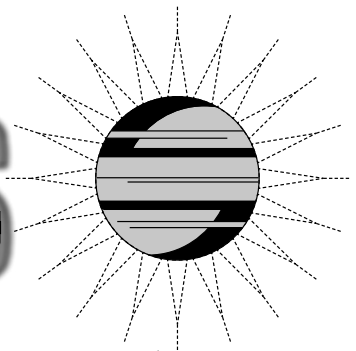


JANUARY 2024

SUNSHINE NEWS



Telephone
712-255-1729

Number
541

Published
Monthly



Our mission is to enrich the quality of life and support independence and vitality for our members.

Siouxland Center for Active Generations strives to be the foremost provider of diversified and affordable programs and services to help adults stay active, informed, and involved. This is done by meeting the recreational, educational, and social needs of our members in an environment which is fun, safe, inclusive, and courteous for all.

Siouxland Center
for Active Generations

Beat the Winter Doldrums

In the middle of a cold, gray Iowa winter, it is easy to feel sad and dreary. The holiday parties are over, and the Christmas decorations are back in storage. (Or maybe you're still working on that, no judgment!) January's shorter days and average high temperature of 31° F and average low of 10° F can lead to lethargy, low mood, and a lack of enthusiasm for activities, which can impact both physical and mental well-being. However, there are several methods you can use to overcome these feelings, and many of them can be accomplished at the Siouxland Center for Active Generations. Our senior community hub offers a myriad of activities and opportunities designed to combat the doldrums and promote a vibrant and active lifestyle.



Physical activity has been proven to boost mood and energy levels, making it a great way to pull yourself out of a slump. Regular exercise also contributes to overall health, helping to stave off seasonal lethargy and

maintain a positive mindset. The Siouxland Center for Active Generations offers many ways to exercise, catering to various interests and fitness levels. From walking the climate controlled, level halls, to fitness classes like yoga and Jazz Dancercise, using the machines in the gym, and dancing at social events, you can find an enjoyable way to get moving at the Center.

Face-to-face social interaction is another way to cheer yourself up. In addition to the physical benefits, the Center serves as a welcoming place to foster connections among our members. Social activity has been scientifically proven to improve mental well-being and the Center offers a supportive environment where individuals can engage in conversations, build friendships, and share experiences. Whether it's participating in group classes, sharing meals, or putting puzzles together in a group, the opportunities for engagement at the Center are plentiful, providing a vital antidote to the winter-induced sense of isolation.

Many experts also recommend eating a healthy diet. You may especially crave foods with carbohydrates at this time of year, but eating nutritious, balanced meals will make you feel

better. Making sure you take in sunlight during the day can decrease lethargy and feeling blue. Eating lunch at the Center can help you check several of these items off at the same time if you get a healthy meal from our cafe and sit with friends in our natural light-filled dining room.



Taking up a new hobby is another great way to make the winter months more enjoyable. Perhaps you'd like to learn to knit, tat, line dance, sing, paint, woodcarve, decorate cakes, play a new card game, or discuss books with others. SCAG groups welcome new members and are happy to provide

instruction to novices. Crafting, art, and other creative pursuits not only stimulate the mind but also offer a constructive outlet for self-expression, combating the drabness that can accompany the winter months.

Plus, the Siouxland Center for Active Generations has many special events for you to look forward to in the next few months. We're excited about offering Musical Bingo at the January Birthday Party, Valentine's Day festivities, and the return of Cruise Week in February. The ever-popular Friday Dance Parties, themed Jukebox Parties, Team Trivia, a technology class, and special speakers will entertain you and engage your brain.

Combating the winter doldrums is not just about enduring the season but actively seeking ways to thrive within it. The Siouxland Center for Active Generations stands as a place of inspiration, offering a wealth of activities, social opportunities, and creativity designed to help our members overcome the challenges of winter and discover the joy and vibrancy that can be found even in the midst of the coldest season.

Holiday Closings

Monday, January 1st and Tuesday, January 2nd

the Sunshine News

A monthly publication of the
Siouxland Center for
Active Generations,
located at 313 Cook St.,
Sioux City, IA 51103
712-255-1729
Monday - Thursday
8 a.m. - 2:30 p.m.
Friday
8 a.m. - 3:30 p.m.

www.siouxlandcenterforactivegenerations.com

Board of Directors

Ted Massey - Member

Joel Jarman - Member

Colby Lessmann

Barney Pottebaum - Chair

Judy Seaman - Member

Courtney Ott

Alicia Nyreen

Cortni Krusemark

Vanessa Ogundipe, MD

Executive Director

Patrick Tomscha

Activities Coordinator

Kristina Yezdimer

Membership Coordinator

Faith Cosier



Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

The Siouxland Center for Active
Generations does not condone or tolerate
discriminatory acts or language.

Meet a Member: Ruth Cornell



Ruth Cornell grew up in Sioux City and attended Central High School. For her career, she specialized in customer service, working five years at Gateway Computers and twenty years at Pech Optical. Ruth also served lunches at Crescent Park school for twenty-four years. She is proud of the five years she spent teaching children at the Concordia Lutheran Church, as well as creating a small children's choir. She has a daughter, Teresa, a son, Dennis, and a grandson, Cameron. Ruth's sister, Janet Hein, is also a member of the Siouxland Center for Active Generations.

Ruth's interests include diamond painting, crocheting and knitting. She enjoyed making baptismal layettes and she and her daughter baked many, many cakes for special events. Ruth has a fond memory of creating a whimsical snake cake requested by a little boy for his birthday party. He loved the cake so much that he wouldn't let anyone cut it. She also crafted many things for her daughter's wedding including crocheted fan bouquets for all of the bridesmaids.

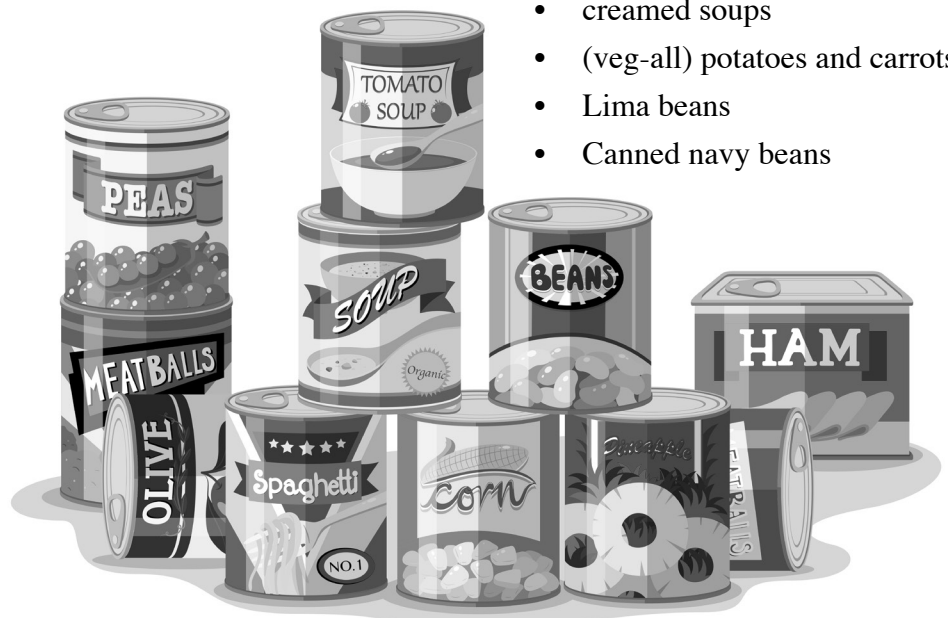
At the Center, Ruth enjoys Bingo, Team Trivia, serving beverages at parties and helping wherever she is needed. She is a regular fixture at the "Friendship Table" in the dining room and can be counted on to greet new members and make them feel welcome. Ruth's friends say that she is a great conversationalist and can talk to anyone. They find her to be funny, skilled at comforting, inclusive and nice, and an "overall good person" who is "always thinking of someone else who doesn't have as much."

Ruth says that something people do not know about her is "I choose to be happy!" The words of wisdom she would like to share are "In this life you can be whatever you want...so be kind!"

Requests from the Kitchen

Thank you for the donations that you have brought to the Center's kitchen!
The kitchen is currently looking for:

- creamed soups
- (veg-all) potatoes and carrots
- Lima beans
- Canned navy beans





Connecting Daily

Providing your senior care needs:

Independent Living, Assisted Living, Nursing Care, Memory Care, & Rehabilitation Services.

Call today for more information
(712) 276-3821
5501 Gordon Drive, Sioux City



SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.277.6500 • SNBonline.com

"Where Quality Counts"

PRESTIGE Collision Repair Centers

Two Locations:

508 West 7th 3929 Prestige Blvd.
Sioux City, IA 51103 Sioux City, IA
712-258-1658 712-234-1975

LEWIS ELECTRIC CO.

508 S Flynn St.
North Sioux City, SD 57049

Estimates Gladly Given

Ph. 252-2785



Home Health Care Co.

"Products you need, from the people you know."

SALES • RENTALS • REPAIRS
Free Delivery & Set-Up

- Hospital Beds
- Wheelchairs
- 3-wheel scooters
- Patient lift chairs
- Ostomy supplies
- Oxygen
- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
- Much more

214 W. 7th Street • 800-217-2275

712-277-2273

Answered 24 hours a day

Play Musical Bingo at the January Birthday Party

Join us to celebrate our members with January birthdays by playing Musical Bingo! To play, you'll be presented with a bingo card with twenty-five famous musical artists. Listen to a series of clips from their chart-topping songs, identify the artists of the songs played and mark them on your bingo card. If you don't know who sings the song you can ask the people at your table for help, but no fair using your smartphone. Get five in a row vertically, horizontally, or diagonally and you can call Bingo! There will be prizes for the winners, and of course birthday cake for all. Thank you to Medigold for sponsoring our monthly birthday cakes!
Monday, January 8, 1 p.m. in the Multipurpose Room



Jukebox Parties



Get down to your favorite tunes at our Jukebox Dance Parties! Socialize, exercise, and improvise (some cool dance moves)! Give your song requests to Kristina.

Dancing in a Winter Wonderland

There will be white decorations! And fake snow of some sort!
Tuesday, January 9, 2-4 p.m.

Dance Move Fever

Let's go through some popular dance moves from the 50's, 60's, and 70's and then try them out! The Hand Jive, Watusi, Mambo, Cha-Cha-Cha, Mashed Potato, disco moves, etc. The Bunny Hop! The Rasputin song? The Chicken Dance? What would you like to try? Do you know some and want to instruct the party group? Let Kristina know!

Tuesday, January 23, 2-4 p.m.

Remember the Senior Center

The next time you sit down with your attorney to prepare or revise your will, remember the Siouxland Center for Active Generations. By naming the Siouxland Center for Active Generations Investment Fund as a beneficiary, you will assure the long-term existence of the Center.

Your friends will appreciate your thoughtfulness.

I want to help... by enclosing \$ _____ to assure the long-term existence of the Siouxland Center for Active Generations. Enclosed is my tax-deductible check payable to the:

Siouxland Center for Active Generations Investment Fund
313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Gifts & Donations

So many individuals generously donate each month to various parts of the Siouxland Center for Active Generations. Following is a list of those who donated recently.

We thank them for their thoughtfulness.

Terry Borg	Bruce Hunkins	Alice Reeg
Jim Brehm	Deanna Jacobs	Kurt Rieman
John and Pat D'Auguste	Vikki Jacobs	Willard Snyder
Dan Demarest	Jean Johnson	Michael Stone
Barbara Frey	Tina Koch	Michael Tew
Roger Friessen	Leon & Ruth Koster	Norma Ulmer
Carolyn Henjes	Phyllis McMillan	Elain Waskow
Lila Henke	Joyce Miller	Mary Ann Younie
Vince Henrichsen	Bill & Anna Mrla	Jeff Zoelle
Diana Howard	Arlene Pomeroy	
Mary Ann Hubbart	Sherry Ratcliff	

January Azria Balance Class

Regency Square's Otago Program Balance class, known as the Azria Balance class, will meet on the Mondays of **January 15 and January 29 at 11 a.m. in the Multipurpose Room.**

Modern Tricks and Tips Technology Class



Do you know what these types of images are and how to use them? This is called a QR code and if you scan it with the camera in your smartphone it will take you to a website or other useful information. (QR stands for quick response.) Lots of times you will find these on flyers to pull up more information, and some restaurants have started placing them on tables instead of handing out menus. In this class you'll learn how to use a QR code along with several other tricks such as taking a screenshot, using Bluetooth, share

your contract information or a Wi-Fi code, texting photos and gif (moving picture) files, how to airdrop a file, and how to ask your phone to identify a song you don't know. If there's something that you would like to learn how to do, please let Kristina know or bring your questions to the class. Bring your smartphone or tablet for a hands-on experience, or just come and watch. Be in the know for 2024 with your modern skills!

Tuesday, January 16, 1 p.m. in the Board Room

MediGold

MERCYONE

Medicare Plan

Iowa State Office:
1449 NW 128th St.,
Suite 210 Clive, IA
Joe Evans, Sales Manager - Iowa
JOE-EVANS@medigold.com

FOULK BROS.

PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

The following businesses have recently donated to the Siouxland Center for Active Generations. We thank them for their generosity:

Siouxland Community Foundation
Tops #IA 730
Bruce Hunkins
First Premier Bank

Play Games with Bickford!

Deb and Diane, the super-fun ladies from Bickford Assisted Living and Memory Care will be here to show you a good time with some entertaining games. They'll be sure to delight you with their creative activities. Join a great group that loves to laugh and enjoy themselves.

Tuesday, January 9, 1:00 p.m. in the Dining Room



Toys for Tots Donations

Thank you to everyone who donated to Toys for Tots. We collected \$350 in cash for this organization as well as filling up the collection box with toys multiple times. You helped to bring joy to many children this past Christmas!

Have You Tried Swedish Death Cleaning or Kon-Mari?



Have you heard of Swedish Death Cleaning? The name may be a bit morbid, but it is a useful framework for decluttering your home. The underlying premise is to evaluate your possessions and to take it upon yourself to get rid of the things that you don't really need or want so that no one else has to do it for you after you pass away. Swedish Death Cleaning, or *döstädning*, was brought to American attention by Margareta Magnusson, author of the book, *"The Gentle Art of Swedish Death Cleaning: How to Make Your Loved Ones' Lives Easier and Your Own Life More Pleasant,"* published in 2017. "Visit [your] storage areas and start pulling out what's there," she writes in the

book. "Who do you think will take care of all that when you are no longer here?" Her belief is that reducing your belongings will make your life more enjoyable. "Life will become more pleasant and comfortable if we get rid of some of the abundance," Magnusson writes. "Mess is an unnecessary source of irritation."

A few years before Magnusson's book was released, Marie Kondo gained fame and notoriety for her book *"The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing"* and her system called the Kon-Mari method, which instructs you to gather all of the categories of things in your home, first to look at how many of each you have, for example coats, then evaluate each item to see if it "sparks joy." Although the "does it spark joy?" evaluation is what took off in popular culture, the book goes through a lot of the psychology of why people hold onto things that they do not need or want: guilt, obligation, fear, fantasizing about a life we don't really live, and gives you methods of working through those feelings to let go of the objects.

Both books discuss the ways your life will be better if you have fewer objects to be responsible for in your home and encourage you to keep your favorite things and be cognizant of their value to you. They each have tips, strategies and a detailed philosophy about how and why to use their methods. Both are available from the Sioux City Public Library.

Do you have a New Year's Resolution of decluttering or downsizing your home? Please remember our Gift Shop as you do so! The Gift Shop would be happy to accept your donations and help to find your unwanted possessions a new home where they will indeed spark joy. Also, if you find that you've decluttered too well, or if you disagree with minimalism, please come shop at the Gift Shop! You never know what amazing item you might find there. All proceeds from the Gift Shop benefit the Siouxland Center for Active Generations.

Hospice of Siouxland *Siouxland Palliative Care*

309 Cook St.
Sioux City, IA 51103
712-233-4144
www.hospiceofsiouxland.com

Siouxland **HEARING** Healthcare, P.L.C.

2916 Hamilton Blvd.
(712) 258-3332
www.siouxlandhearing.com

Michael Sloniker,
M.S., CCC-A

Palmer's
Old Time Candy Shoppe

Hours: Mon. - Sat. 10 am - 5 pm
405 Wesley Parkway • 712.258.7790
www.palmercandy.com

COLBY M. LESSMANN
Attorney at Law

Practicing Primarily In:
Wills ♦ Trusts
Estate Planning ♦ Probate

613 Pierce Street, Sioux City, IA 51101
(712) 252-3226

OPEN DOOR CHAPEL
SERVICES: SUNDAY 10:45
PASTORS REV. MIKE & REV. JUDY
712-258-9248
601 FLOYD BLVD – SIOUX CITY, IA

**Live Well. Plan Well.
Leave Well.**

MEYER BROTHERS
FUNERAL HOMES

Call 712-255-0131 or 712-276-1921
to schedule an appointment
with one of our Family Service Counselors today.

JONES PEST CONTROL

JAMES W. JONES SERVING SIOUXLAND SINCE 1980

CALL WEEKDAYS, NIGHTS & SATURDAYS **712-274-2846**

January Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of January with possible dues due this month. Please stop in my office and we can check your due date. This is not a naughty list! To those of you on the list that have already paid, my apologies!! Thanks! Faith Cosier, Membership Coordinator

Jo Adams	Dorothy Crim	Mary Grause	Kathleen Kelly	Coleen Carol Reich	Opportunities
Chase Adams	Zoralea Crowl	Sue Griffith	Shavonne Kopal	Dean Reinart	Unlimited - 4
Walter Anderson	Ron Cummings	Mary Groen	Cheryl Kounas	Kurt Riemer	Opportunities
Arthur Ashley	Dean Danilson	Colleen Guy	Paula LaBrune	Arlene Rodeen	Unlimited - 5
Delores Ashley	Leslie Davis	Beverly Hall	Doug LaFleur	Rich Rosenbaum	Oppoprunities
Charleen Ashmore	Jim Davis	Patrick Halligan	Willie Lambert	Norma Schager	Unlimited - 6
Bonnie Banks	Dena Derby	Robin Halligan-	Robert Lee	Tom Schoening	Opportunities
Kathryn Beacom	Sharon Drummond	thompson	Jerry Levay	Judy A (Rev Dr)	Unlimited - 7
Marilyn Berke	Joann Emerson	Lucien Hamernik	Sue Mahan	Smith	Opportunities
Mike Blanchard	Harlen Engeldinger	Cleo Harder	Mike Miller	Karen Smith	Unlimited - 8
Dennis Blanchard	James Ewing	Susan Headley	Sharon Miller	Michael A Rev Smith	Opportunities
Barry Bower	Gary Finken	Dave Heaton	Connie Moeller	Lori Stivers	Unlimited - 9
Michelle Brady	Charles Fisher	James Heiling	Calvin Mohrman	john Stivers	Opportunities
Robert Brewer	Robert Flores	Janet Hein	Marion Moore	Doug Strobeen	Unlimited-2
Gail Brown	Dee Ford	Vince Henrichsen	Kathleen Morfitt	Suzanne Strohbeen	Teresa Vanderlinden
Mary Lou Burns	Kirk Frank	Bertha Hines	Jane Morrisey	Venita Stusse	Jerry Walker
Sherry Caba	Sandra K (Sandy)	Diana Hueschen	Robert Morrisey	Dorothy Swanson	Dixie Walker
Marie Calvert	Fravel	Darwin Hurni	James Mothershead	Anita Tipton	Michelle Watkins
Vesta Clausen	Joellen Fravel	Charles Hutton	Gerald Murray	Opportunities	Ronald Wauhob
James Cody	Pat Frazee	Kent Iverner	Bernabe Perez	Unlimited - 1	Lois Weber
Charlotte Collins	Roberta Friessen	Deanna Lee Jacobs	Kathy Porter	Opportunities	Heidi Widner
Gerold Collins	Deborah Frith	Thomas Jacobs	Dennis Rattei	Unlimited - 10	Aymara Cruz
Darlene Coulson	Donald Fylstra	Teresa Johnson	Lori Rattei	Opportunities	
Anne Cowley	Rachele Gagnon	Gary Johnson	Dale Rawson	Unlimited - 3	

Donuts with the Doc

Indulge your taste buds and expand your knowledge at our upcoming event featuring Dr. Amy Callaghan, Medical Director of Hospice of Siouxland. Join us for a delightful morning filled with delicious donuts and valuable insights as Dr. Callaghan discusses important considerations about medications and available resources as we gracefully age. This is a unique opportunity to engage with a respected medical professional in a relaxed and friendly setting. Don't miss out on this enriching experience that combines sweet treats with even sweeter wisdom. Mark your calendars for an event that nourishes both your body and mind!

Tuesday, January 16, 10 a.m. in the Conference Room



VISIT OUR LARGE INDOOR DISPLAY!



1315 Zenith Drive Sioux City, IA Phone: (712) 252-2772
Near the junction of Hamilton Blvd and I-29

Discount Coupon

With this coupon, receive a discount on your purchase AND a donation in your name to the Siouxland Center for Active Generations



Larry's Steinbrecher
Stump grinding
712-204-5811

★ Stump Grinding ★

For You

Free Estimates-Quick Service

Large & small-We grind them all

Friday Dances



Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

January 5: Bob Brewer and Country Brew

January 12: The Embers

**January 19: The Huckleberrys,
join us for a picnic lunch**

January 26: The Singer Family Band



On January 19, beginning at 11 a.m., local rockstar Chopper Pelchat will be serving the famous Coney Island chili dogs along with a picnic-style lunch before his performance with the Huckleberrys. The full menu will include a chili dog or plain hot dog, potato salad, pork and beans and a dessert. Come early for Friday's dance and enjoy a picnic in January! The price of the meal will be \$7 for one hot dog, or \$10 for two hot dogs.

Save the Date for the Galaxy

Look forward to an exciting event in May! You may have seen the Midwest All Music Association Western Iowa Hall of Fame Inductee band Galaxy play at Storm'n Norman's or at the Roof Garden at Okoboji. Now they'll be coming to play at the Siouxland Center for Active Generations on the night of **Saturday, May 18!** Mark your calendars and tell your friends, they'll play all your favorites from the 50's and 60's, and more.



Trail Blazers

The Trail Blazers walking group walked an impressive 6,099 laps since we last counted! That works out to around 525 miles. Great job everyone! They have enjoyed looking at pictures with a Christmas theme on the monitor. Coming soon will be scenic photos from Dale Rawson's travels in Europe.

Twenty Questions Team Trivia

Keep your mind sharp, form a team and answer twenty general knowledge questions. Prizes and bragging rights are awarded to the winning team.

In honor of Martin Luther King Jr. Day, we'll have a round about African American history.

Monday, January 15, at noon in the Dining Room.

2023 in Review! Were you paying attention to the past year? News, sports, pop culture, current events, and presidential candidates are all potential topics for questions on the year of Barbie and King Charles.

Monday, January 29, at noon in the Dining Room.

Coming in February: Cruise Week

Won't you let me take you on a sea cruise? This February, the Center will be bringing back the tradition of cruise week! The Siouxland Center for Active Generations will be magically transformed into a luxury cruise ship to take you on the staycation of your dreams. We'll party through a slate of activities with a Hawaiian cruise theme, including lunch on the lido deck, a spa day, an entertaining show, a cruise-themed dance party with Ed Tryon and more! Get excited for the week on **February 19-23!**







<p>10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Azria Balance Class 11:00 am-12:30 pm Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 1 pm Ping Pong</p>	<p>10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge-Men 1:00 pm Coloring Corner</p>	<p>9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:30 pm Open Bridge 1:00 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring The Huckleberrys</i></p>
<p>22 9:30 am Grief Support Group (4th Monday) 1 pm Parkinson's Support Group (4th Monday) 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>23 12 pm Alzheimer's Support Group (4th Tuesday) 2-4 pm Jukebox Dance Party 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>24 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:30 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge-Men 1:00 pm Coloring Corner</p>	<p>25 1 pm Karaoke on the stage 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (pot luck party) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>26 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring The Singer Family Band</i></p>
<p>29 12-1 pm Team Trivia: 2023 in Review 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Azria Balance Class 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry (Potluck) 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>30 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Ping Pong</p>	<p>31 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:30 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm Bridge-Men 1:00 pm Coloring Corner</p>	<p>1 1 pm Karaoke on the stage 9:00 am Senior Companion Meeting 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (pot luck party) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>2 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring Jerry O'Dell's Country Flavor Band</i></p>

January 2024

Questions? Call (712) 255-1729 OPEN: Monday–Thursday 8 a.m. –2:30 p.m. Friday 8:00 a.m. –3:30 p.m.

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Center Closed for New Year's Day</p> 	<p>2</p> <p>Center Closed</p> 	<p>3</p> 	<p>4</p> <p>10 am Book Discussion Group (1st Thursday)</p> <p>1 pm Karaoke on the stage <i>No line dance today</i></p> <p>9:00 am Senior Companion Meeting</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rook Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>10:00 am Beginner Bridge</p> <p>10:00 am Canasta</p> <p>11:00 am Mah Jongg</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Foster Grandparent Meeting</p> <p>12:00 pm Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p>	<p>5</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly)</p> <p>11:00 am Karaoke</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc</p> <p>12:30 pm Open Craft Time</p> <p>1:00–3:30 pm Friday Dance</p> <p><i>Featuring</i> Bob Brewer and Country Brew</p>
<p>8</p> <p>9:30 am Grief Support Group (2nd Monday)</p> <p>1 pm Birthday Party (2nd Monday) <i>Musical Bingo</i> Cake donated by Medigold</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>10:00 am Knitting & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>11:00 am–12:30 pm -Coffee Shop Lunch</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p>	<p>9</p> <p>1 pm Games with Bickford</p> <p>2-4 pm Jukebox Dance Party: Winter Wonderland</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rook Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Beginner Canasta and Cribbage</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Bely Dancing</p> <p>11:00 am Mah Jongg (experienced players)</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p> <p>11:30 am Jazz Dance</p> <p>11:30 am Mexican Tram</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>12:30 pm Painting Class, 1 pm Ping Pong</p>	<p>10</p> <p>8:00 am–9:30 am Biscuits and Gravy</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Sesson -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>1:00 pm Coloring Corner</p> 	<p>11</p> <p>1 pm Karaoke on the stage</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rook Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>10:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Mah Jongg (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>12</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly)</p> <p>11:00 am Karaoke</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc</p> <p>12:30 pm Open Craft Time</p> <p>1:00–3:30 pm Friday Dance</p> <p><i>Featuring</i> The Embers</p>
<p>15</p> <p>12-1 pm Team Trivia: African American Round in honor of MLK Day</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p>	<p>16</p> <p>10 am Talk Show with Dr. Callahan on Palliative Care from Hospice of Stouland</p> <p>1 pm Modern Tricks Technology Class</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p>	<p>17</p> <p>8:00 am–9:30 am Biscuits and Gravy</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p>	<p>18</p> <p>1 pm Karaoke on the stage</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rook Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p>	<p>19</p> <p>11 a.m. Coney Dog Picnic Lunch</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly)</p> <p>11:00 am Karaoke</p> <p>11:00 am–12:30 pm Coffee Shop lunch</p>

Wilton Cake Decorating Class with June Lahti



Experienced instructor June Lahti will be teaching her Wilton cake decorating class again in 2024, **beginning Tuesday, February 6 and continuing every Tuesday from 1-3 for 3 months.** June will teach methods from Wilton courses 1-3. She recommends purchasing the Wilton books for these levels. Although Wilton has discontinued the

books, you can find copies from the websites of Walmart, Michael's, Joann's Fabrics and Temu. If you are unable to find one of the books, you can pay for copies from the Center. June's 2023 class had a wonderful time learning all of the decorating techniques. If you're interested in taking June's class this year, please sign up in the Activities Book.

Choir News



The festive holidays are over and a **NEW YEAR** will begin. We are thankful for all the loved ones who shared our joy. The choir performed for different situations and **HAD A BALL!**

NOW-it is time for a new year's work and more fun to begin in harmony and fellowship. We are striving for a **BIG Choir** and would like **YOU** to come see/hear/ sing with us. What a great time you would have. You do **NOT** need a solo voice as it is harmony in action. We are looking forward to more sing-outs in our future to share with all. Karen Bourne, our director, is a joyful person to work with and makes things fun.

SO COME-SEE US IN ACTION-JOIN IN TOO!
Wednesdays at 11 a.m. in the Classroom

SING OUT

by Kay Reynolds

SING OUT-RAISE YOUR VOICES

Break into beautiful song
Warmth will come to all.

In our melodies-we raise hearts
To give joy to the listeners
And bring their spirits high.

We can bring others out
Out of darkness. sadness, and doom
Into the **LIGHT** of **JOY!**
So-sing out-in harmony-to wonder
Let your voices reach high
Creating a wonder for all to hear.

What a **BLESSING** we can give
What a great result will transpire
The warmth within hearts who listen.

So it is-our goal-our mission
To spread that joy throughout the air
Bringing **THIS MOMENT** of joy to **ALL!**

SING OUT --SING STRONG -- WITH TRUE HARMONY!!

Memorials for January

In Memory: Lorraine Kelzer

From: Carol Kelzer

Your Neighborhood Coalitions

Crescent Park meets
Hamilton HyVee
4th Thursday of each
month 7:00 PM

Northside Coalition meets
St John's Lutheran
28th & Jackson
1st Thursday of
each month 6:30 PM

Medicare Advantage & Supplement Plans



Bruce Hunkins-Independent Agent
Iowa, Nebraska and South Dakota
402-709-7314 TTY 711
bahunkins@yahoo.com

Compare Plans

Get more medical coverage:
Dental, Vision, Hearing, Health Clubs & more

Zero Premiums and Zero Deductibles

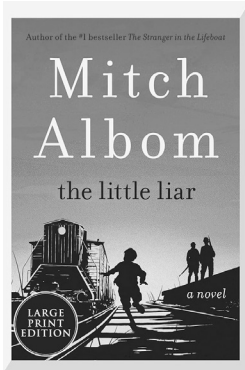
Learn about Advantage Plan 12-Month Trial

"One on One" help with Bruce!

Book Discussion Group

Have a more meaningful experience in book reading by sharing the experience with others! Join the Book Discussion Group each month for intellectually stimulating conversations about interesting books.

The selected titles for the beginning of 2024 are:



January 4:

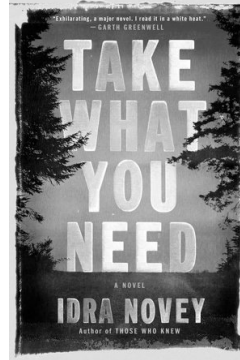
The Little Liar by Mitch Albom
A trustworthy boy who has never told a lie, 11-year-old Nico Krispis, duped by a German officer into leading his family and fellow Jewish residents to their doom, becomes a pathological liar, in a story that explores honesty, devotion and revenge—and the power of love to ultimately redeem us.



February 2:

Little Fires Everywhere by Celeste Ng
When a white family in Shaker Heights, Ohio attempts to adopt a Chinese-American baby, a custody battle erupts that dramatically divides the town. Elena, a strait-laced mother of four, and Mia, a nomadic artist who rents a house from her, find themselves on opposing sides. Suspicious of Mia and her motives, Elena is determined to

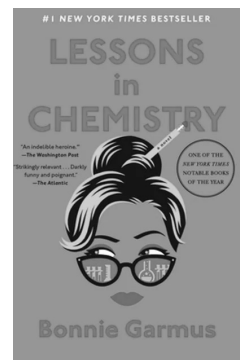
uncover the secrets in Mia's past. But her obsession will come at an unexpected and devastating cost.



March 7:

Take What You Need by Idra Novey,
the 2024 Sioux City Reads selection
Reader Services Librarian Michael Maxwell from the Sioux City Public Library will lead the discussion. Take What You Need traces the parallel lives of Jean and her beloved but estranged stepdaughter, Leah, who's sought a clean break from her rural childhood. In Leah's urban life with her young family, she

reveals how much she misses her stepmother's hard-won insights and joyful lack of inhibition. When Jean dies, Leah must return to sort through what's been left behind. What Leah discovers is staggering: Jean has filled her ramshackle house with giant sculptures she's welded from scraps of the area's industrial history. There's also a young man now living in the house who played an unknown role in Jean's last years and in her art.



April 4:

Lessons in Chemistry by Bonnie Garmus
In the early 1960s, chemist and single mother Elizabeth Zott, the reluctant star of America's most beloved cooking show due to her revolutionary skills in the kitchen, uses this opportunity to dare women to change the status quo. The Book Discussion Group meets the first Thursday of each month at 10 a.m. in the Library.

CHAIR YOGA

Kaye is sending everyone Happy New Year's wishes and hoping that any of your troubles only last as long as your New Year's resolutions. Chair yoga participants told me one thing they're looking forward to in the New Year. Jean is looking forward to her new great grandbaby to arrive in April; another is looking forward to "gathering with our 3 kids and their families for a belated 50th anniversary celebration." Candie is looking forward to "being alive and enjoying family." Bob Hightower is excited about "learning all the customs and events in the Midwest (and) visiting more of the Midwest." One participant is excited about "watching the grandkids grow." Jerry looks forward to "encouraging folks to cut down on consumerism. That's a major part of (his) career." He continues to promote voluntary simplicity regularly "through SimpleLivingWorks.org."

One of your resolutions could be mastering the squat. The magazine AARP recently posted an article that the squat is the

most important exercise for seniors. When you have to go to the bathroom, that's a squat. When you get in the car, that's a squat. Every time you sit down or stand up, that's a squat. If you don't do them well, it affects the way you live. Squats strengthen all the major muscle groups in your legs, including calves, hamstrings and glutes, as well as muscles in your lower back. They can also help protect your joints, improve your balance and help prevent falls.

Stand tall with your feet about hip-width apart, toes pointing forward, and arms bent comfortably at your sides. Keeping your eyes forward and heels planted, push your hips back and bend your knees to lower into a squat that's comfortable for you. At the same time, bring your hands together in front of your chest. Push through your heels to return to standing.

Quote to inspire your practice: *The beauty is that people often come here for the stretch, but leave with a whole lot more.*

Kaye Plantenberg



January Creative Writing Themes

Do you have a story to tell? Join us every Tuesday at 10 a.m. You may write about a topic of your choice or just come and listen to the stories others share. Our Creative Writing story telling themes for the month are:

Jan 9th.....Write about the New Year, 2024.

Jan 16th.....Write about "I Am."

Jan 23rd.Write about Martin Luther King, Jr.

Jan. 30th.....Write on "Do we do enough about 'Mental Health' in America?"

Facts about the Month of January:

1. January's zodiac signs are Capricorn & Aquarius.
2. Chocolate milk is an effective post-workout recovery drink.
3. In 1908, the first New Year's Ball drops at Times Square, NYC.
4. In 1971, cigarette TV ads ceased.
5. In 1977, President Carter pardoned most Vietnam War Draft evaders.
6. New Year's Day is the most celebrated holiday around the world.

Bridge News

A big thank you for the many book donations that youBusy December with both Christmas and New Years Days landing on game days. Snowbirds are starting to leave for warmer climes also. Everyone, including Leon Koster's beginners, enjoyed seeing old and new friends at our Christmas party at Aggies. It's good that we have Bridge to take our minds off the wicked weather. We keep our brains sharp and active. We can even play on the internet if the weather is bad or we are bored. Classes and games are back on schedule in January.

Genealogy



Genealogy Class will work on researching your Canadian ancestors. Did you know that some of your ancestors may have come to the United States through Canada? Some ancestors may have come to the United States first but emigrated to Canada around the Revolutionary War if they had loyalist sentiments. We'll go over best tips and practices in searching Canadian records and the websites and databases to use.

Friday, January 12, 10:30 a.m. in the Classroom

Prayer:

The Lord bless you and keep you,
The Lord let His face shine upon you and be gracious to you.
The Lord look upon you kindly and give you peace.
And may you all have a Blessed,
Healthy and Happy New Year.

Winter Poem:

"The sun came out and the snowman cried,
His tears ran down on every side,
His tears ran down till the spot was cleared,
He cried so hard that he disappeared." (Hillert)

The Power of Community in Rock Steady Boxing

Taken from a Rock Steady Boxing (RSB) article: Seeing my dad interact with the Rock Steady Boxing community surprised me. He had withdrawn from some social circles when he was diagnosed with Parkinson's, but this barrier seemed to dissipate when we walked into the RSB gym. Everyone knows and loves him. And he smiled in return, eyes twinkling like they do when he's showing you that he cares about you (or that he is up to no good).

Everyone seemed a little bit shy in the gym. Maybe it's because Parkinson's targets your vocal cords and speaking becomes a little harder as the disease progresses. But Dad introduced me to everyone in the room, and it was obvious that he's surrounded by a powerful crew.

We walked around the gym. Dad punched every bag and showed me what some of the classes look like. Dad shared an interesting fact about everyone in the room. It's clear that he greatly respects his peers. And I suspect that the love and respect are mutual.

While Parkinson's disease is cruel and grueling in so many ways, sometimes it has the capacity to bond us, too. And I can't help but wonder if the illness has the capacity to bring as much positivity as destruction. Whatever the case may be, it gives me hope and courage to see my dad at home among a crew that understands him.

*Parkinson's News-Mary Beth Skylis,
January 22, 2020*

Rock Steady Boxing Classes are held twice a week at our Center- call for more information.

A Joyful Christmas Party

One hundred forty tickets were sold to attend the Christmas party this year, a significant increase over last year's party. Students from Briar Cliff University's Occupational Therapy program led a gingerbread house building pre-party event. It was fun to see the creativity of our members in the completed houses. June Lahti and Caroline Mace took first prize. We were thankful to the students for helping with the Christmas party, as well as to our other volunteers who worked so hard to prepare all of the delicious food and serve the many party guests. The Singer Family Band entertained the crowd with wonderful music including Christmas songs, country and

rock and roll hits. The winners of the ugly sweater contest were Mike Dickson, Charlotte Curry, Diane McKernan, and Dorothy Winter. Many brought gifts to exchange and were excited to give and see what they received in return.

Party attendees had many positive things to say about the event. Clint Barrs said that he especially enjoyed the music of The Singer Family Band. Ruth Cornell said that it was a wonderful party and thought that it was very well organized. Linda Craft and Donna Thurow thought the food was great and Linda Beeson said, "It was amazing!" Thank you all for coming, we hope to see you back again for next year's party!



A Snowy Wonderland



my car. I have to shovel my walks. There are seemingly just too many justifiable complaints about this substance called snow. I have had a few myself over the years if I can be honest. But there are some very incredible facts about this treasure called snow! And it is a treasure! Did you know that not one snowflake has ever been the same? Not one. Not EVER! So, for all those trillions and trillions of

snowflakes and even more that have descended from the sky, not one little snowflake has ever been the same! When I look at a picture of a snowflake or many snowflakes, it is full of such amazing, awesome, and incredible beauty! WOW! How could something like this be? Is it a miracle right before our very eyes? Right?

Ok, I did mention some incredible facts about snow. Here are a few more. Some snowflakes are made of one single ice crystal. Other snowflakes are made of up to 200 ice crystals joined together. A snowflake is made of frozen water, so it has two hydrogen atoms and one oxygen atom (H₂O). There are also 35 different types of snowflakes. The air temperature around the snow determines its shape. There are many more incredible and very interesting things to learn about this treasure called snow! There are too many to mention in this short article. But I hope you check into yourself!

Stephen Vanderburgh

SilverSneakers/Renew Active

Medicare’s open enrollment ended, some of our members have selected a Medicare advantage plan. These plans have extra benefits- such as fitness memberships. As the new year starts it’s a great way to improve your health goals. It’s a winning situation for all of us. Every time you exercise with us through your Medicare Advantage plan it supports our Center. They understand that when you exercise and help maintain a healthy lifestyle, they too benefit from a healthier member. Exercise weekly and you will feel healthier; everyone becomes a winner.

If your insurance has changed or you’re not sure what type of insurance you have, bring in your insurance card and we’ll be able to tell you if you’re covered.

Tai Chi for Seniors Health Benefits:

Internal Organ Health

Tai Chi's fluid spiraling and bending movements, as well as its breathing and meditation components, massage the internal organs and release them from damaging constrictions brought about by stress, poor posture, and difficult working conditions. It also aids the exchange of gases in the lungs and helps the digestive system to work better.

Tai Chi meets Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.

Young at Heart Line Dancers

On December 14, The Young at Heart Line Dancers held their annual potluck Christmas party and recognized their instructors, Sally Kimball, Gail Brown, Lila Henke, and Susan Danilson.



Bake Sale and Raffle Proceeds

Grateful thanks to everyone who brought in baked goods for our bake sale or purchased items! The wide variety of delicious treats sold raised \$800 for the Center.

Jim Brehm generously donated an air fryer that was raffled off at our Christmas party along with several gift certificates, gift baskets and other items. Thank you very much to the businesses who donated items to be raffled, Palmer Candy, Coated Kernels, the Sioux City Explorers, and Elevate Community Church. Congratulations to the winner of the air fryer, Jean Turner! The two raffles brought in over \$1000. The proceeds from these fundraisers will be used to help pay for snow removal from the Siouxland Center for Active Generations’ parking lot this winter and for heating costs.



**volunteer,
join the RSVP
team today.**

STOP BY THE FRONT DESK TO
LEARN MORE

<https://iowaaging.gov/rsvp>
1-800-532-3213



**AmeriCorps
Seniors**

JANUARY BIRTHDAYS

Marvin Ahlquist	Sandy Fravel	Bayne Linden	Ronald Ridgway
Bruce Albertsen	Pat Frazee	Gary Lipshutz	Janet Roach
Beverly Bates	Marlis Friesner	Neil Magnusson	Antoine Roberts
Linda Beeson	Karen Fry	Mary Marx	Sandra Rol
Linda Blom	John Gibson	Jan Masteller	terry Rose
Colleen	Dixie Kaye Gors	RoseAnn Mayo	Patricia Simon
Bochmann	Irma Hane	Terri McGaffin	Cheryl Smalley
Terry Borg	Cheryl Harder	Barbara (Barb)	Frankie Sroufe
Diane Brock	James Heiling	Meier	Marcia Lee Tapper
Maggie Brockman	Thomas	Kathleen Morfitt	Howard Thomas
Darlene Burson	Hildebrand	Donald Morley	Donna Thurow
Marie Calvert	Barbara Hittle	Bill Mrla	Doug Tudehope
Theresa Card	Patty Houlihan	Sharon Murphy	Ray Turner
Ruth Chancey	Sue Hubert	Susan Nolen	Norma Ulmer
Ellen	Vikki Jacobs	John Nunn	Carol
Christofferson	Rosanne Janssen	Roberta O'Dell	Vander Veen
Carolyn Connick`	Greg Jensen	Janice Painter	Linda Vandiver
Jim Davis	Bonnie Johme	Bernabe Perez	John Vermilyea
Dan DeMarest	Teresa Johnson	Carol Perrin	Harold Ward
Diana DeRocher	Alvin Johnson	Judy Peters	Jackie Warnstadt
Homer Dewitt	Gary Johnson	Gloria Peterson	Helen Wedmore
Lynn Doxtad	Ken Keairns	Judith Pierce	Jeanette Wendt
James Ewing	Clark Kleinberg	Dianna Pike	Terry Williams
Charles Fisher	Betty Klug	Margaret Piper	Dorothy Winter
Robert Flores	Faye Krueger	Carolyn Ramsaran	Karen Young
Donna Foxhoven	Benita Rae Leff	Elvin Rasmussen	

January NEW Members

Nancy Allen	Barbara-Anne
Marie Barney	Huculak
Larry` Beeson	Vicky Jones
Sharon Blom	Barbara Kron
Terry Borg	Sue Lieber
Gary Bowman	Jean Madison
Gary Cameron	Kathleen
Rick	Rathman
Christoffeers	Earl Sorgdrager
Yazmin Edgar	Michael Stone
Mary Hettinger	Jeanne Westin



Live Well HOME CARE
WHERE WE HELP YOU LIVE WELL
402-494-9171
In-Home Care & Transportation
You can count on!

UIOUX CITY'S PREMIER 55+ COMMUNITY

FOUR SEASONS APARTMENTS

UNDER NEW LOCAL OWNERSHIP

NOW LEASING
2 BED, 1 BATH
STARTING AT \$1,095 /MO.

3009 LILAC LANE, SIOUX CITY - 712.501.4780

FOURSEASONSSIOUXCITY.COM

STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at www-sioux-city-org/services

Sioux City Housing Authority
405 6th St. Sioux City, IA • (712) 279-6348

The Heritage at Northern Hills

4000/4002 Teton Trace
Sioux City, IA 51104



Winner!

Voted the Best ASSISTED LIVING/ SENIOR LIVING in the 2018, 2019 & 2021 Siouxland's Choice Awards.

Call (712) 239-9400 for more information!

In Business Since 1921!

KALINS

INDOOR COMFORT

HEATING & AIR CONDITIONING

Heating • Cooling • Fireplaces

Call 712-252-2000
kalinsindoor.com

Record Printing
 1117 Villa Ave • Sioux City, IA 51103
 (712) 252-0563 • (712) 252-0100
 www.recordprinting.com

J&J Coins & Collectibles
 Buying & Selling Coins, Currency,
 Postcards, Stamps, Antiques, Precious Metals
 We Do Appraisals!
 712-274-9195 901 S. Cecelia
 800-397-9053 Sioux City, IA 51106

10 am - 6 pm Collectibles
Peters Park Flea Market
 Sioux City, Ia
 3438 Transit Ave. 276-7000
 7 Days a Week Furniture
 Booths Available
 Antiques

Drilling Pharmacy 4010 Morningside Ave
 Where You're Part Of The Family
Free Delivery 276-4621
 Hours: Mon-Fri 9-8
 Sat 9-5 • Sun 9-1

1, 2, 3 BR Luxury Apt. Homes
 FREE Heat, Appliances Furnished, incl. W/D
Dakota Pointe Apartments
 208 E. 39th St. • South Sioux City, NE
 402-494-8210 • www.vbclink.com

GRAHAM
TIRE & AUTOMOTIVE SERVICE
 3480 Gordon • Sioux City, IA • 712-274-2024

ROTO-ROOTER Pat Brown
 SEWER-DRAIN SERVICE
 Senior citizens discount \$5 off any service call.
 712.276.7329

YOUR ONE STOP SHOP
 bomgaars
 TWO SIOUX CITY LOCATIONS TO SERVE YOU!
 1732 HAMILTON BLVD. & 5901 GORDON DR

TRUGREEN
 601 Main Street • Sioux City, IA 51103
 712-279-9553 • 888-356-4664
 An Independently Licensed Franchise

The **Sunshine News** is published by the:
 Siouxland Center for Active Generations
 313 Cook Street
 Sioux City, Iowa 51103
 TELEPHONE 712-255-1729

Non-Profit Organization
 U.S. Postage
PAID
 Sioux City, Iowa
 Permit No. 138

DEADLINE: Please turn items in on or before the 8th of each month, so they can be included in the next issue of the **Sunshine News**.

Membership Information

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.
- The Activities Book is located on the Activities Table next to the Multipurpose Room. Use it to sign up for activities and volunteer opportunities.

Refund Information

- If a class, activity or trip is cancelled by a Center staff member, a full refund will be given to those who have registered.
- If a participant cancels a class or activity after it begins, NO refund will be given. Please keep this in mind when registering for classes and activities. If you are unsure if a class is appropriate for you, please contact a Center staff member to answer any questions.
- If a member cancels their registration for a trip, a full refund will only be given if the Center is notified seven business days in advance.
- Trips co-sponsored by the Center or booked by other travel organizations may have different refund policies than those listed above. Please check at the time of trip registration.

DOLLAR-A-MONTH

December

These persons offer additional assistance each month for the ongoing operation of the Siouxland Center for Active Generations. We thank them for their extra support.

- | | | | |
|-----------------|----------------|----------------|-------------|
| Pharyce Eslick | Sally Kimball | Kathleen | Don Schultz |
| Miriam Clayton | Russell Movall | Plantenberg | Norma Jean |
| Don Casaday | Jan Nelson | Harvey Viken | Hughes |
| Virginia Gries | George Polak | Chip Pottorff | |
| M.Donna Johnson | Maizie Johnson | Don Niewendorp | |

**Dollar
-A-Day
for a
YEAR**

Diana Howard	Jon and Grace Wagoner	David & Vicki Young
Barney Pottebaum	Judy Seaman	Kristine Bergstrom
Gail & Tom Brown	Gene Anderson	
Russ Movall	Robert & Nancy Nelson	