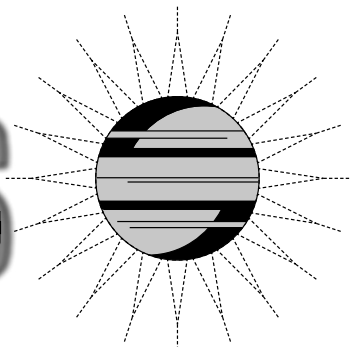


SUNSHINE NEWS

FEBRUARY 2024



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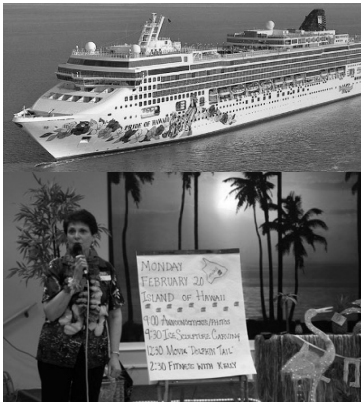


Our mission is to enrich the quality of life and support independence and vitality for our members.

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

Hawaiian Cruise Ship Week



A tradition for many years at the Siouxland Center for Active Generations, Cruise Ship Week is an opportunity for socialization, activity, and enjoyment during the dreary winter. Join us as we depart for fun, sun, and the adventure of five days aboard the S.S. Active Generations. Daily events are planned at the Center for the week

of February 19-23. This year we'll take a pretend voyage to Hawaii with seafaring and Polynesian themed activities. (Pricing for individual events will be posted at the beginning of February. All proceeds will support the Siouxland Center for Active Generations.)

Monday, February 19

8 a.m.: Lei Giveaway with Charter Senior Living



All aboard! Bre from Charter Senior Living will welcome you to the cruise by presenting you with Hawaiian leis. While supplies last.

11 a.m.: Hawaiian Lunch and Movie on the Deck



Dreams come true in blue Hawaii...

Visit the ship dining room for a tropical meal. We'll serve Hawaiian chicken sandwiches, glazed yams, tropical fruit compote over angel food cake, and Blue Hawaii mocktails. Enjoy a movie that

takes place in Hawaii on the Multipurpose Room screen.

Tuesday, February 20

Beginning at 9 a.m.: Spa Day

Book an appointment at Spa Générations Actives in the Conference Room for an experience of relaxation and rejuvenation. Various treatments, aromatherapy, and guided meditation will be available.



2-4 p.m.: Jukebox Glow Party



Get ready to rock the afternoon away! Wear white or fluorescent colors, we'll provide the glowsticks. Give DJ Kristina your song requests for an epic playlist of your favorite dance hits.

Wednesday, February 21

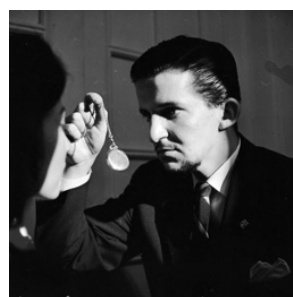
11 a.m.: Hawaiian Shirt Contest at the Jam Session

Wear your craziest Hawaiian attire! A prize will be awarded to the best outfit.



6:30 p.m. Hypnotist Matt Markey

Prepare to be amazed! Omaha-based showman Matt Markey from



Swinging Watch Entertainment will impress you with the ultimate in the abilities of the human mind. He'll use his mysterious power over the audience for laughter and entertainment. Hors d'oeuvres will be served at the event.

continued on p.2

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

Contact us about advertising
in the Sunshine News

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



Thursday, February 22

1 p.m.: Ocean Themed Craft with Diana

Get crafty and make a souvenir of your week onboard the S.S. Active Generations. Diana will provide you with supplies and instructions to create a fun project.

1 p.m.: Karaoke on the Deck

Belt out your favorite tropical tunes with friends!

Friday, February 23

1-3:30 p.m.: Cruise Week Dance Party with Ed Tryon

Won't you let Ed take you on a sea cruise? He'll help us all sail away with a set list of cruise-themed music. Hawaiian attire is encouraged!

Donuts with the Doc Rescheduled

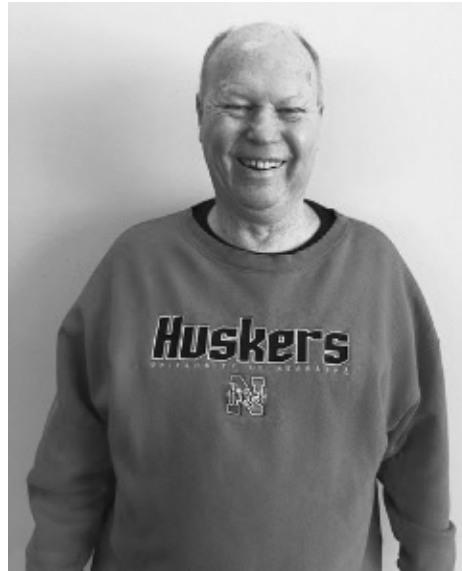
Rescheduled from last month because of the weather, Dr. Amy Callaghan, Medical Director of Hospice of Siouxland will discuss Things to Consider as We Age: Medications and Resources. This will be a great opportunity to ask your questions to a medical professional. Donuts will be provided! **Tuesday, February 13, 10 a.m. in the Conference Room**



Center Policy on Adverse Weather Conditions

If the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start. Please stay tuned to your local T.V. and radio stations or check Facebook for the latest information.

Meet a Member: Ray Sundquist



Ray Sundquist has been a member of the Siouxland Center for Active Generations since 2017 when he joined after his wife passed away. Ray says Sundquist is a Swedish name and he's planning to take a DNA test to find out how Swedish he really is. He grew up in Lyons, Nebraska and commented that it is a nice friendly town but has been featured on America's Most Wanted a few times. Ray attended the University of Nebraska and earned a degree in Animal Science. Because of his interest in studying the past, he said that if he could go back and change things, he would major in History. After college, Ray went into farming, but "went broke" doing it. He grew corn and

soybeans and then got into hogs. He summed up his time spent in this profession as, "The 70s were good, but the 80's weren't. The price of hogs went down and then I went down." Later, Ray found work at a grain elevator. For one year, he taught high school vocational agriculture. Ray also spent 27 years in the Army and the Reserves.

Because of his time in the Army, Ray was able to have a notable cultural experience. Before reporting to Fort Dix in New Jersey, Ray went to visit his sister in New York City. She told him to go to the USO office to get tickets for a play. He wasn't all that interested in seeing a play but went anyway to appease his sister. When he arrived, they offered him tickets to see the Beatles. Ray got to see the Fab Four live in concert at Shea Stadium. Another interesting thing that Ray experienced was visiting the 38th Parallel in North Korea during a trip to Seoul, South Korea, the imposing demilitarized zone on the border between the two countries.

Ray was married to his wife, Carol, for 43 years. He has two daughters and five granddaughters. One of his daughters lives in St. Louis and teaches law at St. Louis University. Her husband works for Budweiser. His other daughter lives in LeMars and works in advertising at KCAU.

For hobbies, Ray used to enjoy playing pool, but said his eyes aren't good enough to do it anymore. As a teenager, Ray was impressed by the movie The Hustler about a pool shark. "I thought, 'By God, that's a great sport!' I got pretty good at it." But he didn't use his skills to hustle anyone, "I would normally play for beer." These days, Ray enjoys drinking coffee and reading, especially about history. He is most interested in the Civil War time period. Ray is a regular at the BS/Friendship table in the Dining Room and a useful member of their Team Trivia team.



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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.

Mary Abraham	Susan Headley	Dave Preston
Lois Albertson	Arlene Held	El & Sandi Rasmussen
James & Helen Anderson	Carolyn Henjes	Dale Rawson
Walter Anderson	Jo Henshaw	Alice Reeg
Linda Beeson	Marie Hughes	Kurt Riemen
Larry Bower	Wes Iseminger	Lloyd & Lois Rohmiller
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K. Anne Cowley	Leon & Ruth Koster	Mary Shanahan
Helen Craig	Anna Kounas	William Sievers
Dan Demarest	Donald Kumm	Karen Smith
Delores & Eddie Disterhaupt	Susan & Jerry Levay	Robert Steffe
Tom Edwards	Dee Lillie	Marvin & Betty Still
Peggy Foulk	Ellen Livingston	W. Yvonne Thallas
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Richard E Hayes	Jane Olson	Elaine Waskow
	Michael & Courtney Ott	Mary Ann Younie
	John & Doris Parsons	Jeffrey Zollee
	Delores Phillips	

Jukebox Glow Party



We'll light it up with glow sticks at the second Jukebox Party, part of the Cruise Ship Week Festivities. **Tuesday, February 20, 2-4 p.m.**

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

Bruce Hunkins
Siouxland Duplicate Bridge Club
Siouxland Community Foundation
First Premier Bank
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Bronze Sponsor

Richard Boyd

Birthday Donation

Carol & Dean Hughes
Cindy Houlihan for Patsy Bornhoft
Ted Orzechowski

Memberships Donated by the Following

Larry & Nancy Bower
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Thomas & Sharon Lillie
Candace Palacia
Robert & Karen Scott
William Sievers
Donald Wright

HAPPY
Valentine's Day

The Day the Music Died Jukebox Party



On February 3, 1959, Buddy Holly, Ritchie Valens, “The Big Bopper” J. P. Richardson, and pilot Roger Peterson were killed in a plane crash near Clear Lake, Iowa. They were headed to their next stop on their tour. They were traveling in mid-winter, and it was absolutely freezing. The

tour was miserable and was not routed for efficiency or safety. Before what they would know would be their last performance, their bus broke down on an icy highway and they were stranded in the northern Wisconsin forest.

They ended up making it to Clear Lake, but their next stop was Moorhead. This would’ve been a 365-mile bus ride. With tour members getting frostbite, sick, and dirty clothes combined with not getting good sleep, they decided to take a plane. “It was so cold on the bus that we’d have to wear all our clothes, coats and everything. . . . I couldn’t believe how cold it was,” wrote Waylon Jennings, who played bass for Holly on the tour. Valens wanted to fly as well so he and Allsup (Holly’s guitarist) held a coin toss for the final seat. Valens ended up winning. Holly, J.P. (the Big Bopper) Richardson, and Valens climbed into a single-engine Beechcraft Bonanza that crashed into a cornfield in a snowstorm just after take-off.

The story is legend but the term “The Day the Music Died” was coined by Don McLean’s song “American Pie.” Nikki Guron, kuvo.org

Each of these musicians was significant to rock and roll music. The Rock and Roll Hall of Fame describes Buddy Holly’s influence as “The bespectacled ‘50s teen idol roughed up familiar musical influences—rhythm & blues, rockabilly, country & western—with upbeat tempos, a jittery vocal approach, and youthful lyrics filled with edgy declarations of love, lust and heartbreak.” The Big Bopper gained fame as a colorful radio DJ in Texas, then recorded a novelty song, “Purple People Eater Meets the Witch Doctor,” with “Chantilly Lace” as the B side. “Chantilly Lace” quickly gained attention and went on to achieve gold and platinum record status. The Big Bopper was known for his flamboyant stage performances. Ritchie Valens, the first Latino rock and roll star, was only 17 when he died in the crash, but according to the Britannica website, his “exciting guitar style, emotional singing, and stylistic versatility influenced generations of rock musicians.” Although his biggest hit “La Bamba” was sung in Spanish, Valens really only knew a little of the language.

At the Jukebox party, we’ll commemorate these musicians by playing their songs, as well as songs from the era, and your requests. **Tuesday, February 6, 2-4 p.m.**

The Neighborhood Network

While each neighborhood has different problems, residents of all neighborhoods want the city’s decision-making process to be responsive to their needs. The neighborhood network helps residents become better informed and provides a link between Sioux city neighborhoods and city hall. Citizens meet regularly in their respective neighborhoods to develop solutions to local problems and put them into action. They form a protective network of concern throughout the city. Neighborhoods are the “eyes and the ears” of the city. Citizens have the insight and common sense needed to deal with local and city-wide issues. Get involved today in your neighborhood. You will develop friendships to meet common concerns.

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February Yearly Membership Anniversaries

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

Lillie Rundall	Jeanne Chamberlain	Roger Friessen	Jeff Keil	Frank Navrkal	Marcia Singer	Michael Tew
Charles Andersen	Frances Cole	Michael Grote	Carol Kelzer	Robert Nelson	James Singer	Sally Tharp
Sandra Andersen	Ruth Cornell	Lonnie Gustafson	Vertus Kluver	Jeanine Newton	Hospice	Brenda Thelen
Jan Ashmore	John Cowley	Marilyn Hagberg	Karen Koch	Mary Nyhus	Siouxland - I	Joan Ellen Tozier
Kathleen Baker	Judith Cowley	Ann Hand	Judson Kruse	Jeanne Parker	Deb Skouge	Ray Turner
Vicky Bentson	Paula Crandell	Robert Hanus	Beverly Lafrenz	Hilda Pearson	Theresa Skow	Barb Vakulskas
Lynn Blomberg	Steve Crary	Richard Hayes	Allen Lambing	Norma Petersen	Cheryl Smalley	Tom Vakulskas
Colleen Bochmann	Bonnie Crary	Dick Heitzman	Bradley Leonard	Dan Rapacki	Jay Smith	Lois Ward
Randy Bochmann	Garold Danke	Vickie Henrichsen	Gary Lipshutz	Sue Rapacki	Charles Smoley	Terence Watson
Vicki Bowman	Beverly Danke	Iris Hofling	Dennis Martin	Janet Roach	Linda Smoley	Gary Wenell
Roger Bowman	Pam Dillon	Carol Houchins	Andrea Martin	Andrew Robak	Larry Steinbrecher	Karen Wiese
Harry Bridgett	Ruth Ellis	Thomas Houchins	Jan Masteller	Leona Rogers	Gloria Stinton	Jerry Wiese
Catherine Brunkan	Dan Ellis	Laura Howard	Michele McDevitt	Lloyd Rohmiller	Ritch Stolpe	Roy Wineinger
Mark Burkett	Charlene Ellis	Vickie Hughes	David McDevitt	Tim Sachtjen	Melinda Suber	Lorraine Woodford
Theresa Card	Louis Engel	Loran Joens	Ron McKewon	Eboni Sayonkon	Linda Swanburg	James Woodford
Paula Carndell	Patricia Fischer	Eric Johansen	Pamela Mears	Florence Schincke	Margaret E	Kathy Yoder
Donald Casaday	Bobbetta Foxworth	Judy Johansen	Kathleen Miller	Don Schultz	(Marg) Swanson	
		Jerry Johnson	Stephen Mitchem	Larry Shaver	Robert F (Bob) Swanson	
		Carolyn Jorgesen	Eileen Mitchem	Connie Sherrill		

Hot Cocoa with Connections

Chris Kuchta from Connections Area Agency on Aging will be serving hot chocolate during the Jam Session and answering your questions about the many services provided by their agency. Connections serves aging Iowans, Iowans 18 and older with disabilities and their family caregivers through information and assistance, service navigation and coordination, and resources for independence.

Wednesday, February 14, 10:30 a.m. Multipurpose Room



Choir News

NEW YEAR OF SINGING,
NEW GROWTH

Our choir is SO enthusiastic about sharing GREAT music with others.

We have such fun in preparing and performing it. Our voices-HIGH-LOW-IN BETWEEN-blend into marvelous chords in song.

We would LOVE TO HAVE YOU JOIN IN!! COME-INVESTIGATE-

Find out the joy it creates and participate with us. Share the wonder of song with all-so rewarding! ALL ARE WELCOME-HOPE TO SEE YOU THERE SOON!

Wednesdays, 11 a.m. in the Classroom.

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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.

February 2: Jerry O'Dell's Country Flavor Band

February 9: 4 on the Road

February 16: Bob Brewer and Country Brew

February 23: Cruise Week Dance Party with Ed Tryon

February Birthday Party: Valentine's Carnival

Let's wish a happy birthday to our members with February birthdays! Enjoy carnival style games, a cake walk where the prizes will be cakes donated by members of June Lahti's 2023 cake decorating class, and of course, birthday cake for all!

Monday, February 12, 1 p.m. in the Multipurpose Room



Twenty Questions Team Trivia

What do you know? Join us for lunch, put a team of friends together and challenge your mind to come up with the answers to twenty general knowledge trivia questions. Prizes and bragging rights are awarded to the winners!

We were closed on Martin Luther King Jr. Day last month because of the snow and missed playing the African American History Round. We'll make it up in February in honor of Black History month. **Monday, February 5 at noon in the Dining Room**



Rebus Puzzles Challenge

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box above portrays a common word or phrase. Can you guess what it is? See the answers upside down, below the puzzle. In this trivia round we'll give you some rebus puzzles to figure out with your team along with a related trivia question. **Tuesday, February 26 at noon in the Dining Room.**

MAN BOARD	R ROAD A D	T O W N
KNEE LIGHTS	DEATH/LIFE	CYCLE CYCLE CYCLE

*1st row: man overboard, crossroads, downtown
2nd row: neon lights, life after death, tricycle*

Rebus Puzzles Answers

7:45 am Walking Exercise
9:00 am Senior Yoga (CD)
9:30 am Cornhole
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am-12:30 pm-Coffee Shop Lunch
11:30 am Woodcarving
12:00 pm Pinochle
12:00 pm Bridge-Duplicate

10:00 am Beginner Canasta Lessons
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am Silversneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Mah Jongg (experienced players)
11:00 am-12:30 pm Coffee Shop lunch
11:30 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
12:30 pm Penny Bingo
12:30 pm Tap Dance,
12:30 pm Painting Class
1:00 pm Cake Decorating Class
1:00 pm Ping Pong

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 Coffee Shop lunch
11:30 am Phase 10
12:00 pm 500 Card Club
12:00 pm Bridge -Men
1:00 pm Coloring Corner

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
Bob Brewer and Country Brew

19

Hawaiian Cruise Week
8:00 a.m Welcome Leis with Charter Senior Living
11 a.m. Hawaiian Movie and Lunch on the Deck

7:45 am Walking Exercise
9:00 am Senior Yoga (CD)
9:30 am Cornhole
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am Azria Balance Class
11:00 am-12:30 pm Coffee Shop lunch
11:30 am Woodcarving
12:00 pm Bunco-\$1 entry
12:00 pm Pinochle
12:00 pm Bridge-Duplicate

20

9 am Spa Day
2-4 pm Jukebox Dance Party
Cruise Week Glow Party

9:00 am Fitness Logic with Lee
9:00 am Penny Bingo
9:00 am Rook Steady Boxing (Fee)
9:30 am Painting Class
9:30 am Bible Study
10:00 am Beginner Canasta Lessons
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am Silversneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Mah Jongg (experienced players)
11:00 am-12:30 pm Coffee Shop lunch
11:30 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
12:30 pm Penny Bingo
12:30 pm Tap Dance
12:30 pm Painting Class
1:00 pm Cake Decorating Class
1:00 pm Ping Pong

21

11 a.m. Hawaiian Shirt Contest
6:30 p.m. Hypnotist Matt Markey

8:00 am-9:30 am Biscuits and Gravy
7:45 am Walking Exercise
9:00 am Yoga w/Dixie
9:00 am Duplicate Bridge
9:30 am Painting Class
10:00 am Chess
10:00 am Wii Bowling
10:00 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

22

1 p.m. Ocean-themed craft with Diana
1 pm Karaoke on the deck

9:00 am Penny Bingo
9:00 am Tattng
9:00 am Rook 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
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

23

9:00 am Fitness with Dixie
9:00 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
Featuring
Cruise Week Dance Party with Ed Tryon



26

12-1 pm Team Trivia: Rebus Puzzles
9:30 am Grief Support Group (4th Monday)
1 pm Parkinson's Support Group (4th Monday)

7:45 am Walking Exercise
9:00 am Senior Yoga (CD)
9:30 am Cornhole
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am-12:30 pm Coffee Shop lunch
11:30 am Woodcarving
12:00 pm Pinochle
12:00 pm Bridge-Duplicate

27

10 am Technology Class
12 pm Alzheimer's Support Group (4th Tuesday)

9:00 am Fitness Logic with Lee
9:00 am Penny Bingo
9:00 am Rook Steady Boxing (Fee)
9:30 am Painting Class
9:30 am Bible Study
10:00 am Beginner Canasta Lessons
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am Silversneakers Classic Fitness
11:00 am Mah Jongg (experienced players)
11:00 am-12:30 pm Coffee Shop lunch
11:30 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
12:30 pm Penny Bingo
12:30 pm Tap Dance
12:30 pm Painting Class, Ping Pong
1:00 pm Cake Decorating Class

28

11 am Biscuits and Gravy

8:00 am-9:30 am Biscuits and Gravy
7:45 am Walking Exercise
9:00 am Yoga w/Dixie
9:00 am Duplicate Bridge
9:30 am Painting Class
10:00 am Chess
10:00 am Wii Bowling
10:00 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



29

1 pm Karaoke on the stage
1 pm Senior Companion Meeting

9:00 am Senior Yoga with Kaye
9:00 am Penny Bingo
9:00 am Tattng
9:00 am Rook 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
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


1

9:00 am Fitness with Dixie
9:00 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
The Huckleberrys

February 2024

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

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>9:30 am Grief Support Group (2nd Monday)</p> <p>1 pm Birthday Party (2nd Monday) <i>Valentine's Day Carnival</i> <i>Cake donated by Medigold</i></p>	<p>13</p> <p>10:00 am Talk Show with Dr Callaghan on Palliative Care</p> <p>1:00 pm Games with Bickford</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:40 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study</p>	<p>14</p> <p>10:30 am Hot Cocoa with Connections</p> <p>5:30 Valentine's Day Dinner</p> <p>7-9 Dance Party with the Embers</p>  <p>8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge</p>	<p>1</p> <p>10 am Book Discussion Group (1st Thursday)</p> <p>1 pm Karaoke on the stage</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Mah Jongge (Advanced) 11:30 am Mah Jongge 11:30 am-12:30 pm Coffee Shop lunch 12:00 pm Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>2</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 11:30 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</i> <i>Jerry O'Dell</i></p>
<p>5</p> <p>12-1 pm Team Trivia: African American History</p> <p>7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Azria Balance Class 11:00 am-12:30 pm -Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>6</p> <p>2-4 pm Jukebox Dance Party <i>The Day the Music Died</i></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 SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongge (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Cake Decorating Class 1:00 pm Ping Pong</p>	<p>7</p> <p>8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 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>8</p> <p>1 pm Karaoke on the stage</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Mah Jongge (Advanced) 11:30 am Mah Jongge 11:30 am-12:30 pm Coffee Shop lunch 12:00 pm Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>9</p> <p>10:30 am Genealogy Class (2nd Friday)</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 11:30 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</i> <i>4 on the Road</i></p>

Valentine's Day Dinner and Dance: Prime Rib and the Embers

Celebrate the day of love and friendship at our Valentine's Day Party! We'll serve a delicious prime rib or chicken dinner. Afterwards the Embers will play your favorites and give you lots of opportunities to dance with your special sweeties and besties.

Dinner menu:

Prime Rib or Honey Garlic Chicken Breast

Hasselback Potatoes

Roasted carrots and Brussels sprouts

Salad

Dinner Roll

Chocolate cake

Wednesday, February 14. Dinner will begin at 5:30. Dancing will take place from 7-9. \$25 per person.

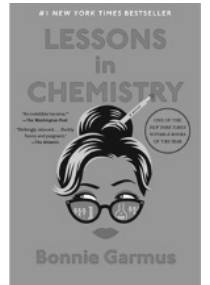
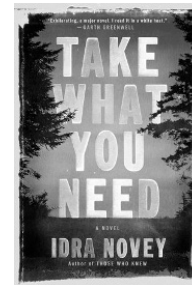


Fun and Games with Bickford

Deb from Bickford Assisted Living and Memory Care will lead the group in playing enjoyable games. Be sure to attend to find out what interesting activity she has in store for you! Join the party on **February 13 at 1 p.m. in the Dining Room.**



Book Discussion Group



February 1: *Little Fires Everywhere* by Celeste Ng

March 7: *Take What You Need* by Idra Novey, the **2024 Sioux City Reads** selection.

Reader Services Librarian Michael Maxwell from the Sioux City Public Library will lead the discussion.

April 4: *Lessons in Chemistry* by Bonnie Garmus

The Book Discussion Group meets the first Thursday of each month at 10 a.m. in the Library.

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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VANCE THOMPSON VISION

Coffee and Cataracts with Vance Thompson Vision

They say that wisdom comes along with age. So too do cataracts. As you add another candle to your birthday cake, you may find that your vision isn't as clear as it once was, colors don't seem as vibrant, or you have poor vision quality when driving at night. Join the doctor team from Vance Thompson Vision for a fun and informative education session to learn what cataracts are, how they affect your vision, some important things to consider before surgery, exciting advancements in technology, and more. Come and enjoy coffee and a good conversation.

Monday, February 5, 9:00 a.m. in the Conference Room

Tai Chi for Seniors Health Benefits: Improves Mood and Mental Health

Exercise has long been tied to improved mental health, and Tai Chi may be the mind-body workout you need to boost your mood and encourage a healthy mental state. A recent meta-analysis published in the *European Journal of Cardiovascular Nursing* reviewed 15 studies that used Tai Chi to improve psychological well-being. When Tai Chi was compared to control groups, researchers saw an improvement in quality of life, mental health, and physical health. Additionally, they noted less depression and psychological distress among participants.

In another randomized clinical trial published in *The Journal of Cardiovascular Nursing*, researchers analyzed stroke survivor's mental and physical health after practicing Tai Chi. "We found that after the intervention, there were significant reductions in depression, anxiety and stress, and improved sleep," says Taylor-Piliae, lead author on the study. "Tai Chi can be another tool in the toolbox, especially for people who have depression, anxiety, and stress. It's something that can be used alongside conventional healthcare, like medications and psychotherapy, for people struggling to adhere to traditional kinds of care."

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

Technology Class: Introduction to Managing Your Privacy



Chris Kutcha from Connections Area Agency on Aging will teach a class designed to help you be savvy in protecting yourself while interacting in an online environment. Concerned about privacy? Unsure about accepting cookies? In this introductory lecture, we'll review how ads target us online, how to limit tracking, and where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option. Come learn about some essential internet privacy tips!

Tuesday, February 27, 10 a.m. in the Conference Room

Trail Blazers Walking Group

Walk. Talk. Get Fit. is the motto of the Trail Blazers Walking Group! Between December 1 and January 11, the Trail Blazers walked 2260 laps. That's about 195 miles or the distance from Sioux City to Urbandale! Did you know that walking can help seniors remain mentally sharp? Research has found that regular walking can help protect the brain from dementia and Alzheimer's disease. In studies, age-related memory decline was lower in those who walked more.

Bon Jour! In February, look forward to a tour through France through photos from Dale Rawson's trip to Normandy, Paris and Beaune. Beaune is a walled town at the center of the Burgundy winemaking region, surrounded by the Côte d'Or vineyards. This cobbled town is renowned for an annual wine auction held at the Hospices de Beaune. Recognized by its colorful, geometric-patterned tile roof, the 15th-century former hospital is now an art museum. Bonne promenade (have a nice walk)!





February 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:

Feb. 6th..... Write on Things That Are Timeless.

Feb. 13th..... Write on Things That Are Red!!

Feb. 20th..... Write About President Washington or President Lincoln.

Feb. 27th..... Write How to Have a Healthy Heart!

5. There are 220,000 wedding proposals on Valentine Day.

6. People born on Leap Day--February 29, are called "Leaplings". Only about 5 million people are born on Leap Day & celebrate their birthdays every 4 years.

7. Groundhog Day is about an animal seeing his shadow, 6 weeks more of winter, if no shadow there would be an early Spring.

Facts about the Month of February:

1. February is the most misspelled of all the months
2. February is the American Heart month.
3. President's Day is February 19th.
4. A day is added to our calendar every 4 years to help sync the journey of Earth around the sun with the seasons.

FEBRUARY POEM

I Have a Valentine for you.
It's made of ribbon and lace!
I hope when you read, "I love you",
It will put a smile on your face!

Bridge News

January was one hell of a mess. We determined bridge players and students still managed to get to the Center for some of the classes and games. Diane Howard taught her classes online from Sunny Florida. The Center and everything else closed down for a few days. Lucky snowbirds joined us for some online games. Let's hope February allows us to resume our regular games and classes. Diane has intermediate coached play online Monday mornings at 9:30. Leon Koster has beginning class Thursday mornings. Novice game Wednesday mornings is usually the biggest game of the week. Open games are Monday and Thursday afternoons. New bridge players are always welcome.



Chair Yoga

Using a chair in our yoga practice is of prime importance. You can move more freely to extend your body. You can hold a pose longer. The chair gives you stability, building your strength while keeping you safe.

And there's another tip before you even get to the exercise room, and that's getting into the building over a snowy and/or icy path. The most important tip for walking in snowy and icy weather is to walk like a penguin. First, they point their feet outward. Feet are shoulder width apart, so they have a nice wide base of support. With their feet pointed outward, stepping flat footed, they're able to use the entire surface area of their feet and stop their feet from sliding out from underneath them. Penguins walk with their arms wide and out to the side which increases their base of support to allow for the most balance possible.

Kaye Plantenberg



Community Action Agency Offers Help with Online Rent Rebate Forms

In 2024 the Iowa Rent Rebate forms must be completed online. Do you need assistance with using the computer to accomplish this task? Community Action Agency of Siouxland has offered to help eligible individuals with filling out the form online. For more information, please contact them at (712) 274-1610 to make an appointment.

The details of Iowa Rent Reimbursement are:

If you're a low-income Iowan aged 65 or older or a low-income disabled adult, you may be eligible for a partial reimbursement of your rent. Iowa's Rent Reimbursement program is administered by the Iowa Department of Health and Human Services. The application for rent reimbursement is online.

Submit Your Rent Reimbursement Request

You can apply for reimbursement for 2023 and 2022 claims starting Tuesday, January 2, 2024 at 8 a.m. using any device that connects to the internet.

You must meet all of these requirements to be eligible:

You are 65 years of age or older or disabled and 18 or older.

Must have rented in Iowa and still live in Iowa now.
You paid rent in Iowa at a property that pays property tax.

Income Limits

For claim year 2022, your total annual household income must be less than \$25,328.

For claim year 2023, your total annual household income must be less than \$25,328.

How much of my rent is reimbursed?

People who pay rent in buildings that are not tax exempt may receive reimbursement of up to \$1,000 of the gross rent paid each year.

Proof Needed

You'll need to be able to verify your identity, disability, income, and rent paid. The online application found on the Rent Reimbursement page will explain how you can submit this proof.

Go to <https://benefits.stateofiowahhs.org/rent-reimbursement/home> to access the information.

Some Details About Our Sun and How Important It is for Us and For Our Health.

Ever pondered, "What is the sun's size?" That radiant, warm beam of light in the sky has a diameter of an astounding 865,370 kilometers across. More than a million Earths might fit within the sun due to its immense size. Whoa! At 9,932 degrees Fahrenheit, the photosphere—the surface of the sun—is a scorching hot place! Of course, most of us already know that humanity could not survive on Earth without the sun's heat and light. The sun is mainly made up of hydrogen and helium, making it a steamy ball of plasma instead of a solid mass. We know that it helps warm our days, but just how hot is the sun? The sun's core is around 27 million degrees Fahrenheit, meaning no life force could ever survive on the sun. Today, the sun continues to fuse hydrogen atoms to make helium in its core. It also fuses about 600 million tons of hydrogen every second, yielding 596 million tons of helium. The remaining four million tons of hydrogen are converted to energy, which makes the sunshine.

And just how does this help and aid our daily lives?

1. Support better sleep: "Sunlight supports better sleep and sets people's circadian rhythms by regulating the levels of serotonin and melatonin," explains Alexis Parcels, MD, a board-certified plastic surgeon.
2. Increase energy: "Sunshine gives signals to our brain to be alert and awake," says Beth Goldstein, MD, a dermatologist at Central Dermatology Center.
3. Lower blood pressure: "It's thought that exposure to sunlight triggers the skin to release stores of nitrogen

oxides, which cause arteries to dilate, lowering blood pressure," says Dr. Parcels.

4. Prevent cancer: Certain cancers have been linked to lower levels of vitamin D. UV exposure is the primary method of boosting serum vitamin D levels, which accounts for numerous health benefits. Higher levels of vitamin D are associated with protection against cancer development, including melanoma. Latitude, season, skin color, and sun protection determine UV absorption and vitamin D production. Vitamin D deficiency can be an important risk factor for osteoporosis. WebMD recommends getting around 20-30 minutes of sunshine a day when possible! Unless your doctor has advised against doing so.

Stephen Vanderburgh



Cozy Days at the Center

We missed a few days in January because of the giant snowstorm, but we were excited to be together again, get active and have fun after it was all over. We'll hope that February's weather does a better job of cooperating with our schedule!



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FEBRUARY BIRTHDAYS

Kay Adam
 John Anderson
 Karen Balstad
 Kathryn Beacom
 Clarissa Benson
 David Bonthuis
 Toni Boschker
 Melinda Carlson
 Steve Chadwick
 James Cody
 Steve Crary
 Don Domayer
 Pat Ann Ellis
 Adam Frisch
 Eleanor Gibson
 Gary Grause
 Carolyn Guenther
 Sandra Henery
 Cathy Herrig
 Vicki Hodgins
 Annette Hoefling
 Jerrold Hoelker
 Dennis Hogan
 Cheryl Hoopingarner
 Anna Hoover
 Jeanita Husted
 Gaylene Ironhawk
 Daniel Janssen

Julia Johnson
 Sharon Junge
 Roger Kann
 Jeanie Keating
 Louise Keleher
 Connie Kryger
 Sandra Kuntz
 Shirley Larson
 Carla Leibrich
 Sue Levay
 Gary Livingston
 Diann Love
 Mary Madden
 Janice Marine
 Alan McGaffin
 Leonard Miller
 Preston Nason
 Robert Nelson
 Cathy Ortmann
 Glenn Parrett
 Steven Petersen
 George Polak
 Dan Rapacki
 Sandi Rasmussen
 Dale Rawson
 Lloyd Rohmiller
 Lillie Rundall
 Jeanne Sailor

David Schable
 Kathryn Schable
 Doris Schiltz
 Leanna Shinkle
 William Sievers
 James Starks
 Carolyn Starks
 Larry Steinbrecher
 Julie Stewart
 Richard Storm
 Dean Swanger
 Judy Tadlock
 Charles Tarvin
 Gerald Taylor
 Donna Thiele
 Jeanette Togstad
 Frances Uhl
 Stephen Vanderburgh
 Constance Wanderscheid
 Terence Watson
 Gary Wenell
 Jeanne Westin
 June Wilhelm
 Martin Wolf
 Darlene Wolf
 James Woodford
 David Young

February NEW Members

John Anderson
 Larry Armbricht
 Stanley Bolender
 David Bonthuis
 Franklin Curry
 Loren Fauth
 Kevin Keleher
 Collette Mc Cullough
 Cheryl Prather

In Honor Of

Anderson Grandchildren in
 Honor of Eugene Anderson



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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

January

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.

Mary Hubert Maizie Johnson Gene Smyser

Dollar -A-Day for a YEAR	Gene Anderson	Diana Howard	Robert & Nancy Nelson
	Kristine Bergstrom	Thomas & Deanna Jacobs	Barney Pottebaum
	Gail & Tom Brown	Donald & Ruth Kingery	Judy Seaman
	John & Sandra Graser	Grant & Pamela Mears	Jon & Grace Wagoner
	Huey(Bob) Hightower, JR	Russell E. Movall	David & Vicki Young