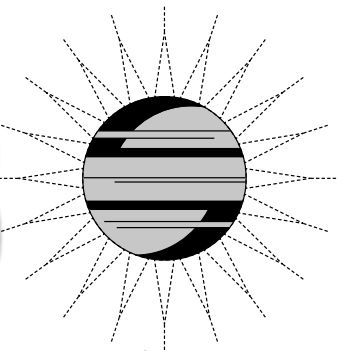


# MARCH 2024 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
543

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*

## The March of History

History, with its vast array of endless stories and events, has a unique and captivating allure that has fascinated many for centuries. Here are a few short stories, trivia, and events about this month called March. March is a month filled with interesting facts and historical details. Whether you're a March baby or simply curious about this time of year, there are plenty of fascinating things to discover about the third month of the year. Let's explore some highlights that make March unique.

### Birthstones Galore: Aquamarine and Bloodstone

March babies are truly blessed when it comes to birthstones. They get not just one, but two unique gems to call their own: aquamarine and bloodstone. These birthstones symbolize courage, strength, and protection. Aquamarine's tranquil blue hue evokes the calming waters of the ocean, while bloodstone's deep green with specks of red represents vitality and energy.

### March: A Time of Transition and Renewal

March marks the beginning of spring in the northern hemisphere, a time of transition and renewal. The cold winter days start to fade away, making room for blooming flowers, chirping birds, and longer days filled with sunlight. It's a time when nature awakens from its slumber, symbolizing new beginnings and fresh opportunities.



### Historical Significance of March

In ancient Rome, March was named after Mars, the god of war, symbolizing a time of military campaigns and conquests. It was seen as a month of great significance, marking the start of the farming season and the preparation for battles ahead. The Romans also celebrated the festival of Matronalia in March, honoring mothers, and women in society. It seems historically appropriate that we now celebrate Women's History Month in March.



### March Madness: Finding the Perfect Balance Between Work and Basketball.

Interestingly, March is statistically known as the most unproductive month of the year in the United States. Go FIGURE! And what is the reason behind this phenomenon?



It's called "March Madness," the fervent season of NBA basketball. Many employees spend time betting on games. It has been estimated that some companies lose up to \$1.9 billion in wages paid to unproductive workers during this time. So, while March is filled with excitement on the basketball court, it's important to strike a balance between work and leisure.

### Eiffel Tower: The Significance of the Eiffel Tower in Architectural History



In terms of historical events, March witnessed a significant moment in the field of architecture. The Eiffel Tower, one of the world's most iconic structures, was ascended for the first time in March. Led by Gustave Eiffel himself, a group of government officials and members of the press climbed to the top of the tower. At that time, the elevators were not operational, so they made the journey on foot, which took over an hour. This event marked the beginning of the Eiffel Tower's illustrious status as a symbol of Paris and an engineering marvel.

Easter is one of the most significant historical and cultural events.

March is a month that holds special significance for many people around the world because it is the time when Easter takes place. Easter is a holiday that carries both religious and cultural importance.

*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](http://www.siouxlandcenterforactivegenerations.com)

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

Hope and renewal are at the core of Easter traditions. They remind us that, after every dark night, there is a dawn waiting to break. From the story of Jesus rising from the dead to the act of painting and hunting for Easter eggs, these traditions signify hope in the face of adversity. They remind us that no matter how tough life may get, there is always a glimmer of light and the promise of a fresh start.



May your March 2024 be truly blessed!

SV

## Home Equity Lunch with Kelly Kelly and Free Lunch!

Go over the benefits of a Home Equity Check Up with Senior Vice President of the Fairway Retirement Lending Division, Kelly Kelly. If you are 62 or better in age, you need a Home Equity Check Up to learn what your home can do for you. Join us on March 5th at 10:00 a.m. for coffee and get your lunch paid for! You will receive a redeemable lunch certificate that covers your lunch at the Siouxland Center for Active Generations.



Your home is typically one of your largest assets. Kelly will go over the options for you to utilize your home equity to stay in your current home or to move into your right size home. Sit back, relax, and let us help you explore another retirement tool in your toolbox. We look forward to helping your dreams of retirement become a reality.

During the class, enter for your chance to win a pickleball set! We look forward to sharing great conversation and a hot cup of coffee.

**Tuesday, March 5, 10:00 a.m. in the Conference Room**



## Holiday Closings

The Siouxland Center  
for Active Generations  
will be closed  
Friday, March 29 for Good Friday  
and  
April 1, the Monday after Easter.

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I grew up in Onawa and Sioux City, then graduated from the University of South Dakota with a double major in Anthropology and English, with some credits in Archaeology. My first job was as a Reference Aide at Sioux City Public Library. I then worked 31 years in Computer Processing at Security National Bank in Sioux City. I also worked in a fabric store and taught sewing in the Dallas, Texas area for a couple of years. I met my husband in 1957 at the same church I attend and serve in now. We dated 3 years and were married 57 years until his death in 2017. We have two sons and two

daughters, fourteen grandchildren, and seven great-grandchildren, each one unique and special. I have no doubt there will be many more.

I joined SCAG in 2018 and started in tai-chi. I now participate in regular tai-chi classes, advanced tai-chi, belly dancing, chair yoga, dancercise, and just started participating in Bible study classes. I also enjoy listening and dancing to the music at the Jam sessions, Friday afternoon dances, and the Jukebox parties. I can't forget to mention Trivia. The problem is I have forgotten more than I remember. Most of all I enjoy the many people I have met, talked with, danced with, and exercised with. They are all wonderful in their own way.

I enjoy reading. Historical fiction, History, Archaeology, Time Travel fiction, suspense thrillers and so much more. I can't start a book and not finish it. I enjoy most music genres. Did you know there are over 50 to choose from? Make a joyful noise!!! The words of wisdom I would like to share is Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding." Also, "When someone shows you who they are, believe them the first time."



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## 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.

## 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  
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Name \_\_\_\_\_

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# Gift Shop & Library 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.*

- |                |                |                  |
|----------------|----------------|------------------|
| William Snyder | Anne Cowley    | Elaine Waskow    |
| Alice Reeg     | Jonny Binlard  | Dianne Wickstrom |
| Beverly Wolf   | Sue Jones      | Leo Thornton     |
| Carol Krumwied | Mary Lou Burns | Jane Schuldt     |
| Lila Haake     | Vikki Jacobs   | Linda Madden     |
| Arlene Imroy   | Sandy Kimpson  | Paul Smith       |

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

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## Donations

- George Fuller
- Lonnie Gustafson
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- Alan & Portia Bruning
- James Brehm
- Lucille Van Valkenburg
- John & Teresa Johnson
- Dan Demarest
- Melinda Carlson
- William Sievers
- Pamela Mears

## Talkshow: Jim Tillman on African American History in Sioux City



Local author and historian Jim Tillman's passion project is to research Black history in Sioux City. Jim is the author of "The Black Experience 1950's Sioux City Iowa" and "The Journal of African American History Volume 1 Sioux City Iowa." Jim was inspired by his own family's history, especially his grandfather, George Arthur Daniels, who escaped racism perpetrated by the KKK in Forsyth County, Georgia, moved to Atlanta, and then settled in

Sioux City in 1918. The Black community was segregated from white society at the time, but Sioux City provided greater opportunities for Black families to get jobs and provide for their families. Packing companies recruited Black workers, who made Sioux City their home and established a thriving community with music, art and social gatherings. Jim has fond memories of West 7th St. as a hub of activity.

Jim has spent several years advocating for greater recognition of the history of the Black community in Sioux City and has worked with the Sioux City Museum to expand their displays and programming. He encourages Black people of Sioux City to collect and share their memorabilia and family oral histories before they are lost to time. Jim recently spoke at the museum and several other venues in town for Black History Month. The Siouxland Center for Active Generations is pleased to welcome him for a fascinating talk about historic life in Siouxland for African-Americans. He'll share stories of some of the leaders of the African-American community, as well as speak about local Black people who set themselves apart through music, sports, or civil rights.

**Wednesday, March 6, 9 a.m. in the Conference Room**

### STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at [www-sioux-city.org/services](http://www-sioux-city.org/services)

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# Balance Class: Now Every Week



The Siouxland Center for Active Generations is happy to announce that Balance Class will now meet every Monday. Grateful thanks to Gail Brown who has volunteered to lead the class! Balance Class will provide you with exercises to help you build strength, improve your balance, and help reduce the risk of falls. Amy Giogio from GoodCare Home Health will also help with the class. Our members have found Balance Class to be highly beneficial and look forward to now attending the class every week.  
**Mondays at 11 a.m. in the Multipurpose Room.**

## March Birthday Party: Jane's Ballroom Dance Club



Our March Birthday Party will feature the talented Ballroom Dance Club, led by instructor Jane Hunkins. Jane has been teaching dance off and on since she was eighteen and the Center benefits from her skilled instruction as she transforms her students into graceful dancers. For their birthday performance they'll demonstrate Cha, Waltz, and the Jesse Polka. Get your dancing shoes ready because the audience will be invited to join in! Thanks so much to Joe Evans

from MediGold for sponsoring the birthday cake!  
**Monday, March 11, 1 p.m. in the Multipurpose Room**

## Easter Crafts with Bickford



Deb from Bickford Assisted Living and Memory Care will be here to lead the group in making festive crafts for the Easter holiday. Limit to 10 participants. Sign up in the Activities Book today to reserve your spot!  
**Tuesday, March 12, 1 p.m. in the Dining Room.**

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# March Yearly Membership Anniversaries

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

Bruce Spence	John Bartholomew	Kristine Shults	Gailen	Howard Thomas	Thomas Edwards	Sharon Fisher
Roger Gaswint	Warren Grieve	Steve Chadwick	Christiansen	Susan Cummings	Dorine Levine	Leonard Miller
Karen Olasz	Sally Reinert	Carolyn Henjes	Carolyn Starks	Raymond Kashas	Richard	Mike Foland
Bruce Albertsen	Larry Besch	William Sievers	John Cole	Eldon Thompson	Wanderscheid	Rosemary Moody
Anita Gaswint	Irma Hane	Lee Chamberlain	Virginia Houck	Jean Darnell	Nancy Ehlers	Gary Ford
Ted Orzechowski	Joanie Rizk	Lila Henke	Richard Stevens	David Kritzer	Lenore Lodge	Michael Morrill
Joseph Allen	Jonine (Jonny)	Scott Sorensen	Valerie Courey	Karen Thompson	Randy Watterson	Marlene Frank
Karen Glover	Binkard	Marilyn	Mary Hubbard	Rose Marie	Wayne Ehret	Barbara Murkins
Debora Otto	Adrian Hanson	Chamberlain	Susan Stevens	DeFazio	Kura Mahan	Barbara Frey
Judy Alvis	Marna Samuel	Cathy Herrig	Russell Courtney	Donna Kritzer	Dan Weakly	Mary Nelson
James Glover	Tom Bishop	Mary Sorenson	Norma Huebner	Doug Tudehope	Juanita Ehret	George Fuller
Joyce Persinger	Carolyn Hanson	Darrell Chambers	Richard Storm	Diana DeRocher	Jerry Mehner	Mark O'Brien
Helen Anderson	George Scheck	Marilyn Hoberg	Linda Cravens	Faye Krueger	Paula Wiley	
Carla Granstrom	beverly Brower	Cleo Spence	Lori Jessen	Jean Turner	Sonja Kay	
Steven Petersen	Nellie Harris	Herman Charley	Madonna Strain	Jack DeRocher	Erickson	
Jim Anderson	Mary Schenk	Vicki Hodgins	Marv Crim	Elaine Larson	Sophie Milbrodt	
Guy Greene	Mary Burke	Helen St. Peter	Jean Jones	Mary Underwood	Teresa Ferrari	
Delores Phillips	Rose Heeren	Phyllis	Yvonne Thallas	Georgia Dohrman	Mary Ferrari	
Virginia Anderson	Ralph Schroeder	Christiansen	Mary	Merlene Levering	Elaine Miller	
Sue Grieve	Michael Burke	Jon Holland	Crouse-Cork	Constance	Edwin Fick	
Kathy Pynn	Mary Heineman	James Starks	Patricia Kampfe	Wanderscheid	Joyce Miller	

## Tai Chi for Seniors Health Benefits: Strengthens Cardiovascular Health

Tai Chi has a greater impact on your heart than you might think for such a slow form of movement. A recent randomized controlled trial published in the journal Heart & Lung found adults with hypertension who trained in Tai Chi for six months had significantly lower blood pressure and body mass index compared to those receiving their usual care for hypertension. An additional meta-analysis published in the journal PLOS ONE examined 20 small-scale studies that looked at Tai Chi's impact on heart health. The results suggested Tai Chi may be effective in improving cardiorespiratory health in adults.

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



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## Money Smart Class: Prioritizing Bills, Credit, and Debt



Iowa State Extension and Outreach’s financial literacy class, Money Smart, will teach you strategies to take control of your finances, even when money is short. Worry less when you learn to prioritize bills, protect your credit, and manage debt. This workshop series can help individuals grow their financial knowledge with research-based information and enable them to explore strategies for making wise choices when money is short, income has dropped, or unexpected expenses happen.

“Have you struggled to pay bills or know someone dealing with reduced income?” asked Carol Ehlers, human sciences specialist in family finance with ISU Extension and Outreach, who will lead the program. “It can be tough to decide which bills and monthly expenses to pay first, especially if you’re on a tight budget, and although it is important to try to make all of your monthly payments, it may not always be possible.”

Carol’s class “Money Smart: Prioritizing Bills, Managing Debt and Improving Credit” provides tools to help manage money effectively, make better financial decisions and live according to your priorities. Participants will improve their financial wellbeing by developing an emergency spending plan, creating a prioritized bill paying strategy based on future consequences, learning strategies to manage debt, and developing skills to improve their own credit score.

The class topics, prioritizing bills, managing debt, and improving credit, will be presented in three 60-minute sessions on Wednesdays in March, beginning on March 13. Carol encourages you to join the class because “When you have sound information and strong skills, you can make your money work for you and for your future even when money is short. These ‘Money Smart’ tools and ideas will help participants take control of their financial situation.”  
**Wednesdays, March 13, 20 and 27, 9:00 a.m. in the Conference Room**

## Sharpen Your Driving Skills with AARP



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

You’ll learn:

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

Registration is required. Sign up at the front desk. The cost is \$20 for AARP members and \$25 for non-members.  
**Tuesday, March 12, 12-4 p.m. in the Conference Room**

## Beginner Ballroom Dance Lessons with Jane



If you’d like to learn to dance like the Ballroom Dance Club, sign up for beginner lessons with Jane! **Fridays in March from 11:30-12:30 in the Exercise Classroom**, \$20 per person for 4 sessions, **beginning March 1**. Proceeds will benefit the Siouxland Center for Active Generations.

7:30 am—1 pm Coffee Shop  
 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 Balance Class  
 11:00 am-12:30 pm Full Lunch  
 11:30 am Woodcarving  
 11:30 pm Cribbage  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate

9:30 am Bible Study  
 10:00 am Creative Writing  
 10:00 am Tai Chi (Beginning)  
 10:30 am SilverSneakers Classic Fitness  
 11:00 am Belly Dancing  
 11:00 am Mah Jongg (experienced players)  
 11:30 am Jazz Dancercise  
 11:30 am Mexican Train  
 11:30 am Unlucky 7 Dice Game  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance,  
 12:30 pm Painting Class  
 1:00 pm Ping Pong

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 Full 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 Beginner Bridge  
 10:00 am Line Dance (Intermediate)  
 10:00 am Canasta  
 11:00 am Line Dance (Advanced)  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

11:00 am-12:30 pm Full lunch  
 11:30 Beginning Ballroom\*  
 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 Embers

18

12-1 pm Team Trivia:  
*All Things Irish and More Things March*

7:30 am—1 pm Coffee Shop  
 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 Balance Class  
 11:00 am-12:30 pm Full lunch  
 11:30 am Woodcarving  
 11:30 pm Cribbage  
 12:00 pm Bunco-\$1 entry  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate

19

10am-3 pm Sewing with  
 Amanda Browder  
 2-4 pm Jukebox Dance Party  
 Spring Fling

7:30 am—1 pm Coffee Shop  
 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 Creative Writing  
 10:00 am Tai Chi (Beginning)  
 10:30 am SilverSneakers Classic Fitness  
 11:00 am Belly Dancing  
 11:00 am Mah Jongg (experienced players)  
 11:30 am Jazz Dancercise  
 11:30 am Mexican Train  
 11:30 am Unlucky 7 Dice Game  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 12:30 pm Painting Class  
 1:00 pm Ping Pong

20

9:00 am Money Smart Class

7:30 am—1 pm Coffee Shop  
 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 Full 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

7:30 am—1 pm Coffee Shop  
 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  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 11:30 pm Cribbage  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

22

7:30 am—1 pm Coffee Shop  
 9:00 am Fitness with Dixie  
 10:00 am Chair Yoga with Kaye  
 10:00 am T.O.P.S meeting  
 (Take Off Trousers Sensibly)  
 11:00 am Karaoke  
 11:00 am-12:30 pm Full lunch  
 11:30 Beginning Ballroom\*  
 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  
 Jerry O'Dell's  
 Country Flavor Band

25

9:30 am Grief Support Group  
 (4th Monday)  
 1 pm Parkinson's Support  
 Group (4th Monday)

7:30 am—1 pm Coffee Shop  
 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 Balance Class  
 11:00 am-12:30 Full lunch  
 11:30 am Woodcarving  
 11:30 pm Cribbage  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate

26

12 pm Alzheimer's Support Group  
 (4th Tuesday)

7:30 am—1 pm Coffee Shop  
 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 Creative Writing  
 10:00 am Tai Chi (Beginning)  
 10:30 am SilverSneakers Classic Fitness  
 11:00 am Belly Dancing  
 11:00 am Mah Jongg (experienced players)  
 11:30 am Jazz Dancercise  
 11:30 am Mexican Train  
 11:30 am Unlucky 7 Dice Game  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 12:30 pm Painting Class  
 1:00 pm Ping Pong

27

9:00 a.m. Money Smart Class

7:30 am—1 pm Coffee Shop  
 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 Full 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

7:30 am—1 pm Coffee Shop  
 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  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 11:30 pm Cribbage  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

29



CENTER  
 CLOSED FOR  
 GOOD  
 FRIDAY

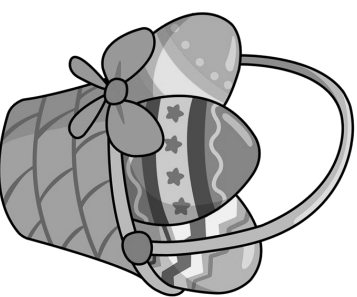
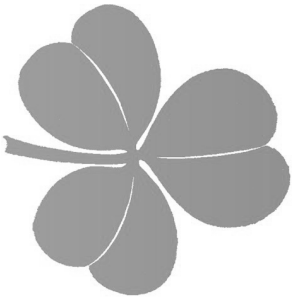


# March 2024

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><b>4</b></p> <p><b>12-1 pm Team Trivia: Women's History</b></p> <p>7:30 am—1 pm Coffee Shop            7:45 am Walking Exercise            9:00 am Senior Companion Meeting            9:30 am Cornhole            10:00 am Knitting &amp; Crocheting            10:00 am Tai Chi (Advanced)            11:00 am Balance Class            11:30 am Tai Chi (Advanced)            11:30 am Woodcarving            11:30 am Cribbage            12:00 pm Bunco-\$! entry            12:00 pm Pinochle            12:00 pm Bridge-Duplicate</p>	<p><b>5</b></p> <p><b>10:00 am Talk Show: Home Equity Check Up</b></p> <p><b>2-4 pm Jukebox Dance Party Ladies of the 50s and 60s</b></p> <p>7:30 am—1 pm Coffee Shop            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 Creative Writing            10:00 am Tai Chi (Beginning)            10:30 am SilverSneakers Classic Fitness            11:00 am Belly Dancing            11:00 am Mah Jongg (experienced players)            11:30 am Jazz Dancercise            11:30 am Mexican Train            11:30 am Unlucky 7 Dice Game            12:30 pm Penny Bingo            12:30 pm Tap Dance            12:30 pm Painting Class            1:00 pm Ping Pong</p>	<p><b>6</b></p> <p><b>9:00 am Talk Show: Jim Tillman on African American History in Sioux City</b></p> <p>7:30 am—1 pm Coffee Shop            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 &amp; Fit after 40            10:30 am Open Jam Session -<b>\$1.00</b> Guests            11:00 am Choir Practice            11:00 am-12:30 pm Full lunch            11:30 am Phase 10            12:00 pm 500 Card Club            12:00 pm Bridge -Men            1:00 pm Coloring Corner</p> 	<p><b>7</b></p> <p><b>10:00 a.m. Book Discussion</b></p> <p><b>1 pm Karaoke on the stage</b></p> <p>7:30 am—1 pm Coffee Shop            9:00 am Penny Bingo            9:00 am Tating            9:00 am Rook Steady Boxing (Fee)            9:00 am Belly dancing            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 Line Dance (Advanced)            11:00 am Canasta            11:00 am Line Dance (Advanced)            11:00 am Mah Jongg            11:30 am Woodcarving            11:30 pm Cribbage            12:00 pm Open Bridge            12:30 pm Penny Bingo            1:00 pm Ping Pong            1:00 pm Social Group</p>	<p><b>8</b></p> <p><b>10:30 am Genealogy Class (2nd Friday)</b></p> <p>7:30 am—1 pm Coffee Shop            9:00 am Fitness with Dixie            10:00 am Chair Yoga with Kaye            10:40 am T.O.P.S. meeting (Take Off Pounds Sensibly)            11:00 am Karaoke            11:00 am-12:30 pm Full lunch            11:30 am Beginning Ballroom*            11:30 am Open Bridge Group            12:00 pm 500 Card Club            12:00 pm Board Game Group-Misc            12:30 pm Open Craft Time            1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i>  <b>The Huckleberrys</b></p> <p><small>*Beginning Ballroom requires registration</small></p>
<p><b>11</b></p> <p><b>9:30 am Grief Support Group (2nd Monday)</b></p> <p><b>1 pm Birthday Party (2nd Monday)</b></p> <p><b>Ballroom Dance Club</b>  <i>Cake donated by Medigold</i></p>	<p><b>12</b></p> <p><b>12-4 pm AARP Driving Class</b></p> <p><b>1:00 pm Easter Craft with Bickford</b></p> <p>7:30 am—1 pm Coffee Shop            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><b>13</b></p> <p><b>9:00 am Money Smart Class</b></p> <p>7:30 am—1 pm Coffee Shop            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</p> 	<p><b>14</b></p> <p><b>1 pm Karaoke on the stage</b></p> <p>7:30 am—1 pm Coffee Shop            9:00 am Penny Bingo            9:00 am Tating            9:00 am Rook Steady Boxing (Fee)            9:00 am Belly dancing            9:00 am Line Dance Beginner, Registration Req            9:00 am SilverSneakers Classic Fitness</p>	<p><b>15</b></p> <p><b>11 a.m. St. Patrick's Day Dinner</b></p> <p>7:30 am—1 pm Coffee Shop            9:00 am Fitness with Dixie            10:00 am Chair Yoga with Kaye            10:40 am T.O.P.S. meeting (Take Off Pounds Sensibly)            11:40 am Karaoke</p>



# March Jukebox Parties



## Ladies of the 50s and 60s

In honor of Women’s History Month, come listen to all your favorite female singers from way back when! Country, pop, rock, Motown, and big band, we’ll play a great mix of top hits and your requests. Let Kristina know the songs you want to hear!

**Tuesday, March 5, 2-4 p.m.**



## Spring Fling

Although the calendar says March 19 is the first day of Spring, it isn’t quite time to tiptoe through the tulips in Iowa. Indoors we’ll get florally festive anyway, and dance to some songs that get us in the mood for warmer weather.

**Tuesday March 19, 2-4 p.m.**

# Trailblazers Walking Group

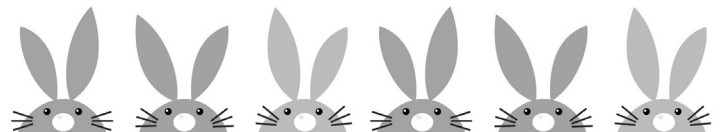
We are already in the month of March. Great job, Trailblazers! From January to February 2024, our members logged an impressive 3,280 laps, totaling approximately 292 miles. Over these two months, we featured photos from a member's fantastic trip throughout Europe on the Smart TV and Trailblazers bulletin board. January's theme was France, while February highlighted the incredible beauty of Italy, providing inspiration to keep on walking! As Thomas Jefferson said, "Walking is the best possible exercise. Habituate yourself to walk very far." And as Paul Klee put it, "A line is a dot that went for a walk."

SV

# Amanda Browder Returns for Razzle Dazzle Public Sewing Day

Fabric artist Amanda Browder invites members of the Sioux City community to help create Razzle Dazzle, a giant sculpture made of many pieces of recycled cloth that will be draped over the Sioux City Art Center during ArtSplash2024. Amanda will set up sewing machines in our Conference Room and everyone is welcome to participate in pinning and sewing the fabric pieces together. The Art Center states that Razzle Dazzle “will represent the diverse community that built the piece. The spectacle that it produces will act as a stage to stimulate dialogue across civic and cultural boundaries, activating an often-overlooked space in extraordinary ways.” Don’t miss your chance to be a part of this exciting art experience!

**Tuesday, March 19, 10 a.m. to 3 p.m.**



## Your Neighborhood Coalitions

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

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

## Medicare Advantage & Supplement Plans



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*“One on One” help with Bruce!*

## 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.

**March 1: The Huckleberrys**

**March 8: The Singer Family Band**

**March 15: The Embers**

**March 22: Jerry O'Dell's Country Flavor Band**

**March 29: Center closed for Good Friday**

## Try Wii Bowling

You don't have to drive to the bowling alley or wear the ugly shoes! Try Wii bowling right here in the Center's parlor. Stop by on your daily walk or on the way to or from other activities and see how much fun it can be. Challenge your friends or make some new ones. Play some other Wii sports as well. Check it out on **Wednesdays at 10 a.m. in the Parlor.**



## St. Patrick's Dinner



Celebrate the Emerald Isle with your friends at the Center! The Siouxland Center for Active Generations will be holding a St. Patrick's Day themed meal on the Friday before the holiday.



The menu will include:

- corned beef and cabbage (or fish for those celebrating Lent)
- boiled potatoes
- garden salad,
- green Jello,
- Irish soda bread,
- festive desserts.

Buy your tickets soon, guests will be served in order of their ticket numbers.

**Friday, March 15, 11 a.m. to 12:30 p.m. \$11 in advance or \$13 at the door.**

## Bridge News

Come play cards with us! In a world dominated by screens and technology, here is an opportunity to socialize and get brain exercise at the same time. Leon Koster's Thursday morning beginner class is open to anyone wanting to learn to play bridge. The novice game Wednesday morning gives newer players the chance to play with other new players. All players are welcome at the open games on Monday and Thursday afternoons. Diana Howard has an online coached play session for intermediate players on Monday mornings. Playing bridge is more than just a game. It's a get-together with others of similar interest and lots of fun.



# March 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:*

**March 5th..... Write about the "In Like a Lion, Out Like a Lamb" phrase!**

**March 12th.....Write about "Quotes to Live By."**

**March 19th .....Write about St. Patrick's Day!**

**March 26th .....Write about Women's History Month**

## FACTS ABOUT THE MONTH OF MARCH

1. Daylight Saving Time begins Sunday, March 10, 2024
2. The "Star-Spangled Banner" became the National Anthem in 1931
3. Girl Scouts of U.S.A. was founded in 1912.
4. The birth flower in March is the daffodil.
5. Strawberries are the only fruit with seeds on the outside.
6. The famous blizzard of 1888 was in March.

## POEM FOR THE MONTH OF MARCH

March comes with a roar.

He rattles your windows and scratches at your door.  
He turns snow to mud, then tramps across your floor.  
March comes with winter clinging to his tail.  
He scatters sleet and sometimes even hail.

## SAYINGS FOR THE MONTH OF MARCH

"Spring is when you feel like whistling even when your shoes are full of slush!" (Larson)

"March winds and April showers bring forth May flowers."

## Old Age

As I stare at these hands, all twisted and scarred.  
I can remember a time, they were sturdy and hard.  
These days it's a chore, just to pick up a cup.  
I guess the fact is, I about used them up.  
When I look in a mirror, The face that I see.  
I can scarcely believe, it's an image of me.  
I wonder what happened, to my brown wavy hair.  
Now what I see, is white strands here and there.  
My vision keeps fading, with each coming year.  
And the voices around me, no longer are clear.  
Our days here are numbered, we know this for a fact.  
The Lord gives us life, but in the end takes it back.  
So, I thank God each day, for my time in this life.  
And for friends and loved ones, and my beautiful wife.

*By lifetime member, El Rasmussen  
who recently celebrated his 90th birthday.*



## Twenty Questions Team Trivia



### March 4: Women's History

**Q:** What monthly historic celebration began around the celebration of International Women's Day, which itself started in recognition of a 1908 garment workers' strike in New York, where women protested against working conditions?

**A:** Women's History Month!

Bring your team and answer twenty questions related to remarkable women and women's events in history.



### March 18: All Things Ireland and More Things March

March 18's round will feature questions related to the Emerald Isle, St. Patrick's Day, and famous Irish Americans, plus other March holidays and customs: Easter, Mardi Gras, Passover, March Madness, etc.

**Team Trivia is played at noon in the Dining Room.**

**Prizes and bragging rights are awarded to the winners!**

## Save the Date for the 2024 Senior Living Fair

Mark your calendars! The 2024 Senior Living Fair is scheduled for **Tuesday, May 21 from 1-3**. We plan for over 40 vendors with services for seniors to be present to tell you about what they offer. There will be door prizes, handouts, and lots of great information. You won't want to miss it!

*Note: some regularly scheduled classes and groups will be canceled that day because of the fair. Be sure to check the May calendar and talk to your group leader.*



## Grief Support Group

Grief is a unique Journey! Grief looks different for everyone. We never get over it but grow stronger through it. We all need to find our own path and pace of expression, there is "no should and no normal". Often when a loved one passes, we feel all alone! At Grief Group we are here to share and support how to make it through. This is a safe and comforting place where you can share and talk with others about Your Grief!

Grief Support Group meets twice a month on the 2nd and 4th **Mondays, March 11 and 25, 9:30 a.m. in the Classroom.**

## Super Bowl Raffle

The Center celebrated Super Bowl 58 with a friendly rivalry raffle. Raffle participants placed their tickets in a jar for either the Kansas City Chiefs or the San Francisco 49ers. The raffle winner was drawn from the jar of the winning team. Steve Chadwick's name was drawn from the Chief's jar. Steve's prize was \$53 dollars, half of the value of the number of tickets in the Chief's jar. The remaining proceeds, \$101, were used to help fund some of the Cruise Ship Week festivities. Congratulations Steve! Thank you to everyone who bought a ticket and helped to support the Center.



## Book Discussion Group and Sioux City Reads

On **March 7 at 10 a.m. in the Library**, the Book Discussion Group will have a special guest! Michael Maxwell, Readers Service Librarian from the Sioux City Public Library will lead the discussion on the Sioux City Reads 2024 selection: "Take What You Need" by Idra Novey.

At the April 4 meeting, the book discussed will be "Lessons in Chemistry" by Bonnie Garmus.

The Sioux City Library will also be hosting a ZOOM live Q & A discussion at the Sioux City Art Center with author Idra Novey! Art Center attendees will be invited to ask their questions in a town hall style Q & A session. Seating is limited. Tickets will be available on a first-come basis starting at 2 pm. Can't make it to the Art Center? Register to watch via ZOOM:

<https://siouxcitylibrary.libcal.com/event/11941702>  
**Saturday, March 30, 2-4 p.m. at the Art Center**



## Choir News

Another month of singing brings warmth to the heart. We enjoyed performing at the Jam Session on Valentine's Day at the Center. We have new music to prepare for the Fall Follies show later. Karen Bourne, our director, and Lori Jessen, our accompanist, are masters of making practice fun. They are truly dedicated at making our sound exceptional. We also observed one member, George Polak's 100th birthday in February. No one is too old to enjoy music! Come investigate for yourself!

**Join us Wednesdays at 11 a.m. in the Classroom.**

*Kay Reynolds*



## Genealogy Class

The January/February issue of Family Tree Magazine published a 2024 Genealogy Guide with a day-by-day research plan. They're offering 366 tips to "make 2024 your best research year yet." Serious genealogists acknowledge that there are always additional steps to take when tracking down all of their ancestral connections and often find themselves thwarted by monotonous tasks and obstacles to their searches. The Family Tree Magazine plan aims to help you overcome those setbacks with a tip each day to help you have a productive year. March's Genealogy Class will give you handouts from the guide and go over some of their suggestions. Genealogy Class meets the second Friday of the month. **March 8, 10:30 a.m. in the Classroom.**

## SCAG Now in Possession of LifeVac

The LifeVac is a portable, easy-to-use airway clearance device designed to save both adults and children during choking emergencies. It is non-powered and non-invasive for instant, simple deployment. The LifeVac has a one-way valve that safely and effectively removes obstructing objects from the victims' airways. During an emergency, simply place the LifeVac over the victim's nose and mouth, push down on the plunger, then pull the LifeVac up and off the victim.

The LifeVac will be stored above the defibrillator box which is to the right of the coat closet behind the front desk. Please feel free to retrieve it if a choking emergency occurs and the Heimlich maneuver is ineffective or not possible. Thank you to Ellen Christofferson for donating the device!



## Vita Tax Filing Program



CENTER FOR SIOUXLAND  
Helping People • Empowering Lives • Building Futures

Tax season is in full swing, and the Volunteer Income Tax Assistance, or VITA, offers some taxpayers free filing. Center For Siouxland provides Volunteer Income Tax Assistance (VITA). VITA is an Internal Revenue Service (IRS) program which offers free tax preparation to qualifying taxpayers. All volunteers are trained and certified by the IRS. Organizers say this makes the tax filing process easier, and more affordable. It's free and open to households that made up to \$64,000 in 2023.

To call and schedule an appointment you can call the Center for Siouxland at 712-252-1861 extension 101. More information is available on their website:

<https://centerforsiouxland.org/>

## April is Parkinson's Awareness Month

Studies found that a new person receives a Parkinson's diagnosis every six minutes — that's 90,000 people diagnosed with PD every year in the U.S. April is raising awareness for PD research. Here are six ways you can help us improve treatments and find a cure for Parkinson's disease:

- Register to participate in Parkinson's Foundation global genetics study, PD GENERation
- Watch a Neuro Talk: Ted talks, YouTube
- Sign up for an Expert Briefing webinar on the Parkinson's Foundation website
- Support drug discovery through our Parkinson's Virtual Biotech
- Join a research study
- Attend Regional Parkinson's Conference—April 25th 12-5 at Hilton Garden. Great afternoon of speakers and fellowship. Make a difference for someone in our community!

## Fun at the Center



### Music Bingo at the January Birthday Party

Party attendees received a Bingo card with twenty-five names of musical artists. Kristina played 30 second clips of famous songs. Players had to identify the artist of the song and look to see if they were listed on their card. Correctly identifying five artists in a row won players a gift certificate to our Gift Shop. There were lots of people singing along as they played! This activity received rave reviews, so expect the opportunity to play again at a future birthday party.



### The Day the Music Died Jukebox Party

We commemorated the day when Ritchie Valens, the Big Bopper and Buddy Holly's plane went down near Clear Lake by dancing to their songs and music from that era. We also honored country star Toby Keith who passed away the day before the party.

# MARCH BIRTHDAYS

- |                  |                  |                   |                    |
|------------------|------------------|-------------------|--------------------|
| Bill Lyle        | Anita Gaswint    | Donna Kritzer     | Rick Skuya         |
| Barbara Abney    | John Gerwulf     | Ellen Kuehn       | Willard Snyder     |
| Mary Aesoph      | Rose Gilson      | Vincent LaFleur   | Esther Sorenson    |
| Donna Ailts      | John Graser      | Sharon Lillie     | Helen St. Peter    |
| Richard Anderson | David Grimes     | Lois Lubben       | Gary Stokes        |
| Lynette Androy   | Donnette Hatch   | Peggy Mace        | Michael Stone      |
| Lola Balstad     | Gerald Hauptert  | Carolynn Sue      | Suzy Strohbeen     |
| John Bartholomew | Dave Heaton      | Miller            | Catherine Sullivan |
| Claudia          | Sharron Hedemark | Dorothy Miller    | Patricia Teel      |
| Blenderman       | DeRoy Hedemark   | Kathleen Muga     | Yvonne Thallas     |
| Lynn Blomberg    | Dorothy Helgason | Margaret Neely    | Dorothy Thies      |
| Mary Bottjen     | Cindy Hofmeister | Dennis Nelson     | James Towne        |
| Larry Bower      | Pamela Hoing     | Blair Nichols     | Bill Trotter       |
| Beverly Brower   | Nadine Holst     | Jill Onyegbule    | Doug Uhl           |
| Vicki Brown      | Rosalie Horsted  | Susan Peete       | Kathryn Uhl        |
| Jean Carlson     | Anita Huss       | Jean Peterson     | James Wagner       |
| Thelma Carver    | Gerald Iversen   | Perry Pickens     | James Walsh        |
| Dan Chapman      | Jesse Ivy        | Vicki Porter      | Delores Watkins    |
| Rick Christoffen | Deanna Jacobs    | Linda Post        | Ronald Wauhob      |
| Marv Crim        | John Jacobsen    | Kathy Pynn        | Richard Wheeler    |
| Dennis Derochie  | Betty Johnson    | Sonnie Robbins    | Scott Younie       |
| William Ferguson | Lynn Johnson     | Lois Rohmiller    | Kathryn Zebert     |
| Edwin Fick       | Linda Kane       | Kathleen Rowe     | Paul Zielezinski   |
| Rashel Fiscus    | Michaelle Keenan | Katherine Sanders |                    |
| Mary Floyd       | Carol Kelzer     | Juanita Sands     |                    |
| George Fuller    | Jerry King       | Mary Schager      |                    |
| Cheryl Funk      | Charolette Kock  | Carly Schinzing   |                    |

# March NEW Members

- Kay Adam*
- Brian Adam*
- Bill Ames*
- Carol Berzina*
- Jean Bumsted*
- Michael Burns*
- Timothy Conlon*
- David Cox*
- Kellye Dailey*
- Carolyn Guenther*
- Gary Herbst*
- Orline Herbst*
- William Julius*
- Louise Keleher*
- Randy Rahn*
- Mary Ratzsch*
- Cheryl Raymond Terrell*
- Robbie Rohlena*
- Jerry Sandford*
- David Schable*
- Kathryn Schable*
- Larry Sawyer*
- Marcus Tibbe*



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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**

February

*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.*

Pamela Mears

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

Edward Tryon

William & Margaret Foulk

**DONATED MEMBERSHIPS**

James & Leslie Davis  
 Leon & Ruth Koster  
 William Sievers

Jo Ellen Nelson  
 Sandra Kuntz