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Happy
NEW YEAR

Closed

Happy New Year

Thursday, January 1st

Martin Luther King's Day
Monday, January 19

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

MEMBERSHIP



JAN 1ST - JAN 31ST

PICK UP YOUR BINGO CARD FROM THE MEMBER SERVICES DESK

For 1 bingo, you'll be entered in a drawing to win AG Swag/Giftcard.

If you get BLACKOUT, you'll be entered into a drawing for a free month of membership!

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.





President's Update

As we close out the year and look ahead to 2026, I wanted to share several important updates across our campuses. Each of these items reflects our continued commitment to maintaining a welcoming, high-quality environment for our all

of our community while being responsible stewards of our resources. We remain grateful for the generosity of our community and the feedback of our members, both of which make these improvements and decisions possible. Below are a few key updates as we prepare for the new year.

1. Coffee Update

Coffee has been a hot topic (no pun intended!) ever since I started, especially given the history of coffee once being charged, then later becoming free. We've reached the point where we can no longer absorb the cost of providing unlimited free coffee. After brainstorming and discussing a middle-ground solution that remains fair and accessible at both the East and Main Campus, we have a plan.

Beginning January 2nd (as we are closed on January 1st), we will be installing a commercial-grade Keurig machine in both locations where the current machines sit. Members can bring their own K-Cup to use the machine or purchase a K-Cup at the front desk for \$1, which includes tax.

This approach removes the need for staff to "police" who has paid, while still offering everyone an easy, affordable way to enjoy a cup of coffee. Coffee for special events will continue to be available through our Catering Department, just as before. The new machines will also allow for more variety, less waste, and a fresh cup every time.

2. New Furniture at Main Campus

We are thrilled to share that we received generous funding from the Bob and Rita Elmen Family Foundation this year, which will allow us to update the furniture in the Main Campus nutrition and membership areas. The Foundation supported the library renovation last year, and this new gift will be transformational, especially since much of our current furniture is more than 25 years old and continues to wear down.

The new chairs will be padded—yet not cloth—for much easier cleaning. Four sample chairs are already in the Main Lobby, and members who have tested them have shared very positive feedback. New tables will also be on wheels to prevent dragging, which has caused damage to the floor. The furniture has been ordered and will begin arriving in the next couple of weeks. The new round tables will not have a center crease—so no more accidental domino-flipping during scramble time!

These investments in Active Generations are made possible by community generosity, allowing us to improve our spaces without impacting our operating budget or raising membership fees.

I also encourage you to stop by the Billiards Room—special thanks to Ron VerWey, who donated funds to replace the stools!

Celebration, Community and Cheer!

membership accessible and aligned with our mission to inspire active adult lifestyles.

5. Membership Staff Changes and Update Fitness Schedule

Over the past year, we have been investing in our Membership Team to better support our members. As we move into 2026, we are excited to transition into dedicated teams for each facility. Some staff may still occasionally support both campuses as needed, but our full-time team members will now focus primarily on their home locations.

At the East Campus, you will see Sara, Jess, and Heather.

At the Main Campus, you will see Luke, Jenny, and Susanne.

This focused staffing approach allows us to be more responsive to your needs. One of the most frequent requests we hear is for more group fitness classes—and we're happy to share that we are adding additional classes to the schedule. We are also working toward offering personal fitness training in the future, but expanding our group fitness offerings is our first priority.

We appreciate your continued feedback and engagement as we grow and enhance the Active Generations experience. We look forward to an exciting 2026 at Active Generations!

Wishing each of you a happy and healthy New Year!



Senior Citizens Services, Inc.

dba

Active Generations Board of Directors

Betsy Schuster – President and CEO

Luke Tibbets – Chairperson

Aimee Middleton – Vice Chairperson

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

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

Active Generations Program Directory

Phone Number: (605-336-6722)

Option 1: Membership and Activities

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

Option 3: Adult Day Services and Caregiver Support

Option 4: Information and questions on Medicare through SHIINE

Option 5: Other questions including donor gifts

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

Active Generations Fitness and Wellness

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



Fitness Room Hours:

Mon.–Fri., 6:30am-8pm

(Both Locations)

Sat., 8am-3pm

(Both Locations)

Fitness Class Schedule | January 2026

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



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

Class Descriptions:

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

Sculpted Strength: Build lean muscle and improve overall tone using controlled, targeted movements

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

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

Silver Sneakers Classic: Strengthen muscles and increase range of movement for daily life activities

Silver Sneakers Circuit: Improve strength and cardio with alternating low-impact moves and upper-body strength

Silver Sneakers Yoga: Improve flexibility and balance without the strain on your joints

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

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

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

Together,
WE
Make the
Difference

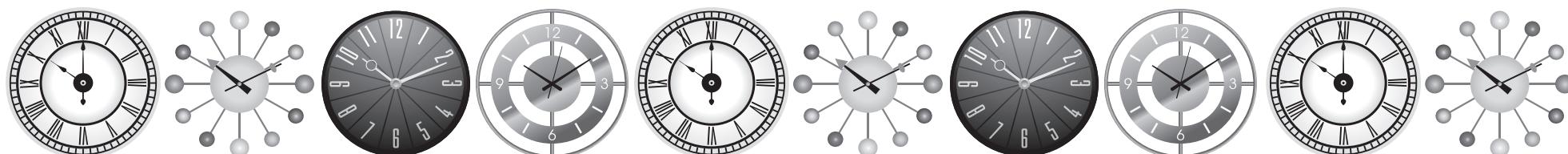
AG EAST

CARDS & SPECIAL INTEREST CLUBS

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

MARK YOUR CALENDAR!

CLUB OR ACTIVITY	DAY	DATE	TIME	LOCATION
CLOSED FOR NEW YEAR'S DAY	THURSDAY	1/1	ALL DAY	BOTH BUILDINGS
Grief Support Group	Monday	1/5	10:30 - 11:30 am	Room 103
Diabetes Self-Management Education Workshop	Wednesdays	1/7 - 2/11	10:00 - 11:00 am	Room 103
Art Therapy for Caregivers	Wednesday	1/7	1:00 - 3:00 pm	Room 110
Siouxland Libraries Bookmobile	Thursday	1/8	11:30 - 12:30 pm	Parking Lot
Frosty Pickle Pickleball Tourney	Sat/Sun	1/10 & 1/11	8:00 am - 8:00 pm	PB Courts
SAIL Fitness Class (Registration Required)	Tuesdays & Thursdays	1/13 - 4/3	10:30 - 11:30 am	Room 116/117
The Caregiver's Survival Kit: Relief, Resources & Resilience	Wednesday	1/14	1:30 - 2:30 pm	Room 110
Coffee w/ CEO Betsy	Thursday	1/15	10:00 - 11:00 am	Room 115
Medicare Advantage: The Basics	Friday	1/16	3:00 - 4:00 pm	Room 110
Movie Mania	Friday	1/16	5:00 - 7:00 pm	Room 110
Frosty Pickle Pickleball Tourney	Sat/Sun	1/17 & 1/18	8:00 am - 8:00 pm	PB Courts
Pickleball Class to Court	Tuesday	1/20	5:00 - 5:30 pm	Room 117
Out to Lunch Bunch (Registration Required)	Thursday	1/22	11:00 a.m.	Western Mall
Bean Bags & Beer	Thursday	1/22	4:00 - 6:00 pm	Dining Area
Tax Aide Volunteer Training	Saturday	1/24	9:00 am - 2:30 pm	Room 115
Caregiver Support Group	Wednesday	1/28	1:30 - 2:30 pm	Room 103
Siouxland Libraries Bookmobile	Thursday	1/29	11:30 - 12:30 pm	Parking Lot



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
THURSDAY	1/1	CLOSED	BOTH LOCATIONS	CLOSED FOR NEW YEAR'S DAY
TUESDAYS	1/6, 1/13, 1/20 & 1/27	10:30-11:30 AM	LOBBY	SING-A-LONG
TUESDAYS	1/6, 1/13, 1/20 & 1/27	6:30-9:00 PM	SERTOMA A	TUESDAY EVENING DANCES (VARIOUS BANDS)
THURSDAYS	1/8, 1/15, 1/22 & 1/29	6:30-7:30 PM	SERTOMA B	BEGINNING COUNTRY DANCE LESSONS
SATURDAY	1/10	10:00 AM-2:00 PM	SERTOMA B	GREAT PLAINS COIN CLUB
FRIDAY	WILL RETURN IN FEBRUARY OR MARCH	10:00 AM-2:00 PM	LOBBY	CRAFT SALE
FRIDAY	1/9	1:00-2:30 PM	SERTOMA A	MONTHLY BIRTHDAY PARTY (ROCKSTAR BINGO)
THURSDAY	1/15	3:00 PM	ROOM 202	MOVIE MANIA ("THE FRIEND")
FRIDAY	1/16	10:00 AM-11:00 AM	ROOM 202	TED TALKS (VARIOUS TOPICS)
MONDAY	1/19	CLOSED	BOTH LOCATIONS	CLOSED FOR MARTIN LUTHER KING JR. DAY
WEDNESDAY	1/20	10:30-11:30 AM	ROOM 128	COOKIES & COFFEE WITH BETSY
TUESDAY	1/20	6:30-9:00 PM	SERTOMA A	SNOWFLAKE BALL (MUSIC BY RADIO ALLEY)
WEDNESDAY	1/21	1:30 pm	SERTOMA A	PICKLEBALL CLASS TO COURT (BEGINNERS CLASS)
THURSDAY	1/22	11:00 AM	MEET AT REACH LITERACY BOOKSTORE	OUT TO LUNCH BUNCH (REACH BOOKSTORE, FOLLOWED BY LUNCH AT ALL DAY CAFÉ, BOTH LOCATED IN THE WESTERN MALL)
MONDAYS & WEDNESDAYS	1/26 - 2/19	7:00-8:00 PM	SERTOMA A	BEGINNER PICKLEBALL LESSONS (\$80.00 FOR MEMBERS, \$120.00 FOR NON-MEMBERS)

Outside Groups Meeting at Active Generations

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



Coffee and Cookies

Main: Tues. January 20 @ 10:30 am,
Room 128
East: Thur. January 15 @ 10 am,
Room 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 Ron

Tilstra at 605-366-7631 or Sally Tilstra at 605-366-7632 for any questions 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

"Mele Kalikimaka" is the song we play on this South Dakota holiday! For those of you "Dreaming of a White Christmas", we got it. Now we just have to wait as "Santa Claus is coming to Town"! And the Kazukes are busy

bringing Christmas cheer for everyone to hear!

We are in the holiday spirit and busy practicing Christmas carols. To just relax and enjoy yourself, come to a practice on a Wednesday morning from 9:30 to 11:30 a.m. in room 203. We also have concerts at a few retirement villages.

We Wish you a Merry Christmas and a Happy New Year!

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 act-

ing 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 meet on Monday, January 26th at 9:30 am.

The Book Club will begin the new year with the discussion of "Mad Honey" by Jodi Picoult. The book is a suspenseful mystery that explores themes of love, secrets and domestic abuse, and is told from alternating perspectives.

The book to be checked out for the February discussion is "The Violin Conspiracy" by Brenden Slocum. A

young Black man, while getting ready for an important competition, discovers that his battered violin is a priceless Stradivarius. The valuable family treasure is stolen and held for ransom. The story follows his quest to retrieve his violin.

Looking forward to a new year of Happy Reading!



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

Stay Safe,
Everyone!



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 and 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 and Carolee Olson
Bridge (Party)	Fridays	12:00-3:30 pm	Room 203	Arlene Salter and Alayne Meyer
Canasta	Thursdays	1:00-4:00 pm	Room 204	Cher Murphy
	Fridays	12:30-3:30 pm	Lounge	Gator Wohlman
Color Me Happy Coloring Club	1st & 3rd Thursdays	10:00-11:30 am	Room 132	Doris O'Dea
Couples Billiards	Tuesdays	6:00-8:00 pm	Room 200	Kathie Smith
Crafters Club	Thursdays	9:00 am-Noon	Room 201	Joanne Avery
Creative Writing Group	Mondays	9:30-11:00 am	Room 203	Fred Garber
Cribbage	Tuesdays	12:00-2:45 pm	Room 204	Arlene Sorenson
Dominoes	Mondays	1:00-3:00 pm	Room 204	Rosemary Campbell
	Wednesdays	1:00-3:00 pm	Room 204	Carolyn C., Rosemary C., Sherill B.
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 and 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 and Allan Hembree
	Thursdays	1:30-4:30 pm	Sertoma A	Linda Pierson and Allan Hembree
Pickleball (Open Play)	Mondays	3:30-8:00 pm	Sertoma A	
	Wednesdays	4:30-8:00 pm	Sertoma A	
	Fridays	4:00-8:00 pm	Sertoma A	
	Saturdays	8:00-11:00 am	Sertoma A	
Pinochle	Wednesdays	12:30-3:00 pm	Room 203	Becky Grave
Pitch 10-Point	Tuesdays	12:30-2:30 pm	Room 203	Les Brandhagen
Quilting Club	Tuesdays	9:00 am-Noon	Room 201	Carolyn Colombe
Sing-a-Long	Tuesdays	10:30-11:30 am	Lounge	Sally Tilstra and Ron Tilstra
Shuffleboard	2nd & 4th Tuesdays	9:00-11:00 am	Sertoma A	AG Members
Table Tennis	Mondays	3:00-5:00 pm	Room 205	Kai Zhang
	Tuesdays	5:00-9:00 pm	Room 204	Kai Zhang
	Wednesdays	3:00-5:00 pm	Room 204	Kai Zhang
	Thursdays	5:00-7:00 pm	Room 205	Kai Zhang
	Saturdays	8:00 am-3:00 pm	Sertoma B	Kai Zhang
Ukulele/Kazukes	Wednesdays	9:30-11:30 am	Room 203	Bill Simon and 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.



Open Enrollment for Medicare Advantage Plans runs from January 1 through March 31. During this period, individuals enrolled in a Medicare Advantage Plan can switch to a different Advantage Plan or return to Original Medicare. The SHIINE program is available to guide you through the process. To schedule an appointment—either in person or over the phone—call 888-854-5321. SHIINE will host a Q&A session on January 16th from 10-11:30 at the AG main campus. Bring your questions regarding Medicare, Advantage plans, supplements etc. Please call AG to RSVP as space is limited! Remember to never share your Medicare number with anyone! If you suspect fraud give us a call.

MAIN

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

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Helping Hand Assisted Living, Inc.

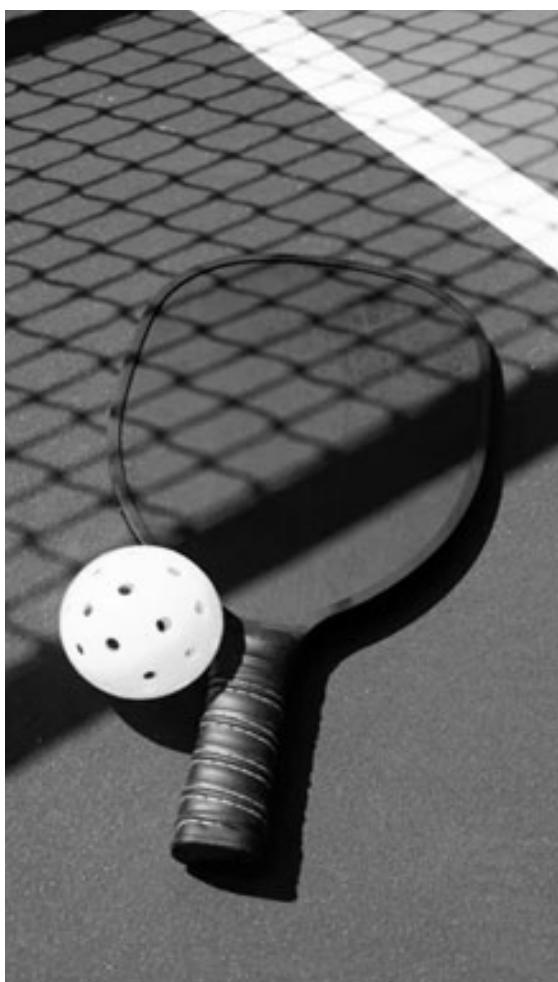
1000 Teakwood
Brandon, SD 57005

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information and a tour!
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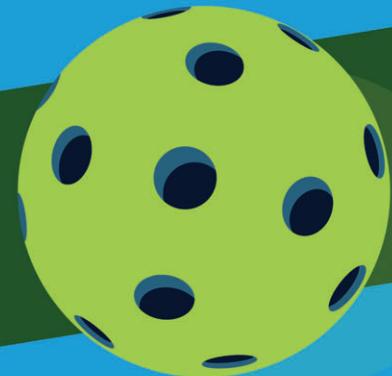
Pickleball

EAST

INSIDE (2 COURTS)
MONDAY, WEDNESDAY, FRIDAY
7:00 - 9:00 AM RESERVE PLAY***
9:00 - 12 NOON BEGINNERS LEVEL
12 NOON - 1:00 PM RESERVE PLAY***
1:00 - 4:00 PM INTERMEDIATE LEVEL (ALSO FRIDAY NIGHTS 5:00 - 8:00 PM)
4:00 - 5:00 PM RESERVE PLAY***
5:00 - 8:00 PM ADVANCED LEVEL (MONDAYS & WEDNESDAYS)
TUESDAYS & THURSDAY
7:00 - 9:00 AM RESERVE PLAY***
9:00 AM - 12 NOON INTERMEDIATE LEVEL
12 NOON - 1:00 PM RESERVE PLAY***
1:00 - 4:00 PM ADVANCED LEVEL
4:00 - 5:00 PM RESERVE PLAY***
5:00 - 8:00 PM BEGINNERS LEVEL
SATURDAY
8:00 AM - 3:00 PM SCHEDULED LEVEL PLAY (SEE WEBSITE OR SCHEDULE AT EAST FOR DETAILS)
OUTSIDE (2 COURTS)
WEATHER PERMITTING
ALL OPEN PLAY - ALL LEVELS
MONDAY - FRIDAY
7:00 AM - 8:00 PM
SATURDAY
8:00 AM - 3:00 PM

**Only Premier Fit members are permissible to reserve 1 week in advance.
Reservation requests are limited to 2 non-consecutive hours a week.
Reservations will remain as phone-in or at the front desk.
Non-Premier Fit members are required to purchase a Pickleball punch card for \$50.00 or \$100.00 (\$5.00 per punch/session).
Cards are punched at front desk before entering indoor or outdoor courts.

PICKLEBALL BEGINNER LESSONS



This beginner course covers foundational skills in pickleball, including serving, returning, forehand/backhand strokes, and dinking, along with basic terminology, rules, and court positioning.

4 Week Class | January 26th - February 19th
 Monday & Wednesday | 7:00 - 8:00 PM | Main Campus
 \$80 Members | \$120 Non-Members

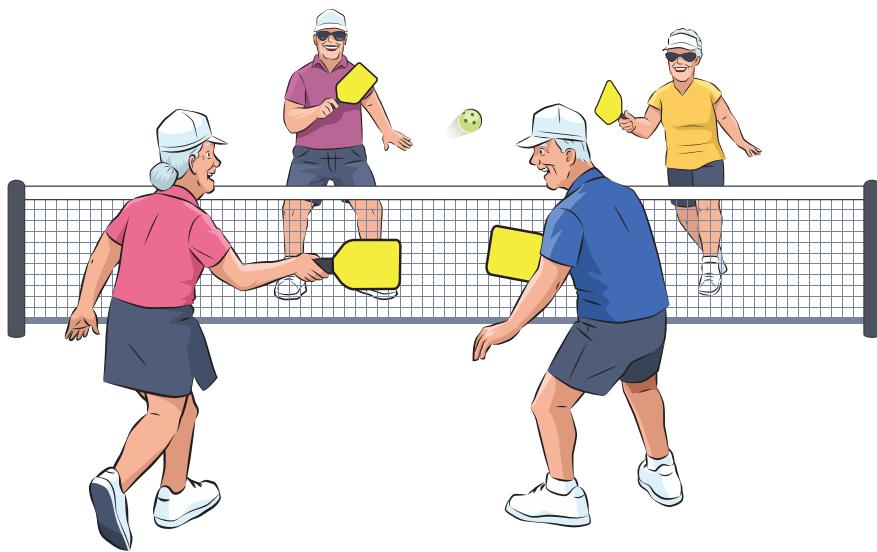
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Please call me if you or someone you know is considering buying or selling a home!

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PICKLEBALL CLASS TO COURT

TUESDAY, JANUARY 20
 East Campus | 5 PM
 Room 116/117 w/ Chad

WEDNESDAY, JANUARY 21
 Main Campus | 1:30 PM
 205 w/ Sara

30 MINUTE CLASS
 ON PICKLEBALL
 FOR BEGINNERS

Free for AG Members
 Option to join beginner open play following class for **Premier Fit Members**

QUESTIONS OR TO
 SIGN UP (605)336-6722



January Memory Café Winter Wonderland

Saturday, January 24th | 10-11:30 AM
Active Generations Day Break East | **Free to attend**

What is a Memory Café?

A Memory Café is a gathering designed for individuals living with dementia or memory-related illnesses and their care partners. This space allows them to socialize and foster a sense of community in a safe and understanding environment.

Join us for an engaging program that includes:

- Refreshments
- Light snacks
- Camaraderie

Resources and educational information will also be available.

To ask questions or RSVP:
Email: caregivers@activegen.org
or call: (605)336-6722 - Option 3

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SAIL FITNESS CLASS

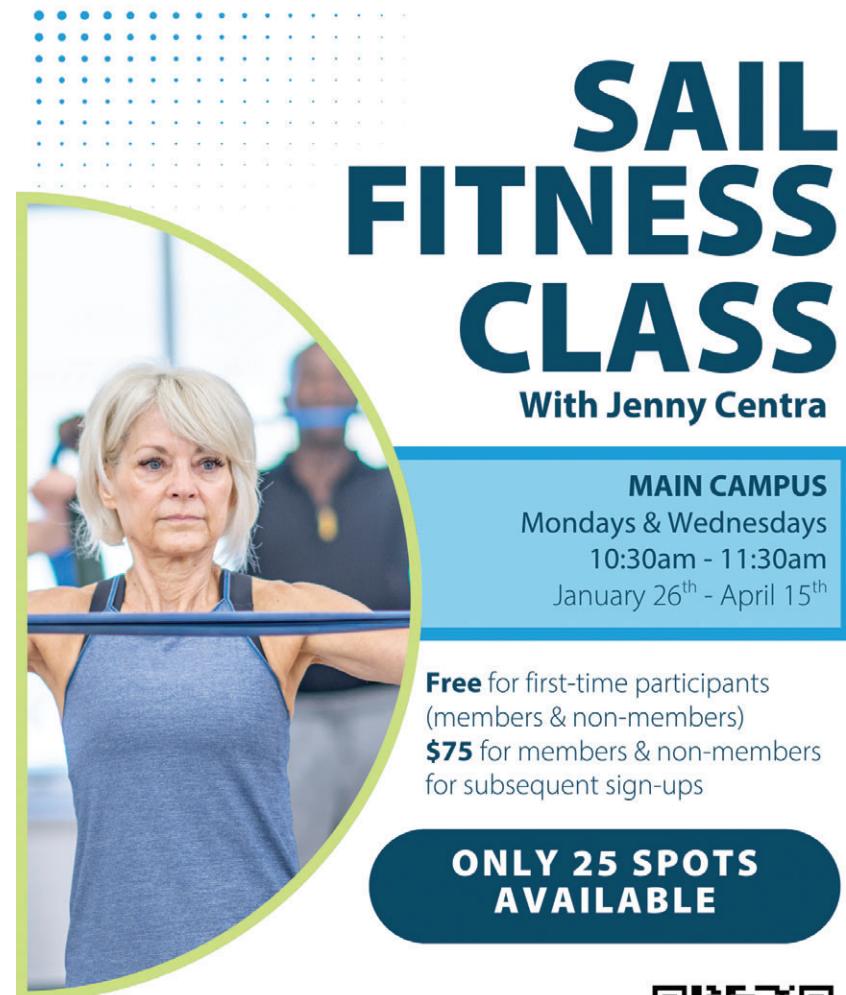
With Jenny Centra

MAIN CAMPUS
Mondays & Wednesdays
10:30am - 11:30am
January 26th - April 15th

Free for first-time participants
(members & non-members)
\$75 for members & non-members
for subsequent sign-ups

**ONLY 25 SPOTS
AVAILABLE**

**SIGN UP
HERE →**



**Active
Generations**

SAIL FITNESS CLASS

With Jenny Centra

EAST CAMPUS
Tuesdays & Thursdays
10:30am - 11:30am
January 13th - April 3rd

Free for first-time participants
(members & non-members)
\$75 for members & non-members
for subsequent sign-ups

**ONLY 25 SPOTS
AVAILABLE**

**SIGN UP
HERE →**



OUT TO LUNCH

January 22nd | 11 AM

Meet at REACH Literacy Bookstore at 11:00 am, followed by lunch at the All Day Café at 11:45 am (both located at the Western Mall)

Active Generations
Opportunities for a Lifetime



Day Break/Ceili Cottage

New Year, New Energy

Our participants welcomed the start of the year with warmth, enthusiasm, and a celebratory glass of sparkling grape juice. We began with a cheerful New Year's toast, sharing holiday stories and chatting about our hopes and plans for the months ahead.

This holiday season was a busy and memorable one. For Thanksgiving, participants enjoyed an indoor turkey hunt, bringing plenty of laughter and friendly competition. For Christmas, they sang carols, sipped warm apple cider, and decorated festive sugar cookies. As the New Year approached, everyone had fun crafting 3D Times Square Balls, creating funky New Year's glasses, and making spirited noisemakers to ring in 2025 with joy.

As we settle into the season, participants are excited to enjoy the rest of winter—but they're already looking forward to the arrival of spring!

Adult Day Services - Wish List

Below is a wish list for our Daybreak Programs and while donations are appreciated, they are not necessary. We will be updating our wish list monthly to reflect the current wishes of our ADS Programs. Donations can be dropped off at our Daybreak entrances – If you have any questions, please feel free to call (605) 336-6751 and ask for Berkeley Stancer (ADS Program Manager).

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

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

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Ameriprise Financial
Midco Foundation

ADULT DAY SERVICES & CAREGIVERS:

IN MEMORY OF PHIL DAHLE:
Kimberly & Michael Walker

DEVELOPMENT, IGNITE & CAPITAL CAMPAIGN:

Del & Arlys Johnson
Risk Administration Services
Allen Schrey
SFACF - Paulson Family Legacy Fund (SFACF)

IN MEMORY OF KAY MILES:
Betty Ordal

HOLIDAY APPEAL:

Randolph Alberts
Catharine Anderson
Dr. David Basel & Dayna Groskreutz
Gerald Block
Bob & Barbara Cumber
Richard & Peggy Denison
Dr. David & Julie Elson
Shirlee Flood
John & Rosemary Hefner
Mary Keithahn
Doug & Toni Lais
Maureen Ohm Match (Market Beat-Matt Paulson)

Dave Otteman
Gary Pierson
Denise Rotert
Marcia & Mike Steffen
Lavonne Stelter
Norman Steuck
Luke & Bobbie Tibbets
Tom Weideman
Wellmark Advantage Health Plan
Linda Westcott

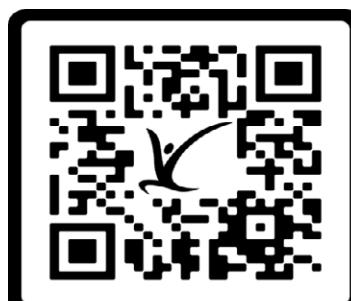
NUTRITION, MEALS ON WHEELS & WORKERS ON WHEELS:

Fred Aderhold
Anne Jones
Todd Miller Challenge
Todd Miller

Thank
you

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

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



We are grateful

Your support means a great deal to us!

THANK YOU to our partners
We couldn't do it without you!



Monthly
Birthday Party

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.

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

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
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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 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.

JANUARY FITNESS & HEALTH TIPS

New Year's resolutions: good or bad?

I want to start by saying that I'm a person who does not make any New Year's Resolutions. The reason is that I know I am not going to keep them. That said, here are some pros and cons on making New Year's Resolutions.

Good: It is always a good idea to set goals. Whether it is to pay down a credit card balance, lose weight, or start exercising. That way you have a certain obligation to stick to your plan. One way to help you stick to your resolutions is to set realistic goals that are achievable. When it comes to your spending habits, think twice before you purchase something and ask yourself if you really need it. Impulse buys are usually a "good" way to waste money on meaningless things. If you shop online and see something you think you can't live without, put it in your cart, wait a couple of days and look at it again. You might realize you really don't like it all that much. And don't fall for that old trick "there are only a few left, better buy it now". In today's world that is almost impossible.

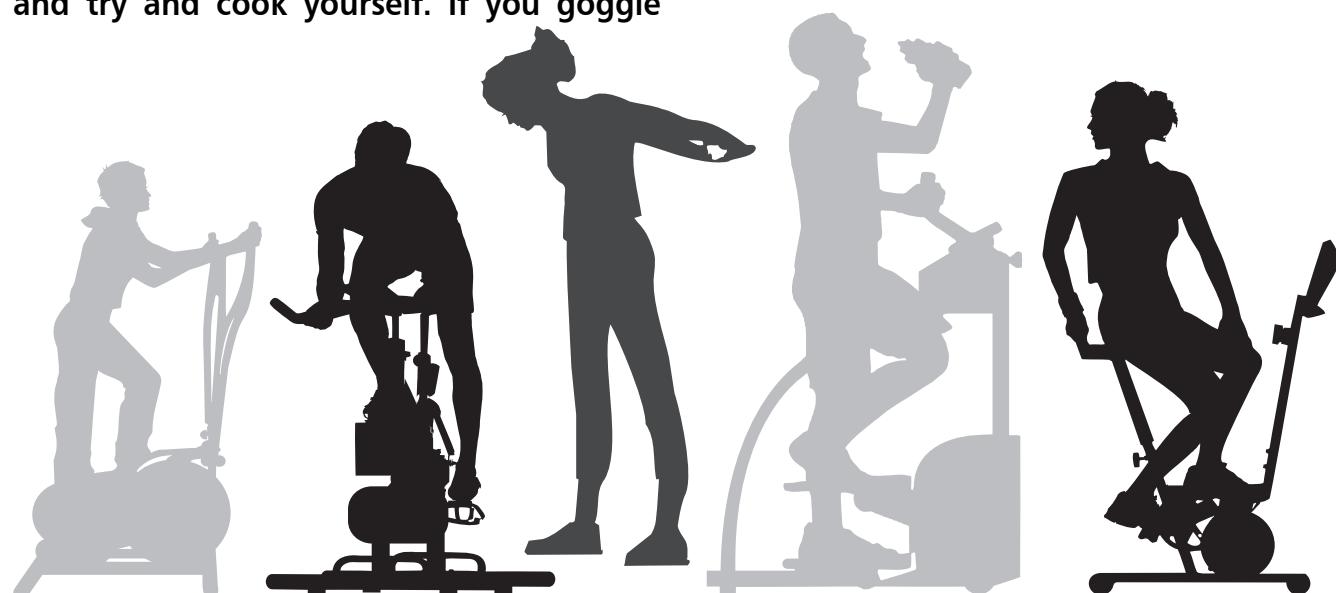
When it comes to exercising, make a commitment with a friend. An "accountability buddy" is a good way to stay on track and encourage each other to keep going. Start off slowly and don't overdo it. Decide what your goal is and adjust your exercises accordingly. Don't expect results right away, but if you stick to it, you will see and feel a change.

Healthy eating does not mean all you can eat is salads and vegetables. It means cutting back on some unhealthy foods and adding more healthy choices. Instead of cheese dip use hummus. Switch from white bread to whole wheat or whole grain bread. Drink water, and plenty of it, instead of soda and diet drinks. Cut out overprocessed food and try and cook yourself. If you goggle

it, you will find a whole bunch of healthy swaps that are easy to do. Also limit your portions. If something tastes good, it is easy to overeat. Instead of eating fast and shoveling food in your mouth, slow down and give your stomach and brain time to realize you are full. All this will add up to a healthier you.

Bad: Making New Year's Resolutions could set you up for failure. If you expect to exercise every day for at least an hour, eat only healthy food, and only spend money on basic necessities, you are probably setting yourself up to fail. And you won't be alone. Studies show that only 25% of people stay committed and less than 10% accomplish their goal. If you stick to your resolutions for more than 30 days you are doing better than a lot of other people. Part of the reason that most resolutions fail is not turning your goals into habits. Once you set your goals, try and understand what behaviors you have to change to turn the goals into a routine, everyday activity, and develop a plan to make it work. Instead of saying "I want to exercise more in the New Year" say "I will exercise 30 minutes every day". That makes it clear and easier to stick to. Also, don't make too many resolutions. It's hard enough to get yourself to eat healthier. Add to that more exercise, less spending, and whatever else you want to improve, and it can easily be overwhelming. With that comes a feeling of frustration and it makes it easy to throw in the towel and go back to your old habits.

To sum it up: Set realistic, achievable goals, don't expect results right away, and give yourself a break if you "fall off the wagon". If that happens, don't get frustrated and quit, instead tell yourself you are worth continuing to turn yourself into a healthier, better you!



WORD SEARCH FUN!

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

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 REFLECTIONS
 SCARVES

BEGINNINGS
 DREAMS
 FIREPLACE
 INTROSPECTION
 NEW YEAR
 RENEWAL
 SNOWFLAKE

Answers on page 18



Workers on Wheels 2025

It has been a busy year for Workers on Wheels in 2025, with many changes made and challenges overcome. The program

has never been in a better place, and we are so thankful to have been able to help so many this last year. WOW has completed over 3000 individual rides for Sioux Falls seniors in need in 2025, driving over 30,000 miles for 173 kind and appreciative recipients. It's amazing how much good can be done when the community comes together to support each other in their time of need, day after day. WOW would like to thank all who have used and supported the program in 2025, every helpful driver, donor, recipient, and sponsor.

If you or someone you know is in need of transportation and may be interested in WOW's door-to-door, friendly and reliable services, please contact the coordinator at wow@activegen.org or (605) 333-3317. We hope to hear from you and, of course, wish you a Happy New Year.



Ring in the New Year with Kindness – Volunteer with Meals on Wheels!

As we welcome a brand-new year full of hope and fresh beginnings, it's the perfect time to share compassion and connection with those who need it most. Meals on Wheels is looking for caring, community-minded individuals to help us deliver more than meals—we're delivering comfort, joy, and a positive start to the year for our homebound neighbors across the Sioux Empire.

Why Volunteer This New Year?

For many seniors and individuals living alone, the winter months can feel especially quiet. A warm meal and a friendly visit can make a world of difference—bringing encouragement, companionship, and a reminder that they are valued and remembered.

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

Start the Year by Making a Difference

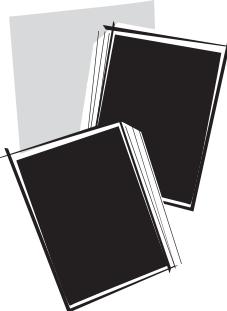
Contact Sam at slocke@activegen.org or call (605) 333-3305 to get started.

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

This New Year, give the gift of your time and heart.

Together, we can deliver more than meals—we can deliver hope, connection, and a brighter beginning for our neighbors.





Book Review

by *Sharon DeVaney*

Personal Finance After 50

Part 1

by *Eric Tyson and Bob Carlson*

The authors, Eric Tyson and Bob Carlson, are experts on personal finance. Each has published several books on retirement planning, investing, and estate planning. Although this book is intended for people over 50, the authors admit that many over 50 have a lot of catching up to do! Here are some practical tips.

Income: First, if your job involves any type of pension, sign up ASAP, learn how your savings are invested, and what happens if you change jobs, get laid off, or retire. If your job does not include any type of pension, start a Roth IRA (Individual Retirement Account). You will need to pay income tax on your contributions now but you won't owe tax on take withdrawals when you retire.

Health: Second, take care of your health because that enables you to: keep earning, have a family, serve your community, and enjoy life. Choose a healthy diet, exercise regularly, get medical checkups as needed. For your mental health, become a volunteer. For example: coach a youth team, leading a Scout troop, do after-school tutoring, teaching Sunday School, etc.

Analyze your finances: List your assets, debts, income, and expenses. Reduce or eliminate debt. Decide how much you can save on a regular basis. Set up a budget. If you have a spouse or partner, this should be done together. Plan for insurance for health, property, and life. If you have children, will you support their education or vocational training?

Find an advisor: If your employment doesn't include financial advice or training, get help. Ask your bank, church or other professional organization for help in finding an advisor. There could be resources in your community such as the Cooperative Extension Service.

Learn about Social Security and Medicare: Deciding when to start taking Social Security deserves a lot of careful thought. If you are married, the timing of retirement for each of you and your spouse is extremely important. Learn about Medicare and when and how you become eligible. Estate planning can begin at any age. Create a will and learn about all of the directives that pertain to your health and the end of life. Learn about life expectancy and inflation.

Optional: you might be interested in exploring some of the sites that are mentioned in the book. For example: Center for Retirement Research at Boston College, SCORE (Service Corps of Retired Executives).

*Part II will be in the February issue of our Lifetimes paper.

Share the *Joy* of Reading




JANUARY MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | JANUARY 15TH | 3 PM

"THE FRIEND"

When a solitary writer adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative inner life. (Bill Murray & Naomi Watts)

EAST CAMPUS | JANUARY 16TH | 5 PM

"THE PENGUIN LESSONS"

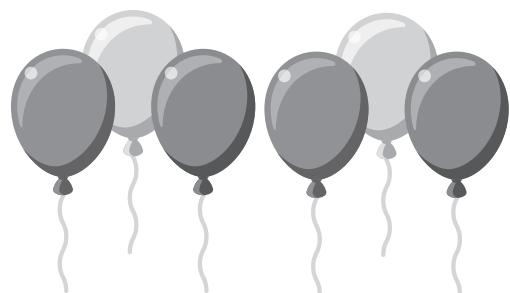
A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach. (Bruni Blas & Steve Coogan)

**Active
Generations**

January 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.

Adam S	Denali W	Joe B	MaryAnn M	Tricia S
Alayne M	Denise M	Joe J	MaryJo G	Vickie T
Alice L	Denny D	Joel B	Michael H	Virgil C
Allen P	Diana D	Joel D	Michael M	Virginia H
Ann S	Diane E	John B	Michael R	Wendy S
Anna S	Diane M	John C	Michael S	William C
Arlen D	Diane N	John M	Michele A	
Arlene B	Diane T	John W	Mike M	
Arlene S	Dick W	Jolene S	Mike S	
Arthur D	Don B	Joseph T	Nancy H	
Barbara J	Donna S	Joy S	Nancy M	
Barbara M	Donna W	Judy D	Nancy T	
Barbara M	Donna Z	Judy D	Nancy T	
Barry M	Doris H	Judy R	Nathan L	
Becky I	Doris O	Karen K	Orlene E	
Beverly G	Doug E	Karl B	Pam G	
Bill L	Doug L	Kathleen S	Patricia(Trisha) D	
Bill M	Doug L	Kathy M	Patty D	
Bill S	Douglas V	Kathy N	Paul H	
Bill W	Doyle S	Kay T	Paul S	
Bill W	Duane M	Kaye H	Peggy H	
Bonnie G	Elaine B	Keith L	ReEtta H	
Bonnie L	Elaine F	Kelsey E	Rezwane S	
Brian W	Elaine T	Ken F	Richard C	
Brianna L	Eleanor L	Kenneth H	Richard D	
Bruce C	Ellen C	Kevin K	Richard L	
Cam L	Eve S	Kevin S	Robert C	
Carol B	Galen N	Konney L	Robert J	
Carol M	Gayle B	Kurt P	Robin F	
Carole B	George A	LaDell M	Robyn B	
Cassandra R	George U	Lana I	Roger F	
Cathi C	Georgia L	Larry K	Roger M	
Celia B	Glen U	Larry K	Roger W	
Charles C	Glenn R	Larry M	Ron P	
Charles S	Gloria H	Larry N	Russell P	
Charles T	Gupta N	Lauren K	Ruth K	
Chris B	Harry B	Laurie R	Sally T	
Chuck B	Henry F	LaVonne B	Sandra O	
Clara F	Holly G	Linda M	Sandra R	
Colletta S	Howard G	Linda N	Sebastiano B	
Connie B	Ibrahim H	Linda S	Sheila D	
Connie H	Irving E	Lori H	Steve P	
Connie S	Jack H	Lynn T	Steve S	
Courtney T	James E	Lynne H	Steven W	
Craig H	James H	Margie S	Susan F	
Curt J	Jane K	Margo A	Susan H	
Curt R	Jane W	Maria P	Susan M	
Curt S	Janet R	Marilyn G	Susan R	
Cyn L	Janice N	Mark B	Tammy G	
Dale B	Jayne C	Mark J	Teresa D	
Dale S	Jayne D	Marlin M	Teresa M	
Daniel J	Jean R	Marsha B	Terry D	
Darlene S	Jeanette N	Mary A	Terry H	
Daryl B	Jeff S	Mary B	Terry S	
David L	Jennifer P	Mary B	Theresa P	
David S	Jeralyn V	Mary C	Thomas D	
David S	Jerry G	Mary D	Thomas D	
David W	Jerry K	Mary F	Thomas L	
Dawn O	Jessica W	Mary H	Thomas M	
Deanna S	Jill D	Mary H	Tim K	
Deb S	Jim G	Mary L	Timothy B	
Debra B	Joan H	Mary T	Tom F	
Delores B	Jody K	Mary V	Trevyn R	



Sioux Falls Good Samaritan Communities
Invites You to The

Good Sam Birthday Bash
2nd Friday of Each Month

BIRTHDAY PARTY

FRIDAY, JANUARY 9 • 1:00 – 2:30 P.M.

ENTERTAINMENT BY:
ROCKSTAR BINGO



In Christ's Love, Everyone Is Someone.
Sponsored the second Friday of each month by:
SIOUX FALLS GOOD SAMARITAN COMMUNITIES
HELPLINE CENTER



WE WISH YOU A
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from Sunnycrest Village,
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- Social events
- Garden plots
- Daily checks
- Scheduled Transportation
- Medical clinics
- On-site beauty salon



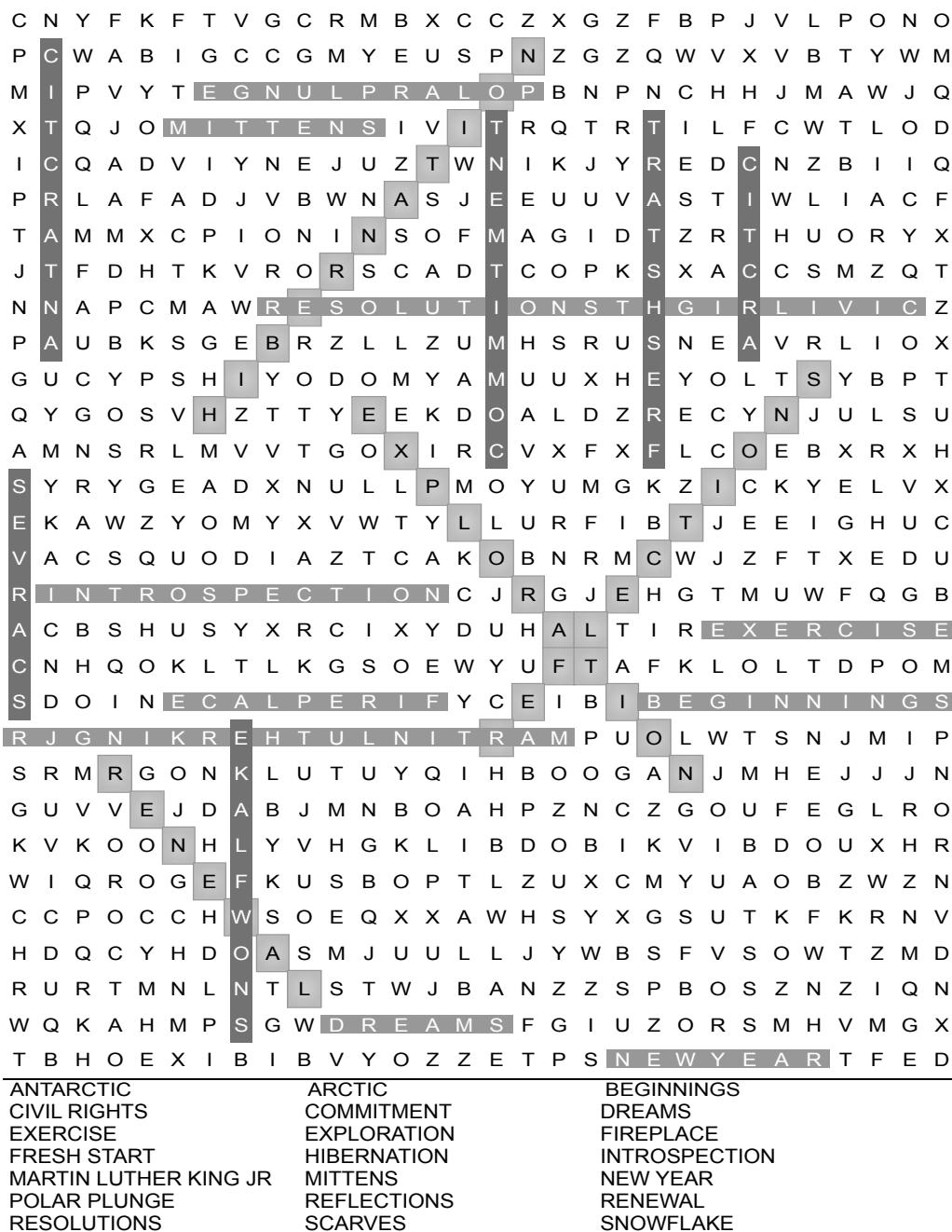
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EQUAL
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Answers to word search on page 15



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MARTIN LUTHER KING JR
POLAR PLUNGE
RESOLUTIONS

ARCTIC
COMMITMENT
EXPLORATION
HIBERNATION
MITTENS
REFLECTIONS
SCARVES

BEGINNINGS
DREAMS
FIREPLACE
INTROSPECTION
NEW YEAR
RENEWAL
SNOWFLAKE

For your Good Health

MASSAGE THERAPY

Main Location

Next available dates are:

Tuesday, February 3

Tuesday, February 17

Room 128

15 min \$22

30 min \$44

Call Active Generations to set up an appointment (1:30–8 p.m.) with massage therapist CarolAnn Schroeder.

SANFORD HEALTH COOPERATIVE

MAIN LOCATION

Tuesdays - Room 128

8:30 a.m. – 12 noon

EAST LOCATION:

Thursdays - Room 115

9 a.m. – 12 noon

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

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

Who comes to the Co-Op?

Anyone is welcome who has a health complaint, a nagging problem, or just has a desire to get better acquainted with their own health and learn how to do better self-management. We have an expert team to help with new or existing health problems; to do regular blood pressure checks; to answer questions about medications or their side effects; to evaluate mobility problems such as weakness, poor balance or risk for falls.

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

icaid or who have little or no health insurance. Stop in and chat with our committed and friendly staff! We'd love to offer health care surveillance, if desired, or wellness and prevention screening and education.

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

SANFORD FOOT CLINIC

Next available dates are:

Thursday, January 22

Friday, January 23

Thursday, February 26

Friday, February 27

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



Located in AG Main

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, Derek Boekhoff, 759-3482.

QUILTING CLUB

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

The Active Generations quilting club is looking for more quilting enthusiasts. We are looking for individuals who enjoy quilting and being creative. Our club makes quilts, wall hangings and more to sell at our annual bazaar and showcase throughout the building. If you like to be creative and use your hands to help make beautiful creations – WE WANT YOU! For information, contact our leader: Carolyn Colombe at 605-291-9385

PAINTING AND DRAWING OPEN STUDIO

Tuesdays 9 a.m. – 2 p.m.

Wednesdays 9 a.m. – 2 p.m.

Room #132

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

KNITTING CLUB

Wednesdays, 9 a.m. – Noon • Room #201

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

ACANTHUS CARVERS

Mondays

12:00 pm – 5:00 pm, Room 132

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

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



ACTIVE GENERATIONS DONOR SPOTLIGHT

THANK YOU!

Thank you to all our donors for an incredible 2025. Your generosity, trust, and unwavering commitment have fueled our progress and made a meaningful difference in everything we accomplished this year. Each contribution—big or small—has helped us grow, innovate, and support more people than ever before. As we look ahead, 2026 is already shaping up to be a year filled with exciting possibilities, new initiatives, and opportunities to deepen our impact in our community and the surrounding area. We're inspired by your partnership and energized by the momentum we've built together. Here's to another year of good health, purpose, progress, and shared success!

Happy New Year!

Wendy McDonnel
Development
Director

THANKS SO MUCH

FROSTY PICKLE TOURNAMENT

JANUARY 10 & 11 | EAST CAMPUS | 8A - 8P



Sign-up deadline: Jan 2nd
Individual games TBD

Jan 10th

Beginners Men's, Women's, Mixed
DUPR rating: 2.0-2.5

Jan 11th

Lower Intermediate's Men's, Women's, Mixed
DUPR rating: 2.5-3.0



COFFEE SHOP POP-UP
BY BUDDIES & CO

SPONSORED BY 

FROSTY PICKLE TOURNAMENT

JANUARY 17 & 18 | EAST CAMPUS | 8A - 8P



Sign-up deadline: Jan 9th
Individual games TBD

Jan 17th

Upper Intermediate's Men's, Women's, Mixed
DUPR rating: 3.0-3.5

Jan 18th

Advanced Men's, Women's, Mixed
DUPR rating: 3.5-4.0



COFFEE SHOP POP-UP
BY BUDDIES & CO

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HERE**


Opportunities for a Lifetime



**SIGN UP
HERE**


Opportunities for a Lifetime

JAN. TED TALKS

Friday, Jan 16th | 10:00 AM | Main Campus

Relationship advice from 50+ years of marriage (16:19)

How do you ensure your marriage lasts a long time? Julie and John Gottman are the world's leading relationship scientists — and they've also been married for more than 50 years. They give advice on love, relationships, and the secret to "fighting right."



What happens in your brain when you can't recall a word (5:10)

You're sure you know your 3rd grade teacher's name — it's like you're hovering over it in your mind, but it just won't materialize. It's something everyone experiences. But what's actually happening when a word's caught here, and how can you best get it unstuck?



If you had the chance to be immortal, would you take it? (5:19)

While cleaning out your uncle's attic you find a chest with a sparkling potion. The attached tag declares drinking this liquid will make you immortal. Your body will be frozen at its current age, and these effects would be final and irreversible. The instructions are clear — the only question is, do you drink the potion?



What happens when your dog uses the internet (14:21)



Imagine this: you walk into a room, and your dog is on a video call with their fellow canine friends. Computer scientist Ilyena Hirskyj-Douglas explores what happens when animals control their own technology — from parrots making friends online to monkeys choosing their favorite audio tracks.

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

JANUARY

menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All gravy and all bread contains gluten. Each meal has 4-5 CS. Add 2 carbs for bread and milk.			1  CLOSED	2 BEEF STEW BISCUIT CALIFORNIA BLEND VEGGIES FRUIT
5 CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT JUICE	6 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	7 APPLE PORK CHOP MASHED POTATOES & GRAVY CORN FRUIT JUICE	8 CHICKEN & DRESSING CASSEROLE PEAS FRUIT JUICE	9 CRANBERRY MEATBALLS RICE GREEN BEANS FRUIT 
12 TATER TOT CASSEROLE BROCCOLI FRUIT JUICE	13 SLICED HAM SWEET POTATOES BEETS FRUIT JUICE	14 SWISS STEAK RICE WINTER BLEND VEGETABLES FRUIT JUICE	15 GRILLED CHICKEN SANDWICH RICE PILAF PEAS FRUIT JUICE	16 ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
19 CLOSED 	20 HAM & SCALLOPED POTATOES CASSEROLE CARROTS FRUIT JUICE	21 CHICKEN THIGHS MASHED POTATOES & GRAVY GREEN BEANS FRUIT JUICE	22 PULLED PORK SANDWICH MAC & CHEESE CALIFORNIA BLEND VEGGIES FRUIT JUICE	23 CALICO BEANS CASSEROLE ZUCCHINI CORN BREAD FRUIT
26 CHICKEN CORDON BLEU MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT JUICE	27 GOULASH ITALIAN VEGETABLES GARLIC TOAST FRUIT JUICE	28 SAUSAGE GRAVY OVER BISCUIT SAUSAGE PATTY BEETS FRUIT JUICE	29 BEEF STROGANOFF OVER NOODLES CALIFORNIA BLEND VEGGIES FRUIT JUICE	30 PIZZA VEGETABLES FRUIT

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.

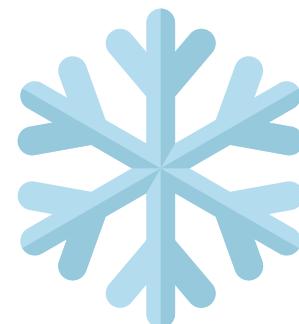
TUESDAY NIGHT DANCES

6:30 - 9:00 PM

Members \$7 | Non-Members \$10

JANUARY BAND LINE UP

- January 6: Audra & The Machine
- January 13: State Line Drifters
- January 20: Radio Alley (Snowflake Ball)
- January 27: Huckleberry's



Active
Generations
Opportunities for a Lifetime

SNOWFLAKE BALL

DANCING  REFRESHMENTS  FUN

Music from Radio Alley

Tuesday, January 20

6:30-9:00 pm

Members: \$7.00

Non-Members: \$10.00

