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CLOSED ON
NOVEMBER 27 & 28

**HOURS OF
BUSINESS
MAIN**

Mon.- Fri 6:30am-8:00pm
Sat. – 8:00am-3:00pm

EAST

Mon.-Fri. – 6:30am-8:00pm
Sat. – 8:00am-3:00pm

Office Hours

Mon.-Fri. – 8:00am-4:30pm

ACTIVE GENERATIONS IGNITE CAMPAIGN

**“IGNITING SPACES,
INSPIRING BELONGING”**

Learn more in the President's Update

OUR MISSION

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

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

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

Active
Generations

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

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President’s Update

Active Generations has always been—and will always be—about more than activities; it’s about the community we create together. One member recently shared a story that beautifully reflects this. A year ago, she lost her husband to cancer. During his treatment, she leaned on our Caregiver program for support. Both through her caregiving journey and after his passing, she found comfort and connection at Active Generations—through membership and the relationships she built. For her, it’s not just about pickleball or any single activity. It’s about belonging, learning how to move forward, and finding community. A recent Harvard study confirmed what we’ve always known: good, close relationships are the number #1 key to aging well. Building community has always been—and will always be—the foundation of Active Generations. However, to sustain that community and continue welcoming new members, we must invest in our physical space to meet today’s needs while building for the future.

Introducing the IGNITE Capital Campaign

On October 8th and 9th, we hosted Member Town Halls at both campuses to share drawings and details of upcoming capital improvement projects. We also unveiled the name of this exciting effort: the IGNITE Capital Campaign – Igniting Spaces, Inspiring Belonging. This campaign is rooted in our mission: to inspire active lifestyles and well-being for adults through engaging programs and essential services. Over the past year, I’ve had the privilege of listening to members, staff, and community partners. These conversations have shaped a clear vision of what Active Generations is today—and the extraordinary potential it holds for tomorrow. We are committed to building a vibrant, inclusive community where every adult can move, connect, learn, and most of all, belong. This sense of connection isn’t just meaningful—it’s essential to living well.

Eastside Expansion

When the Eastside Campus opened in September 2023, we dreamed of expanding “someday.” None of us expected “someday” to come so soon. Yet today, the Eastside Campus is already nearing capacity, fueled by our growing membership.

The Eastside Expansion plans include:

- Additional activity rooms for cards, Mahjong, crafts, group fitness, seminars
- A café to enhance and innovate our nutrition program
- An indoor walking track and expanded cardio and weight room
- 9 additional indoor pickleball courts
- 2 golf simulators

Main Campus Renewal

Our Main Campus has served us for nearly 30 years and is ready for renewal. Planned updates include:

- A dedicated dining area, separate from the multipurpose pickleball/activity space
- An upgraded serving area for dining
- Refreshed furniture throughout the building
- Enhanced fitness and social club space (Phase 2)

Campaign Progress

The IGNITE Capital Campaign’s goal is \$10 million. We are beginning to share our vision with donors, and the early response has been enthusiastic. While you may hear rumors, please know we are still working through important conversations with donors. Our hope is to make a public announcement by the end of 2025. Architects are moving forward on Eastside Expansion plans, but before construction can begin, we must have a solid foundation of giving/pledging for the project. The Main Campus renovation must be fully funded before moving forward. These projects will be funded through capital campaign dollars. As part of this effort, we are inviting our membership to consider giving towards the campaign. We believe the momentum of our members’ commitment will speak volumes to our corporate and community partners as they consider their support.

We are excited for the future of Active Generations and grateful for the continued support of our members and community. Together, we are truly igniting spaces and inspiring belonging. For more information on the campaign, please visit www.activegenerations.org.

Our day-to-day activities are busier as ever – few highlights:

- Drama Club Performance – Don’t miss the Drama Club’s production of Anything Goes on November 13. I’ve been told they have something up their sleeves!
- Thanksgiving Take-Home Meals – Our Nutrition Department is offering Thanksgiving Take-Home meals. More information can be found later in this newspaper.
- Show Your AG Pride! – Many members have asked if they can purchase items with the Active Generations logo. We’re excited to share that an online store is coming soon! You’ll be able to order AG-branded apparel and merchandise, with a portion of every purchase donated back to Active Generations. Stay tuned for details.

I also recently read research on the power of optimism as a key factor in living well. In today’s world, where negativity can feel louder than everything else, I encourage everyone to share a compliment with one another—or two, or three. Not only in the month of Thanksgiving, but throughout the year, a kind word can brighten someone’s day, strengthen our connections, and remind us of the good all around us.



Senior Citizens Services, Inc.
dba
Active Generations Board of Directors
Betsy Schuster – President and CEO
Luke Tibbetts – Chairperson
Aimee Middleton – Vice Chairperson

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

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

Active Generations Program Directory

Phone Number: (605-336-6722)

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

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

Active Generations Fitness and Wellness

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



ASHLink



SilverSneakers
by Tivity Health

Humana

MEDICA



RenewActive™
by UnitedHealthcare



Fitness Room Hours:

Mon., 6:30am-8pm

(Both Locations)

Tues., 6:30am-9pm (Main)

Tues., 6:30am-8pm (East)

Wed.-Fri., 6:30am-8pm

(Both Locations)

Sat., 8am-3pm (Both Locations)

Fitness and Wellness Class Schedule

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

Fitness & Wellness Class Schedule | November 2025



Drop in for \$5/class, buy bulk sessions with a punch card, or go unlimited for \$25/month!
See the front desk for more information.

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

Fitness Room Orientation •
By appointment,
336-6722

Class Descriptions:

Get Active Healthy Hustle

- Intermediate; floor-work, cardio, hand weights, balance, use of all equipment, full body.

Silver Sneakers Classic

- Beginner; cardio, bands, hand weights, overall body.

Body Beasts - Advanced; full body, cardio, strength training, floor-work.

Restorative Stretch

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

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

MONDAY/WEDNESDAY/FRIDAY

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

NO CLASSES THURSDAY NOVEMBER 27th and FRIDAY NOVEMBER 28th.

TUESDAY/THURSDAY

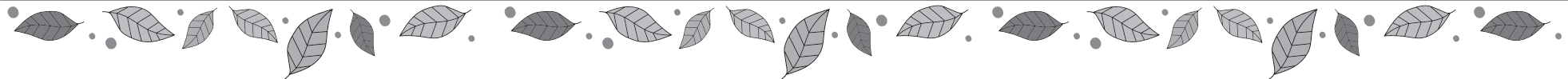
TIME	CLASS	LOCATION
10:30-11:15am	SilverSneakers Classic**	MAIN
8:30-9:00am	Restorative Floorwork**	EAST
9:00-9:45am	SilverSneakers Classic**	EAST
11:45-12:00pm	Yoga (Video Led) FREE	EAST
1:00-1:45pm	Reach Your Peak Circuit	EAST
4:30-5:30pm	Tai Chi Dance	EAST

SATURDAY

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

AG EAST				
CARDS & SPECIAL INTEREST CLUBS				
CLUB OR ACTIVITY	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
10 Point Pitch	Saturdays	12:30 - 3:00 pm	Dining Area	Gloria Doohen & Gloria Faber
Bean Bags	Wednesdays	9:00 - 11:00 am	Room 115	Gloria Doohen & Gloria Faber
Bible Study	Thursdays	10:00 - 11:00 am	Room 103	Pastor JoAnn Lagge
Bridge (Party)	Mondays	Noon - 3:00 pm	Room 115	Roger Megard
Crafters Club	Mondays	9:00 am - 5:00 pm	Room 110	Sharon Fitzsimmons
Cribbage	Wednesdays	12:00 - 2:30 pm	Room 117	Pete Peterson
Dominoes	Thursdays	9:00 - 11:00 am	Dining Area	June Tietz
EMHS Mental Health Peer Support Group	Thursdays	3:00 - 4:00 pm	Room 110	Deb Piper
Fast Track	Fridays	12:00 - 2:00 pm	Dining Area	Cheryl Anderson
Hand & Foot (Card Game)	Thursdays	12:30 - 3:30 pm	Dining Area	Judy Hansen/Jackie Shea/ Angie Arney
Hand, Foot & Toe (Card Game) Beginners Welcome!	Fridays	12:30 - 3:30 pm	Room 115	Jan Nason
Hearts	Mondays	9:00 - 11:00 am	Dining Area	Roger Megard
Knitting Club	Fridays	1:00 - 3:00 pm	Room 110	Margaret Straley
Line Dancing (Pop Music)	Mondays	2:00 - 3:30 pm	Room 116 & 117	Marty Wegner
Mah Jongg	Wednesdays	1:00 - 4:00 pm	Room 115 & 116	Open
Mah Jongg	Thursdays	4:00 - 6:00 pm	Room 115	Kathie Smith
Pinochle	Tuesdays	12:30 - 3:00 pm	Room 115	Gary Kessler
Shotokan Karate Club (Canceled 11/10)	Mondays	6:30 - 7:45 pm	Room 116 & 117	Brianna Leesch
Wii Bowling Fall/Winter League (11/6 - 12/18) Pre-Registration Required	Thursdays	1:00 - 3:30 pm	Room 115	Kathie Smith
Woodcarving Club	Tuesdays & Thursdays	9:00 - 11:30 am	Room 110	Nancy Cummings

MARK YOUR CALENDAR!				
CLUB OR ACTIVITY	DAY	DATE	TIME	LOCATION
Grief Support Group	Monday	11/3	10:30 - 11:30 am	Room 103
Memory Care Caregiver Support Group	Thursday	11/6	10:00 - 11:00 am	Room 103
Family Pan Sampling Event	Thursday	11/6	1:00 - 2:00 pm	Dining Area
Caregiver Appreciation Event	Saturday	11/8	11:00 am - 1:00 pm	Dining Area
Roxie Tour & Travel Presentation	Monday	11/10	2:00 - 3:00 pm	Dining Area
Siouxland Libraries Bookmobile	Thursday	11/13	11:30 am - 12:30 pm	Outside
Responding to Dementia-Related Behaviors	Thursday	11/13	1:00 - 2:30 pm	Room 116
Holiday Cookie Pies Class	Saturday	11/15	1:00 - 3:00 pm	Room 110
Tax Aide New Volunteer Training	Tuesday	11/18	8:30 am - 3:00 pm	Room 103
Acrylic Painting - Thanksgiving Cornucopia	Tuesday	11/18	2:00 - 4:00 pm	Room 110
Volin's Racket Table Event	Thursday	11/20	8:00 am - 12:00 pm	West Hallway
Coffee w/ CEO Betsy	Thursday	11/20	10:00 - 11:00 am	Room 115
Avera Community Stroke Education	Thursday	11/20	11:00 am - 1:00 pm	Foyer
Bean Bags & Beer	Thursday	11/20	5:00 - 7:00 pm	Dining Area
Movie Mania	Friday	11/21	5:00 - 7:00 pm	Room 110
Tax Aide New Volunteer Training	Saturday	11/22	8:30 am - 3:00 pm	Room 103
Memory Cafe	Saturday	11/22	10:00 - 11:30 am	Adult Day Services
Caregiver Support Group	Wednesday	11/26	1:30 - 2:30 pm	Room 103
Hospice Myth Busting	Wednesday	11/26	1:30 - 2:30 pm	Room 110
CLOSED FOR THANKSGIVING	THURSDAY & FRIDAY	11/27 & 11/28	ALL DAY	BOTH BUILDINGS



AG MAIN				
MARK YOUR CALENDAR!				
DAY	DATE	HOURS	LOCATION(S)	ACTIVITY
SATURDAY	11/1	9:45 AM-3:00 PM	SERTOMA A & B & ROOM 205	TABLE TENNIS TOURNAMENT
TUESDAYS & THURSDAYS	11/4, 11/6, 11/11 & 11/13	8:30-11:30 AM	ROOM 203	BEGINNING MAH JONGG CLASS
MONDAYS	WILL RESUME IN THE SPRING	9:00 AM	VARIOUS GOLF COURSES	GOLF OUTINGS
TUESDAY	11/4	2:00-4:00 PM	ROOM 132	ACRYLIC PAINTING CLASS ("THANKSGIVING CORNUCOPIA")
TUESDAYS	WILL RESUME IN THE SPRING	9:00 AM	VARIOUS DESTINATIONS	HIKING CLUB
TUESDAYS	11/4, 11/11, 11/18 & 11/25	10:30-11:30 AM	LOBBY	SING-A-LONG
TUESDAYS	11/4, 11/11, 11/18 & 11/25	6:30-9:00 PM	SERTOMA A	TUESDAY EVENING DANCES (VARIOUS BANDS)
WEDNESDAY	11/5	1:00 PM	LOUNGE	FAMILY PANS TASTING EVENT
THURSDAYS	11/6 OR 11/13	12:00-2:30 PM	ROOM 201	ROSEMALING & ORNAMENT DECORATING CLASS
THURSDAYS	11/6, 11/13 & 11/20	6:30-7:30 PM	SERTOMA B	BEGINNING COUNTRY DANCE LESSONS
SATURDAY	11/8	10:00 AM-2:00 PM	SERTOMA B	GREAT PLAINS COIN CLUB
TUESDAY	11/11	ALL DAY	LOUNGE	VETERANS DAY COOKIE GIVEAWAY
TUESDAY	11/11	6:30-9:00 PM	SERTOMA A	TUESDAY NIGHT DANCE VETERANS THEME (CLAY CREEK BAND)
THURSDAYS	11/13	2:30 OR 7:00 PM	SERTOMA A	FALL FOLLIES "ANYTHING GOES"; \$10.00 PER TICKET
FRIDAY	11/14	10:00 AM-2:00 PM	LOBBY	CRAFT SALE
FRIDAY	11/14	11:00 AM-1:00 PM	LOUNGE	STROKE AWARENESS
FRIDAY	11/14	1:00-2:30 PM	SERTOMA A	MONTHLY BIRTHDAY PARTY (THE HUCKLEBERRYS)
WEDNESDAY	11/19	1:00-2:00 PM	ROOM 128	COOKIES & COFFEE WITH BETSY
THURSDAY	11/20	10:00 AM	MEET AT DAKOTA NEWS NOW DOWNTOWN	OUT TO LUNCH BUNCH (TOUR OF DAKOTA NEWS NOW, FOLLOWED BY LUNCH AT FERNSON DOWNTOWN)
THURSDAY	11/20	3:00 PM	ROOM 202	MOVIE MANIA ("THE THURSDAY MURDER CLUB")
FRIDAY	11/21	10:00 AM-11:00 AM	ROOM 202	TED TALKS (VARIOUS TOPICS)
FRIDAY	11/21	11:30 AM-1:30 PM	LOUNGE	EXPLORE OLLI: CLASSES & COMMUNITY
THURSDAY	11/27	ALL DAY	BOTH LOCATIONS	CLOSED FOR THANKSGIVING
FRIDAY	11/28	ALL DAY	BOTH LOCATIONS	CLOSED

Outside Groups Meeting
at Active Generations

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



Coffee and Cookies

Main: Wed. November 19 @ 1 pm, Rm 128
East: Thur. November 20 @ 10 am, Rm 115

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

Active Generations Club Notes

SING A LONG

Come join us to sing some of your favorite songs!

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

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

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

Contact Nancy Lange at 605-261-5385 for any 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

"Tie a Yellow Ribbon" is the newest sing the Kazukes are working on. Find a yellow ribbon and bring it to a Wednesday practice for a prize. Be prepared to stay a while and listen! We like to show off for an audience! We are also preparing for a program full of holiday music. Some songs featured are "Mele Kalikimaka" and "Angels We Have Heard on High". Imagine a whole hour of Christmas songs to sing along!

Remember, we practice each Wednesday from 9:30 to 11:45 am in room 204 at the Main campus. We average two concerts a month. Come join the fun!

GOLD'N SILVER DRAMA CLUB

The Follies are finally here! And it's not too late to get tickets!

"Anything Goes" is the theme for this years Follies. So, expect some funny skits, music, dancing and of course plenty of laughter! There will be two shows, on Thursday, November 13, one at 2:30 and the other one at 7:00 p.m. So, if you can't come to one, make sure to go to the other. You don't want to miss out on all the fun! Tickets are only \$10.00. Where else can you

get live entertainment for such a low price? And it's worth every penny.

Stop by the front desk at either location and get your tickets now. You won't regret it!

BOOK CLUB

The Active Generations Book Club will be meeting on Monday, November 24th at 9:30am at Active Generations Main.

The book for discussion is "Give and Take" by Adam Grant. "Give and Take" is a self-help book based on the idea that givers play an essential role in building networks, encouraging collaborations and nurturing talent.

The book that will be checked out for the December discussion will be "The Nature of Fragile Things" by Susan Meissner. This is a work of historical fiction about a young Irish immigrant who becomes a mail order bride in San Francisco. Her fate becomes entwined with the fates of two other women on the eve of the 1906 earthquake.

If you are interested in joining the Active Generations Book Club, please contact Active Generations for the leader's contact information.

Happy Reading!!

MEMBER Spotlight

Cheryl Anderson



If you've spent any time at Active Generations, you've probably met Cheryl Anderson. Cheryl is the enthusiastic club leader for Fast Track at East Campus, a lively and inclusive game that welcomes players of all ability levels. What she loves most about Fast Track is its accessibility. She even creates custom game boards with larger pieces and spaces so that everyone can join in comfortably. Cheryl describes the club as a place where members can enjoy a light, friendly game while connecting with others and building community.

Community is, in fact, at the heart of everything Cheryl does. While she leads Fast Track at East, you'll also find her at both AG buildings participating in various clubs and events - movie nights are a particular favorite! Outside of Active Generations, Cheryl pours her energy into her country church, where she wears many hats: parish nurse, home communion volunteer, custodian, and the kind soul who sends handwritten cards to the elderly.

Raised around her grandparents, Cheryl has always had a deep love for the older generation. "I'm selfish in that way," she says with a smile. "I find such joy in doing things for others."

Whether she's making sure everyone feels welcome at the game table or lending a helping hand in her community, Cheryl embodies the spirit of Active Generations: friendship, service, and fun. If you're looking for a lighthearted game and a chance to meet some wonderful people, stop by and join her for a round of Fast Track!

Chair Yoga

FRIDAYS
1:00 - 4:00 PM
MAIN CAMPUS

To sign-up:

VISIT THE MEMBER SERVICES DESK

\$5.00 PER CLASS OR PUNCH CARD

NOV. TED TALKS

Friday, Nov. 21st | 10:00 AM | Main Campus



Why are there so many different kinds of dogs? (4 min., 44 sec.)

And what does a dog's breed actually say about them? The immense physical variety of dogs makes them among the world's most diverse species and likely the one with the greatest range in size.

The wonder of weightlifting (10 min., 23 sec.)

Learn the truth behind three weightlifting myths that prevent women from getting serious about strength training — and why your future self will thank you for picking up those dumbbells.



What happens to your brain without any social contact? (6 min., 31 sec.)

When being alone is forced upon you, the effects can be surprisingly extensive. And though different people experience distinct effects, symptoms tend to become more severe and persistent the longer one's isolated.

The inside story of Notre-Dame's incredible reconstruction (14 min., 06 sec.)

In a moment that stunned the world in 2019, the famed Notre-Dame in Paris went up in flames. Listen for a story of craftsmanship, devotion and innovation — and learn how more than 2,000 hands worked to return this landmark to the world.

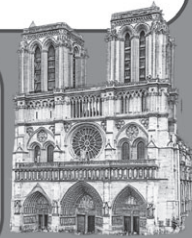


TABLE TENNIS

\$50

GIFTCARD PRIZE

tournament

Sat. Nov. 1st | 9:45 AM - 3:00 PM

MAIN CAMPUS

AG MEMBERS: \$15.00 FOR ONE EVENT OR \$25 FOR TWO
NON-MEMBERS: \$25.00 FOR ONE EVENT OR \$40 FOR TWO

LUNCH AVAILABLE FOR \$5.00



MAIN – CARD & SPECIAL INTEREST CLUBS

CLUB OR ACTIVITY	DAY(S)	TIME(S)	LOCATION(S)	LEADER(S)
500 Cards	Saturdays	12:00-2:30 pm	Room 203	Barb Boddicker
Acanthus Carvers	Mondays	12:00-5:00 pm	Room 132	Mark Uhrich
Active Cruisers Motorcycle Club	Wednesdays	Varied	Various Locations	Milton Ellis
Bean Bags	Thursdays	9:00-11:00 am	Sertoma A	AG Members
Bible Study	Thursdays	12:00-1:00 pm	Room 128	JoAnne Lagge
Bingo	Fridays (except 2nd Friday)	1-2:30 pm	Sertoma B	Richard Miller & Dean Dewes
Book Club	4th Monday	9:30-11:30 am	Room 128	Pat Flatequal
Bridge (Duplicate)	Tuesdays	6:15-9:30 pm	Room 203	Karn Barth
	Fridays	12:30-4:15 pm	Room 204	Karn Barth
Bridge (Party)	Thursdays	12:00-3:30 pm	Room 203	Arlene Salter & Carolee Olson
Bridge (Party)	Fridays	12:00-3:30 pm	Room 203	Arlene Salter & Alayne Meyer
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 203	Arlene Sorenson
Dominoes	Mondays	1:00-3:00 pm	Room 202	Rosemary Campbell
	Wednesdays	1:00-3:00 pm	Room 202	Carolyn C, Rosemary C, Sherrill 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 & Bonnie Shumaker
Mah Jongg	Tuesdays	8:00 am-Noon	Room 203	Open Play
	Fridays	8:00 am-Noon	Room 203	Sharon Schwaderer
Painting & Drawing Open Studio	Tuesdays	9:00 am-2:00 pm	Room 132	AG Members
	Wednesdays	9:00 am-2:00 pm	Room 132	AG Members
Pickleball (Beginners)	Wednesdays	1:30-4:30 pm	Sertoma A	Sandi Plooster
	Thursdays	4:30-8:00 pm	Sertoma A	Sandi Plooster
Pickleball (Intermediate/Advanced)	Tuesdays	1:30-4:30 pm	Sertoma A	Linda Pierson
				Allan Hembree
	Thursdays	1:30-4:30 pm	Sertoma A	Linda Pierson & Allan Hembree
Pickleball (Open Play)	Mondays	3:30-8:00 pm	Sertoma A	
	Wednesdays	4:30-8:00 pm	Sertoma A	
	Fridays	4:00-8:00 pm	Sertoma A	
	Saturdays	8:00-11:00 am	Sertoma A	
Pinochle	Wednesdays	12:30-3:00 pm	Room 203	Becky Grave
Pitch 10-Point	Tuesdays	12:30-2:30 pm	Room 202	Les Brandhagen
Quilting Club	Tuesdays	9:00 am-Noon	Room 201	Carolyn Colombe
Sing-a-Long	Tuesdays	10:30-11:30 am	Lounge	Nancy Lange & Dennis Renli
Shuffleboard	2nd & 4th Tuesdays	9:00-11:00 am	Sertoma A	AG Members
Table Tennis (Beginners)	Mondays	3:00-5:00 pm	Room 205	Kai Zhang
Table Tennis (Advanced)	Tuesdays	5:00-9:00 pm	Room 204	Kai Zhang
Table Tennis (Beginners)	Wednesdays	3:00-5:00 pm	Room 204	Kai Zhang
Table Tennis (Beginners)	Thursdays	5:00-7:00 pm	Room 205	Kai Zhang
Table Tennis (Advanced)	Saturdays	8:00 am-3:00 pm	Sertoma B	Kai Zhang
Ukulele/Kazukes	Wednesdays	9:30-11:30 am	Room 203	Bill Simon & Linda Beckman
Whist	Mondays	12:30-3:30 pm	Room 203	Elsie Fitz
Wii Bowling	Wednesdays	12:30-2:30 pm	Sertoma B	Kathie Smith
Woodcarving Club	Mondays	9:00-11:00 am	Room 132	Derek Boekhoff
	Saturdays	9:00-11:00 am	Room 132	Derek Boekhoff



To schedule an in-person appointment with a SHINE staff or volunteer at AG main, or a phone appointment, please call 888-854-5321. Appointments fill up fast!

For general SHINE questions, please call 605-333-3314.

MAIN

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)

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

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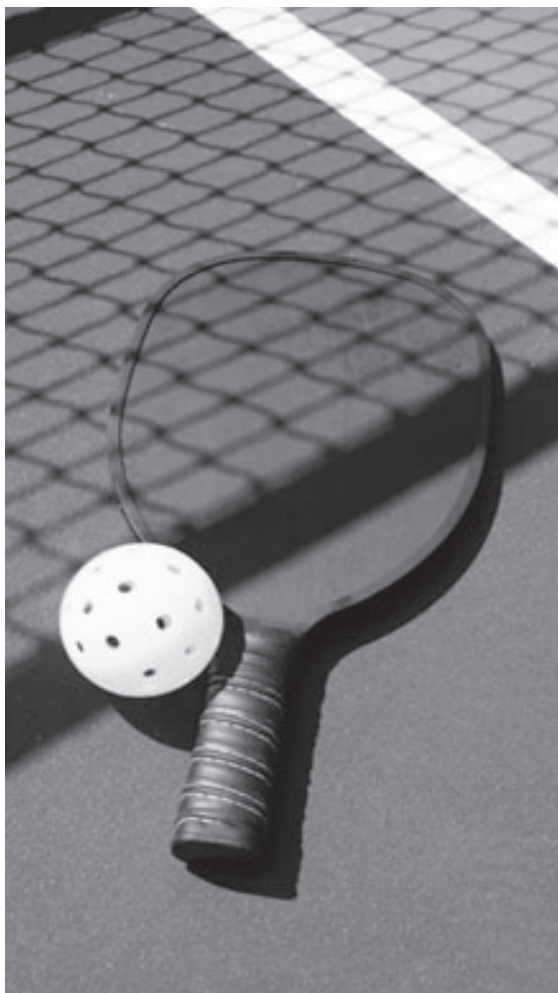
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Don't let colon cancer hide.

Colorectal cancer is the second leading cause of cancer death in the U.S. However, when caught early, nine out of 10 people have no signs of colorectal cancer five years later.



“Detection at a very early stage is when the treatment is most effective,” said Gerald Fletcher, MD, a

gastroenterologist at Sanford USD Medical Center. “We’ve seen that survival rates are much, much better when we screen for colorectal cancer, rather than wait for symptoms to develop.”

Most colorectal cancers start as a growth, called a polyp or lesion, on the inner lining of the colon or rectum. It may take as many as 10 to 15 years for polyps to turn into cancer, and they may not cause any symptoms.

This makes routine screening for colorectal cancer essential.

Among screening options, colonoscopies are considered the gold standard as doctors are able to not only find polyps but also remove them.

“A colonoscopy is actually the one test that can find and fix the problem in one visit,” Dr. Fletcher said. “It’s both prevention and detection.”

During a colonoscopy, patients are given a sedative to sleep through the procedure, and then a lighted scope with a camera is used to look at every segment of the colon and rectum. Most colonoscopies take about a half hour.

“Most people actually just dread the prep because of the inconvenience of cleaning out the colon,” said Dr. Fletcher. “But once you go through the prep, everything is really easy.”

There are also different options for colonoscopy prep that patients can discuss with their doctor.

“Don’t let fear stand in your way of health,” said Dr. Fletcher. “If you have any hesitation with getting a colonoscopy, talk to a doctor about your concerns and they would be happy to explain the options that are available to you.”

For those at average risk of colorectal cancer, colonoscopies are recommended every 10 years starting at age 45. However, if someone is experiencing symptoms, it’s important to see a doctor.

“Don’t ignore any symptoms you have regarding your GI health,” Dr. Fletcher said. “This includes if you have some rectal bleeding, don’t assume it’s hemorrhoids.”

Other symptoms could include a change in bowel habits, unintentional weight loss or unexplained fatigue.

To learn more about colorectal cancer screening, talk to your primary care provider. Colonoscopies are also covered by most insurance plans with no out-of-pocket costs. Check with your insurance plan for coverage details.



Bean Bags & Beer

THURSDAY NOV. 20TH | 5 - 7 PM
EAST CAMPUS
MEMBERS - FREE
NON-MEMBERS - \$10.00

SNACKS & SODA PROVIDED
BEER \$5.00 EACH

Active Generations
Opportunities for a Lifetime

See President's
update on page 2
for more
details



Stroke Awareness
with Lucinda from Avera

Discover the symptoms of a stroke and
explore ways to help prevent them.

Main Campus - Dining Area
Friday, November 14 from 11am-1pm

East Campus - Dining Area
Thursday, November 20 from 11am-1pm

Active Generations




LIFE IS Better
WITH MORE TREATMENT OPTIONS

You don't have to go far for world-class orthopedic care. Get the treatment options you want and the care you need at the new Sanford Orthopedic Hospital in Sioux Falls. Our dedicated team of providers is here to guide you.

Rediscover what life with the freedom to move can be like today.

Call (605) 328-2663 to schedule an orthopedic appointment.

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THANK YOU TO OUR UNPAID FAMILY CAREGIVERS

We see you. We appreciate you. We honor you. We know how much you give of yourself daily, often without much given in return. Your role includes much of what you were not trained for; it is not something that everyone understands or wants to understand. What you are doing makes an incredible difference every day! In the moments where no one is looking, you are making the most of life for your care receiver. Through doctor visits, rides to the store, finding resources, community, and so much more, you sacrifice time and energy to make their life better. We also want you to know that you are not alone and that your needs are just as important.

This is why we offer a host of activities for you and are working on making them more accessible and time friendly for you to join. You are not meant to do this alone. Community and creating your village have benefits you may not see right now, but we are here to support you. You show endless compassion for others; we want you to know that you deserve compassion in return. No one is perfect, but you keep trying and we see you showing up every day. You deserve a break and time to relax.

We are so thankful for what you do every day and hope to see you finding time to get involved in the things you love the most. Everyone's story sounds different – let us hear yours! Your voice matters.

Sending you love and prayers,
Caregiver Support Services

Caring for someone with cancer? You are not alone.

Active Generations provides caregivers with a free, statewide support program that includes:

- Support Groups & Social Events
- Educational Classes
- 1:1 Case Management
- Local Peer Support
- Local, Statewide, & National Resources

No matter where you are on this journey, there's always hope—and you can find it here.

Let us care for you, while you care for them.



Meghan Clark
(605) 333-3312
mclark@activegen.org

Day Break/Ceili Cottage

November's Reflections – By Sara Olson

Adult Day Services' participants and staff love the feeling of the crisp November air and take a moment to reflect on the wonderful memories we have made this year. This month, more than ever, we are reminded of all the things we are thankful for.

This summer, participants kicked it off with a water balloon toss game—it was a splash of fun! Participants also enjoyed an outdoor music session, singing familiar tunes. A surprise this summer was when we found a little frog in our garden! It became an unofficial mascot for the day—proof that even the tiniest moments can bring the biggest smiles.



Our craft tables were always buzzing with creativity. We crafted mosaic falls leaves, colorful fireworks, autumn 3D apples, and splatter paint.



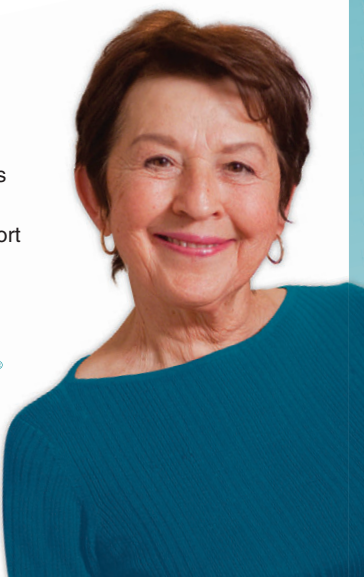
We wish everyone a happy and festive Thanksgiving season. Here's to the memories we've made and the many more still to come!

DO YOU NEED HELP CARING FOR A LOVED ONE?

- Safety Supervision & Transportation
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- Alzheimer's, Stroke Recovery & Hospice Support



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Active Generations NOVEMBER CRAFT SALE

Main Campus - Nov, 14th | 10 AM - 2PM

Current donation needs:

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



Rosemaling & Ornament Decorating

With Eileen Halverson

Explore traditional Norwegian rosemaling by painting festive ornaments with elegant designs. This hands-on class suits both beginners and experienced painters, teaching basic brush techniques and color combinations to create treasured keepsake ornaments for the holiday season.

Main Campus

November 6th | 12:00 PM - 2:30 PM
November 13th | 12:00 PM - 2:30 PM

Members - \$25.00

Non-Members - \$35.00



GIFTS GIVEN TO SUPPORT ACTIVE GENERATIONS

ACTIVITIES:

The Inn on Westport

DAY BREAK,

CEILI COTTAGE &
CAREGIVERS:

Anne & Don
Ciochetto

In Memory of Jeffrey
Larson:

Julie Kludt

John & Nancy

McBurney

In Honor of Dar
Ridley:

Sarah Ridley

DEVELOPMENT:

Judith Leslie

IGNITE CAPITAL CAMPAIGN:

Sammons Financial
Group
Vern Eide

NUTRITION, MEALS ON WHEELS & WORKERS ON WHEELS:

Charlotte Berger
Larry & Betty DeJong
Faith United Church
Kari Garcia

In Memory of Louise

Thorsgard:

Clayton Olson



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

Wendy
McDonnell
Director of
Development
605-275-7680

To donate:

<https://qrco.de/bespVR>



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**

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!



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.

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Call **605-336-2637** for your **FREE** appointment and planning guide.



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Active
Generations

Beginner Mah Jongg Classes

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

Nov. 4th, 6th, 11th, 13th

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



THE GOLD'N SILVER DRAMA CLUB
PRESENTS

ANYTHING GOES

\$10.00/ticket
Seating is assigned

THURSDAY, NOVEMBER 13TH
2:30 PM or 7:00 PM
MAIN CAMPUS



Active
Generations



SOUTH DAKOTA STATE PLAN ON AGING INTERVIEWS

WE WANT TO HEAR FROM YOU!

Are you an **older adult** who is receiving Older Americans Act services?

The Older Americans Act funds services such as home delivered meals, meals in group settings, transportation, Long Term Care Ombudsman Program, evidence-based health programs, adult day, caregiver and respite services, and Adult Protective Services.

The South Dakota Division of Long-Term Services and Supports wants to hear from you and learn from your experiences. We are hosting 30-minute individual phone interviews to gather your input on the services that you are currently receiving and learn how services could be improved to better meet your needs.

Invest 30 minutes, join the conversation, and influence the future.

To schedule a phone interview, please email SD@guidehouse.com with:

- ✓ Your full name
- ✓ Your general availability (e.g., days and times of the week)

You can also call Dakota at Home at 833-663-9673 selecting Option 1 to express your interest in a phone interview. Please indicate the interview is for Older Americans Act Services.

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OF BOTH
Thanks & Giving

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Where Seniors Celebrate Life!

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- Daily checks
- Scheduled Transportation
- Medical clinics
- On-site beauty salon

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NOVEMBER FITNESS & HEALTH TIPS

Thanksgiving and Black Friday are upon us! And with it parties, food, drinks and impulse buys on Black Friday. To prevent overeating, snacking on unhealthy food, getting too comfortable on the couch, or going over your budget buying things you don't really need, there are some things you can change to not feel guilty about indulging. First of all, it's okay to overdo it. Occasionally. If you can't stop munching on home baked goods or the chips and dips you serve to watch a football game, enjoy yourself and then make up for it in other ways. Get off the couch and go for a walk around the neighborhood after dinner or skip your late-night snack. Get up the next morning and take an exercise class or hit the gym, all of course at Active Generations. Here are some ideas to reduce your calorie intake and still enjoy all the special treats this time of the year brings. It is the season of pumpkin lattes, but they are full of calories and expensive. Instead, make a healthier and cheaper version at home.

Mix

- 6 oz. of coffee
- 1 cup unsweetened almond milk
- 1 tbsp pumpkin puree
- 1 tbsp vanilla extract
- 1 tbsp agave syrup
- ¼ tsp pumpkin pie spice

If you like to munch on chips and dip while watching a football game switch regular chips with multigrain chips and use hummus or fresh salsa for dipping.

For salsa blend

- 1 can diced tomatoes with green chiles
 - ½ a small, chopped onion
 - ½ a finely chopped jalapeno
 - Lime juice, garlic, cilantro, honey and some spices
- Having leftovers from the big Thanksgiving feast? Make healthy soup by combining low sodium vegetable broth bite-size turkey pieces green beans corn spices and simmer for 5-8 minutes

There are many ways to make any recipe healthier by swapping just one or two ingredients. Here are just a few. Replace refined white sugar with natural sweeteners like honey, maple syrup or a mashed banana. If you are using sweeteners aim for monk fruit or stevia. Instead of butter or vegetable oil use avocado or coconut oil. In baked goods replace butter with applesauce or Greek yogurt. Also use whole wheat, almond or oat flour instead of white (and especially bleached) flour in all your baking. Swap whole milk with low-fat or plant-based milk. And use low-fat cheese or nutritional yeast instead of regular cheese. For stuffing replace the bread with cooked quinoa or cauliflower. These are just a few ideas to lower your calorie intake without giving up some of your favorite foods. Also, try and drink a glass of water about half an hour before a big meal. It makes you feel fuller, so you will eat less. It also helps you stay hydrated, aids digestion, and improves your metabolism. If you still over-indulge or feel guilty eating the "wrong" food, stop by Active Generations and get in a good workout! Just remember that we are closed on November 27th and 28th. As far as not over-spending on Black Friday, set a budget and make a list ahead of time and stick to it! Research prices and take advantage of coupons and cash back offers ahead of time. Also, consider making your own gifts. I know it sounds old-fashioned, but receiving a loaf of home-baked bread or a jar of fruit preserves is more meaningful and tastier than anything you can buy in a store. Put your creative side to good use and paint, knit, craft or quilt gifts that are both personal and useful. This will save you money and make the recipient of the gifts feel appreciated and special.

Happy Thanksgiving and enjoy the holidays!

Hailey McRae

MARKETING & CUSTOMER
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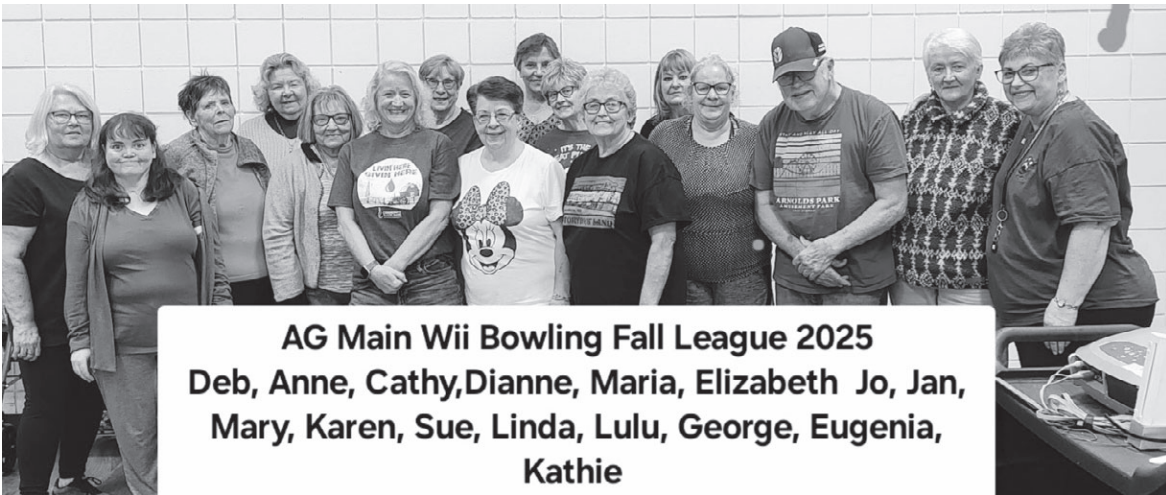
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| BLACK FRIDAY | CHRYSANTHEMUMS | CORNUCOPIA |
| CRANBERRIES | CYBER MONDAY | ELECTION DAY |
| FEAST | GATHERINGS | GRATITUDE |
| HIBERNATION | MASHED POTATOES | NATIVE AMERICANS |
| PECAN PIE | PILGRIMS | PUMPKIN PIE |
| ROOT VEGETABLES | STUFFING | THANKSGIVING |
| TURKEY | VETERANS DAY | |

Answers on page 18



Thank you for your support with Rake the Town! Active Generations and Workers on Wheels would like to extend heartfelt thanks to everyone who came together to make Rake the Town such a success this year. Our sponsors for the event came together in a great way

and really supported the community through contributing to this effort. The sponsors were: the City of Sioux Falls, CNA Surety, NorthWestern Energy, CAPITAL Services, First Premier Bank, and Lewis Drug. A big thank you as well for the more than 1000 volunteers who stepped up to make this event possible as well! Without that generous outpouring of support every year, Rake the Town would not be possible, and the community looks all the better for it.



AG Main Wii Bowling Fall League 2025
Deb, Anne, Cathy, Dianne, Maria, Elizabeth Jo, Jan, Mary, Karen, Sue, Linda, Lulu, George, Eugenia, Kathie



Share Thanks, Give Comfort – Volunteer with Meals on Wheels This Thanksgiving Season!

As we gather with loved ones and reflect on what we're thankful for, it's also a time to give back to those who need it most. This Thanksgiving season, Meals on Wheels is calling on compassionate, community-minded individuals to help us deliver more than just meals—we're delivering warmth, kindness, and gratitude to our homebound neighbors.

Why Volunteer?

For many in the Sioux Empire, a hot Thanksgiving-style meal and a friendly face are more than just a comfort—they're a lifeline. Your time and care can make the holiday season a little brighter for someone who might otherwise spend it alone.

What You'll Do:

- Deliver a warm, nutritious meal to seniors and others in need
- Routes run Monday through Friday
- Pick up between 10:30 AM–11:00 AM (routes take about 1.5 hours)
- Meals are picked up at:
 - 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 life

Make a Difference This Season of Thanks

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!

Thank you for considering this opportunity to spread gratitude, connection, and care throughout our community. Together, we can make sure no one is forgotten this Thanksgiving.



**GRACE COMMUNION INTERNATIONAL**

Sioux Falls Fellowship
Worship Service- Sundays at 11 a.m.
Active Generations East-5500 E. Active Generations
For more information contact Pastor JoAnn 605-366-8820.
or visit our website gcchurches.org/siouxfalls
Thursday Bible Study at 12 p.m. on 46th Street, Room 202.
Thursday Bible Study at 10 a.m. East location, Room 103

Funeral Pre-planning
It pays to compare
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Book Review

by Sharon DeVaney
for *I Wish Someone Had Told Me*

by Dana Perino

Dana Perino is a co-host on two television news shows. This new book

by Dana Perino offers advice for every stage of a person's career. The format of the book is unique. Dana poses questions and then she includes replies from 43 colleagues. Some of my favorites are Ainsley Earhardt, Trey Gowdy, Johnny Joey Jones, Jeanine Pirro, and Jessie Watters.

These are highlights from the 10 chapters. The first chapter is titled Lift Off. Dana says, "You don't have to know exactly what you want to do for a career, jump right in and see where the opportunities lead you.....Everything will be okay, but you have to put in the effort to make it so." In the second chapter about "first jobs," she says "Be yourself in interviews. Show compassion and respect for others." In the third chapter about taking your career to the next level, Dana says, "Try to improve on something every week. Your employer will notice."

In the fourth chapter about taking on more responsibility, Dana says, "Commit to being up to date with new technologies... Take the lead. Don't wait to be led." In the fifth chapter about work-life balance, Dana says, "No one has the perfect work-life balance. Keep trying to find yours." In the sixth chapter titled "What Happens in the End?" Dana says, "Pass the torch. Give others opportunities. Always pass on a compliment." In the seventh chapter about what is the next act, Dana says, "Think about next chapters after your career. What else would you like to accomplish?"

In the eighth chapter about the best advice you have ever gotten, Dana says her friend Jimmy Failla believes that "You should make excellence your goal in everything you do." Andrea Aragon says, "Do what you say you are going to do." In the ninth chapter, Dana shares a list of Do's and Don'ts. Here are two Do's: "Show up for your friends. Be a good listener." In the ninth chapter about "What I learned along the way," Dan Barr said, "I learned early on that it is absolutely essential to have the ability and confidence to hire people to work for you who are better and smarter than you are." In the final chapter about "I wish someone had told me," Dana quoted Peter Doocy who said, "You only get one chance for a good first opinion."

The Importance of Senior Nutrition and Community Support

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

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

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

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

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

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

Feel Like You Again – At Any Age

Welcome Gameday Men's Health to Sioux Falls!

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

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

Our Services Include:

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

No waiting rooms. No rushed visits. Just results.

Now open in Sioux Falls

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

Visit us: gamedaymenshealth.com/sioux-falls



Golf Simulator Now Open!

We're excited to announce that our brand-new Golf Simulator is officially open and ready for play at Active Generations!

- Premier Fit Members: Enjoy unlimited simulator use included with your membership. You can make reservations up to seven days in advance, with a maximum of two hours per day per member.

- All Other Members: The Golf Simulator is available for just \$5 per use. Reservations can be made same day only, with a maximum of two hours per day per member.

Whether you're looking to improve your game, play a full round, or just have fun with friends, the Golf Simulator is the perfect way to tee off indoors year-round.

Reserve your spot and start swinging today!



**CALL MEMBER SERVICES
TO RESERVE YOUR TIME.**

*2 HOUR DAILY LIMIT

INFO AND
RESERVATIONS:
(605) 336-6722

**Active
Generations**

**Active
Generations
FAMILY PANS**

Tasting Event

Main Campus | Nov. 5th | 1 PM

East Campus | Nov. 6th | 1 PM

Join us for a sampling of our Family Pans.
A variety of options will be available.

November 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.

Bev	F	Judy	D	Cary	W	Patricia	A
Doug	H	Rebecca	G	Susan	J	Thomas	G
Sharon	S	Donald	H	Deanna	L	Cheri	J
Larry	f	Gregory	K	Vernon	M	Gary	G
Darla	T	Joyce	L	Lorraine	B	Bruce	C
Elaine	H	Greg	R	Donald	N	Miriam	D
Ken	B	Jeannie	C	Nancy	B	Darien	R
Susan	F	Janet	F	Larry	G	Deb	B
Deb	S	Larry	G	Mary	A	Jim	W
Roberta	K	Jean	M	Cheryl	F	Cynthia	J
Bryan	H	Robert	B	Cynthia	G	Larry	D
DianeE	J	Doris	H	Kristi	J	Pamela	O
Edward	W	Theresa	K	Karla	O	John	S
Judy	E	Valoy	P	Marilyn	P	Mike	K
Becky	H	Lyn	M	Ron	Q	Joy	H
Linda	K	Valerie	D	Janice	T	Betty	C
Fred	K	William	D	Corliss	W	Robert	O
Bernice	S	Oscar	H	Pete	A	Betty	D
Carol	V	Craig	K	Linda	B	Nancee	T
Judy	W	Lois	S	Marlene	H	Cheri	S
Arlene	Y	Heather	R	Wendell	B	Mark	H
Patricia	T	Barbara	D	Garth	P	Mark	B
Harriet	P	Jeanette	S	Milt	S	Rex	S
JoAnn	S	Sandra	S	Peggy	W	Jeff	T
Les	W	Douglas	S	Gayle	P	Mark	C
Carolyn	O	Gloria	K	Susan	R	John	S
Brenda	H	Roma	K	Sally	J	Terry	R
Gloria	R	Jan	O	Rose	L	Montannah	U
Michael	B	Wayne	F	Irene	M	John	D
Lois	H	Kathleen	D	Marie-C	W	Mike	M
Tammy	C	Kathleen	P	Kurt	W	James	L
Jean	S	Shirley	R	Jody	K	Kate	C
Mary	S	Con	S	Wendell	P	Gina	W
Jan	W	Patricia	W	Jeffrey	E	Norman	J
Marvin	V	Hong	W	Roger	P	Rose	M
Marlene	L	MaryAnn	A	Dianne	R	Cathy	L
Bette	W	Karen	L	Kim	S	Geri	A
Jim	C	Ronald	G	Michael	F	Scott	B
Murray	H	Sherry	N	Lornell	H	Ruth	T
Carolyn	M	Alecia	S	Mike	B	John	E
Mary	Q	Deborah	H	Mark	K	Kendra	L
Amanda	S	Arnita	L	Richard	L	Nada	P
Carol	S	Dawn	P	Wendy	M	Linda	S
Steve	B	Laura	L	Kathy	R	Carol	T
Sherrill	B	Ladene	B	Richard	P	Jimmie	S
Virgil	C	Cindy	H	Donna	L	Anne	C
Duane	E	Judy	K	Lois	T	Deanna	T
Jo	V	Michael	M	Shirley	B	Mary	R
James	W	Donald	M	Randall	N	Carolyn	M
Lisa	W	Donald	A	Ashley	W	Wayne	A
Carrie	C	Gary	C	Bob	G	William	S
Dianne	H	Raymond	E	Julie	B	David	C
Jeffrey	H	Dennis	H	Sam	T	Paul	B
Russ	T	Hanson	C	Tari	B	Cindy	M
Nancy	T	MaryLou	A	Craig	W	Dana	P
Naomi	W	Gary	G	James	M	Ron	R
Louis	R	Donna	V	Lori	M	Alan	H

Sioux Falls Good Samaritan Communities
Invites You to The

Good Sam Birthday Bash
2nd Friday of Each Month

BIRTHDAY PARTY

FRIDAY, NOVEMBER 14 • 1:00 – 2:30 P.M.

ENTERTAINMENT BY:
THE HUCKLEBERRYS



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

Jeanne B
Lynn J
Julie C
Lil R
Gail S
Dan W
Jan K
John D
Martha F
Alice H
Craig J
Kay D
Susan C
Suwa O
Marcia S
Carol H
Verna Y
Todd M
Karen H
Cheryl B
Thomas R
Myriam T
Dianne B
Jody R
Michael C
Steve R
Steven M
Carrol R
Denise C
Ann C
Paul W
Tim M
Darlys E

NOVEMBER MOVIE MANIA

MEMBERS: FREE | NON-MEMBERS \$10

MAIN CAMUPS | THURSDAY, NOV. 20TH | 3 PM

"THE THURSDAY MURDER CLUB"

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. With Helen Mirren, Pierce Brosnan, and Ben Kingsley

EAST CAMUPS | FRIDAY, NOV. 21ST | 5 PM

"MOVING ON"

Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before. With Jane Fonda and Lily Tomlin

**Active
Generations**

**Active
Generations**

OUT TO LUNCH BUNCH

THURSDAY, NOVEMBER 20TH

Kick off with a grand tour of Dakota News Now at
10:00 AM, then treat yourself to a lunch feast at
Fernson Downtown!
Spots are limited!



Answers to word search on page 15

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

BLACK FRIDAY
CRANBERRIES
FEAST
HIBERNATION
PECAN PIE
ROOT VEGETABLES
TURKEY

CHRYSANTHEMUMS
CYBER MONDAY
GATHERINGS
MASHED POTATOES
PILGRIMS
STUFFING
VETERANS DAY

CORNUCOPIA
ELECTION DAY
GRATITUDE
NATIVE AMERICANS
PUMPKIN PIE
THANKSGIVING

For your Good Health

MASSAGE THERAPY

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

Call Active 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 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.

SANFORD FOOT CLINIC

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



Located in AG Main

WOODCARVING CLUB

Mondays, Saturdays,
9 a.m. • Room #132

Active Generations' Woodcarving Club meets Monday and Saturday at 9 a.m. in the Art Room (132). For more information, contact Derek Boekhoff, 759-3482.

QUILTING CLUB

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

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

PAINTING AND DRAWING OPEN STUDIO

Tuesdays 9 a.m. – 2 p.m.

Wednesdays 9 a.m. – 2 p.m.

Room #132

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

KNITTING CLUB

Wednesdays, 9 a.m. – Noon • Room #201

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

homeless, and "Caps for Kids" for needy school children.

"COLOR ME HAPPY" COLORING CLUB

First & Third Thursdays of Month • 10 a.m. Room #132

A few were already using the adult coloring books and shared some helpful hints. Coloring has become quite the rage and we know why. It's not just about colors and coloring in the lines. It's a great way to ease stress and relax. Come and join us. For questions or more information, call leader, Doris O'Dea at 361-7228.

CRAFT CLUB

Thursdays, 9am-Noon, Room #201

Are you creative? Love to make things? Join this creative craft group as they create useful, interesting, whimsical, and fun crafts that can be purchased at our monthly Craft Sale or out the display window in the AG foyer area. For more information contact JoAnn Avery at 339-1516.

Acanthus Carvers

Mondays

12:00 pm – 5:00 pm, Room 132

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

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



ACTIVE GENERATIONS DONOR SPOTLIGHT

Jeff and Renae Malone

Honoring Loved Ones, Helping Others

Jeff and Renae Malone know firsthand the heartbreak of Alzheimer's. Having both impacted with parents with the disease, they understand the toll it takes—not only on those diagnosed but also on the families who walk alongside them.

In honor of their parents and in support of others facing similar journeys, the Malones made a generous gift to The Beacom Family Village, a place of comfort and connection for individuals and families impacted by dementia and Alzheimer's.

Their gift helps ensure that families across our community have access to the resources, support, and compassion they need.

Thank you, Jeff and Renae, for turning your personal story into a legacy of care.

Your generosity is making a real difference.

Sioux Falls Cosmopolitan Club

Our Club works to improve the lives of kids with Type-1 Diabetes, homeless Veterans and others.

We enjoy a great social time and presentations from community leaders at every bimonthly meeting.

If you are interested in helping kids and Veterans, enjoy camaraderie and hearing from our community leaders come join us, bring a friend, first lunch is on us.



Celebrating our 100th Anniversary

Call 605-838-8102

siouxfallscosmos.org

HAPPY THANKSGIVING DAY

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

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

MALONEY REAL ESTATE
Finding People and Pets Their Forever Homes



November Acrylic Painting Class

A cornucopia, sometimes called the "horn of plenty", is our subject this month. Fill it with whatever harvest produce you like. Patterns provided. No experience necessary, all supplies provided.

Main Campus

Tues. Nov. 4th | 2 - 4 PM

East Campus

Tues. Nov. 18th | 2 - 4 PM

Members - \$15.00

Non-members - \$25.00

Stop by Member Services
or call (605)336-6722
to register



Active Generations
Opportunities for a Lifetime



Discover the Quality Care at Trail Ridge

Assisted Living

- Balanced nutrition – menus change daily
- 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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\$1000*
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605-339-4847 • TrailRidge.net

3408 W. Ralph Rogers Road • Sioux Falls, SD 57108

*Call Trail Ridge today
and learn more
about our special
moving credit.

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*

NOVEMBER *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.				
3	4	5	6	7
CHICKEN CORDON BLEU MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT	GOULASH ITALIAN BLEND VEGETABLES GARLIC TOAST FRUIT JUICE	BEAN & HAM SOUP BEETS BISCUIT FRUIT	BEEF STROGANOFF OVER NOODLES CALIFORNIA BLEND VEGGIES FRUIT JUICE	PIZZA VEGETABLES FRUIT Birthday Party 1-2:30pm
10	11	12	13	14
EGG BAKE MUFFIN HOT APPLES TOMATO JUICE	MEATLOAF BAKED POTATO GREEN BEANS FRUIT JUICE	CHICKEN ALFREDO ITALIAN VEGETABLES BREAD STICK FRUIT	SLOPPY JOE TRI-TATERS WINTER MIX VEGETABLES FRUIT JUICE	TUNA NOODLE HOTDISH PEAS & CARROTS FRUIT
17	18	19	20	21
PEPPER STEAK GARLIC MASHED POTATOES CARROTS FRUIT	PORK ROAST BABY RED POTATOES BROCCOLI FRUIT	HAMBURGER GRAVY OVER MASHED POTATOES GREEN BEANS FRUIT	CHICKEN PARMESAN OVER NOODLES STEWED TOMATOES FRUIT JUICE	ROAST BEEF MASHED POTATOES & GRAVY CORN FRUIT
24	25	26	27	28
SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT JUICE	CHICKEN & DRESSING CASSEROLE PEAS FRUIT JUICE	BEEF STEW BISCUIT CALIFORNIA BLEND VEGGIES BAKED APPLES	CLOSED HAPPY THANKSGIVING!	CLOSED

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.

Thanksgiving

TAKE-AND-HEAT

Let Us Prepare Your Holiday Feast!

Meal options available for 2, 4, or 8 individuals.

Meal Options:

- Turkey Meal (\$25-80)**– turkey, mashed potatoes, gravy, dressing, choice of corn or green bean casserole, dinner rolls, and pieces of pumpkin pie.
- Turkey + Meatballs Meal (\$40-95)** - turkey, meatballs in gravy, mashed potatoes, gravy, dressing, choice of corn or green bean casserole, dinner rolls, and pieces of pumpkin pie.
- Pumpkin Pie (\$10)** – serves 8
- Pumpkin Pie Cookie Pie (\$24)** – includes 9 cookies

Order deadline is November 17th.
Pick-up on November 26th.

To order:
Call (605)336-6722, scan the QR code
or visit www.activegenerations.org/catering





TUESDAY NIGHT DANCES

6:30 - 9:00 PM

Members \$7 | Non-Members \$10

NOVEMBER BAND LINE UP

November 4: State Line Drifters

November 11: Clay Creek Band
(Patriotic Dance)

November 18: The Huckleberrys

November 25: Norgaard Country





Tree of Love

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

Donations accepted from
Dec. 1st - December 15th

Volunteers needed to pack bags:
December 18th from 1 - 3 PM

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

