

# LifeTIMES

Official Newspaper of Active Generations

Active Generations

Vol. 48, ISSUE 6 - JUNE 2026

## In this Issue

Book Review .....	16
Calendar of Events .....	4
Club Notes .....	5
Special Interest.....	6-7
Caregivers .....	12
Day Break.....	12
Development.....	13
Donations & Gifts.....	13
Fitness and Wellness .....	3
Good Health.....	19
Meals on Wheels.....	14
Menu .....	20
Mission Statement.....	1
Parkinson Pathway.....	15
Pickleball Schedule.....	8
President's Note .....	2
Shiine .....	14
Word Search.....	16,19
WOW .....	14

## HOURS OF BUSINESS

### BOTH CAMPUSES

#### MAIN

Monday, Wednesday, Friday:

6:30 am - 6:30 pm

Tuesday: 6:30 am - 9:30 pm

Thursday: 6:30 am - 8:00 pm

Saturday: 8:00 am - 3:00 pm

Sunday: Closed

#### EAST

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

Saturday: 8:00 am - 3:00 pm

Sunday: 10 am - 3 pm

#### Office Hours

Monday - Friday

8:00 am - 4:30 pm



**JUNE  
JUMPSTART**

Member Check-in Challenge

Download the App and Check-in for  
a Chance to Win Personal Training

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

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

Active Generations  
Opportunities for a Lifetime

AG MAIN: 2300 W. 46th St., Sioux Falls, SD 57105 • Ph (605) 336-6722  
AG EAST: 5500 E. Active Generations Place, Sioux Falls, SD 57110 • (605)-275-7690  
www.activegenerations.org

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

Our Mission



## President's Update



### Sweet Summertime!

Along with sweet summertime comes... a little construction! We wanted to share a few updates for our **Main Campus**:

#### 46th Street Construction

The road in front of Main Campus (46th Street) will be under construction sometime this summer. As soon as we have confirmed dates, we will post updates throughout the building. At least one entrance will remain open at all times,

and we are grateful for your patience as we manage this together.

#### Parking Lot & Entrance Updates

Before road construction begins, we will work on our approaches. If you see barriers or fresh concrete, please do not drive around them—tire tracks in new cement are not the look we're going for!

At times, you may need to use the far east entrance and drive around the back of the building. Please use extra caution, as there is frequent traffic from our Meals on Wheels program. Thank you in advance for helping keep everyone safe.

#### Programs & Activities

Our team continues to expand programming based on your interests while maintaining the classes and activities you know and love. With so many clubs and opportunities available, I encourage you to try something new!

We have some activities planned to celebrate the 250th anniversary of the signing of the declaration of independence. Be sure to check them out and celebrate America.

#### Simply Good Café Now Open!

Our Simply Good Café opened on May 4 at the Eastside Campus! Stop by for breakfast or lunch—some menu items qualify for your nutrition program meal card. (And yes, the buffalo chicken pizza is a personal favorite!) The ribbon cutting is on June 16 at 4:30 p.m.

#### IGNITE Campaign Update

We continue to build momentum with the IGNITE Campaign supporting the Eastside Expansion. With record monthly visits, planning for future growth is more important than ever.

We launched the Spark Challenge on May 1 to encourage member

participation. Our goal is \$1 million by July 1, and as of early May, we have already reached over 10% of that target. Thank you for your support.

Thank you for being part of Active Generations—we value your flexibility, your energy, and your continued support!

Best,  
Betsy



## Soak Up the FUN!

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

REALTOR® BROKER  
Senior Real Estate Specialist

*Katie Day*  
**MALONEY**  
REAL ESTATE  
Finding People and Places That Fit! (605) 941-6983



## Active Generations Program Directory

Phone Number: (605-336-6722)

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

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

Senior Citizens Services, Inc.  
dba

## Active Generations Board of Directors

Betsy Schuster – President and CEO     Mark Millage – Secretary  
Aimee Middleton – Chairperson     Jim Jarding – Treasurer

Luke Tibbetts	Mike Halverson	Maureen Ohm
Dr. David Basel, MD	Mike Hauck	Tracy Saathoff
Kjerstin Blotske	Paul Livermore	Lisa Schultz
Dawn Duerksen	Wade Merry	Stacy Wrightsman
Lisa Groon	Mary Michaels	
	Josh Muckenhirn	

## Mission Statement:

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



## 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.

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

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

### Trail Ridge Home Care

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

605-231-8141

TrailRidgeHomeCare.com



**TRAIL RIDGE**  
HOME CARE

# FITNESS CLASSES

June 2026 Schedule

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

\*SilverSneakers Classes No Charge  
with Insurance Fitness Incentive.

*Active  
Generations*

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

## Get Extended Hours Access!

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

## Get Personalized Training

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

Contact Sara Plucker at  
[splucker@activegen.org](mailto:splucker@activegen.org)

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

## Fitness Class Descriptions:

### Strength Circuit:

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

### Pilates Sculpt:

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

### Strength & Balance:

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

### Reach Your Peak Circuit:

A circuit-style workout designed to improve cardiovascular health and muscular endurance through timed

intervals.

### SilverSneakers BOOM MIND

A combination of Pilates, yoga and athletic stretching to help improve flexibility and posture.

### SilverSneakers Classic:

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

### SilverSneakers BodyBoom:

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

### SilverSneakers Yoga:

An accessible and inclusive class with light

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

### Chair Yoga:

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

### Strength Training for Parkinson's:

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

**AG MAIN - MARK YOUR CALENDAR!**

TITLE	DAY	DATE	TIME	LOCATION
GOLF OUTINGS (*6/16 is a Tuesday)	MONDAYS	6/1, 6/8, 6/16*, 6/22 & 6/29	9:00 AM	VARIOUS GOLF COURSES
HIKING CLUB	TUESDAYS	6/2	9:30 AM	BIG SIOUX REC AREA
HIKING CLUB	TUESDAYS	6/16	8:30 AM	TUT HILL
MOTORCYCLE CLUB (*contact Milton Ellis at milt761@outlook.com)	WEDNESDAYS	6/3 & 6/17	VARIES*	VARIOUS LOCATIONS*
SING-A-LONG	TUESDAYS	6/2, 6/9, 6/16, 6/23 & 6/30	10:00-11:00 AM	LOBBY
TUESDAY EVENING DANCES (VARIOUS BANDS)	TUESDAYS	6/2, 6/9, 6/16, 6/23 & 6/30	6:30-9:00 PM	SERTOMA A
WORLD CUP FEVER: PREDICT THE NEXT SOCCER WORLD CHAMPION	MONDAYS-SATURDAYS	6/11-6/27	ALL DAY	BOTH LOCATIONS
CRAFT SALE	FRIDAY	6/12	10:00 AM-2:00 PM	LOBBY
MONTHLY BIRTHDAY PARTY (WAYNE LEE, MUSIC ENTERTAINER)	FRIDAY	6/12	1:00-2:30 PM	SERTOMA A
COFFEE & COOKIES WITH BETSY	TUESDAY	6/16	9:30 AM	SERTOMA B
THE CASTAWAYS (SPECIAL TUESDAY NIGHT DANCE)	TUESDAY	6/16	6:30 PM	SERTOMA A
MOVIE MANIA ("Steel Mangolias")	THURSDAY	6/18	3:00 PM	ROOM 204
OUT TO LUNCH BUNCH (TOUR OF THE WATER PURIFICATION PLANT, FOLLOWED BY LUNCH AT THE CRACK'D POT RESTAURANT & BAKERY)	THURSDAY	6/18	11:00 AM	MEET AT THE WATER PURIFICATION PLANT (2100 N. Minnesota Ave.)
OUTING TO ROCK RANCH IN HILLS, MN (\$20.00 PER PERSON)	FRIDAY	6/19	1:00-3:00 PM	ROCK RANCH (Hills, MN)
TED TALKS (VARIOUS TOPICS)	FRIDAY	6/26	10:00 AM	ROOM 204
INDEPENDENCE DANCE (SPECIAL TUESDAY NIGHT DANCE)	TUESDAY	6/30	6:30-9:00 PM	SERTOMA A

**AG EAST - MARK YOUR CALENDAR!**

TITLE	DAY	DATE	TIME	LOCATION
Grief Support Group	Monday	June 1	10:30-11:30 a.m.	Room 103
Memory Care Caregiver Support Group	Thursday	June 4	10-11 a.m.	Room 103
IGNITE Update and Member Input Sessions	Wednesday & Thursday	June 10-11	10-11 a.m.	Room 110
Senior Home Modifications with TruBlue	Wednesday	June 10	1:30-2:30 p.m.	Room 110
Watercolor Beginner Series with Barbara Sparks	Fridays	June 12, 19, 26	9 a.m. to noon	Room 110
Father's Day Cookie Burgers Class	Saturday	June 13	1-3 p.m.	Room 110
Pickleball: Class to Court	Tuesday	June 16	5-6 p.m.	Room 116/117
Coffee and Cookies with CEO Betsy	Thursday	June 18	10-11 a.m.	Dining Area
Simply Good Café Ribbon Cutting	Tuesday	June 16	4:30-6:00 p.m.	Dining Area
Movie Mania	Friday	June 19	5-7 p.m.	Room 110
Caregiver Support Group	Wednesday	June 24	1:30-2:30 p.m.	Room 103
Bean Bags and Beer	Thursday	June 25	5-7 p.m.	Outside

## Active Generations Club Notes

### SING-A-LONG

A variety of additional tunes have been introduced each month to Sing-A-Long participants. They have been patient with the challenges that come with learning new songs. Volunteer pianists have worked to master the new tunes so singers can follow the lyrics on slides displayed on the monitor. Some songs are a better fit for the group than others.

Regular attendees welcome those who drop in on the day of Sing-A-Long. Don't be shy about joining in to sing familiar standards, hymns, classic country, pre-1980s pop, folk and Broadway tunes. Sing-A-long is held Tuesdays from 10 to 11 a.m. in the lobby of Main Campus.

Organizers look forward to singing a few more patriotic songs each week in June. For more information, contact Sally Tilstra at (605) 366-7632 or Ron Tilstra at (605) 366-7631.

### BIBLE STUDY

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

### KAZUKES CLUB

The idea for the first all-day musical celebration on the summer solstice, June 21, came from Jack Lang, then France's minister of culture, and Maurice Fleuret. It was first celebrated in Paris in 1982. Music Day is now observed in 120 countries worldwide.

June is officially recognized as African American Music Month. It was established in 1979 to celebrate the contributions of Black artists to American culture, such as jazz, blues, soul and hip-hop. The month also features major music festivals, the start of summer music tours, and well-known songs that mention June.

Famous songs include "June Is Bustin' Out All Over" from the musical "Carousel," as well as "June in January" and "Rainy Day in June" by The Kinks. Many notable albums were released in June, including The Beatles' "Sgt. Pepper's Lonely Hearts Club Band."

The Kazukes celebrate the month by playing a variety of genres, including country, Christian and rock 'n' roll. June is the perfect time to join the Kazukes and celebrate music history. Practices are held every Wednesday from 9:30 to 11:30 a.m. On the first Wednesday of the month, we perform for Day Break during our practice. We average two performances each month.

"March went out like a lion,

A-whippin' up the water in the bay.

Then April cried

And stepped aside,

And along come pretty little May!

May was full of promises,

But she didn't keep 'em quick enough fer some,

And a crowd of Doubtin' Thomases

Was predictin' that the summer'd never come."

(from "June is Busting Out all Over")

But it did!

### QUILTING CLUB

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

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

### GOLD'N SILVER DRAMA CLUB

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

### BOOK CLUB

The Active Generations Book Club will be meeting 9:30 a.m. on June 22 at Main Campus.

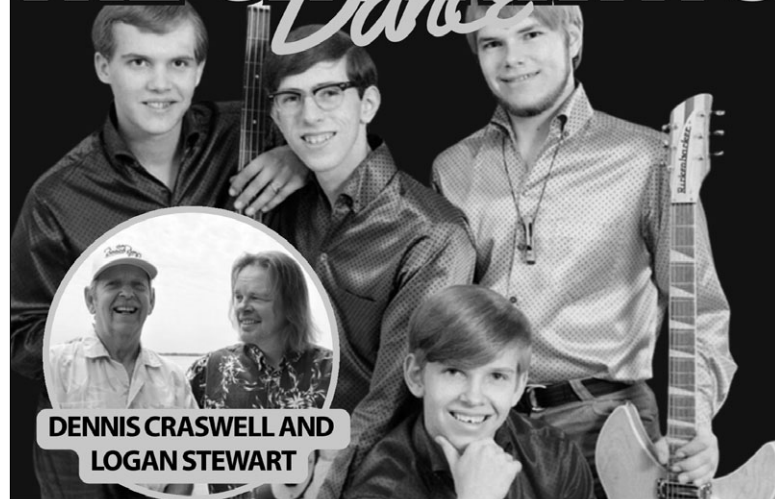
The book for discussion is "Never Give Up" by Tom Brokaw. It is a memoir about the struggles and resilience of his family during difficult times.

The book to be checked out will be "Empire of Pain" by Patrick R. Keefe. The book chronicles the role that the Sackler family and Perdue Pharma played in the opioid crisis. Great discussions always happen at the Active Generations Book Club.

Happy Reading!

If you have an idea for a new club,  
email [info@activegen.org](mailto:info@activegen.org)

## THE CASTAWAYS



DENNIS CRASWELL AND  
LOGAN STEWART

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

6:30-9 P.M.

JUNE  
16

MAIN CAMPUS

MEMBERS \$7  
NON-MEMBERS \$10

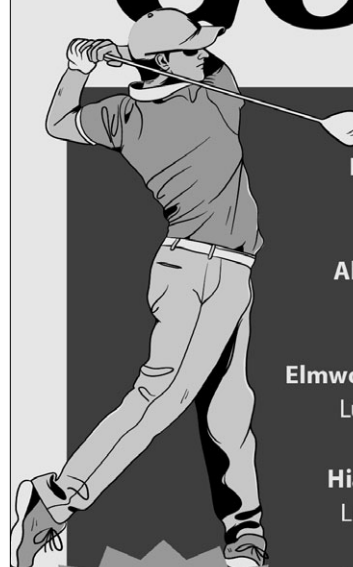
Active  
Generations

First Day  
of Summer  
June 21, 2026

ACTIVE GENERATIONS

# GOLF

Club



9 a.m.

Start

June 1  
Northern Links, Sioux Falls  
Lunch: The Safari

June 8  
Alcester Golf Course, Alcester  
Lunch: Bertz Beer Garden

June 16  
Elmwood East Golf Course, Sioux Falls  
Lunch: Clubhouse at Elmwood

June 22  
Hiawatha Golf Course, Canton  
Lunch: Golf Course Clubhouse

June 29  
Lenkota Golf Course, Lennox  
Lunch: El Mariachi

For more information :

Bob Black 605-759-8671  
[blackroberte@sio.midco.net](mailto:blackroberte@sio.midco.net)

# Active Generations Clubs and Activities

## Cards and Games

CLUB OR ACTIVITY	CAMPUS	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	East	Saturdays	12:30-3 p.m.	Dining Area	Gloria Doohen and Gloria Faber
500 Cards	Main	Saturdays	12-2:30 p.m.	Room 203	Barb Boddicker
Bean Bags	Main	Thursdays	9-11 a.m.	Sertoma A	AG Members
	East	Wednesdays	9- 11 a.m.	Room 115	Gloria Doohen and Gloria Faber
Billiards	Main	Mon-Sat (except during ladies or couples)	6:30am-close	Room 200	Kathie Smith
Bingo	Main	Fridays (except 2nd Friday)	1-2:30 p.m.	Sertoma B	Richard Miller / Dean Dewes
Bridge (Duplicate)	Main	Mondays / Tuesdays	6:30-9:30 p.m.	Room 203	Karn Barth
	Main	Fridays	12-4 p.m.	Room 204	Karn Barth
Bridge (Party)	Main	Thursdays / Fridays	12-3:30 p.m.	Room 203	Arlene Salter / Carolee Olson / Alayne Meyer
	East	Mondays	12-3 p.m.	Room 115	Alayne Meyer / Lois and Will Sibillare
Canasta	Main	Thursdays	1-4 p.m.	Lounge	Cher Murphy
	Main	Fridays	12:30-3:30 p.m.	Lounge	Gator Wohlman
Couples Billiards	Main	Tuesdays	6-8 p.m.	Room 200	Kathie Smith
Cribbage	Main	Tuesdays	12-2:45 p.m.	Room 203	Randall Coil
	East	Wednesdays	12- 2:30 p.m.	Room 117	Pete (Francis) Peterson
Dominoes	Main	Mondays	1-3 p.m.	Room 203	Rosemary Campbell
	Main	Wednesdays	1-3 p.m.	Room 203	Carolyn Colombe and Sherrill Bessey
	East	Thursdays	9-11 a.m.	Dining Area	Pam Kessler
Fast Track	Main	Mondays and Thursdays	9:30-11:30 am	Lounge	Dean Dewes
	East	Fridays	12-2 p.m.	Dining Area	Cheryl Anderson
Hand and Foot	Main	Tuesdays	11:30 a.m.- 3:30 p.m.	Lounge	Sherrill Bessey
	East	Thursdays	12:30 - 3:30 p.m.	Room 116 and 117	Judy Hansen / (co-chairs) Angie Arney and Jacque Shea
Hand, Foot and Toe	East	Fridays	12:30 - 3:30 p.m.	Room 115	Jan Nason
Hearts	East	Mondays	9-11 a.m.	Dining Area	Roger Megard
Ladies Billiards	Main	Wednesdays	10 a.m.-12 p.m.	Room 200	Cathy Walker
Mah Jongg	Main	Fridays	9 a.m.-12 p.m.	Room 203	Sharon Schwaderer/ Sandra Plooster
	East	Wednesdays	1-4 p.m.	Room 115 and 116	Open
	East	Thursdays	4-6 p.m.	Room 115	Kathie Smith
Pinochle	Main	Wednesdays	12:30-3 p.m.	Room 203	Becky Grave
	East	Tuesdays	12:30 - 3 p.m.	Room 115	Gary Kessler
Pitch 10-Point	Main	Tuesdays	12:30-2:30pm	Room 203	Les Brandhagen
Shuffleboard	Main	2nd and 4th Tuesdays	9-11 a.m.	Sertoma A	AG Members
Table Tennis	Main	Mondays and Wednesdays	3-5 p.m.	Room 205	Terry Bong
	Main	Tuesdays	5-9 p.m.	Room 205	Kai Zhang
	Main	Thursdays	5-7 p.m.	Room 205	Kai Zhang
	Main	Saturdays	11:15 a.m.-3 p.m.	Sertoma A	Kai Zhang
Whist	Main	Mondays	12:30-3:30 p.m.	Room 203	Elsie Fitz
Wii Bowling (Seasonal Leagues - must pre-register w/ Kathie)	East	Thursdays	1:30-3:30 p.m.	Room 115	Kathie Smith

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

**Want to start a club? Need to update your club's information?** Contact Member Services at [info@activegen.org](mailto:info@activegen.org)  
**Send your club pictures to** [communications@activegen.org](mailto:communications@activegen.org)



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

## Art and Craft Clubs

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

## Special Interest Clubs

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



### Saddle Up at Rock Ranch Tour + Horse Riding

June 19, 1-3:30 p.m. | Cost: \$20  
Main Campus Pickup

Tour Rock Ranch in Hills, MN, meet and greet their horses, and enjoy a ride! Coffee and cookies will be provided.

See you on the bus!



SCAN TO REGISTER

# Pickleball Lessons

with Chad White Beginner + Lower Intermediate

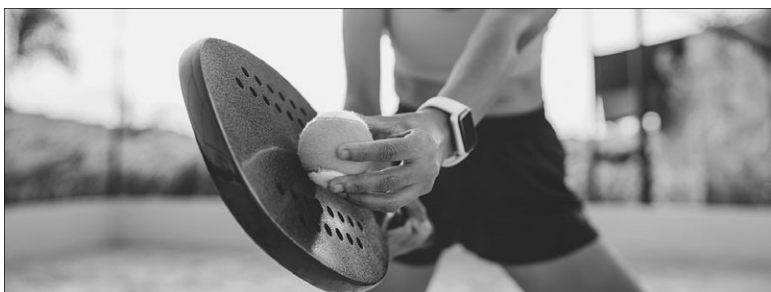
**Main Campus**

6:30-7:30 p.m.  
June 1-24  
Mondays and Wednesdays

\$80 for members  
\$120 for non-members




Scan to Sign Up!



New to pickleball?  
Try out...

## Class to Court

Pickleball Intro Workshops

**June 16 | 5- 6 PM**  
**East Campus**

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




## June 2026 Schedule

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

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

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

\*Availability Weather Permitting

### Court Reservation Regulations:

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

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

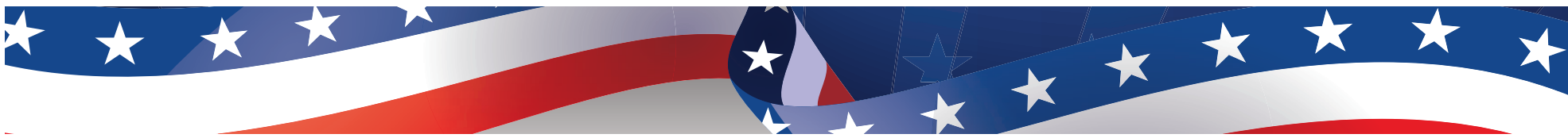
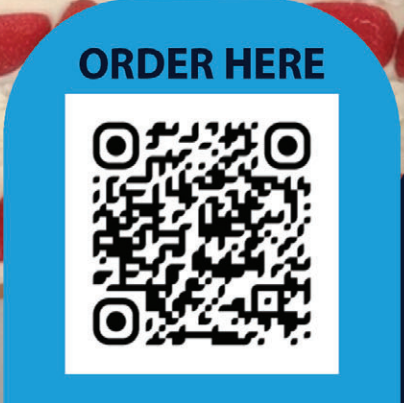
Non-Members: Cannot reserve a pickleball court. Must pay \$10 day pass to play pickleball.

# Fruit Pizza for the Fourth

Order a 12-in fruit pizza for pickup! Every order supports Active Generations' Nutrition Program.



Order by  
June 26  
Pick up July 2  
\$30 per pizza



## Feeling The Burden Of Tired, Achy Legs?

Don't delay in getting them checked out and finding relief! Visit **Dakota Vascular** at one of our convenient locations.

### We Treat:

- Leg Pain & Swelling
- Varicose Veins
- Poor Circulation
- Non-Healing Wounds
- Blood Clots
- Minimally Invasive Vascular Treatments

### OUTREACH LOCATIONS:

#### South Dakota

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

#### Minnesota

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

#### Iowa

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



3801 S Elmwood Ave, Sioux Falls, SD 57105  
605.306.6100 [www.dakotavascular.com](http://www.dakotavascular.com)

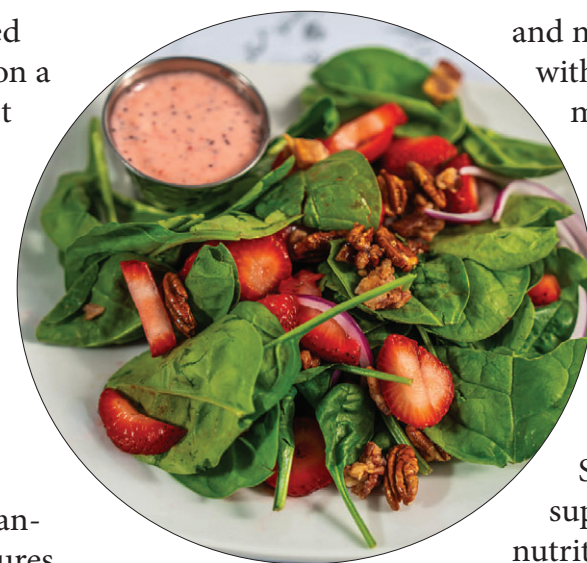


# Top 3 Must-Try Dishes at Simply Good Café

offers a sophisticated and flavorful twist on a traditional breakfast favorite.

## 2. Pecan Strawberry Spinach Salad

If you are looking for a fresh and vibrant lunch, the Pecan Strawberry Spinach Salad is a fantastic choice. It features fresh spinach topped with sliced strawberries, toasted pecans, red onion, and bacon, all tossed in a poppyseed dressing. For those wanting extra protein, grilled chicken can also be added.



## 3. Margherita Flatbread

Simply Good Café offers a variety of specialty flatbreads, but the Margherita is a timeless pick. It is topped with traditional tomato sauce

and mozzarella, layered with fresh Roma tomatoes and basil, and finished with a flavorful balsamic glaze. It's a lighter lunch option that doesn't skimp on fresh flavors.

In addition to the standard menu, Simply Good Café supports the local nutrition program with Meal Punch Card Deals. A suggested donation of \$5.25 provides access to daily balanced specials, such as: Hamburger with Fries on Mondays or a Turkey Club Wrap with Soup on Tuesdays.

Simply Good Café has been open for members to taste its menu ahead of its grand opening on June 16.

## 1. Strawberry Croissant French Toast

For a decadent start to the morning, the Strawberry Croissant French Toast is a must-try. This dish features a flaky, buttery croissant dipped in egg custard and grilled until golden brown. It

emerges as early favorites. The café, which operates weekdays from 7 a.m. to 3 p.m., has already seen several dishes

# Innovative Magic Table Technology Enhances Dementia Care at Active Generations Adult Day

Thanks to local donors and a grant from the South Dakota Community Foundation (SDCF), Active Generations has added a new tool to its Adult Day Services: the Tovertafel.

highest organizational priorities," states Betsy Schuster, President and CEO of Active Generations. "This project is essential to our mission of inspiring active adult lifestyles."

new ways to foster connection at home. Ginger Niemann of the SDCF highlighted that the system allows families the comfort of seeing their loved ones truly "seen and able to thrive."

Active Generations currently operates three Tovertafel systems across its Adult Day Services locations. The organization is working to secure a fourth unit to ensure every location is equipped with this transformative technology.

Often called the "Magic Table," this Dutch invention is an interactive projection system made for adults with Alzheimer's, dementia, and other cognitive challenges. It uses light and motion sensors to project games onto a table, encouraging engagement and sensory activity.

The Tovertafel has activities like virtual leaf raking or light puzzles that help participants take part in exercises that support their well-being. The Tovertafel offers five distinct levels of interaction, allowing staff to tailor activities to each participant's specific cognitive stage. The technology focuses on three primary pillars of health: cognitive stimulation, physical activity and social connection.

Bringing in the Tovertafel fits with Active Generations' commitment to accessible, person-centered care.

The system's benefits extend to participants' families. By observing which activities resonate with their loved ones, caregivers often discover



# JUNE JUMPSTART

## Member Check-in Challenge

This June, Active Generations is challenging members to visit AG as much as possible! Our June Jumpstart Member Check-in Challenge will reward your commitment to staying active.

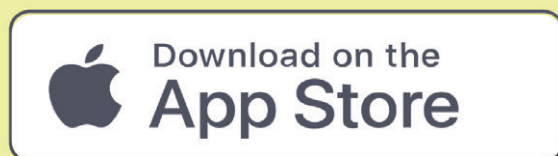
an eye on your progress throughout the month.

We know our members love a bit of friendly competition, but the ultimate reward is the prize at the finish line. The member who secures the most check-ins by the end of June will win 30 minutes of personal training. It's the perfect way to refine your routine or try something new with expert guidance.

Participation is simple: all you have to do is show up! Whether you're heading to a fitness class, meeting friends for coffee, or joining a hobby group, every visit counts.

Need help with the app? If you haven't gone digital yet, don't worry. Our team is ready to help you get set up so you don't miss a single scan. Simply visit the front desk at either campus, and we will help you download the new member app right to your phone.

- You can earn one entry per campus, every single day throughout the month of June. So, if you visit both locations in one day, you earn two entries.
- Download and use the Active Generations Member App to easily scan in and keep



# The Spark Challenge

## Investing in the Future of Active Generations

Active Generations' facilities are busier than ever, reflecting increased excitement within the community. Recent data reveals a remarkable 25% year-over-year increase in daily check-ins at East Campus. The momentum behind the IGNITE Campaign is crucial for addressing the community's needs well into the future as the East Campus Expansion moves forward.

wellness. Planned expansion features include:

- A 0.15-mile elevated indoor walking track for year-round movement.
- Eight professional indoor pickleball courts to meet the high demand for play.
- Expanded fitness rooms and activity spaces for lifelong learning, hobbies, and social clubs.

Since the launch of the Spark Challenge on May 1, the dedication of Active Generations members has been on full display. In just a few weeks, contributions have already surpassed 10% of the \$1 million goal.

With the July 1 deadline approaching, continued support is essential to ignite these physical spaces and build a lasting legacy.

These funds are vital for transforming the East Campus into a premier destination for health and

For those interested in a deeper look at the blueprints and the long-term vision for both the East and Main campuses, two IGNITE Campaign Update Meetings are sched-

uled. These sessions offer an opportunity to ask questions and see how current contributions are being put to work.

**JUNE UPDATE MEETINGS**

Update meetings will be at East Campus in Room 115:

**June 10 at 10 a.m.**

**June 11 at 10 a.m.**

Participation in the Spark Challenge directly supports the mission to promote positive aging and enhance quality of life for all generations. Every gift serves as a spark for the future. To Start a Spark, give at [activegenerations.org/IGNITE](http://activegenerations.org/IGNITE).

# Coffee + Cookies

**Main Campus**  
June 16  
9:30 a.m. | Sertoma B

**East Campus**  
June 18  
10 a.m. | Dining Area



## Hot Meals, Warm Welcomes:

### How to Use Your Meal Punch Card in Salem

Salem Quick Stop, located at 300 W. Vermont St., exemplifies how a convenience store can become the heart of community support and care. By partnering with the Active Generations' nutrition program, the store serves as a flex meal site for the area and a meal delivery partner through Meals on Wheels.

If you have a Meal Punch card, a hot nutritious lunch is waiting Monday through Friday, 11 a.m. to 1 p.m. From the fan-favorite Friday country fried steak to classic sides and dessert, every dish is prepared with care. Want to start your day right? Stop by for breakfast service on weekdays until 10 a.m. for eggs made just the way you like them.

In addition to home delivery, Quick Stop hosts congregate meals at its

Salem location, creating a welcoming space where community members can gather, share food, and enjoy each other's company. These meals provide an opportunity for social engagement, strengthening local ties while promoting overall well-being.

Through Meals on Wheels, lunches are delivered to individuals who may face challenges cooking or leaving their homes. These deliveries do more than meet nutritional needs; they offer a vital point of human connection. For some recipients, the brief visit from a delivery driver may be one of the few interactions they have that day, helping reduce isolation and foster a sense of support.



Explore all the options to use your Meal Punch Card. Whether it's the Salem Quick Stop or at nearby locations such as Rosie's Farmhouse Café in Chester, County Fair Foods in Dell Rapids, My Place Café in Montrose, The Wooden Nickel in Crooks, and Hy-Vee stores in Sioux Falls, your card can get you discounted lunches. For a full list, visit [activegenerations.org/meals](http://activegenerations.org/meals). To join and receive a Meal Punch Card, call 605-336-6722 (Option 2) or visit your nearest Active Generations location.



## Adult Day and Caregiver Support Services

### Adult Day Services has had an exciting season of growth and positive changes across our programs.

One of the biggest and most exciting updates is the opening of The Village! This new space has already brought so much energy and excitement to our team, participants, and caregivers. Along with this addition, Ceili Cottage and our Men's Group have transitioned into new program spaces that better fit the unique needs and interests of participants while continuing to feel warm and welcoming.

Our Main Location continues to be filled with activity, laughter, and meaningful daily engagement while our East Side program continues to grow and thrive. As the weather warms up, participants are spending more time outdoors enjoying fresh air, visits on the patio, exercise groups, and lap walking throughout the day. Our outdoor furniture is out, flowers will soon be potted around the programs, and the energy across all locations truly feels in full bloom this spring.

Another exciting update has been the addition of Tovertaffels at three of our four programs. These interactive light projection systems encourage movement, social interaction, sensory engagement,

and cognitive stimulation in a fun and meaningful way. Participants and staff have loved exploring the different activities and seeing the smiles and laughter they bring each day.

We are incredibly grateful for our staff, participants, caregivers, and community supporters who continue to make ADS such a positive and meaningful place every single day.

### Adult Day Services Spring & Summer Wish List

Outdoor flowers and planters, potting soil, outdoor games, puzzle books, large print word searches, dominoes, craft supplies, bird feeders and bird seed, window clings, gel pens, colored pencils, glue sticks, canvases, fidget items and sensory activities.



## CRAFT SALE

Friday, June 12  
from 10 a.m. to 2 p.m.  
at Main Campus

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

Active  
Generations



## Charity And Donation

### IGNITE CAPITAL CAMPAIGN / SPARK CHALLENGE:

MaryAnn & George Arends  
Ladene Bachtell  
Ivar Kaardal  
EA Nawroth  
Josephine Nelson  
Jeanette & Chuck Nietert  
Melvin & Maria Pruis  
Theron & Joane Schmiginske  
Tom and Pamela Simanek  
Craig & Maure Weinkauf

Nuvera Communications  
St. Croix Hospice  
South Dakota Community Foundation

### IN MEMORIAM:

In Memory of Dennis Murschel  
Susan Aguilar  
Dan and Nancy Kenyon  
Karen Koplow  
Paul Leslie

### NUTRITION PROGRAM:

Linda Westcott

### MARCH FOR MEALS:

John Anderson  
The Barrel House  
Tamara Broekemeier  
Clark Family Trust  
Carolyn Colombe  
Lynda & Roger Fonder  
Diane and Jack Helin  
Kay Kranzler  
Tim & Kori Kromminga  
Jean Nicholson  
Elaine & Michael Rieck  
Dan and Sharon Rykhus  
Steve Sahly  
Woods Fuller Shultz & Smith Pc

### ACTIVITIES & MEMBERSHIP SERVICES:

Sharie Barr  
Ann Bunger  
Richard Leibhan  
Paul Rowland  
Seed for Success Foundation  
Craig Stewart  
Cindy Toby

### ADULT DAY SERVICES & CAREGIVERS:

Evelyn De Zeeuw  
Jeff & Renae Malone



## United Way Day of Action

Thank you to Plains Commerce Bank and CCC Intelligent Solutions who volunteered with us today! They helped get our East and Main campus landscaping ready for spring as part of the Sioux Empire United Way's Day of Action on April 29. Thanks for your time to both teams!



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

To Support Active Generations  
visit [activegen.org/donate](http://activegen.org/donate).

Contact our Director of Development, Wendy McDonnell, to learn more and explore options that work for you. Call Wendy at 605-275-7680 or email [wmcdonnel@activegen.org](mailto:wmcdonnel@activegen.org).

## WOMEN'S WELLNESS SUMMIT

Active Generations

Find harmony with your hormones.  
Join us as we translate modern research  
into everyday wellness habits.

SEPT 12

8:30am-12pm  
5500 E Active Generations Place  
Sioux Falls, SD, 57110



Presented by  
Avera



Support IGNITE in the  
Spark Challenge from  
May 1-July 1!  
[Activegenerations.org/  
IGNITE](http://Activegenerations.org/IGNITE).



**6/5 is for 65: Protect your Medicare Benefits During Fraud Prevention Week**  
Most people become eligible for Medicare at 65. Because of this, Medicare Fraud Prevention Week is held annually on the week of June 5 (6/5). This week is dedicated to raising awareness and encouraging everyone to prevent, detect, and report Medicare fraud.

In South Dakota, SHIINE is your local connection to the Senior Medicare Patrol (SMP) to report Medicare fraud. They help protect from

Medicare fraud in three simple ways:

- **Prevent:** Teaches how to avoid scams and protect your Medicare number.
- **Detect:** Helps review bills and notices for errors or suspicious charges.
- **Report:** Guides you step-by-step if something doesn't look right.

If you find a concern on a Medicare statement or accidentally share your information, report it. Don't hide it and don't be ashamed. Scammers are experts at what they do, and the SMP is here to help.

When you contact SHIINE, request a free "My Health Care Tracker" from the SMP. Use it to track your appointments, then your notes on what is billed on the Medicare Summary Notices (MSNs) and/or Explanation of Benefits (EOBs). If the bills don't

match, let us know. Thank you to Plains Commerce Bank and CCC Intelligent Solutions who volunteered with us today! They helped get our East and Main campus landscaping ready for spring as part of the Sioux Empire United Way's Day of Action on April 29. Thanks for your time to both teams!

All services are free, confidential, and unbiased, giving you trusted support to stay safe and take action. If you need assistance call 888-854-5321 to make an appointment with a SHIINE volunteer near you.



## More Than a Meal: Thanks to Gary Pierson

After 16 years of navigating the turns of Route 1, Gary Pierson has hung up his keys.

This May, Meals on Wheels celebrated the retirement of a man whose service spanned nearly two decades, thousands of miles, and an immeasurable amount of heart.

Gary's began delivering in 2008 alongside his wife, Gayle. For 12 years, the couple regularly stepped up to deliver twice a week. For the Piersons, the mission was never just

about bringing food; it was about bringing moments of kindness and the human connection to the participants on their route.

The year 2020 brought profound change when Gayle passed away. Amidst his own grief, Gary's commitment to his community never wavered. He returned to Route 1 as a solo driver, faithfully delivering meals and frequently volunteering to cover open routes whenever the program faced a shortage of drivers. At 89 years young, Gary

remained a steady and compassionate presence for his Route 1 participants. Beyond his time on the road, his generous donations toward the program over the years made a lasting impact.

We are deeply grateful for Gary's countless hours, miles, and smiles. His commitment embodied the very spirit of Meals on Wheels, and his legacy will continue to inspire us all.

*Thank you, Gary, for everything you gave to our community!*

# WOW

## WORKERS ON WHEELS

BY ACTIVE GENERATIONS

### Bread Break Partnership Celebrates One Year Supporting Meals on Wheels

This month Active Generations celebrates one year of partnership with Bread Break, a food rescue nonprofit that helps supply food to Meals on Wheels. Over the past year, Bread Break has provided approximately 7,200 pounds of bread to our kitchen, helping ensure nutritious meals reach local participants and individuals with disabilities.

This collaboration has been an important component of our Nutrition Program as

Active Generations serves approximately an average of 24,000 meals each month.

Bread Break works with local food providers to recover surplus food and redirect it to nonprofits serving community members in need. Their mission reduces food waste while expanding access to reliable meals across the region.

This partnership has enhanced meal quality and consistency for those we serve, demonstrating how local collaboration can make a lasting impact. To learn more about Bread Break or support its work, visit [breadbreak.org](http://breadbreak.org) and help continue feeding our neighbors.



**MEALS ON WHEELS**  
SIOUX EMPIRE

1.5 hours.

Where to Pick Up Meals:

- Active Generations Main Campus
- Hope Lutheran Church

- First United Methodist Church

*Deliver Sunshine: Volunteer with Meals on Wheels in June Why Volunteer in June?*

- Enjoy flexible scheduling: weekly, monthly, or as a substitute.
- Get out, stay active, and connect with your community.
- Make a meaningful difference with a small time commitment.

What You'll Do:

- Deliver hot, nutritious meals to clients in need.
- Routes are available Monday through Friday.
- Meal pick-up is between 10:30 a.m. and 11 a.m. Routes usually take about

This June, deliver more than a meal, deliver sunshine, connection, and care. If you're ready to volunteer or want to learn more, contact Sam at [slocke@activegen.org](mailto:slocke@activegen.org) or (605) 333-3305. To get started now, scan the QR code to complete the volunteer application, and we'll follow up with next steps.



JUNE OUTING

# OUT TO LUNCH



# BUNCH

**June 18 | 11 a.m.**

**Tour the Water Purification Plant**

(2100 N. Minnesota Ave.)

**Followed by Lunch at Crack'd Pot**

**Restaurant & Bakery**

(1430 N. Minnesota Ave.)

# JUNE JUMPSTART

Member Check-in Challenge

Earn one entry per campus, every day in June. Download the **Active Generations Member App** for easy scan-ins and track your progress.

Visit the front desk to download the new member app!

Get the most check-ins at the end of the month to **Win 30 minutes of personal training!**

*Active  
Generations*

# Parkinson's Pathway

## Social + Fitness Activities

Manage Parkinson's symptoms and maintain confidence through the Parkinson's Pathway at Active Generations:

### Weekly Social Activities

#### Sing-A-Long

Tuesdays | 10-11 a.m. | Main

#### Bean Bags

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

#### Table Tennis

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

Cost: Membership OR \$10 for a non-member day pass.

### Strength for Parkinson's

**Mondays:** 2-2:45 p.m. at Main

**Tuesdays, Thursdays, and**

**Fridays:** 11-11:45 a.m. at East

**Fridays:** 10-10:45 a.m. at Main

Cost: Membership + \$5 per class OR \$10 for a non-member day pass.



# Book Review



## Theo of Golden By Sharon DeVaney

Theo is an elderly

New Yorker who arrives alone in the small southern town of Golden. He finds a coffee shop and is captivated by the 92 pencil portraits of residents of Golden. The portraits show people of different ages, gender, and occupation. But Theo sees love and suffering in the eyes of each individual. Theo decides to buy the portraits one at a time and gift them to the owners. All he wants is to meet personally with the individuals and learn their stories.

Although Theo seems to be relatively wealthy, he is very reserved. He never explains why he is in Golden and he never provides his last name or his occupation. He finds a bookstore and the owner leads him to someone with similar qualities that can perhaps allow him to rent an apartment. There are frequent references to Theo's love of art and of his affection for the river that flows through the city.

After setting the stage, the narrative begins with Theo's first purchase of a

portrait of a young woman. He sends her a handwritten letter asking for a meeting at seven pm by the Fedder fountain. He explains that he wants to give her the portrait. Theo learns that she is a successful accountant, but she wants to be a mother. After this first gift and visit, Theo decides this is his mission. Theo buys one portrait at a time, learns who the owner is, and sends a handwritten letter asking for a meeting.

One of the recipients is a young man who works the night shift as a janitor to pay the expenses of his daughter who was seriously injured in an accident. Another recipient is a homeless woman who surprises Theo with her knowledge of literature. Another recipient is a young man who is learning to play the cello. Theo tells each individual about the qualities that he sees in their portraits. Eventually, the author begins to link the stories of the individuals receiving the portraits. But the ending is a complete surprise. We learn that in Theo's earlier life, he was wealthy and famous. Why did he come to Golden?

The author, Allen Levi, is an attorney, judge, singer/songwriter, and author. He lives on and cares for a family acreage near a small town in the middle of Georgia. This is his first novel. It is a New York Times bestseller.

# WORD SEARCH FUN!

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

ADVENTURE  
 CAMPING  
 FATHERS DAY  
 JUNETEENTH  
 RESORTS  
 STRAWBERRY MOON  
 WEDDINGS

BARBECUE  
 CAREFREE  
 GRADUATION  
 MIDSUMMER  
 SEASHORE  
 SUMMER  
 ZUCCHINI

BOARDWALK  
 DAYLILIES  
 GRILLING  
 RADISHES  
 SOLSTICE  
 VACATION

See answers to word search on page 19

## 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 . . .



## 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**



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 [gchurches.org/siouxfalls](http://gchurches.org/siouxfalls)

Thursday Bible Study at 12 p.m. on 46th Street, Room 202.  
 Thursday Bible Study at 10 a.m. East location, Room 115

**National GARDEN Week** June 7-13, 2026

## Funeral Pre-planning

It pays to compare

Call Kristen Peterson, Funeral Director

**HERITAGE FUNERAL HOME**  
 "Our Heritage is Service."

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

Phone: 605-334-9640

Fax: 605-334-4186

[www.heritagesfsd.com](http://www.heritagesfsd.com) • [heritagefh@midco.net](mailto:heritagefh@midco.net)

# Bean Bags & Beer

JUNE 25 | 5-7 P.M.

## EAST CAMPUS

Outside (weather permitting)

MEMBERS - FREE

NON-MEMBERS - \$10

SNACKS & SODA PROVIDED  
BEER \$5 EACH

*Active  
Generations*

# JUNE MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMPUS | JUNE 18 | 3 PM

"STEEL MAGNOLIAS"

Rated: PG

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold.

EAST CAMPUS | JUNE 19 | 5 PM

"PRETTY WOMAN"

Rated: R

A corporate raider hires a streetwalker to act as a business escort in Beverly Hills, California.

*Active  
Generations*

# TUESDAY NIGHT DANCES

6:30 - 9 PM

Members \$7 | Non-Members \$10

## JUNE LINE UP

June 2: State Line Drifters

June 9: Loren Miller (Live DJ)

June 16: The Castaways

June 23: TBD

June 30 (Independence Dance): Clay Creek Band



# Hiking Club

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

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

## June Dates

June 2: Big Sioux Rec Area at 9:30 a.m.

June 16: Tuthill Park at 8:30 a.m.

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

# TRUE BEGINNER WATERCOLOR SERIES

Paint like a professional after this series with Barbara Sparks! She'll teach the basics of watercolor painting. You'll explore brush control, color management, and water techniques over three classes in the series.

**Supplies are provided.** Members \$60 | Non-members \$90

**East Campus | 9 AM- 12 PM**

**Series Dates:**

June 12, 19, and 26



SCAN TO SIGN UP

**FLAG DAY**  
JUNE 14,  
2026



*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.



*Free Samples*



*Community Celebration*

*You're invited to our*

# RIBBON CUTTING

Celebrating the opening of Active Generations' new Simply Good Café at the East Campus with the Sioux Falls Area Chamber of Commerce.

**4:30-6 P.M.**

**JUNE 16, 2026**

5500 E Active Generations Place, Sioux Falls, SD

# ENJOY SUMMER

*from Sunnycrest Village,  
Where Seniors Celebrate Life!*

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



**SUNNYCREST RETIREMENT VILLAGE**



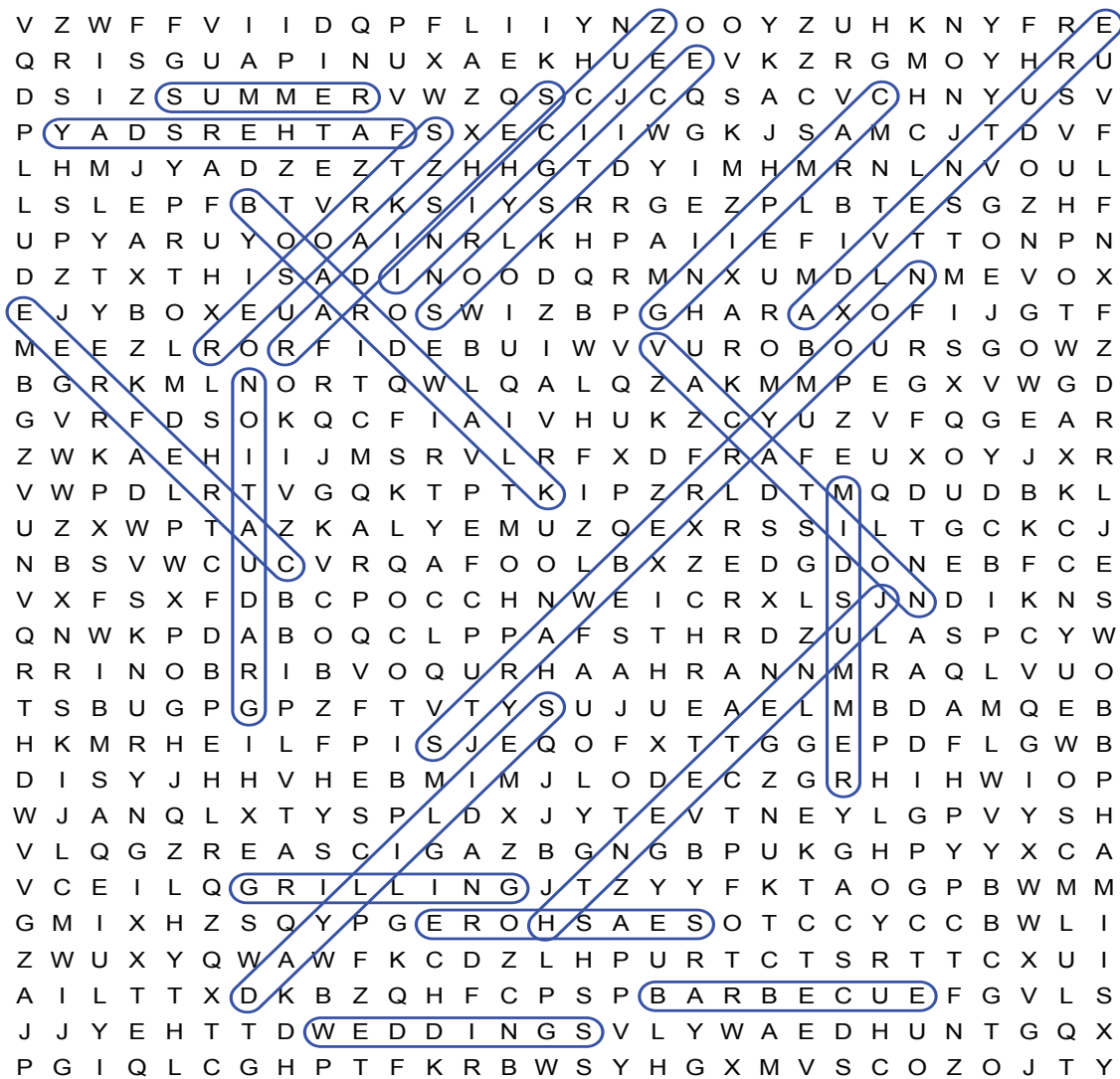
3900 S. Terry Ave. Sioux Falls, SD 57106  
605-361-1422



www.sunnycrestvillage.com



Answers to word search on page 16



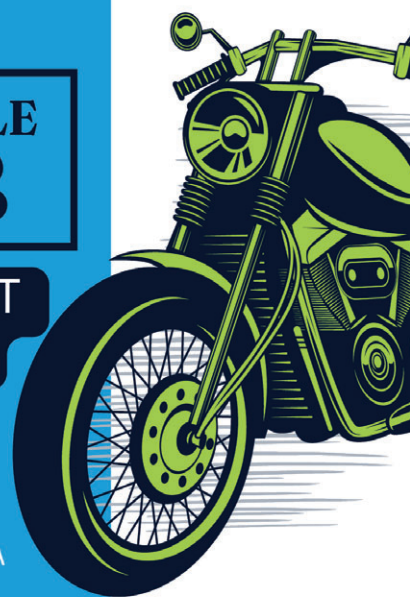
ADVENTURE  
CAMPING  
FATHERS DAY  
JUNETEENTH  
RESORTS  
STRAWBERRY MOON  
WEDDINGS

BARBECUE  
CAREFREE  
GRADUATION  
MIDSUMMER  
SEASHORE  
SUMMER  
ZUCCHINI

BOARDWALK  
DAYLILIES  
GRILLING  
RADISHES  
SOLSTICE  
VACATION

# MOTORCYCLE CLUB

JUNE- AUGUST  
2026 RIDES



June 3 LeMars, IA

June 17 Lake Okoboji, IA

July 1 Martinsburg, NE

July 15 Mitchell, SD

August 5 Vermillion, SD

August 19 Hudson, SD

Departure times and locations vary. Those interested are emailed prior.

Join a ride!  
Contact Milton Ellis  
605-359-1397 or  
milt761@outlook.com



## For your Good Health

### MASSAGE THERAPY

Main Location  
Next available dates are:

Tuesday, June 16  
Room 128  
15 min \$22  
30 min \$44

Call Active

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

### SANFORD FOOT CLINIC

Next available dates are:  
TBD

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

### SANFORD HEALTH COOPERATIVE MAIN LOCATION

Tuesdays - Room 128  
8:30 a.m. – 12 noon

EAST LOCATION:  
Thursdays - Room 115  
9 a.m. – 12 noon

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

### Who comes to the Co-Op?

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

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

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

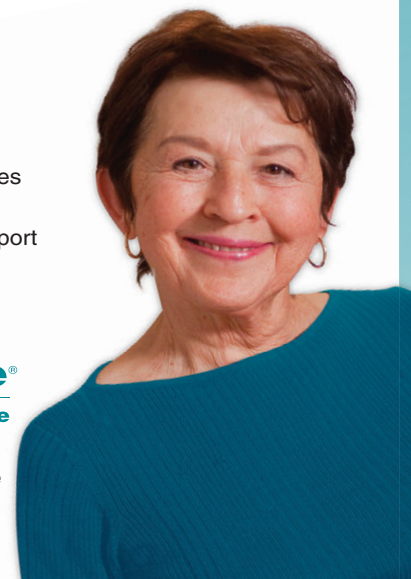
To contact Sanford Health Cooperative to schedule an appointment, contact them at 605-333-3217.

## 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.RAHSESD.com

# June 2026



## Monthly Menu

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



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>1</b> Chicken & Broccoli Bake Beets Fruit Juice	<b>2</b> Taco Bake Spanish Rice Mexican Corn Fruit Cup	<b>3</b> Pulled Pork Sandwich Cheesy Hashbrown Baked Beans Fruit Juice	<b>4</b> Chicken Strips Scalloped Potatoes Carrots Fruit Juice	<b>5</b> Egg Salad on a Bun Potato Salad Pea Salad Fruit Cup
<b>8</b> Stuffed Bell Pepper Casserole Roasted Potatoes Broccoli Fruit Juice	<b>9</b> Chicken Alfredo Italian Vegetables Bread Stick Fruit Cup	<b>10</b> Turkey & Cheese Sandwich Coleslaw Fruit Juice	<b>11</b> Sweet & Sour Pork Rice Stir Fry Vegetables Fruit Juice	<b>12</b> Cabbage Roll Casserole Mashed Potatoes Garlic Bread Fruit Cup
<b>15</b> Chicken Thighs Mac'n Cheese Baked Beans Fruit Juice	<b>16</b> Goulash Corn Bread Stick Fruit Cup	<b>17</b> Garlic Parmesan Pork Mashed Potatoes & Gravy Mixed Vegetables Fruit Juice	<b>18</b> Sloppy Joe Hash Brown Green Beans Fruit Juice	<b>19</b> BBQ Ribs Baked Potato Broccoli Fruit Cup
<b>22</b> Chicken Kiev Mashed Potatoes & Gravy California Blend Veggies Fruit Juice	<b>23</b> French Toast Sausage Link Green Beans Fruit Cup	<b>24</b> Swedish Meatballs Mashed Potatoes Carrots Fruit Juice	<b>25</b> Chicken Salad on a Bun Pasta Salad 3 Bean Salad Fruit Juice	<b>26</b> Beef Ravioli with Spaghetti Sauce Italian Vegetables Garlic Bread Fruit Cup
<b>29</b> Philly Steak & Cheese Casserole Capri Vegetables Fruit Juice	<b>30</b> Chicken Pot Pie over Biscuit Mixed Vegetables Fruit Cup			

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

All menu items subject to change.

## FATHER'S DAY COOKIE DECORATING CLASS

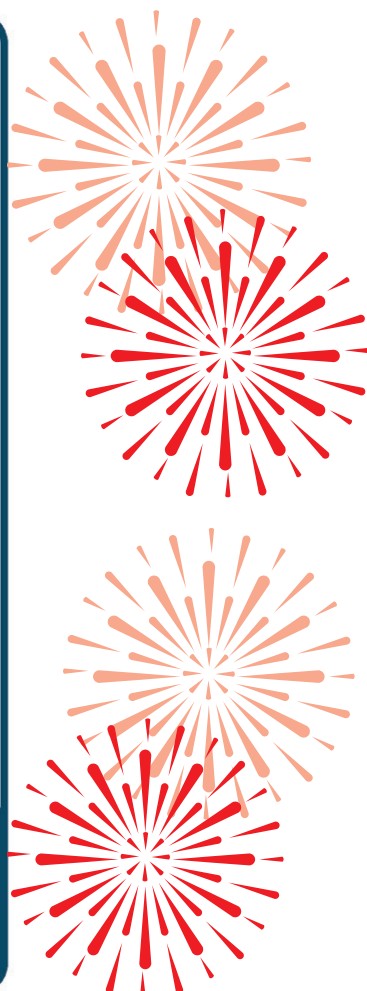


SATURDAY, JUNE 13 | 1 PM - 3 PM  
EAST CAMPUS: ROOM 110

Cost: \$55



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



## Celebrate 250 Years of Independence

- Independence Dance**  
June 30 | 6:30-9 p.m. | Main Campus  
Clay Creek Band and Veterans recognition.
- All-American Cookout**  
July 1 | 11 a.m.-3 p.m. | East Campus  
Food, snacks and yard games.
- Great Plains Watercolor Society**  
August | Displayed at Main Campus  
Gallery showcasing works that reflect America's spirit and heritage.

