own contribution significantly. For example, someone who has faithfully donated \$105.00 for a 20-meal punch card (covering the full recommended \$5.25 per meal) may now only donate \$20.00 for the same card—just \$1.00 per meal. While we respect that contributions are voluntary, this shift creates a significant challenge for our program's sustainability.

Across South Dakota, senior nutrition programs face the same challenges. According to the South Dakota State Fact Sheet (2025), thousands of older adults depend on nutrition services funded through the Older Americans Act. Yet federal support has not kept pace with rising costs or the rapid growth of our senior population. In fact, Meals on Wheels America reports that one in three programs nationwide already has a waiting list, with seniors waiting an average of three months for vital meals.

That's why every donation—no matter the size—truly matters. If you are able, we encourage you to contribute at or above the recommended \$5.25 per meal. Your generosity helps cover the real cost of each meal, supports seniors who cannot afford to pay, and ensures this essential program continues for years to come.

As federal funding faces potential cuts, community support is more important than ever. Together, we can #SaveLunch and make sure every senior in our community has access to healthy meals, safety checks, and the social connection that comes with them.



### Feel Like You Again – At Any Age

#### Welcome Gameday Men's Health to Sioux Falls!

We're proud to partner with **Active Generations** to bring **safe, effective men's wellness services** tailored for your lifestyle.

Whether you're staying active, reconnecting with hobbies, or simply looking to feel your best—**Gameday is here to help.**

#### Our Services Include:

- ✓ Testosterone Replacement Therapy (TRT)
- ✓ Erectile Dysfunction Support
- ✓ Semaglutide Weight Loss
- ✓ Vitamin Therapy & B12 Injections
- ✓ Personalized Care in a Comfortable Setting

**No waiting rooms. No rushed visits. Just results.**



Now open in Sioux Falls



Call today to schedule your free consultation: (605) 600-5454



Visit us: [gamedaymenshealth.com/sioux-falls](https://gamedaymenshealth.com/sioux-falls)



# December 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.**

Alexandre M.  
Alison M.  
Amanda S.  
Ann F.  
Annie B.  
Arlyce B.  
Audrey E.  
Barbara F.  
Barbara H.  
Barbara J.  
Barbara M.  
Beverly V.  
Bill R.  
Bob K.  
Bonnie H.  
Brenda T.  
Brenda V.  
Brian H.  
Bruce H.  
Bruce W.  
Carol C.  
Carol K.  
Carol O.  
Carole F.  
Carole W.  
Cary M.  
Cathy H.  
Cathy S.  
Cathy W.  
Charlene F.  
Charles N.  
Charlene D.  
Cherielee M.  
Cheryl G.  
Cheryl H.  
Cheryl W.  
Ching-Meng C.  
Chip H.  
Chris D.  
Christi W.  
Christine G.  
Cindy D.  
Cindy T.  
Colleen H.  
Connie B.  
Connie D.  
Connie D.  
Craig G.  
Crystal W.  
Cynthia F.  
Dale J.  
Dalene P.  
Daniel H.  
Darell B.  
David C.  
David G.  
David J.  
David M.  
David O.  
David P.  
David T.  
Dawn A.  
Deanna H.

Deb M.  
Debbie F.  
Debra P.  
Debra W.  
Dell R.  
Delois D.  
Dennis F.  
Dennis M.  
Des (.  
Diane B.  
Diane D.  
Diane H.  
Diane S.  
Don T.  
Donald J.  
Donna D.  
Doris S.  
Doug D.  
Dyana B.  
EJ K.  
Elaine M.  
Elizabeth S.  
Elizabeth(Liz) R.  
Elli V.  
Erling T.  
Evelyn D.  
Everett K.  
Frank S.  
Frank Y.  
Franklin K.  
Gary D.  
Gary O.  
Gene F.  
Gene G.  
Gloria H.  
Harriet S.  
Hattie B.  
Helen H.  
Hessel S.  
Jack (.  
Jacob J.  
Jacqueline W.  
James C.  
James F.  
James O.  
James T.  
Jana C.  
Jane M.  
Janet F.  
Jean E.  
Jean H.  
Jean T.  
Jeanine R.  
Jenny C.  
Jeremy E.  
Jerry J.  
Jill H.  
Jill P.  
Jim F.  
Jim M.  
JoAnn L.  
Joanne R.  
Jodie S.

John S.  
Jolynn S.  
Jose R.  
Joseph R.  
Juan A.  
Judith C.  
Judy D.  
Judy F.  
Judy L.  
Judy M.  
Judy W.  
Julie H.  
Julie Z.  
Karen B.  
Karen J.  
Karen S.  
Karen S.  
Kathleen M.  
Kathy B.  
Kathy B.  
Kay N.  
Kay S.  
Kayleen H.  
Keith S.  
Kelly D.  
Kelly D.  
Ken D.  
Kenneth S.  
Kim F.  
Kookie S.  
Kristi N.  
Laura P.  
Lawrence N.  
LeAnne V.  
Leslie H.  
Lillian G.  
Linda B.  
Linda B.  
Linda J.  
Linda L.  
Linda R.  
Linda S.  
Linda S.  
Lisa H.  
Lois K.  
Lora P.  
Loraine H.  
Lori B.  
Lori F.  
Lori J.  
Lurlene R.  
Marcia R.  
Margery M.  
Maria J.  
Marianne B.  
Marianne W.  
Marie S.  
Marilyn P.  
Mark E.  
Mark M.  
Mark U.  
Marleen B.  
Marlene M.

Marlene N.  
Martha B.  
Marvin H.  
Mary (.  
Mary D.  
Mary H.  
Mary H.  
Mary M.  
Mary U.  
Mary W.  
Mary W.  
Michael D.  
Michelle U.  
Milton S.  
Monty A.  
Nancee S.  
Nancy C.  
Nancy E.  
Nancy L.  
Nancy S.  
Nancy S.  
Nancy W.  
Pamela J.  
Patricia B.  
Patricia D.  
Paula L.  
Paula T.  
Peggy S.  
Phyllis G.  
Renae I.  
Rhonda W.  
Richard B.  
Richard J.  
Richard K.  
Richard L.  
Richard R.  
Richard T.  
Rick B.  
Rick C.  
Rick S.  
Rita W.  
Robert K.  
Robert R.  
Robert W.  
Roger S.  
Roger S.  
Roger S.  
Ron W.  
Roxie S.  
Ruth C.  
Sally M.  
Scott H.  
Scott K.  
Shabaz T.  
Sharon K.  
Sharon P.  
Sharon P.  
Sharon R.  
Shirley B.  
Shirley M.  
Shubhi B.  
Siegfried M.  
Sonja S.

Stephen G.  
Steve A.  
Steve H.  
Steve J.  
Steve O.  
Steven E.  
Sue M.  
Susan D.  
Susan V.  
Tech F.

Teresa J.  
Thomas B.  
Thomas B.  
Timothy K.  
Tom C.  
Tom D.  
Tom H.  
Vance A.  
Vic L.  
Vicki O.

Vicky F.  
Wayne V.  
Will S.  
William L.  
William R.  
William S.  
William W.  
Yettee G.  
Zechariah V.

Sioux Falls Good Samaritan Communities  
Invites You to The

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

**BIRTHDAY PARTY**

**FRIDAY, DECEMBER 12 • 1:00 – 2:30 P.M.**

ENTERTAINMENT BY:

**THE KAZUKES**



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

**Happy Holidays**  
*from*  
**Sunnycrest Village**  
**Where Seniors Celebrate Life!**

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

**SUNNYCREST  
RETIREMENT  
VILLAGE**

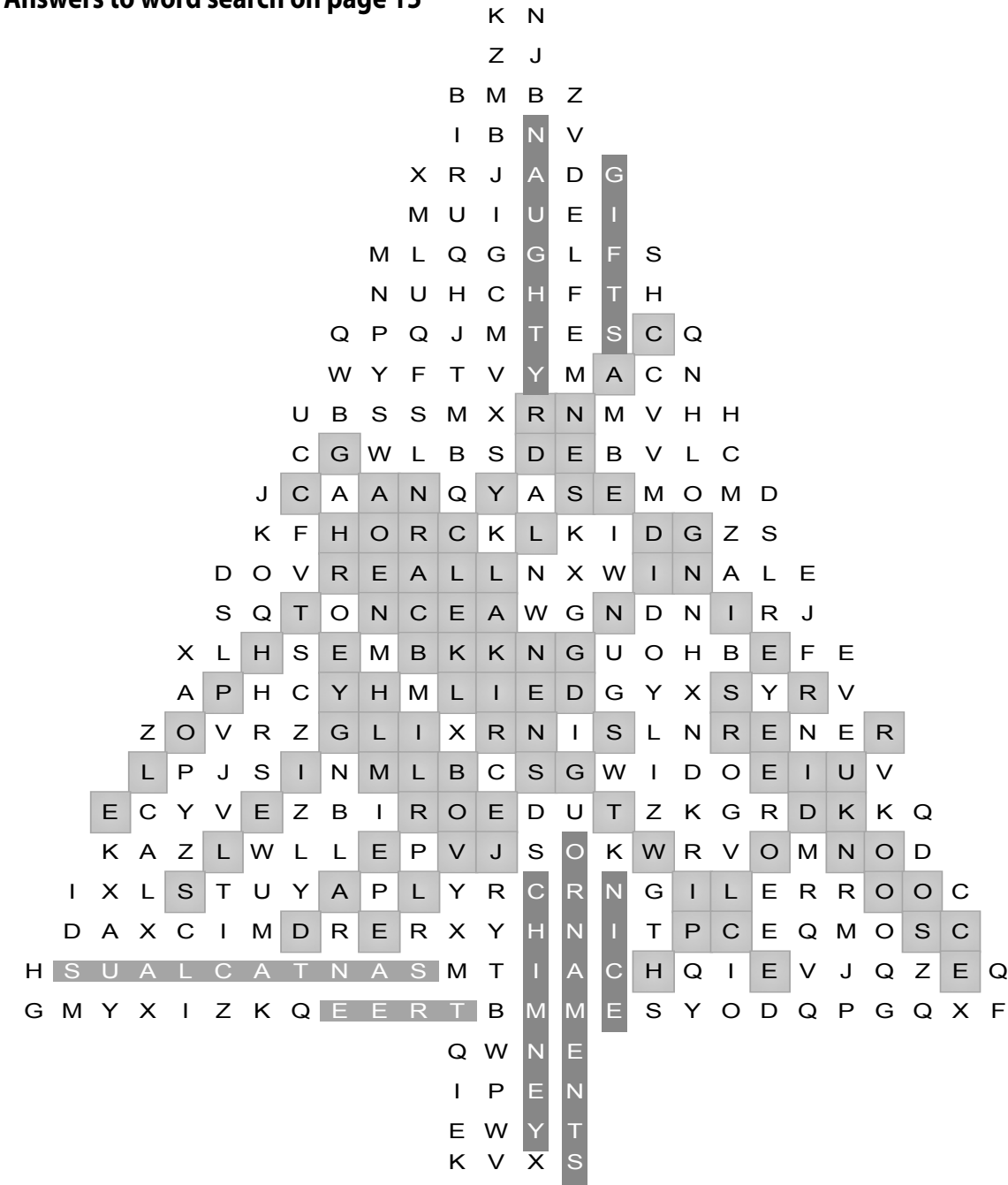
3900 S. Terry Ave.  
Sioux Falls, SD 57106

605-361-1422

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



Answers to word search on page 15



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 cre-  
ative. Our club makes quilts,  
wall hangings and more to sell  
at our annual bazaar and show-  
case throughout the building. If  
you like to be creative and use  
your hands to help make beau-  
tiful 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 reg-  
istration required. Cost: Own  
supplies.

**KNITTING CLUB**  
Wednesdays, 9 a.m. –  
Noon • Room #201

Active Generations Knit-  
ting 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 com-  
munity 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 cre-  
ative craft group as they cre-  
ate useful, interesting, whim-  
sical, 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 wood-  
carving where the acanthus  
leaf is used as a design mo-  
tif. For thousands of years, it  
has appeared in architecture,  
furniture, marine carvings,  
decorative items, signs, and  
frames. This is a great ad-  
dition to our variety of clubs,  
and we're thrilled to provide  
this opportunity for our mem-  
bers.

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

## For your Good Health

### MASSAGE THERAPY

Main Location  
Next available dates are:  
Wednesday, Nov. 19  
Wednesday, Dec. 17  
Room 128  
15 min \$22  
30 min \$44

Call Active Genera-  
tions to set up an ap-  
pointment (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, di-  
etitian, 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 reg-  
ular blood pressure checks;  
to answer questions about  
medications or their side  
effects; to evaluate mobil-  
ity problems such as weak-  
ness, poor balance or risk  
for falls.

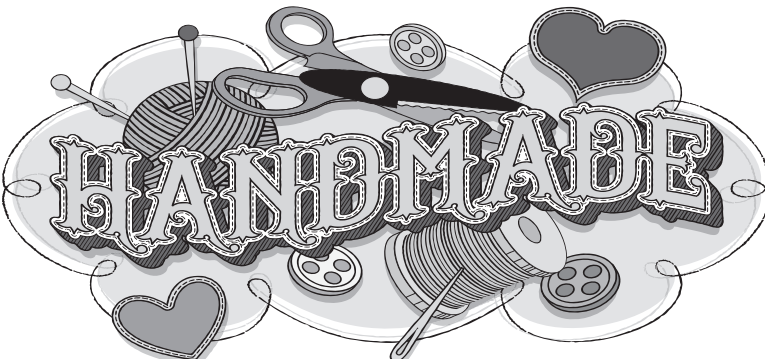
Is the Health Co-Op  
for you? It is really for  
everyone, especially those  
receiving Medicare or Med-

icaid or who have little or  
no health insurance. Stop  
in and chat with our com-  
mitted 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

Available dates for  
2026 are pending. At this  
point we are not sure if the  
Sanford Foot Care Clinic  
will continue next year. For  
basic, non-medical nail care  
you can contact our Beauty  
Shop at 605-333-3308.



# Embrace the Season of Giving

This holiday season, we're filled with gratitude for you.

Your generosity helps Active Generations continue to provide life-enriching programs, welcoming spaces, and opportunities for adults in Sioux Falls to live healthy, fulfilling lives.

As the need continues to grow and funding challenges arise, your support matters more than ever — sustaining Meals on Wheels deliveries, day services for individuals living with Alzheimer's and dementia, and vital community connections.

Make a difference this holiday season by helping us extend programs, enhance facilities, and inspire active, connected living for all.



**ActiveGenerations.org**



## Discover Meaningful Ways to Donate this Holiday Season:

### Online Donation

Make donations directly on our website and choose where you want to make an impact.

### Mail-in Donation

Send your contribution directly to Active Generations.

### IRA Charitable Rollover

Individuals 70+ can donate directly from their IRA — tax-free! This option can help satisfy your RMD and the well-being of our members.

### Legacy Planning

It's the gift that keeps on giving.

Whether you only give once, or contribute monthly, your donation can make an impact that's lifelong. Thank you for helping us activate warmth and connection during the holidays.

For more information, contact  
Wendy McDonnell, Development Director  
(605)275-7680 [wmcdonnell@activegen.org](mailto:wmcdonnell@activegen.org)  
2300 W. 46th Street Sioux Falls, SD57105





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

DECEMBER

menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TATER TOT CASSEROLE BROCCOLI FRUIT JUICE	2 SLICED HAM SWEET POTATOES BEETS FRUIT JUICE	3 SWISS STEAK RICE WINTER BLEND VEGETABLES FRUIT JUICE	4 GRILLED CHICKEN SANDWICH RANCH POTATOES PEAS FRUIT JUICE	5 CHILI CRACKERS CORN BREAD FRUIT
8 HAMBURGER ON A BUN TATER TOTS CARROTS FRUIT JUICE	9 HAM & SCALLOPED POTATOES BROCCOLI FRUIT JUICE	10 TURKEY MASHED POTATOES & GRAVY STUFFING CORN APPLE CRISP <div>CHRISTMAS DINNER</div>	11 PANCAKES SAUSAGE PATTY HOT APPLES V - 8 JUICE	12 CRANBERRY MEATBALLS RICE GREEN BEANS FRUIT <div>Birthday Party 1-2:30pm</div>
15 CHICKEN CORDON BLEU MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT JUICE	16 GOULASH ITALIAN BLEND VEGETABLES GARLIC TOAST FRUIT JUICE	17 SAUSAGE GRAVY OVER BISCUIT SAUSAGE PATTY BEETS FRUIT JUICE	18 BEEF STROGANOFF OVER NOODLES CALIFORNIA BLEND VEGGIES FRUIT JUICE	19 BBQ RIBS SCALLOPED POTATOES PEAS FRUIT
22 SLOPPY JOE ON A BUN TRI-TATERS WINTER MIX VEGETABLES FRUIT JUICE	23 PIZZA VEGETABLES FRUIT JUICE	24 CLOSED	25 CLOSED <div>merry christmas and happy new year</div>	26 TUNA NOODLE HOTDISH PEAS & CARROTS FRUIT
29 PEPPER STEAK GARLIC MASHED POTATOES CARROTS FRUIT JUICE	30 PORK ROAST BABY RED POTATOES BROCCOLI FRUIT JUICE	31 HAMBURGER GRAVY OVER MASHED POTATOES GREEN BEANS FRUIT JUICE		<div>All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.</div>

**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.

WINTER  
Super DUPR

December 6<sup>th</sup> | 3:30 - 7:30 PM | Not Rated - 2.999

December 7<sup>th</sup> | 11:00 AM - 5 PM | 3.0000 - 4.499

East Campus (5500 E Active Gen. Pl)

Members \$10 | Non-members \$20

Active Generations

Opportunities for a Lifetime

Scan for more information or to sign up

Christmas Dinner

MAIN CAMPUS & EAST CAMPUS

Menu: Turkey, Mashed Potatoes & Gravy, Dressing, Corn, Apple Crisp

December 10<sup>th</sup> | 11:00 AM - 12:30 PM

Suggested donation of \$5.25

Door prizes will be available!

Active Generations

Active Generations

AG Winter Jamboree

DECEMBER 11<sup>TH</sup> 2025

5:30 PM - 7:00 PM | EAST CAMPUS

SPONSORED BY: 

First PREMIER Bank PREMIER Bankcard

MUSIC PROVIDED BY: VINYL 5

FREE SNACKS AND REFRESHMENTS AVAILABLE FOR PURCHASE