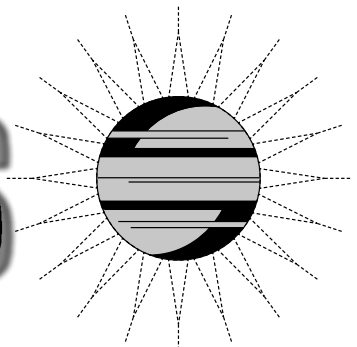


DECEMBER 2023 SUNSHINE NEWS

NEWS



Telephone
712-255-1729

Number
540

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

Volunteering: Help Others While You Help Yourself

On November 6, the Siouxland Center for Active Generations hosted a brunch to honor the many volunteers who help our organization in numerous ways. Over 100 people logged over 12,000 volunteer hours at the Center in the past



year by doing things such as leading activities, exercise and art classes, helping to cook and serve for meals and events, cleaning and maintaining the building, staffing the gift shop and library, plant care, giving tours to

new members, and greeting people at the front desk. Grateful thanks to all of our volunteers; the Siouxland Center for Active Generations would not be the wonderful place that it is without all of your work!

The wonderful thing about volunteering is that it not only helps others, it has significant personal benefits as well. According to research reported on by the Mayo Clinic's website, volunteering is good for you in three important ways, and this is especially true for older adults. First, it increases your physical and mental health. People who volunteer report lower rates of depression and anxiety. Volunteering results in getting adults over 65 out of their houses to participate in regular activity. The positive feelings people receive from volunteering can reduce stress. Lowering stress is good for your heart and makes you less susceptible to illness. Studies have found that individuals who

volunteer live longer than those who don't, even when factoring out their overall physical health.

Lee Chamberlain, who has led exercise classes at the Center for over fifteen years said that volunteering "keeps me active." Lee had a recent stay in the hospital and stated that he felt that volunteering helped him to recover more quickly because he was motivated to get back to the responsibility of leading his class. Melinda Carlson, who helps out in our coffee shop, said that getting out of the house was "what got me here. I was going crazy at home." Melinda enjoys feeling useful when helping to get our members their lunches and snacks and agrees that volunteering "makes me feel good."

Next, volunteering engages your mind in meaningful occupation and gives you a sense of self-worth and appreciation. People who volunteer feel better about themselves and are more satisfied with life. Judy Rehurek, who has also been volunteering at the Center for fifteen years and devotedly helps to set up and serve refreshments at Friday dance parties and monthly birthday parties said that she does it "because I love people and I love serving." She finds that people do make her feel valued for her effort and that it gives her a good feeling which "makes you want to do more." Elaine Peacock, who teaches our square-dancing class, said that she enjoys the satisfaction of watching people improve their skills and feels that it is important "to give back what God's given me" and "to see all the smiles." Chair Yoga instructor Kaye Plantenberg said that, "One of the greatest gifts that we have is to give our time. Time is a priceless commodity." Lonnie Gustafson, who has been volunteering at the Center since 2019, described the gratitude that people express to him for volunteering.

...continued on next page

Holiday Closings

The Center will be closed for Christmas on
Monday, December 25 and Tuesday, December 26
and closed for New Year's on
Monday, January 1 and Tuesday, January 2.



**Siouxland Center
for Active Generations'
Annual Christmas Party
Wednesday, December 13
1-4 PM
Tickets: \$10**

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

...Continued from page 1

Finally, volunteering helps to make new friendships and to strengthen existing ones. Regularly getting together with others who share common interests is an excellent way to develop meaningful relationships. Volunteers have the opportunity to come into contact with people who have different types of backgrounds, which can expand their social network. All of the volunteers interviewed for this article mentioned friendships and interacting with others as an important factor of what is meaningful to them about volunteering. Kaye said, "Volunteering has opened the door to so many friendships." Lonnie said "I've met a lot of new friends since I've been here." Lee Chamberlain talked about the relationships that he has developed with people in his class, and Elaine said "It's rewarding to get to know people and see ones that I haven't for a while."

Volunteering can make you feel like you are a part of something greater than yourself, give you a sense of community, motivate you, and make you feel happier about your life. If you would like to experience all of the benefits of volunteering, talk to us about how you can share your skills and talents at the Siouxland Center for Active Generations.

Meet a Member: Delores Disterhaupt

This month the Center features Delores Disterhaupt who has been a member since 1998. Delores grew up in Minnesota and attended school in the small community of Pillager (population 365). She was a cheerleader in high school. Delores spent her adult life as a wife and mother and also spent time working as a cook, waitress, housecleaner and cattle rancher with her husband. She was honored to be the Minnesota State Cattlewomen's President for three years. Delores also drove cars for an auto auction company, managed a thrift store and was the bookkeeper for a construction company. She is especially proud of her two sons, two granddaughters, two grandsons and three great grandchildren.

Delores enjoys SCAG and especially likes the exercise room, group puzzling in the library, socializing with other members and welcoming new folks to the Center. She moved to Sioux City seven years ago and is still learning the history of the community. Delores lives by the motto of smiling and being kind to others which makes her own life fulfilling.



Ice Cream Sundaes with Siouxland Pace

While you're perusing the Craft Fair, deciding which delicious baked treats to take home with you, and getting entertained by the Jammers, stop by to visit with Kayla, Community Relations Coordinator from Siouxland PACE. She'll be back to treat us to ice cream sundaes and to tell you all about the benefits and services that Siouxland PACE has to offer.

Wednesday, December 6, 10 a.m. to 12 p.m.



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Holiday Joy Awaits at the Annual Christmas Party

You're invited to attend the Siouxland Center for Active Generations' annual Christmas Party on **Wednesday, December 13 from 1-4 p.m.** Wear your ugliest Christmas sweater (there will be a contest with prizes!) and join us for festivities including a lunch buffet, gift exchange, raffle, and music and dancing to the Singer Family Band. Come and celebrate the season with your friends at the Center. To participate in the gift exchange, please bring a wrapped gift worth \$10 or less in value. **Tickets for the party are \$10 and can be purchased at the front desk.**



December Jukebox Party: Rockin' Around the Christmas Tree



Are you full of holiday cheer and don't care who knows it? Come groove out to dance-worthy holiday favorites and other festive songs to get you jingle bell rocking and ringing those sleigh bells. Don't have a Blue Christmas, celebrate the season with your friends at the Center! Let's all dance in the new old-fashioned way on **Tuesday, December 19, 2-4 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.

- | | | |
|-------------------------|------------------|--------------------|
| Donna Ailts | Joan Johnson | Judy Rehurek |
| Kristine Bergstrom | Jeff Keil | Pat Riemer |
| Charlotte Curry | Christy Kingdom- | Ronald Rohlena |
| Stephen Dougherty | Knoepfler | Sandra Rol |
| Roger Eldridge | Clark Kleinberg | William Sievers |
| Audrey Ercolini | Anna Kounas | Gene Smyser |
| Helen Eriksen | June Lahti | Pam Stephan |
| Billie (Willma) Erskine | Rita Lyman | Ramon Sundquist |
| John & Sandra Graser | Phyllis McMillan | Michael Tew |
| Jane Henderson | Nancy Means | Dorothy VanderWeil |
| Carolyn Henjes | Vivian Miller | Beverly Wolfe |
| Diana Howard | Russell Movall | Mary Ann Younie |
| Normagene Hughes | Ann Mrla | Scott Younie |
| Marie Hughes | Barb Orzechowski | Jeff Zoeller |
| Bruce Hunkins | Dan Poston | |

Memorials for December

In Memory: Shirley Nelson
From: Beverly & Darwin Hurni
Charlotte Kock for Pat Windenhauser
Kristi Husted for Pat Windenhauser
George Polak for Maxine Polak

Coffee with Meyer Brothers Funeral Homes



Join representatives from Meyer Brothers Funeral Homes for breakfast to discuss pre-planning funeral arrangements. Does your family know how you want to leave? Does your family know where all your important documents and information are placed? Do YOU know? Did you know that you can use your current life insurance policy now to lock in the price of your funeral? Give a wonderful gift to your children by being prepared and making decisions ahead of time.

Tuesday, December 12 at 9:00 a.m. in the Conference Room



Craft and Bake Sale



Are you looking for unique gifts this season? You'll find lots of great items for sale at our Craft and Bake Sale on **Wednesday, December 6 from 10-1**. Do some holiday shopping and support the Center by buying tasty treats while you enjoy the music from the Wednesday Jam Session. (Baked goods make great gifts as well!) Vendors in the craft fair will offer sewn and quilted items, jewelry, Tastefully Simple and Scentsy products, and more. All proceeds from the bake sale will go to the Siouxland Center for Active Generations. If you would like to bake something to help out, please sign up in the Activities Book.

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Active Generations Choir to Perform at the December Birthday Party



The Active Generations Choir has been diligently rehearsing their performance of Christmas favorites for the December birthday party. They will serenade you with a mix of old and new songs and end with a singalong where you'll be welcome to participate. Come and listen to the lovely music, take the opportunity to join your voice in song with your friends at the Center, and celebrate our members with December birthdays. Thank you to Medigold for sponsoring the birthday cake!

Monday, December 11, 1 p.m. in the Multipurpose Room

Christmas Games with Bickford



Deb and Diane from Bickford Senior Living have an afternoon of fun in store for you! Play uproarious games with a fun group of people. The games will include using a hair dryer to blow ping pong balls into a cup, a dice game and Drop the Penny.

There will be prizes and lots of laughter. **Don't miss the excitement on Tuesday, December 12, 1 p.m. in the Dining Room.**



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December Yearly Membership Anniversaries

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

Bridget Agriopoulos
Lois Albertson
Mary Ann Audino
Colleen Baker
Carolyn Bauer
Lowell Beerman
Linda Beeson
Phyllis Bennett
Julie Bower
Thomas Brunkan
Helen Bundy
Donna Carstensen
Sheri Chambers
Jeanette Cooper
Frances Cummings

Bob Davis
Jeanie (Jeanette) Dunbar
Lanette Falk
William Flory
Fred Forney
Emily Frady
Gary Grause
Linda Groves
Roger Groves
Margaret Hall
Audrey Hansel
Jane Henderson
Mike Hobart
Sharon Hobart
Sheryl Hofer

Greg Hofling
Beverly Hurni
(Lavonne) Bonnie L Johnson
Betty Ann Johnson
Pamela Johnson
Patricia Johnson
Cheryl Kilberg
Sandi Kimpson
Donald Kingery
Ruth Kingery
Leon Koster
Ruth Koster
Sharon Lillie
John Mansfield

Bonnie Marks
RoseAnn Mayo
Dianne McCall
Alan McGaffin
Terri McGaffin
Julianne McKinney
Lorene Moyses
Joseph Nicolas
Dewayne Nicolls
Gregory Nooney
Earl Oleson
William Pelchat
Judy Ann Rehurek
Jeanette Ricker
Nick Roder

Jeanie Schneider
James Shelley
Carol Shimitz
Lori Smith
Robert Steffe
Barbara Treglia
Teresa Valdez
Elaine Mary Waskow
Mark Wepner
Dorothy Winter
Brian Wohlert
Paul Zielezinski

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.

- December 1:** Jerry O'Dell's Country Flavor Band
- December 8:** 4 on the Road, please join us to celebrate Pat Bornhoff's birthday
- December 15:** The Embers
- December 22:** Country Brew
- December 29:** New Year's Party with Ed Tryon's Big Band Sounds



Pat Bornhoff will be celebrating her 93rd birthday at the Friday dance party on December 8. After retiring from Knoepfler Chevrolet, Pat volunteered at the Siouxland Center for Active Generations for twenty-three years. She greeted members at the front desk for over fifteen years, volunteered in the library, and participated in the chorus and many other activities. She loved working with the people at the Center. Please join her for cake, ice cream, and the music of 4 on the Road. Thank you to Pat's daughter, Cindy Houlihan, for sponsoring December 8th's dance party in Pat's honor.

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Tai Chi for Seniors Health Benefits: Encourages Fat Loss

For those who aren't keen on high-intensity aerobic exercise for weight loss, Tai Chi may be their answer. Research published in the journal *Annals of Internal Medicine* followed adults over 50 years old to determine how Tai Chi practice would affect their health. The 543 participants were broken into three groups of no exercise, conventional exercise of brisk walking and light strength training, and Tai Chi practice for one-hour instructor-led workouts three times a week for 12 weeks.

Compared to the no exercise group, researchers found both Tai Chi and conventional exercise reduced waist circumference, body weight, and high-density lipoprotein cholesterol.

"Our study showed that Tai Chi mirrors the beneficial effects of conventional exercise by reducing waist circumference in middle-aged and older adults with central obesity. Although Tai Chi is a gentle mind-body

exercise, our findings suggest that Tai Chi is an effective approach for management of central obesity. Regular Tai Chi practice can be considered an approach for people to adhere to the World Health Organization physical activity recommendations," says Siu, lead author on this study.

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.



Book Discussion Group

On **Thursday, December 7 at 10 a.m.** the Book Discussion group will talk about *The Christie Affair* by Nina de Gramont, an imagined story about the true-life, but unexplained disappearance of Agatha Christie in 1926. The book discussion group regularly meets on the first Thursday of the month at 10 a.m. **There will be no book group meeting in January.**

Bridge News

Leon Koster's Thursday morning beginning bridge class is growing. Everyone benefits when there are eight students, so that there are two full tables. Remember-bridge keeps your brain exercised. New players and students are always welcome. Diana Howard's Monday morning advanced class will be online until spring. You don't even need to leave the comfort of home to participate. Please don't allow winter to interfere with your bridge activities.



MARINE CORPS RESERVE



You can bring joy to a child in need this holiday season by donating to Toys for Tots. The Siouxland Center for Active Generations has a collection box for toy donations in the hallway next to the Multipurpose Room. Siouxland Toys for Tots has been operating for twenty-three years and the organization is made up entirely of volunteers. In 2022 Siouxland Toys for Tots distributed 6,621 toys to 3,314 children. Be a part of the magic; embody the spirit of Santa Claus and bring in an unwrapped toy for a local girl or boy.

**volunteer,
join the RSVP
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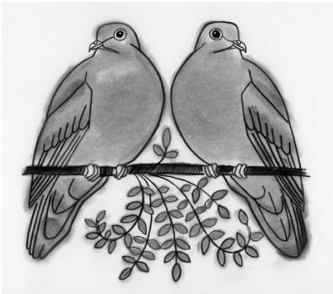



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December 2023

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>1</p> <p>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><i>Featuring Jerry O'Dell's Country Flavor Band</i></p>
<p>4</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 Azria 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</p>	<p>5</p> <p>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 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 Painting Class, Ping Pong 1:00 pm Ping Pong</p>	<p>6</p> <p>10 am-1 pm Craft Fair and Bake Sale</p> <p>10 am-12 pm Ice Cream Sundaes with Siouxland Pace</p> <p>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>7</p> <p>10 am Book Discussion Group (1st Monday) 1 pm Karaoke on the stage</p> <p>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 (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 1:00 pm Social Group</p>	<p>8</p> <p>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><i>Featuring 4 on the Road</i></p> <p><i>Pat Bornhofs birthday</i></p>
<p>11</p> <p>9:30 am Grief Support Group (2nd Monday) 1 pm Birthday Party (2nd Monday) <i>Active Generations Choir</i> Cake donated by Medigold</p>	<p>12</p> <p>9 am Coffee with Meyer Brothers 1 pm Christmas Games with Bickford</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class</p>	<p>13</p> <p>1-4 pm Christmas Party</p> <p>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>14</p> <p>1 pm Karaoke on the stage</p> <p>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</p>	<p>15</p> <p>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</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
 11:30 am Woodcarving
 12:00 pm Pinochle
 12:00 pm Bridge-Duplicate

9:30 am Painting Class
 10:00 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 Painting Class, Ping Pong

10:00 am Wii Bowling
 10:00 am Sexy & Fit after 40
 10:30 am (No jam session today)
 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



9:00 am SilverSneakers Classic Fitness
 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
 12:00 pm Open Bridge
 12:30 pm Penny Bingo
 1:00 pm Ping Pong
 1:00 pm Social 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

*Featuring
The Embers*

18
12-1 pm Team Trivia Christmas Round!

 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 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

19
2-4 pm Jukebox Dance Party Rockin' Around the Christmas Tree

 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)
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 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

20
1 pm Carolers from Bickford with Denny and Chopper

 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



21
1 pm Karaoke on the stage

 9:00 am Penny Bingo
 9:00 am Tattng
 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

22
 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

*Featuring
Country Brew*

25
Center Closed

26
Center Closed

27
 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



28
1 pm Karaoke on the stage No line dance

 9:00 am Penny Bingo
 9:00 am Tattng
 9:00 am Rock Steady Boxing (Fee)
 9:00 am Bellydancing
 9:00 am SilverSneakers Classic Fitness
 9:00 am Beginner Bridge
 10:00 am Canasta
 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
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 1:00 pm Social Group

29
 9:00 am Fitness with Dixie
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 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

*Featuring
New Year's Eve Party with Ed Tryon's Big Band Sounds*

Chair Yoga

Everybody has a story. When I walk into the Exercise Room on Fridays, I hear lots of stories that brought them to Chair Yoga. During the holiday season there are lots of stories about how the members celebrate the season. The meaning of Christmas was identified by the majority as "the celebration of the birth of the Christ child" and in one word, the meaning is identified as "giving."

And...what do you eat on Christmas day? "A good turkey dinner," "ham and sweet potato casserole," and for Betsy Meis "prime rib at my place." What's your favorite holiday food? Jean Jones likes "all the sweet stuff, divinity is my favorite candy." Candie likes pumpkin pie. For me, I like a little pie with my whip cream. Bob Hightower lists his favorite holiday food as fruitcake. At holiday time, people usually divide into those who enjoy fruitcake and those who would never attempt a bite. Some people attribute this disdain to Johnny Carson, who in 1985 said on TV "The worst Christmas gift is a fruitcake. There is only one fruitcake in the entire world and people keep sending it to each other." Haters aside, fruitcake is still a robust American tradition and recipes abound.

What is your favorite Christmas movie? Three people identified It's a Wonderful Life, one person said Home Alone and A Christmas Carol was noted by several. Jerry said A Christmas Carol with George C Scott. Me too! And what is your favorite holiday tradition? "Wearing funny hats while opening Christmas gifts," "drinking eggnog," "the family getting together," "reading The Night Before Christmas with the family," and "Christmas caroling."

Name an outdoor activity you enjoy or would like to learn. Candie said, "snowball fights and making snowmen." Jerry said "sledding." Bob said, "ice fishing," (I have to check with him if this is a new activity or one he's enjoyed through the years.) One person answered "ski." Developing a stronger core, leg and upper body strength through yoga helps people get more out of their time on the slopes. In yoga you become more aware of posture and changing balance as in skiing. A regular and

consistent breath practiced in yoga helps people center themselves and feel calmer on the slope.

Our wishes to all: Happy Holidays to you and your family. May the season be one of joy, warmth and celebration and the year to come filled with health and new blessings!

Kaye Plantenberg



Christmas Shop at Our Gift Shop

Visit the Gift Shop for holiday decorations, table linens, greeting cards, puzzles, hats and gloves, items for White Elephant parties, and lots more. There are great finds at great prices! Also keep in mind that if you receive some gifts that you don't quite know what to do with this season, we'll be happy to find them a new home. All proceeds from the Gift Shop benefit the Siouxland Center for Active Generations.



Pumpkin Raffle Proceeds

In October, the Siouxland Center for Active Generations sold paper pumpkins for a dollar each to raffle off at our Halloween party. This raised \$188. Seventy dollars of the proceeds were used to buy Casey's gift cards to give away as prizes for both the raffle and the Halloween costume contest, leaving \$118 to benefit the Center. The funds will be put towards the operating costs of the Center.

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

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Volunteer Brunch Recognizes Center Volunteers



On November 6, around sixty SCAG volunteers attended a brunch to honor the many hours of time that they contributed to the Center in the past year. They were presented with a certificate of appreciation and a small gift, a pair of socks that said, "Sometimes you forget you're awesome, so this is your reminder." Irish band The Shamrocks entertained the room with lively jigs and soulful ballads. Director Pat Tomscha acknowledged the many ways the attendees have been essential to the Siouxland Center for Active Generations and asked the guests to talk about what volunteering means to them. The 2023 Volunteer Brunch was sponsored by the Retired

and Senior Volunteer Program. Special thanks to Jamie Lane, our RSVP Coordinator for Volunteer Iowa, who secured the funding and helped to coordinate the event.

The top 12 volunteers with the most logged hours in the past year and their individual number of hours are:

- | | |
|---------------------|--------------------------|
| Judy Peterson: 246 | Delores Disterhaupt: 329 |
| Billie Erskine: 247 | Beverly Hall: 374 |
| Susan Jones: 258 | Barbara Doren: 467 |
| Helen Eriksen: 261 | Carol Beiswenger: 504 |
| Judy Rehurek: 304 | Melinda Carlson: 646 |
| Sandra Rol: 326 | Roma Johnson: 720 |



December 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:

- Dec. 5th Write on Pearl Harbor Remembrance Day**
- Dec. 12th.... Write a Letter to Santa Claus**
- Dec. 19th.... Write on Winter Solstice and its Meaning**
- Dec. 26th Write Your Thoughts on the New Year, 2024**

- 5. Some holiday dishes: turkey, mashed potatoes, gravy, cranberry sauce, and pumpkin pie.
- 6. December 1934 song: "Winter Wonderland" (Bernard-Smith) Words: "Sleigh bells ring, are you listening. In the lane snow is glistening. A beautiful sight, we're happy tonight....etc."

DECEMBER FACTS AND THOUGHTS

- The first Christmas tree was made in Germany with green goose feathers.
- St. Nicholas was the patron saint of children and eventually called "Santa Claus".
- In 2023, winter begins on Thursday, December 21.
- December's full moon appears on December 26th. It is called the Cold Moon," a Mohawk name.

GETTING READY FOR THE HOLIDAYS

"Christmas is coming, the geese are getting fat,
Please put a penny in the Old Man's Hat,
If you haven't a penny a ha' penny will do,
If you haven't got a ha 'penny, God bless you!"

Wishing everyone a safe and happy holiday
and may you know much joy!

Twenty Questions Team Trivia: Christmas Round!



Our December Team Trivia game will have a Christmas theme. Bring your friends, get some lunch and get ready to engage your brain and test your knowledge of everything Christmas. Movies, food, traditions, church history, popular toys, and significant events are all fair game for question topics. Prizes and bragging rights are always awarded to the winning team, but this month they'll be extra festive! **Monday, December 18 at noon in the Dining Room.**

Book Donations to the Library

A big thank you for the many book donations that you have given to the library at the Siouxland Center for Active Generations! These donations provide great reading material to our members and proceeds from the library's book sale benefit the Center. The library especially appreciates gifts of fiction and mystery titles. When donating books, please check to make sure that they are in good condition and free of odor and mold.

Choir News

It's coming-the holidays are almost here! Get ready for a blessed time with lots of cheer and activities. The Choir is also getting ready for the festival...with great song! We will be performing for groups and share the wonder of great melody...warming people's hearts.

WHY NOT SHARE IN THE FUN?

There is NOTHING better to make you feel SO GOOD than singing your heart out in joy! The response is so rewarding...and you don't have to have a solo voice (amazing, isn't it?) to join in!!!

COME-- share your talent with us--we'd love to have you!

Wednesdays at 11 a.m. in the Classroom.

Prayer Request for Judy Seaman

Ms. Judy Seaman was born December 14th, 1944, in Norfolk, Nebraska and has spent her entire professional career as a teacher, dedicating a total of about 50 years of her life to educating children and adults. She had seen countless students come and go, each one unique and special in their own way. She taught them all, from the basics of reading and writing to the intricacies of history and science. Judy's classroom was a place where children felt safe and supported, and where they could be themselves without fear of judgment. She had a gift for understanding each child's unique needs and abilities, and she tailored her lessons accordingly. She knew every student's name, their strengths and weaknesses, and their dreams and aspirations. As she stood in front of her classroom, looking out at the sea of expectant faces throughout all those years, Judy felt a sense of pride and fulfillment. She knew that she had made a difference in the lives of these children, whom she truly loved. And that her years of dedicated service had been worth it. She always loved her job and had found joy in watching her students learn and grow. She always put her students first, sacrificing her own needs and desires for their benefit.

Judy changed the lives of countless children and adults and hoped that they would continue to change the world long after she was gone. Judy retired late into that 50-year span but also came back to teach and began to share instructional skills with adults and teachers in their classrooms, increasing the number of students that could

be reached with strong and effective instruction. She was also an active member of our Center. She was a board member, worked on and edited the monthly newsletter, was involved in the Trail Blazers walking group, and involved in many other activities at the center. Judy was also a believer with a strong Christian faith and was a very active member of St. Paul's Lutheran Church here in Sioux City. This is just a little snapshot into the truly wonderful, incredible, and dedicated life of someone who had a vision and heart to take on the great task and responsibility to teach some of our country's precious youth, and be a wonderful, productive member of our facility.

The Siouxland Center for Active Generations unfortunately has a serious prayer request. If you can

please hold up Judy and all involved with her care in prayer, she would appreciate it. Judy had a very big setback with a stroke. It's been a long road with recovery, and she is going to make it! It wasn't clear though at the start of this stroke if Judy was going to but now, she is!



Thankful at the Friendsgiving Dinner



The annual Thanksgiving luncheon was a popular event this year with 162 tickets sold. A fantastic crew of volunteers helped to cook and serve the meal with turkey, sides and pie, all of the traditional elements of a Thanksgiving meal. Mary Hubbard said, "It was delicious, just like my grandmother used to make." Mary especially enjoyed the meal as she and her daughter will not be making an entire holiday dinner this year. "It was neat to get together with friends who are like family at this place." Carolyn Hanson and her husband Adrian also decided to make the SCAG event their official Thanksgiving dinner for 2023. They were happy to have found a parking space as the parking lot was quite crowded when they arrived, and soon joined up with favorite companions for cheerful conversation. When all

the guests were finally seated, volunteer Carol Beiswenger sat down to enjoy the food that she had helped to prepare and present in the serving line. She said that she started working at 7 a.m. and had been active for about five hours in the kitchen. Her tasks included peeling sixty pounds of potatoes. As they finished their meal, many people came up to compliment and thank Carol for all of her good work. We are thankful at the Center for an opportunity to host a meal that brings people together in celebration, for our wonderful, kind and appreciative members, and for our volunteers who put in time and effort to make others happy.

Caroling with Bickford Senior Living

December 20 is National Go Caroling Day. To celebrate the holiday, Bickford Senior Living will be sending us a group of carolers to share joyful Christmas songs. Included in their party will be some special guests, local rock stars Denny Feauto and Chopper Pelchat of the Huckleberrys. The Huckleberrys have performed twice at Friday dance parties and at the Center's Senior Prom event that was held in June. They will join the regular band rotation at the Siouxland Center for Active Generations in 2024. Join in the music and get in the Christmas spirit!

Wednesday, December 20, 1 p.m. in the Dining Room



Did You Know?

Christmas has always been celebrated in America on December 25, hasn't it? It seems too obvious to ask since our country was founded long after the debates about the date of Christ's birth were firmly established by the church. The truth is that not only was Christmas not actively celebrated, it was also prohibited by some of our founders. The Puritans believed the celebration of Christmas was part of the British traditions they had fled and prohibited any celebration on this day. While later generations began celebrating in small groups and in families, it was not until 1870, 94 years after we declared independence from Britain, that Christmas was enacted as a federal holiday for our nation.

While some scholars have made a livelihood of debating whether or not Christ was really born on December 25, perhaps a better alternative would be to spend less time on when Christ was born and more time on the fact that Christ was born. Reaching beyond believers of the faith, the embodiment of the Christmas message of "Peace on Earth, Good Will Toward Men" can help us all to reach out to others to share in our human existence with recognition that we are truly blessed by being able to do so. It is hoped the blessings of Christmas will abide with each of you as we approach this holy day.

Dale Rawson

Veteran Don Casaday Receives Honor Flight Tribute

On October 10, Vietnam War Veteran Donald Casaday, who served in 1967 and 1968 during the Tet Offensive, was recognized for his service with an Honor Flight. Honor Flights are an opportunity to thank the Americans who secured our freedom by bringing them to the nation's capital to see the memorials that commemorate their service. Don had been attempting to go on an Honor Flight for several years, but the trips were delayed because of health issues. He was excited to finally be able to go this year.

The day of the Honor Flight was a long day filled with meaningful experiences. Don left his house very early on Tuesday morning and did not return home until 1:30 a.m. on Wednesday. His flight left from the Sioux Falls airport about 6 a.m. with 189 passengers; 66 of them were veterans, 5 from the Korean War and the rest from Vietnam. Honor Flight veterans are each assigned a trained guardian to accompany them on the trip; Don's was named William Leusink. When they arrived in Washington, D.C they were met with tour buses that took them around to different sites. They were accompanied by a police escort during their travels. Don got to visit the Air Force Memorial, "The arches at the Air Force Memorial were so tall they took your breath away," Arlington Cemetery, the crash site for Flight 77 on 9/11 at the Pentagon, the Iwo Jima Memorial, and the Korean War Memorial and the Vietnam Veterans Memorial. Don said, "When I touched the wall, I could feel all those who gave it all. All gave some, some gave all. I am proud to be a Vietnam veteran. God bless us all."

On the way home, Don was presented with a large white envelope that was full of thank you cards from many people, which he found moving. When the plane returned to Sioux Falls, Don was the first person in a wheelchair off the plane. There were about 50 Freedom Riders, Boy Scouts and many others to greet him. "It was such a warm welcoming. It felt so good." He was wheeled into the next room and greeted with bagpipe players. "It was so very touching." He shook the hands of many people. They then loaded the veterans onto small buses. Before they left, all of the Freedom Riders pulled beside the buses with every bike cranked up tight. "It was so loud. It made your body run cold with pride; it was so special. On the way to the hotel every street was blocked by a police car. Each officer was outside of his car and saluted as we went by." At the hotel they were greeted by a large group of people all waving flags and a band. Don's son Earl and his wife Mo were there to meet him. "They worked so hard to make this happen." Don said that due to the mistreatment of Vietnam Vets, upon his return from the war he was never welcomed home, but this Honor Flight finally corrected that. "It felt so good after all of these years. God Bless America."



A Chance to Make Your Video History



Every person has a story to tell. Our Center is offering to help memorialize your story. December 1st through 15th, we will interview you on camera as you share your family history or stories during a one-hour appointment. Bring photos, newspaper clippings, or other meaningful memorabilia. An interviewer will videotape you while talking to you about your life. Pass on your memories to future generations. For even more detail, have our genealogy group help fill in your family tree. You will receive the raw video on a digital USB drive from SCAG Media Productions. You can share this video with your family; your history will make a great Christmas gift. For an appointment, sign up in the Activities Book for a date and time. The cost will be \$15.

Trailblazers Walking Group



The Trailblazers are currently envisioning walking in the Netherlands and Amsterdam. Dale Rawson contributed pictures from a trip he took there in 2016 to display the monitor next to the Fitness Room. In October, the Trailblazers traversed 5,065 laps, which works out to be 440 miles!

DECEMBER BIRTHDAYS

Mary Abraham
Helen Anderson
Linda Anderson
Becky Atkinson
Constance Bean
Donna Beauchene
Marlo Beermann
Jackie Biggerstaff
Susan Booth
Pat Bornhoft
Julie Bower
Dan Burrows
Kathleen Camerer
Sheri Chambers
James Chancey
Vesta Clausen
Pamela Coad
John Cole
Gene Cook
Nicholas Copas
Anne Cowley
Pamela Crabb
Linda Craft
Mary Crouse-Cork
Ron Cummings
Lynda Lee Deabler
Theresa Dean
Martha Dirks
Jannette Domayer
Emily Domayer
Kenneth Dvorak
Kathryn Eller-

Schorer
Harlen Engeldinger
John Fagan
Maryann Farrell
Jeff Flom
Donald Fylstra
Vesta Gilbertson
Walter Goodwin
Sandra Graser
Colleen Guy
Jane Henderson
Vince Henrichsen
Mike Hobart
Iris Hofling
Gary Hoklin
Terry Hubert
Lyle Dean Hughes
Catherine (Cathy)
Jennings
Eric Johansen
Susan Jones
Jean Jones
Patricia Kampfe
Carolyn Keleher
Sally Kimball
Christy Kingdom-
Knopfler
Karen Koch
Shavonne Kopal
Elizabeth Mae
Kosinski
Ruth Koster

Barbara Kron
Carol Krumwiede
Rodney Kuchta
Doug LaFleur
June Lahti
Robert Larson
Merlene Levering
Julie Mabeus
Dennis Magden
Dianne McCall
Phyllis McMillan
Mary McGinty
Marion Moore
James Mothershead
Gilbert Nelson
Jeanine Newton
Joseph Nicolas
Barbara Notto
Sandy Oberman
Karen Olasz
Carol Ostermeyer
Debora Otto
Linda Peete-flom
Joyce Persinger
Norma Petersen
Morey (Morris)
Rasmussen
Kathleen Rathman
Joan Ratley
Kurt Riemer
Carol Riffey
David Roach

Beth Rozeboom
Ebony Sayonkon
Norma Schager
Sue (Dorothy)
Schmedinghoff
William Schneider
Lillian Schroeder
Larry Shaver
Victor Sherman
Charles Smoley
Markeen Starin-
Todd
Richard Stephan
Susan Stevens
Ritch Stolpe
Dennis Swanger
Deborah Tague
Michael Tew
Phyllis Jean Todd
Judy Turner
Elaine Mary
Waskow
Michelle Watkins
Lois Weber
Beverly Weseman
Carmen White
Michael White
Paula Wiley
Susan Jensen
Wollesen
Sarah Young

December NEW Members

Linda Anderson	Dianne Limoges
Rita Boulware	Larry` Limoges
Vicki Brown	Doris Lindgren
Jean Carlson	Debra Morey
Dr David Chobar	Benita Newman
Shirley Colwell	Margaret Piper
John Culver	Nancy richland
Teri Dolezal	Terry Rose
Loren Dolezal	Yolande Runge
Dora Franklin	Carolyn Smith
Katie Griffith	Susan Sudtelgte
Pearl Harrison	Dennis Swanger
Sandra Henery	Dean Swanger
Doug Jaminet	Joseph Weverka
William Jordan.Sr	Janet Youngberg



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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.
- 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

November

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.

- | | | |
|------------------|------------------|-----------------|
| Don Casaday | M. Donna Johnson | Don Nieuwendorp |
| Miriam Clayton | Maizie Johnson | Don Schultz |
| Mary Hubbard | Pam Mears | Gene Smyser |
| Normagene Hughes | Jan Nelson | George Polak |

**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	