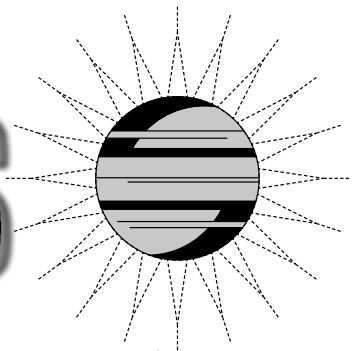


OCTOBER 2023 SUNSHINE NEWS



Telephone
712-255-1729

Number
538

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

October is Health Month at the Center

For seniors, well-being is a necessity that significantly enhances their quality of life. The Siouxland Center for Active Generations wants to encourage healthy living and vitality in our members. To help with this goal, we have scheduled many programs related to senior health concerns throughout the month of October.



One crucial aspect of senior health is the care of eyes and ears. Regular eye check-ups and hearing tests become increasingly important as we age since vision and hearing tend to

deteriorate over time. Detecting and addressing issues early can prevent further decline and ensure seniors remain engaged in social activities, maintaining a high quality of life. A speaker from Vance Thompson Vision will be visiting the Center this month and Drilling Pharmacy will be offering hearing tests.

Drilling Pharmacy will also be holding a flu shot clinic on Friday, October 6, highlighting the importance of vaccination for seniors. With weaker immune systems, older adults are more vulnerable to influenza's severe consequences. By getting flu shots, seniors can protect themselves from potential complications and maintain their overall health.

Balance, fall prevention, and joint care are also integral to senior health. Falls can have devastating consequences for older adults, often leading to fractures and a decline in mobility. Joints connect the bones in our body, helping them move with ease and supporting our weight. Joint tissue is surrounded by cushioning called cartilage that absorbs the impact of everyday actions. However, decades of physical activity may cause a gradual breakdown of cartilage. After some time, this process may spread directly to the joints. If not addressed, this can lead to osteoarthritis, when exposed bones rub together, causing swelling, stiffness and pain. Amy Giorgio from Goodcare AtHome Rehab will be offering a balance class to empower you with the knowledge and skills you need to stay steady on your feet. Dr. Justin Deans, Orthopedic Surgeon at CNOS, will be holding a talk show on joint and hip replacement surgeries.

Our feature Health Month event is the Women's Health Conference, featuring four knowledgeable speakers addressing various women's health topics. These discussions cover issues specifically pertinent to senior women, offering valuable insights and resources for maintaining optimal health. The Center is excited to host this event for the first time. Lunch will be provided and we hope that it is a valuable, informative event. In addition, at the end of the month, physical therapist Jane Stanley will be back with a seminar for women on strengthening the pelvic floor. She'll return in November with a class for men.

Another speaker for a Talk Show program will be gerontologist Dr. Vanessa Ogundipe. She will present information about cancer and its implications for seniors, shedding light on early detection and treatment options. Finally, Susan from the Iowa State Extension will teach a Buy. Eat. Live Healthy nutrition class in October and November, emphasizing the importance of proper diet in maintaining senior health.



Find out all of the details of these offerings inside the pages of the Sunshine News. We hope you'll take part in many of these talks, seminars and clinics in order to help improve your wellbeing and quality of life. Our October schedule of events is a testament to the center's commitment to providing resources for seniors as they navigate the joys and challenges of aging.

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

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Annual Dues — \$52 per Person

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in the Sunshine News

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

Senior Women's Health Conference Sponsored by Mercy One



Please join the Siouxland Center for Active Generations and Mercy One for a health seminar planned especially for senior women. Four certified, professional speakers will provide beneficial knowledge and guidance on female well-being. Lunch will be provided.

The schedule for the day will be:

8:00-8:30 Registration

8:30-9:15 Diabetes with Siouxland Community Health



Diabetes is fast becoming a health crisis in America. Learn how it can affect you.

9:30-10:15 Strokes with Dr. Vanessa Ogundipe



60% Of stroke deaths occur in women. Early detection and healthy lifestyles can reduce this risk. Find out more with this informative session.

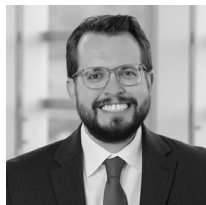
10:15-10:30 Break

10:30-11:15 Exercise for Health with Jane Stanley, Master of Physical Therapy, Postural Restoration Certified



Creating a healthy balance of fitness and exercise.

11:30-12:15 Cancer with Dr. Clayton Oakley



Cancers that most often affect women are breast, colorectal, endometrial, lung, cervical, skin, and ovarian cancers. Learn about these cancers and what you can do to help prevent them. It may help save your life!

12:15-1:00 Lunch

Monday, October 16. Registration is \$20. Sign up at the front desk.



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AARP Safe Driving Class

How many years has it been since you took Driver's Ed? Enhance your driving skills with this AARP sponsored refresher course. Taught by Center Director Pat Tomscha and Dr. Marc Christofferson, this four-hour class will cover essential competencies to keep you safe on the road.



You'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Registration is Required. Sign up at the front desk. The cost is \$20 for AARP members and \$25 for non-members. Monday, October 30, 12-4 p.m. in the Conference Room.

Center Stage Tappers to Perform at the October Birthday Party

The Center Stage Tappers, who have been meeting at the Center since 1985, will be putting on a wonderful show for us in honor of our members born in October at this month's birthday party. Director Barbara McKinney, Jane Hunkins, Frances Madison, Carol Hughes, Sharyn Volk, Rhonda Menin and Holly King recently performed three fantastic acts at the Fall Follies talent show. Don't miss their marvelous dance routines in honor of our members with October birthdays. Thank you to Medigold for sponsoring the birthday cake!



Monday, October 9, 1 p.m. in the Multipurpose Room

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.

Karen Balstad
RoseMarie Barney
Linda Beeson
Kristine Bergstrom
Larry Bower
Wayne Burnham
Dan Demarest
Audrey Ercolini
Kathryn Flinn
Marlis Friesner
Diane Gardner
B. Hankins
Jo Haushull
Carolyn Henjes
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Jane Hunkins
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William Sievers
Dorothy Swanson
Yvonne Thallas
Evelyn Thompson
Mary Underwood
Elaine Mary Waskow
Elaine Waskow
Dianne Wickstrom
Beverly Wolfe
Jeff Zoelle

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

Medigold Insurance Company
Bickford Assisted Living
Sioux City Explores

Meet a Member: Carol Ostermeyer



Carol is a long-time resident of Sioux City, Iowa and a graduate of West High School. She has been married for 42 years and is the mother of three daughters. Carol worked as a dietary manager at the Regency Square facility for thirty-six years. She reports while working there that she developed close relationships with numerous residents.

Her friends and neighbors encouraged her to come to the Center and she is very glad she did. Carol enjoys exercising and being around people. She enjoys reading and is excited about the Library.

The words of wisdom that Carol wants to share are, "Everyone needs to stay busy, to keep their mind focused and to be kind to everybody."

Pumpkin Craft with Bickford

Deb and Diane from Bickford Assisted Living and Memory Care will return to the Center in October with a fun fall craft! They will bring the materials to



create lighted pumpkins out of glass globes. Please add your name to the sign-up sheet in the Activities Book if you would like to participate. Don't wait to sign up, space will be limited to ten people!

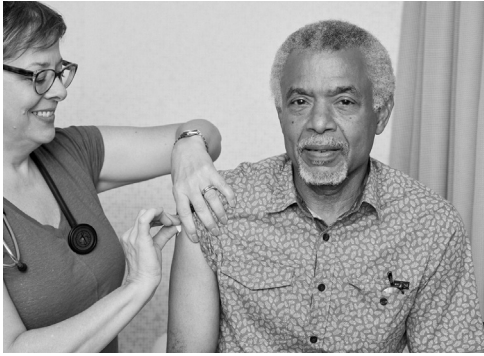
**Tuesday, October 10, 1:00 p.m.
in the Dining Room**



Women's Pelvic Floor Class with Physical Therapist Jane Stanley

Do you pee when you laugh or sneeze? Do you feel more unsteady? Strengthening your pelvic floor is much more than just Kegels. Integration Physical Therapy will teach you how to improve both incontinence and balance at the same time. **Join us on October 31st at 10 a.m. in the Conference Room.** Jane will offer a men's class in November.

Drilling Pharmacy Flu Clinics



Fall brings many wonderful things: colorful leaves, harvest festivals, pumpkin spiced flavored beverages. Unfortunately, it is also the beginning of flu season. Protect yourself, get a flu shot! A 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an ICU with flu by 82%. A 2017 study found that during 2009-2016, flu vaccines reduced the risk of flu-

associated hospitalization among older adults by about 40% on average.

Drilling Pharmacy will conveniently be holding a flu clinic at the Center on the first Friday in October. Sign up for a spot in the Activities Book. If you're 65 and older, bring your red, white and blue card to the clinic. If you're under 65 bring along your insurance card.

Drilling Pharmacy will also be offering hearing tests. A technician will guide you through using a ten minute test on a tablet. If interested, please sign up for a time slot in the Activity Book.

Friday, October 6, 9-11 in the Bingo Room.

Center Members Honored with Volunteer Service Awards

Congratulations to Sally Kimball and Dennis Martin for being awarded the Governor's Volunteer Award for outstanding commitment and service. Sally Kimball, who volunteered at the Siouxland Center for Active Generations for over 30 years as a line dance instructor, received her 30 Years of Service award from Governor Kim Reynolds and Lt. Governor Adam Gregg during a special recognition ceremony at the Schaller Memorial Chapel at Buena Vista University in Storm Lake on Thursday September 14. Dennis Martin was awarded in recognition of his service to the Center as well as Support Siouxland Soldiers Veterans and was invited to attend a ceremony in Ankeny.

According to Volunteer Iowa's Press Release "The individuals and groups being recognized are the people who show up. The people who invest in others and don't ask for anything in return. Everywhere you look, you can see Iowans dedicating themselves to something greater. It is truly an honor to be able to recognize these individuals for their selfless acts of generosity through the Governor's Volunteer Awards and inspire others to do the same." We are fortunate to have such fine individuals be a part of the Siouxland Center for Active Generations.



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October Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of October 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

- | | | | | |
|----------------------|-------------------------|-------------------|------------------|-------------------|
| Annette Hoefling | Diane Taylor | John Berger | Marvin Fickbohm | Sam Birmingham |
| Barbara Orzechowski | Don Kumm | John Gilles | Mary Tordsen | Saundra Berger |
| Barbara (Barb) Pitts | Don McCulley | John Graser | Melinda DeMarest | Sharon Smith |
| Beth Harms | Dorinda Klapprodt | Judy Tadlock | Nancy Nelson | Shayla Monk |
| Beth Wall | Elizabeth (June) Wilson | Karen Jauer | Neva pierce | Sherri Schoepf |
| Beverly Weseman | Ernie Cain | Karen Tew | Norma Oakes | Stephanie Jeschke |
| Carla Leibrich | Ethan Brewer | Kathleen Graham | Paul Smith | Steve Funk |
| Carol Graham | Evelyn Wilen | Kris Kuchta | Paula Harder | Steve wall |
| Cathy Vellinga | Gene Smyser | Linda VanDerVliet | Pharyce Eslick | Terry Dahlquist |
| Charles Rawe | Helen Craig | Linnea Keane | Ray Blackburn | Terry Joe Smith |
| cheryl Funk | Jana Erdmann | Marisela Rivera | Richard Lester | Vernon Junge |
| Chris Jensen | Janice Beauchene | Marsha Barrs | Robert Davis | Vivian Miller |
| Craig Tordsen | Jennifer Wilson | Marsha Jarman | Rodney Kuchta | Wini Arneson |
| Darrell Hoss | Jeremy Funk | Marsha Pasker | Rose Hobbs | |
| David Young | Joan Fickbohm | Martha Dirks | Russell Movall | |
| Debie Cain | Joan Johnson | Martin Pasker | Sally Kimball | |

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.

October 6: Jerry O'Dell and the Country Flavor Band

October 13: 4 on the Road

October 20: Ed Tryon

October 27: The Embers



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Jukebox Dance Parties

In October, we'll start out with a **Pumpkin Spicy Jukebox Party on Tuesday, October 17 from 2-4 p.m.** Wear your best orange party clothes or fall colors. We'll have pumpkin spice flavored treats, fall decor, and of course we'll dance to your favorite tunes.

On **Tuesday, October 31st, come in costume to the Halloween Jukebox Party from 1 to 3 p.m.** We'll do the mash; we'll do the Monster Mash! Plus play other Halloween-themed favorites, as well as your requests. Prizes will be awarded to the best costumes! Give your song requests to Kristina.



Balance and Fall Prevention Class

Falls are NOT a normal part of aging and can be prevented! Come to a Balance and Falls Prevention interactive presentation from Goodcare AtHome Rehab.

- learn about physical, sensory, cognitive and environmental factors of falling
- how to prevent falls from happening in your home
- scenarios on how to get up after falling

Thursday, October 19th at 9 a.m. in the Conference Room.

Genealogy Class

Recently Ancestry DNA had a special discount price on personal DNA analysis. Phyllis McMillan heard that several members took advantage of the lower price to have their DNA analyzed. Would you like to know more about how DNA analysis works for determining your family history? Norman Washburn will give instruction on how to interpret the results at the next meeting. **Please join the Genealogy Class on Friday, October 13 at 10:30 a.m. in the Classroom.**

Talk Show with Vance Thompson Vision

Learn about senior eye health and topics such as age-related macular degeneration and glaucoma with a speaker from Vance Thompson Vision. Breakfast will be provided!

Monday, October 23, 9 a.m. in the Conference Room.

Talk Show: Cancer Screening with Dr. Ogundipe

Our favorite geriatric medicine specialist and board member of the Siouxland Center for Active Generations, Dr. Vanessa Ogundipe from MercyOne Siouxland Medical Center will return to discuss cancer screening in older adults including breast, prostate and colon cancer.

Friday, October 20, 11:30 a.m. in the Conference Room.



Talk Show: Mary's Curio Collectibles

Mary Hubbard, the donor of the statuettes and artwork displayed in the china cabinet between the Activity Coordinator and Membership Coordinator offices, will speak about her collection and its significance. Mary spent 33 years acquiring Native American art and African American figurines created by Miss Martha, Thomas Blackshear, and a variety of other artists.

Wednesday, October 18, 1 p.m. next to the china cabinet.



Talk Show: Joint and Hip Replacement with Dr. Justin Deans



Dr. Justin Deans, Orthopedic Surgeon at CNOS, specializes in adult reconstruction and joint replacement surgeries. Dr. Deans will be speaking on the ins and outs of joint replacement surgeries and diving a bit deeper into the robotic hip replacement surgery that he specializes in. Dr. Deans is the

only one in the area that performs this surgery! He recently completed his 100th hip robotic, hip replacement surgery. Refreshments will be provided.

Thursday, October 26, 11:15 a.m. in the Conference Room.

<p>11:00 am Azra Balance Class 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 1:00pm Square Dancing Class</p>	<p>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-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 Painting Class 1:00 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 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 Silversneakers Classic Fitness 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 12:30 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 Ed Tryon</i></p>
<p>23 9:00 Eye Health Talk with Vance Thompson Vision 9:30 am Grief Support Group (4th Monday) 1 pm Parkinson's Support Group (4th Monday)</p>	<p>24 10 am HealthCare with Bruce Hunkins 12 pm Alzheimer's Support Group (4th Tuesday)</p>	<p>25 9 am Buy, Eat, Live Healthy Nutrition Class</p>	<p>26 11:15 Talk Show with Dr. Deans 1 pm Karaoke on the stage</p>	<p>27 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 Embers</i></p>
<p>30 12-4 AARP Driving Class 12-1 pm Team Trivia</p>	<p>31 10 am Women's Pelvic Floor Class with Jane Stanley 1-3 pm Halloween Jukebox Dance Party</p>	<p>1 9 am Buy, Eat, Live Healthy Nutrition Class</p>	<p>2 1 pm Karaoke on the stage</p>	<p>3 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 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 and the Country Flavor Band</i></p>

October 2023

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>2</p> <p>8:15 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 11:00 am Azra Balance Class 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Phirochle 12:00 pm Bridge-Duplicate 1:00pm Square Dancing Class</p>	<p>3</p> <p>9:00 am Senior Companion Meeting 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 and Cribbage 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverShakers 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 Painting Class 1:00 pm Ping Pong 1:00 pm Foster Grandparent Meeting</p>	<p>4</p> <p>9 am Buy, Eat, Live Healthy Nutrition Class 8:00 am-9:30 am Biscuits and Gravy 8:15 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 11:00 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>5</p> <p>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 SilverShakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Brook Discussion Group 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 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</p>	<p>6</p> <p>9-11 am Drilling Pharmacy Flu/Hearing Aid Clinic 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 <i>Featuring Jerry O'Dell and the Country Flavor Band</i></p>
<p>9</p> <p>9:30 am Grief Support Group (2nd Monday) 1 pm Birthday Party (2nd Monday) Tap Dancers Cake donated by Medigold 8:15 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 Phirochle 12:00 p Bridge-Duplicate</p>	<p>10</p> <p>10 am Medicare Educational Seminar with Bruce Hunkins 1 pm Fall Craft with Bickford 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 9:30 am Beginner Canasta and Cribbage 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverShakers 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 Painting Class 1:00 pm Ping Pong</p>	<p>11</p> <p>9 am Buy, Eat, Live Healthy Nutrition Class 9-10 am Self Defense Class 8:00 am-9:30 am Biscuits and Gravy 8:15 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 10:00 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>12</p> <p>9-10 am Self Defense Class 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 SilverShakers Classic Fitness 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 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</p>	
<p>16</p> <p>8 am-12:30 pm Women's Health Conference 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced)</p>	<p>17</p> <p>10 am HealthCare with Bruce Hunkins 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</p>	<p>18</p> <p>9 am Buy, Eat, Live Healthy Nutrition Class 1:00 pm Mary's Collectibles Talk 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess</p>	<p>19</p> <p>9:00 Fall Prevention class with GoodCare 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.</p>	<p>20</p> <p>11:30 am Talk Show: Cancer Screening with Dr. Ogundice 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</p>



Tai Chi for Seniors Health Benefits

Just as the philosophy underpinning the practice suggests, tai chi is also beneficial for your mental health. Research has shown that practicing the martial arts form can help to reduce stress, anxiety, and depression. The breathing, movement, and mental concentration required for tai chi helps to distract you, even momentarily, from stress and anxiety. In the end, this can promote calmness and improve your mood.

Advanced tai chi meets Mondays at 10 a.m. in the Multipurpose Room. Tai chi for beginners meets Tuesdays at 10 a.m. in the Fitness Classroom.



United Healthcare Fall

Seminars with Bruce Hunkins

Join your friendly independent agent Bruce for an educational insurance seminar on **Tuesday, October 10th from 10 a.m. until 11 a.m. in the Conference Room.**

Topics covered will be:

- Medicare Basics A, B, C, D, and E.
- Medigap, Stand-alone Part D Drug Plan, Advantage Plan & Medicare Cost Plan.
- Pace and Special Needs Plans.

In addition, Bruce will be hosting United HealthCare Sales Events

Tuesday, October 17th

Tuesday, October 24th

Tuesday, November 7th

10-11 a.m. in the Conference Room.

- Medicare Advantage Plan with Drug Part D coverage.
- Nation-wide Network Coverage and Maximum Cost Protection.
- Additional Benefits not included in Medigap
- Special Needs Plans and Patriot Plan

Chair Yoga

Everybody has a story. When I walk into the Exercise Room on Friday mornings, I see many faces that have a story that brought them to chair yoga. Both these participants have been members at Siouxland Center for Active Generations for a long time. Mary Lou has been a member since "2007"



and Candie has been a member "8 years." They both attend many of the exercise classes offered at the Center.

Candie says a benefit she gets out of chair yoga includes "improving my movement." Yoga is one of the most efficient ways to work on your flexibility; flowing from one pose to another introduces heat into the body, preparing the muscles to relax and lengthen into each stretch. Mary Lou identifies muscle toning as a benefit, and during your practice you use your own body as a resistance to build muscle. Both ladies described relaxing and "mental toning" as a benefit. Yoga increases the level of the neurotransmitter GABA - a mood stabilizer, linked to calmness and serenity.

Favorite poses? Candie's like me, "most of them because of the improvement in movement." Mary Lou identified "tree" because of its peaceful effects.

Quoted to inspire your yoga practice: A flower does not seek to compete with the flower next to it.

Kaye Plantenberg

Book Donations Wanted

The library at the Siouxland Center for Active Generations would greatly appreciate your book donations to the book sale. Please drop them off at the library. Fiction and mystery donations are especially appreciated.

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October 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:

- Oct 3rd Write About a Day in October.**
- Oct 10th..... Write About Why Teachers Are Important.**
- Oct 17th Write on Columbus Day**
- Oct. 24th... Write on World Food Day**
- Oct. 31st.... Write Why People Celebrate Halloween?**

- 5. When the deer have a gray coat in October, expect a hard winter.

TRICK OR TREAT

Dressed up little creatures on a dark October night,
 Run from door to door giving everyone a fright,
 They come and ring your doorbell
 and before they will retreat,
 They beg you for some candy by yelling "Trick or Treat."
 (Hughes)

~ Alice Reeg, Creative Writing

FACTS FOR OCTOBER

- 1. October's birthstones are Opal and Tourmaline
- 2. October has two zodiac symbols: Libra (until October 22nd) and Scorpio
- 3. October has two full moons--Harvest Moon & Hunter Moon
- 4. France gifted the US Statue of Liberty in October of 1886.

A Clock in Memory of Eugene Burright

The special Grandmother clock in our parlor was donated by Eugene Burright's family in his memory. Eugene had an active role at the former downtown location of the Siouxland Center for Active Generations as a handyperson, taking care of the floors and performing general maintenance. Eugene loved the camaraderie in the Center's pool room, enjoyed the dances and joking around with friends. He served his country in the Navy and was stationed in Pearl Harbor on the USS Lexington. Before retiring, Eugene worked in the security department at Wells Fargo. He very much enjoyed working at and visiting our Center, woodworking, and building clocks.



BRIDGE NEWS

All is well in our bridge world. It's always fun to see new players at classes and games. Diana Howard's Monday intermediate class and Leon Koster's Thursday beginner class continue to draw new players. Our face to face games at the Center continue to add more tables which make it more fun. Many members went to Sioux Falls and Spirit Lake for their tournaments. Jean Darnell achieved her Life Master level and celebrated it with a party for the club at Barb Willis' home. September was a busy month. Please inform the front desk if you are interested in bridge. We need you!

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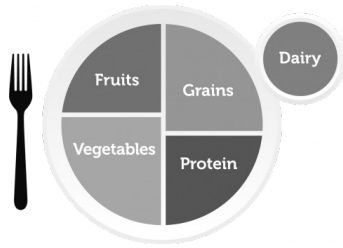
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Iowa State Extension Nutrition Class: Buy, Eat, Live Healthy



In this 8-week class Susan Iverson from the Iowa State Extension will show participants how to choose nutritious foods for themselves and their families, save an average

of \$50 a month on their food bill, and handle food safely. She'll provide practical, hands-on experience and ideas about how to implement suggestions for healthy eating. All information shared is based on the Dietary Guidelines for Americans 2020 and MyPlate.

Classes include:

- Get Moving- Participants enjoy being active.
- Plan, Shop, \$ave- Participants plan and shop for meals and snacks that are healthy and within their budget.
- Fruits and Veggies, Half your Plate- Participants increase the amount of vegetables and fruits they eat every day. Participants have more than one kind of vegetable and one kind of fruit every day.

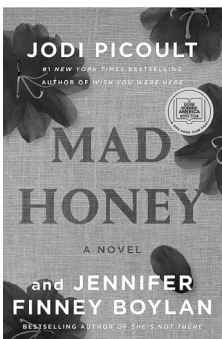
- Make Half Your Grains Whole - Participants choose at least half of their grains to be whole grains.
- Build Strong Bones- Participants get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
- Go Lean with Protein- Participants have lean protein foods and keep all food safe to eat.
- Make a Change and Celebrate- Participants limit foods high in fat, sugar and salt and celebrate new knowledge and skills to make healthy food and activity choices.

Each lesson includes information on nutrition and physical activity and includes cooking or tasting a recipe. In addition, participants are given tools to help them make behavior changes including cutting mats, measuring cups and spoons, and cookbooks. Participants who complete eight classes receive a certificate signed by ISU Extension and Outreach staff certifying they have attended the program. **Wednesdays, 9-10:30 a.m., October 4–November 22 in the Conference Room.**

Self Defense Escape Techniques Class

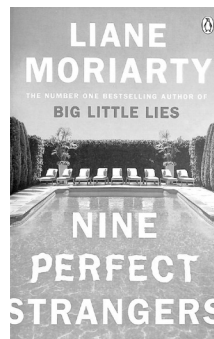
Did you miss your chance to take Pam's self-defense class last month? She'll be teaching it again in October, on different days of the week, to give more people the chance to learn these useful self-protection skills. Taught by Pam Stephan, our tai chi instructor, the class will cover easy, simple moves that are effective in getting away from an attacker, as well as your legal rights on how to protect yourself from identity theft if your wallet/purse is stolen. Each session is about an hour long and a handout of the techniques will be given to each student along with a question and answer session. **Wednesday, October 11 and Thursday, October 12, 9-10 a.m. in the Conference Room**

Book Discussion Group



October 5:
Mad Honey
by Jodi Picoult

Beekeeper Olivia McAfee fled her abusive husband in Boston for New Hampshire with her six-year-old son, Asher. Twelve years later, Asher is charged with murdering his high school girlfriend, Lily, a newcomer to town.



November 2:
Nine Perfect Strangers
by Liane Moriarty

Gathering at a remote health resort for a 10-day fitness program, nine strangers and their enigmatic host become subjects of interest to a brokenhearted novelist who develops uncomfortable doubts about the resort's real agenda.

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Two Tons of Personal Papers Shredded at Shredtastic

Another successful Shredtastic happened outside the Center on Friday, September 15. Despite the rain that fell that day, around 150 vehicles dropped off 20 dumpsters worth, 200 pounds each, of personal papers to be fed into Document Depot’s shredding truck. That volume is equal to about 2 tons! To keep everyone dry, the drop off point was moved under the Center’s roof over the front entrance. Thank you to our partner organizations, Document Depot and Connections Area Agency on Aging, for helping to keep seniors safe from identity theft. The next Shredtastic event will be Friday, May 10, 11-1, in the parking lot of the Siouxland Center for Active Generations.



CHOIR NEWS



The Choir just finished the Follies performance. With the special songs, it was such fun. Karen Bourne, our director, and Lori Jessen, our accompanist, make each practice a joyful time. Now it is time for the Holiday Season and Christmas sing outs-COME JOIN and ENJOY!

Singing warms the heart and singing together makes it even more enjoyable. The melodies and harmony create such a warm feeling to create a new production for others to enjoy.

We are trying to build a much bigger chorus and will welcome anyone interested in a good time and to share with others in song.

COME-VISIT-SING ALONG

ALL ARE WELCOME-EXPERIENCE THE FEELING.

Wednesdays at 11 a.m. in the Classroom.

Art Raffle Winners

Artist Ron McKewon generously donated two of his paintings to help pay for the facility rental fee at East High for the Fall Follies talent show. The two winning tickets were drawn on stage at the Fall Follies by Paul Zielezinski and the owners of those tickets were Barb Meier and former Center director, Jeff Loffswold. The winners got to choose their favorite from a selection of Ron’s paintings. Congratulations to Barb and Jeff and grateful thanks to Ron for supporting the Fall Follies!



The Fabulous 37th Annual Follies Was a Hit!

The Siouxland Center for Active Generations' performing arts groups worked hard all year to prepare magnificent acts for the Fall Follies talent show. Hundreds of people attended the performance and the reviews were excellent. Thank you to all the performers, to everyone who attended the show, to

our donors and sponsors, and to the several businesses who provided refreshments for after the show!

The Follies proceeds from ticket sales, ad sales and the art raffle, minus the East High rental fee was \$1,414 which will go towards the operating costs for our organization.



Dance with Jane

Were you inspired by the Fall Follies to learn ballroom dancing? Jane Hunkins will teach beginning ballroom classes if there is interest. Add your name to the signup sheet in the Activities Book if you would like to take these classes and we will determine a time based on the schedules of the participants.



OCTOBER BIRTHDAYS

Joseph Allen	Jeanne Emmons	Lynda Martin	Julie (Grace)
Ralph Arndt	Kathryn Flinn	Sharen Massey	Semple
Wini Arneson	Fred Forney	Gina Mc Bride	Marcia Singer
Lewis Baber	Kenneth	Gina McBide	Lori L Smith
Phyllis Banta	Fredrickson	David McDevitt	Mary Sorenson
Carol Beiswenger	Diane Gardner	Barbara	Diana Stokes
Hope Benton	Lois Gaskell	McKenney	Shelia Sturdevant
Saundra Berger	Carla Granstrom	Ron McKewon	Sally Tharp
Ken Biggerstaff	Mary Grause	Claire Miethke	Brenda Thelen
Diane Bjorkman	Michael Grote	Sophie Milbrodt	William
Liz Blachnik	Audrey Hansel	Stephen Mitchem	Thompson
Mike Blanchard	Rosalie Marie	Robert Morfitt	Keith Towns
Dawn Bomgaars	Hansen	Jane Morrisey	Hung Trinh
Jane Breen	Lila Henke	Mike Morrison	Tom Vakulskas
Jackie Busch	Myrna Hodges	Lois Navrkal	Paula Van Roekel
Patricia Calvillo	Ron Hope	Nancy Nelson	Dianna VanOsdel
Linda Camarigg	Diana Howard	Mary Nelson	Chris VerSteeg
Clarence Carver	Mary Hubbard	Earl Oleson	Katie Verbrugh
Lee Chamberlain	Darwin Hurni	Scott Olsen	Harvey Viken
Bobbi Collins	Sally Ivy	Allen Oster	Christine Weise
Judith Cowley	Jeff Jaynes	Delores Phillips	Verna Welte
Jerry Crossland	Margee Joines	Kathleen Redden	Carolyn Wendte
Susan Cummings	Kathleen Kelly	Jewell Reifenrath	Constance Wetzal
Karen Custer	Cheryl Kilberg	Delores M (Dee)	Dianne Wickstrom
Garold Danke	Debra Kirchner	Richter	Alfred Zaleta
Georgia Dohrman	Vertus Kluver	Roberta Rozell	
James Eaton	Beth Lehman	George Scheck	
Bari Ehlers	Richard Mace	Jeanie Schneider	

October NEW Members

*Lynette Androy
Douglas Bentley
Joyce Bentley
Judy Blessing
Thelma Carver
John Casson
Richard Coury
Charlotte Curry
Kenneth Fredrickson
Debra Gerwulf
John Gerwulf
Gerald Hauptert
Anita Huss
Gerald Iversen
Linda Kane
Jerry King
Debra Kirchner
Lynette L
Steve Larson
Jeanie Leander
Francesca Medina
Rubi Meyer
Kathleen Mugan
Blair Nichols
Ed Ortmann
Cathy Ortmann
Frank Ostapoff
Susan Peete
Antoine Roberts
Ronald Rohlena
Kathleen Rowe
Rick Skuya
David Smith
Lori L Smith
Cornelia Timmers
Henry Tordoff
Deborah Trizila
Iva Trudeau
Christine Weise
Christine Weise
Terri Porter*

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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**.

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

September

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 Hughes |
| Don Casaday | Jan Nelson | Harvey Viken | |
| Virginia Gries | George Polak | Chip Pottorff | |
| M.Donna Johnson | Maizie Johnson | Don Niewendorp | |

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

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