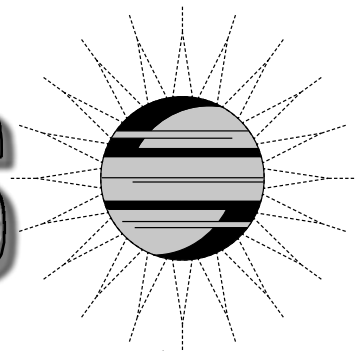


# SUNSHINE NEWS

MAY 2024



Telephone  
712-255-1729

Number  
545

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

## 2024 Senior Living Fair



The Siouxland Center for Active Generations' premiere event for senior health and lifestyle information, the Senior Living Fair, is happening this month! Come speak to over forty vendors with services or programs especially for older people. Medical care, pharmaceutical services, home health care, housing, hospice services, physical therapy, chiropractic care, insurance, real estate, funeral services, memorials, employment, and volunteer opportunities are topics that will be covered by exhibitors. Siouxland Hearing Health will be conducting hearing tests, Integration Physical Therapy will be conducting brief evaluations, Iowa State Extension and Outreach will be offering healthy snacks, Wel-Home Health Sergeant Bluff will offer blood pressure checks, and many other organizations will have fun and interesting displays to catch your attention.

In addition to receiving useful information, you will have the chance to win great prizes. All vendors will be bringing gifts that will be raffled off to Senior Living Fair attendees. Make sure to enter your name in the prize drawing when you arrive. We will also be offering a grand prize drawing to those who visit every vendor. Pick up a vendor check off sheet at the door and get initials from each table to be eligible to win.



Another feature of the fair will be a bake sale with the proceeds benefiting the Center. If you would like to contribute baked good items, please sign up in the Activities Book. In addition, the Center's library will have a book sale table and the gift shop will be open. Plan on attending to meet useful contacts, find out essential information, enjoy some delicious treats and have the chance to take home surprise items.

Judy Peterson said that she thinks the Senior Living Fair is a nice thing that the Center does and enjoys learning what the different vendors have to offer, "You can find out different things and what the places will do for you." Janet Hein enjoys the swag offered at the exhibit tables, "they put out chapsticks, pens, notepads for people to take." Evey Thompson also enjoys the free promotional goodies and commented that "You can get some good ideas, especially if you're looking for something special." She explained that she was previously investigating senior living options and felt that the Senior Living Fair was a great way to find out about many different facilities in one place. Sandy Fravel has yet to attend a Senior Living Fair and said, "Since I haven't been, I look forward to being able to come this year."

The Senior Living Fair will be open to the public and we'd appreciate it if you spread the word to anyone you know who might like to attend. **Tuesday, May 21, 1-3 p.m.**



# 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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## Membership Coordinator

*Faith Cosier*



Annual Dues — \$52 per Person

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in the Sunshine News

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



**The Center will  
be closed for  
Memorial Day on  
Monday, May 27.**

## New Horizons Band

The New Horizons Band, a symphonic band made up of over thirty members of the Sioux City community and led by director Benjamin Mauritz, will perform at the Siouxland Center for Active Generations on **Monday, May 6 at 1 p.m.** Most of the band members are amateur musicians of retirement age who have resumed playing instruments they learned to play in school music programs after a long absence or have recently learned to play a new instrument. They enjoy playing concerts all around Siouxland. For their May 2024 performance they will perform patriotic music. Come and see their fantastic show!



## Patriotic Craft with Bickford

In honor of Memorial Day, Deb and Jill from Bickford Assisted Living and Memory Care will offer a patriotic craft. Limit to ten participants. Please sign up in the Activities Book by May 10 so that craft supplies may be purchased for attendees. **Tuesday, May 14, 1 p.m. in the Dining Room.**



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## Shredtastic

The most recent Bureau of Justice Statistics report found that nearly one in ten adults ages 65 or older experienced identity theft in the past year with financial losses of \$2.5 billion dollars. Many older adults have accumulated significant assets and wealth throughout their lives, such as properties, savings accounts, and retirement accounts, making them appealing targets for thieves seeking financial gain. Social Security numbers can be sold online and used multiple times by a variety of criminals. Once a person has that number, for all intents and purposes, they become you, and they can collect your benefits and income, establish residences, and use your health insurance.



Experts recommend shredding all your documents with personal information such as credit card statements, insurance documents, and tax records. Let us help you do that! Bring your papers to Shredtastic, the one stop, drive-thru shredding event for seniors and their caregivers sponsored by Connections Area Agency on Aging in partnership with the Siouxland Center for Active Generations and Document Depot. Document Depot will bring their shredding truck to the Center's parking lot to help you securely dispose of papers that you would rather not put directly in your trash.

We ask that you bring personal papers only, not papers from businesses. You may leave paper clips and staples in place, but please do not bring spiral notebooks, remove papers from plastic binders, and take off any binder clips. Donations are welcome and appreciated!

**Friday, May 10, 11am-1pm in the parking lot of Siouxland Center for Active Generations**



## Suggest Meals to the Cafeteria

The cafeteria wants your meal suggestions! Do you have a favorite dish that you wish the Center would make? Do you have a favorite family recipe you would like to help prepare? Fill out a suggestion sheet on the Activities Table and place it in the specified container, and your wish may come true!

## 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 \_\_\_\_\_

# 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.*

- |                  |                   |               |
|------------------|-------------------|---------------|
| Rita Potter      | Linda Sydow       | Elaine Waskow |
| Susie Rochester  | George Polak      | Sandra J. Rol |
| Carol VanderVeen | Kathryn Sitzmaher | Orline Herbst |
| Patty Jenkins    | Ann Mrla          | Mary Marx     |
| Jo Henshaw       | R.E. Hayes        | Ron McKewon   |
| Donna Ailts      | Jane Henderson    | Ruth Chancey  |
| Audrey Ercolini  | Norma Ulmer       |               |

## May Birthday Party to Feature the Young at Heart Line Dancers

Get ready to tap your toes and celebrate in style at the May Birthday Party. Join us for an unforgettable performance by the Young at Heart Line Dancers, led by Lila Henke, as they showcase their talent and energy on the dance floor. With their lively routines and infectious enthusiasm, they'll bring joy and excitement to the festivities as we celebrate our members with May birthdays. If you're looking to enjoy some fantastic entertainment, don't miss this chance to experience the vibrant spirit of the Young at Heart Line Dancers. Mark your calendars and get ready to kick up your heels for a memorable celebration! Thank you to Medigold for donating the birthday cake.

**Monday, May 13, 1 p.m.**



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

- Siouxland Youth Choir
- First Premier Bank
- Bruce Hunkins

## Donations

- Diana Howard*
- Bruce Hunkins*
- Melinda Carlson*
- Marvin Still*
- Dean & Donna Marsh*
- Jeff Zoelle*
- Charlotte Kock*
- Margaret & William Foulk*
- Dorine & Seymour Levine*



### 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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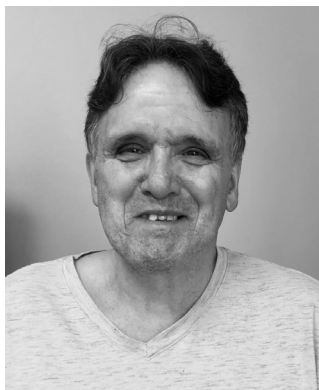
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## Meet A Member: Clint Barrs



Clint Barrs has lived in Dakota City, Nebraska for sixty-one years. Before that, he lived in Rosalie Nebraska for six years. He attended high school at South Sioux City Senior High. Clint worked for IBP for twenty years. He also worked at Iams, P&G, Menu Foods, Mars Pet Care and Royal Canin for 24, going on 25 years. Clint has a brother who has passed away and four sisters. His siblings produced many nieces and a nephew who now have given him great-nieces and great-nephews and two great-great nephews plus one on the way.

Clint joined the Siouxland Center for Active Generations in 2021 and enjoys line dancing, exercising, walking, attending Friday dances and jukebox parties, meeting new friends and putting on performances. In August, Clint organized a fantastic Grease-themed jukebox party with fun decorations he had printed and led the party attendees in Grease-style dancing. He also danced in the Barbie act in last year's Fall Follies talent show as one of the Kens. Clint plans to arrange an act related to Grease



for the 2024 Fall Follies. Please let him know if you would like to be a part of it.

Clint describes himself as "a very shy guy if I don't know you. Once I get to know you, then I can join in the conversation. I am a fun person to be with. I like to joke around and have a fun time." The words of wisdom Clint would like to share are "Enjoy life, have fun, have a great time meeting everyone and relax. You never know when your time is up."

## Spanish Anyone?



Feliz Día de Madres! I bet you can guess what that means... and in June, (Junio) you say, "Feliz Día de Padres!" Anyone ready to learn Spanish? It's a lot easier than you think! Spanish class starts Monday, May 6th. Just remember the day after Cinco de Mayo! Suky will be in the classroom every day from 8 a.m.-9 a.m., all levels welcome. There will be a lesson from 8:15-8:45 and this gives you plenty of time for your other activities. Bring a notebook and feel free to drop in and give it a try. There are no rules. We will practice speaking and

learning something different each day. Suky will also be available for one-on-one conversation practice for those with more experience, and also for tutoring in French, German and Italian, (we can learn Italian together) if you're going to Italy.

Suky also plans to begin teaching a SilverSneakers Boom Fitness Dance class in June. Let's squeeze in a low-impact, boogie-woogie to KC and the Sunshine Band and other disco favorites, possibly on Monday afternoons or a time that works best for those who are interested in taking the class. If you would like to participate, please sign up in the Activities Book and state what times would be best for you to attend.

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# May Yearly Membership Anniversaries

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

- |                            |                      |                      |                         |                  |
|----------------------------|----------------------|----------------------|-------------------------|------------------|
| Beth Anderson              | Sue Gwin             | Ellen Kuehn          | Rosemary Parris         | Emerita Topete   |
| Constance Bean             | Rosalie Marie Hansen | Vida Kunkel          | Jewell Reifenrath       | Marce Treiber    |
| Jeanie Bender              | Daniel Hodgins       | Cynthia Langseth     | Sheryl Reller           | Bill Trotter     |
| Margie Blair               | Sara Hohne           | Dennis Magden        | Michael Richter         | Terry Turner     |
| Patricia Boden             | Robert Holsinger     | Mervin March         | Frank Robak Sr          | Kathryn Uhl      |
| Keith D Boden              | Lyle Dean Hughes     | John M McGuire       | Sandra (Sonnie) Robbins | Thomas Uhl       |
| Linda Camarigg             | Marie Hughes         | Barbara McKenney     | Rita Rose               | James Walsh      |
| Ruth Chancey               | Bruce Hunkins        | Barbara (Barb) Meier | Margaret (Peg) Roush    | Jackie Warnstadt |
| Barbara (Barb) Christenson | Vikki Jacobs         | Denise Meyers        | Dean Schager            | Lila Wheelen     |
| Linda Craft                | Patricia Jenkins     | Keith Miller         | Mary Schager            | Carmen White     |
| Dan DeMarest               | Dennis Jensen        | Robert Morfitt       | Doug Schinzing          | Terry Williams   |
| Linda Dixon                | Sonja Johnson        | Geraldine Morfitt    | Carly Schinzing         | Beverly Wolfe    |
| Linda Dye                  | Ken Keairns          | Edward Nagel         | Shirley Scott           | Alfred Zaleta    |
| James Eaton                | Mary Kelly           | Lois Nagel           | Wilma Siefker           | Kathryn Zebert   |
| Bari Ehlers                | Charlotte Kennedy    | Dennis Nelson        | Rebecca Spencer         |                  |
| Rita Ellwein               | Marsha Kreykes       | Ibu Nooney           | Julie Stewart           |                  |
| Brooklynne Groetken        | Connie Kryger        | Sandy Oberman        | Marcia Lee Tapper       |                  |
|                            | Eugene Dale Kudera   | Jill Onyegbule       | Dorothy Thies           |                  |

## 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.

**May 3: The Huckleberrys**

**May 17: The Embers**

**May 10: Singer Family Band**

**May 24: Jerry O'Dell's Country Flavor Band**

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## RSVP Gift Giveaway with Kim

Please join us for a meet and greet on Thursday, May 2nd 9:00-11:00 a.m. in the lobby. We will have your April timesheets ready and a small gift of appreciation for you as we say goodbye to Jamie Lane and welcome our new area RSVP Coordinator Kim DeWitt. "Thank you to all the RSVP Volunteers who welcomed me with open arms into the Center. I feel blessed to have met each and every one of you. I leave you in good hands with Kim as your new coordinator," said Jamie Lane. "I look forward to getting to know everyone and continuing to grow the RSVP program in Woodbury and Monona Counties," stated Kim. Kim's contact information is 712-560-2948, kim.dewitt@volunteeriowa.org.



## Iowa State University Extension and Outreach Final Arrangements Workshop



It's never too early—or too late—to set goals for staying independent in mid and later life. Learn about the benefits of planning for the future like making 'Final Arrangements.' Get information about funeral/burial options

and costs and related Iowa laws. Use a pre-planning checklist to consider end-of-life decisions that can be made now and how to organize documents to help the living.

Thinking about mortality—your own or that of a loved one—is difficult. Making final arrangements involves more than planning a funeral. Join Carol Ehlers, a Human Sciences Specialist in family finance with ISU Extension and Outreach as she shares: Decisions After a Death, Writing a Letter of Last Instruction and Declaration of Designee.

Online Registration with ISU Extension and Outreach allows you to pay with a credit card. Register online at: <https://go.iastate.edu/SBSTO4>

Registration at the Siouxland Center for Active Generations allows you to pay by check. Please visit the front desk to sign up and submit payment. It is not necessary to be a member of the Siouxland Center for Active Generations to register for the class. **Monday, May 13, 10:00 a.m. \$10 Fee**

## Galaxy Band to Give Exciting Performance at SCAG



The stars are coming! The Siouxland Center for Active Generations is excited to present an out of this world performance from the Galaxy. According to their leader, Jerry Behnkendorf, "The Galaxy Band has been in existence since 1982. We play a variety of music but mainly we focus on 50's, 60's, 70's. We do some country music and other specialty tunes. We are a 4-member band consisting of keyboard, guitar and drums.

We have appeared at "Stormin' Norman's" in Waterbury, Nebraska over the past 7 to 8 years. We have also performed at the Clay County Fair in Spencer, Iowa on a regular basis. We are about to begin our 21st year of performing for the guests at Fillenwarth Beach, a resort in Okoboji, Iowa. We play for 9 weeks every Monday evening beginning in June. We also do many special events such as wedding and anniversary dances as well as city celebrations.

In the fall of 2022, Galaxy was honored by being inducted into the Midwest All Music Association (MAMA) Hall of Fame. This organization covers a twelve-state area across the Midwest. We love to perform and have a great time with the people we are entertaining. We are looking forward to playing for the Siouxland Center for Active Generations on **Saturday, May 18, from 7:00 to 10:00 p.m.** Tickets will be sold in advance at the front desk for ten dollars each or at the door on the day of the performance. Food, such as tavern sandwiches, will be available for purchase during the performance.

## Plan Shop Save Cook Class

Don't forget! Kali Angerman, the Northwest Iowa Supervisor for Nutritional Education Programs from Iowa State University Extension and Outreach, will be teaching the Plan, Shop, Save, Cook series of classes on healthy and affordable meal preparation on the first four Wednesdays in May at 9 a.m. Please sign up for the class in the Activities Book before it begins on May 1. SCAG members who participated in the class last year found it to be filled with valuable information and useful tips. **Wednesdays in May: 1, 8, 15, and 22, 9 a.m. in the Conference Room**

8:15 am Spanish Class  
 9:00 am Senior Yoga (CD)  
 9:30 am Cornhole  
 10:00 am Knitting & Crocheting  
 10:40 am Tai Chi (Advanced)  
 11:00 am Balance Class  
 11:30 am Woodcarving  
 11:30 pm Cornhole  
 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 Uhlucky 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 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  
 1:00 pm Square Dancing



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  
 11:30 pm Cornhole  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

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**  
 Saturday, May 18, 7-10 p.m.  
**Galaxy Band**

20

**12-1 pm Team Trivia**

7:30 am-1 pm Coffee Shop  
 7:45 am Walking Exercise  
 8:15 am Spanish Class  
 9:00 am Senor Yoga (CD)  
 9:30 am Cornhole  
 10:00 am Knitting & Crocheting  
 10:40 am Tai Chi (Advanced)  
 11:00 am Balance Class  
 11:30 am Woodcarving  
 11:30 am Cornhole  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate

**1-3 pm Senior Living Fair**

7:30 am-1 pm Coffee Shop  
*Many activities are cancelled or moved today because of Senior Living Fair. Check with your instructor/group leader.*  
 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)  
 11:00 am Belly Dancing  
 11:00 am Mah Jongg (experienced players)  
 11:30 am Mexican Train  
 11:30 am Uhlucky 7 (board room)  
 12:30 pm Penny Bingo  
 12:30 pm Painting Class  
 1:00 pm Ping Pong

22

**9 am Plan. Shop. Save. Cook. 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  
 10:30 am Sexy & Fit after 40  
 10:30 am Open Jam Session -\$1.00 Guests  
 11:00 am Choir Practice  
 11:00 am-12:30 pm Full lunch  
 11:30 am Phase 10  
 12:00 pm 500 Card Club  
 12:00 pm Bridge -Men  
 1:00 pm Coloring Corner  
 1:00 pm Square Dancing



23

**1 pm Karaoke on the stage**

7:30 am-1 pm Coffee Shop  
 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 SilverSneakers Classic Fitness  
 9:00 am Beginner Bridge  
 10:00 am Line Dance (Intermediate)  
 10:00 am Canasta  
 11:00 am Line Dance lessons offered)  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 11:30 pm Cornhole  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

24

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 Pounds Sensibly)  
 11:00 am Karaoke  
 11:00 am-12:30 pm Full 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  
 Jerry O'Dell's  
 Country Flavor Band**

27



28

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

**2-4 pm Jukebox Dance Party**

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 Uhlucky 7 Dice Game  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 12:30 pm Painting Class  
 1:00 pm Ping Pong

29

**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  
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 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  
 1:00 pm Square Dancing



30

**10 am Book Discussion Group**

**1 pm Karaoke on the stage**

7:30 am-1 pm Coffee Shop  
 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 SilverSneakers Classic Fitness  
 9:00 am Beginner Bridge  
 10:00 am Line Dance (Intermediate)  
 10:00 am Canasta  
 11:00 am Line Dance lessons offered)  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 11:30 pm Cornhole  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

31

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 Pounds Sensibly)  
 11:00 am Karaoke  
 11:00 am-12:30 pm Full 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  
 4 on the Road**



# May 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>6</b></p> <p><b>1 pm New Horizons Band</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 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</p>	<p><b>7</b></p> <p><b>1 pm Coffee Shop</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>8</b></p> <p><b>9 am Plan, Shop, Save, Cook 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 10:00 am Sexy &amp; 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 1:00 pm Square Dancing</p>	<p><b>1</b></p> <p><b>9 am Plan, Shop, Save, Cook 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 10:00 am Sexy &amp; 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 1:00 pm Square Dancing</p>	<p><b>2</b></p> <p><b>9-11 am RSVP Gift Giveaway</b></p> <p><b>10 am Book Discussion Group</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 Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 10:00 am Line Dance (Intermediate) 10:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p><b>3</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></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 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 The Huckleberrys</i></p>
<p><b>13</b></p> <p><b>10 am Final Arrangements Class</b></p> <p><b>1 pm Birthday Party (2nd Monday)</b></p> <p><b>Young at Heart Line Dancers</b> <i>Cake donated by Meligold</i></p>	<p><b>14</b></p> <p><b>1 pm Patriotic Craft with Bickford</b></p> <p><b>2-4 pm Jukebox Dance Party</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>15</b></p> <p><b>9 am Plan, Shop, Save, Cook 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 Wii Bowling</p>	<p><b>16</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 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</p>	<p><b>17</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller</p> <p><i>Featuring The Singer Family Band</i></p>	



# Twenty Questions Team Trivia



Gather your friends, join us for lunch, and get ready to exercise your brain! You and your teammates will be challenged with twenty general knowledge Jeopardy-style questions. The team with the most correct answers wins prizes and bragging rights.

**Monday, May 20 at noon in the Dining Room**

# Bridge News



Snowbirds are back, so we have more players at our games on Monday, Wednesday and Thursday. More players means more points for the winners. Diana Howard is back with Monday morning classes for intermediate players. Leon Koster has a beginner class on Thursday morning. All bridge players are invited to join us in our games and classes.

# Rock Steady Boxing

We know the positive impacts of exercise and physical activity, but there is another crucial component to your exercise program: the brain. In Rock Steady, we add in dual tasking so the brain is involved in the exercise too. Calling out boxing punches, and/or colors, or having the coach call our simple math problems while boxing makes the brain and body work together. Studies show that dual-tasking high-intensity exercise can change the brain as well as the body, and even slow the progression of Parkinson’s disease. Come join us today.

## 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

# Trailblazers Walking Group



The Trailblazers completed 2,797 laps around the building in April which is about 219 miles. Way to get walking everyone! The Trailblazers enjoyed looking at pictures of Germany while they traversed the hallways. 219 Miles is about a third of the length of the Rhine River. In May we will take a trip to the Netherlands with vacation photos from Amsterdam, Haarlem and Arnhem. If you would like to bring in photos from one of your vacations to display on the Trailblazers monitor, please put them on a flash drive and bring them to Kristina.

## SilverSneakers Right Fit - Right Timing

Health and wellness are essential at any stage of life. However, as we age, we notice just how important it is to stay active. SilverSneakers is a program that helps keep seniors motivated to live a healthy lifestyle. This program is a benefit you may have access to without knowing. The SilverSneakers program consists of gym memberships, group fitness classes, and access to well-trained instructors and reputable fitness centers. Many Medicare plans offer these benefits to their policyholders at no additional cost. If you are a Medicare beneficiary and want access to a local gym or on-demand workouts, the SilverSneakers program might be right for you. The Siouxland Center for Active Generations is a qualifying exercise facility for SilverSneakers benefits. Please speak to someone at the front desk if you would like more information.

## Medicare Advantage & Supplement Plans



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

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Dental, Vision, Hearing, Health  
Clubs & more

Zero Premiums and  
Zero Deductibles

Learn about Advantage Plan  
12-Month Trial

*“One on One” help with Bruce!*

# May Jukebox Parties

## Just Dance Jukebox



Have you heard of the video game Just Dance? It involves copying the moves of silhouetted figures dancing to popular songs. Many Just Dance game videos are available on YouTube. Although you won't be able to get a score for your dance skills like you would from a game system, it is still fun to attempt to dance along with the avatars. Music will include songs from the 50s, 60s, and 70s, as well as newer country and party hits. If you're someone who likes to dance but never knows what dance move to do, you will enjoy this party!

**Tuesday, May 14 from 2-4 p.m.**

## Passion Fruit Party



May 28 is World Passion Fruit Martini Day. To celebrate this fun themed day, we'll serve passion fruit martini mocktails and dance to fruit-themed songs such as Tutti-Frutti by Little Richard, Blueberry Hill by Fats Domino, Strawberry Fields Forever by the Beatles, I Heard it through the Grapevine by Marvin Gaye, plus your requests.

**Tuesday, May 28 from 2-4 p.m.**

# Tai Chi for Seniors Health Benefits: Boosts the Immune System

Research that looked at both Tai Chi and Qigong (a similar practice) found a wide variety of benefits, including improved immune functions. A review of research, published in the American Journal of Health Promotion, noted an improvement in antibody numbers after vaccinations, T-cell increases in response to vaccinations, and number of immune-related blood markers. The research also supported many of the practices' other benefits, such as improved bone density and cardiopulmonary functioning, and a decrease in falls and related risk factors.

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



## Paint and Sip with Amera Senior Living

At Amera Senior Living, we love to foster the arts and creativity. Here's a chance to learn more about painting and practice your brush work.

Paint and Sip with Amera is a casual afternoon for amateurs or professional seniors who are passionate about the arts. They can enjoy a glass of sparkling juice, paint, and have fun with their friends. **Wednesday, May 29, 1 p.m. in the Dining Room**

Premier Independent Living & Residential Care Community



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of Northpark Place

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# May 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:*

- May 7th .....** Write about a healthy diet  
**May 14th.....** Write about the history of May Day  
 for workers & fun events  
**May 21st .....** Write about a historical figure  
 or a historical event  
**May 28th .....** Write on Mother's Day or Memorial Day!

## FACTS ABOUT THE MONTH OF MAY

1. The earliest term, "Spring Cleaning", occurred in 1857.
2. Mother's Day is the 2nd Sunday in May, May 12th.
3. Memorial Day is Monday, May 27th.
4. Flowers in May--lilacs, tulips, lilies (and dandelions).
5. Light from the sun reaches the Earth in around 8 minutes.

## Poems for May

"The day is done, and the darkness falls  
 from the wings of Night,  
 As a feather is wafted downward  
 from an eagle in his flight,  
 And the night shall be filled with music  
 and the cares that infest the day,  
 Shall fold their tents like the Arabs and silently steal away.  
 (Henry Wadsworth Longfellow)

## POEM FOR MY MOTHER

My mother, my friend so dear  
 Throughout my life you are always near,  
 A tender smile to guide my way,  
 You are my sunshine to light my day. (Anon)

## Accomplishments:

When I think of my accomplishments,  
 I feel I've done quite well.  
 My intellect is fairly good,  
 As far as I can tell.  
 But when my ego starts to grow,  
 And I'm feeling a little smug,  
 I remember when I catch a cold,  
 I'm outsmarted by a bug.  
 Did you ever watch a robin,  
 Build a nest high in a tree?  
 How in the world they accomplished that,  
 Is completely Greek to me. ▾  
 Squirrels remember every nut,  
 That they bury in the earth.  
 Sometimes I have trouble,  
 Remembering my date of birth.  
 Thousands of men worked 5 years,  
 To build the Hoover dam,  
 Beavers can build one in just a day,  
 The task should have gone to them.  
 Well maybe my accomplishments,  
 Weren't really all that hot.  
 But I'll keep doing the best I can,  
 Cause I'm the best I've got.  
*Written by El Rasmussen*  
 90 years old

*Lifetime member of Siouxland Center for Active Generations*

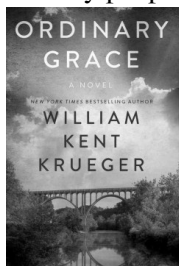
## Choir News



*April showers bring May flowers* as the saying goes, so does it go for the music in life, it brings warmth to the soul and spirit! When we listen, perform, share with others, we, in reality, show the love life can give to all...something to be remembered always. So it is with the choir from the Center. We love to perform the great melodies with others to spread joy. Our direction in music is a joyful step, we enjoy singing it. To find the same joy come join us! We would love to have you join us in harmony. Do you like to sing in the shower, hum to radio music, or sing at church? It's the same with us. No one has to have a solo voice to participate and get joy out of it. Please come, we'd love to see you. **Wednesdays at 11 a.m. New meeting place: the Music Room.**

# Book Discussion Group

Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. for a meaningful discussion with friendly people.



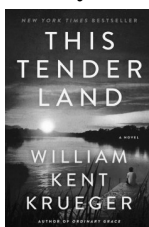
The upcoming book selections are:

## May 2: **Ordinary Grace** by William Kent Krueger

Looking back at a tragic event that occurred during his 13th year, a man explores how a complicated web of secrets, adultery and betrayal shattered his Methodist family and their small 1961 Minnesota community.

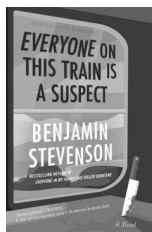
## June 6: **This Tender Land** by William Kent Krueger

Fleeing the Depression-era school for Native American children who have been taken from their parents, four orphans share a summer marked by struggling farmers, faith healers and lost souls.



## July 11: **Everyone on this Train is a Suspect** by Benjamin Stevenson

On a famous Australian train between Darwin and Adelaide for the Mystery Writers' Society one of the attendees is murdered for real in the new mystery from the author of *Everyone in My Family Has Killed Someone*.



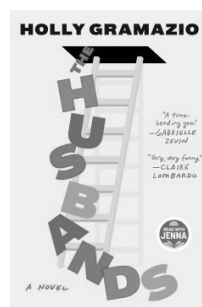
## August 1: **The Five Wishes of Mr. Murray McBride** by Joe Siple

With all his family and friends gone, one-hundred-year-old Murray McBride is looking for a reason to live. He finds it in Jason Cashman, a ten-year-old boy with a terminal heart defect and a list of five things he wants to do before he dies.



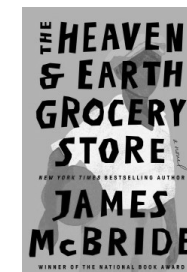
## September 5: **The Husbands** by Holly Gramazio

When she discovers the attic in her London flat is creating an infinite supply of husbands, waking up to a slightly altered life each day, Lauren confronts the question: if swapping lives is as easy as changing a lightbulb, how do you know you've taken the right path?



## October 3: **Heaven and Earth Grocery Store** by James McBride

When a skeleton is unearthed in the small, close-knit community of Chicken Hill, Pennsylvania, in 1972, an unforgettable cast of characters, living on the margins of white, Christian America closely guard a secret, especially when the truth is revealed about what happened and the part the town's white establishment played in it.



## Chair Yoga

Welcome to spring! I was lucky enough to experience some physical limitations (still in the process of being diagnosed) and the benefits of my yoga practices that I share with you in class became rather obvious. I'm referring to ADLs - those basic tasks a person needs to do on their own to live independently and yoga poses that promote that independence. The ability to dress independently is one example. Sitting on the edge of the bed is a natural consideration for safety. The twists we perform generally mean moving the shoulders to face in the opposite direction of the hips. Twists preserve the natural mobility of the spine. Mobility in the thoracic spine is essential when it comes to having normal function in the back, neck and shoulders. They also focus on core stability.

Another yoga pose is hip openers that allow us simply to be able to pick something off the floor. Think of the movements you do as you are getting your lower extremities dressed, reaching down to drape your pants around your feet, raising your legs to pull your pants up. When hips are tight, they cause overuse of the spine. The benefits of hip openers are improved range of motion, circulation, and decreased back pain. The classic hip opener is the pigeon. As you inhale, raise the right leg above the left knee. If you feel the stretch without bending your torso toward your thighs, remain in this position and take a few breaths. Sit back up and lift the ankle off the thigh, allowing that leg to return to the floor. Repeat the entire

process with the left leg.

To bathe independently is another important daily task. Since standing while showering became an accident waiting to happen, I chose to use a shower chair. Transferring out of the tub from a chair was a formidable challenge to my quads. But practice with squats in class has helped maintain quad strength and keep this transfer manageable. The best squat technique for beginners is the sit or box squat. Here's how you can perform it:

1. Stand with your feet about shoulder-width apart, toes facing forward.
2. Engage your core.
3. Hinge at the hips.
4. Drive your hips back, bending at the knees and ankles.
5. Press your knees slightly open as you sit down into a squat position.
6. Keep your heels and toes on the ground, chest up, and shoulders back.

I realize the benefits of chair yoga including improving strength and flexibility, increasing body awareness, etc., but now I want to add preserving the ability to live independently. Quote to inspire your yoga practice: Yoga teaches us to cure what need not be endured and to endure what cannot be cured.

*Kaye Plantenberg*

# SCAG Helps Fabric Artist Create Giant Art Center Project



Fabric Artist Amanda Browder held public sewing days in several locations around Sioux City in March to involve members of the community in the creation of her giant fabric sculpture, Razzle Dazzle, that will be draped over the Art Center facade during Art Splash 2024. Amanda said that the project will use four thousand feet of fabric. Sewers at the Siouxland Center for Active Generations helped to pin and sew giant panels of multicolored fabric. Mary Hartnett from KWTI spoke to Amanda and some of the volunteers assembling Razzle Dazzle at the Center for a story for Siouxland Public Media. Norma Peterson told Mary, "I mean this is going to be up for the whole community to see. And to be a part of that is good, you know. I can look at that and say 'Hey, I helped with that!' Look up there and say, 'That's my fabric, that's my fabric!' And it's just a community thing that I wanted to get involved with."



## Chili's Appetizer Fundraiser

SCAG members enjoyed munching on delicious appetizers at a recent fundraiser. Sioux City's Chili's donated several platters of appetizers, including southwest eggrolls, wings, chips and dips, and a cookie skillet dessert to help support the Siouxland Center for Active Generations. The Center supplemented their offerings with yummy meatballs and cake. Tickets were sold for \$6 each and about 40 people attended. Thank you very much to Chili's for the donation!



Ron McKewon and Rhonda Menin gave a spellbinding demonstration of the Carolina Shag at the April Birthday party, followed by an amazing tap dance routine performed by Ron.



Left: Deb and Jill from Bickford Assisted Living and Memory Care led the group in making floral pillows decorated with buttons.

Right: Dancing to celebrate the return of the sun at the Post-Eclipse Jukebox Party



# MAY BIRTHDAYS

Brian Adam	Paul Fuchser	Sandra Kimpson	Linda (Kitty)
Lois Albertson	Patrick Gill	Marsha Kreykes	Roark
Denise Alva	Roberta (Bert) Gill	Don Kumm	Daniel Rygh
Judy Alvis	Rena Goodwin	Elaine Larson	Shirley Scott
Charleen Ashmore	Carol Graham	Jerry Levay	Kristine Shults
Betty Barnett	Brooklynne	Jerry Levi	Paul Skelton
Clinton Barrs	Groetken	Gail Linke	David Smith
Lowell Beerman	Sue Gwin	Beverly Longval	Jennifer Solberg
Jonine (Jonny)	Robin Halligan-	Linda Madden	Robert Steffe
Binkard	Thompson	Gary Massey	Donald Sturdevant
Judy Blessing	Robert Hanus	Francesca Medina	Linda Swanberg
Donald Bourret	Myron Harrington	Denise Meyers	Karen Thompson
Gary Bowman	Rima Hartman	Keith Miller	Cornelia Timmers
Miriam Clayton	Carolyn Henjes	Madonna Moss	Thomas Uhl
Lowell Cooper	Gary Henry	Lorene Moyse	Pamela Unkel
Zoralea Crowl	Greg Hofling	Anthony Nelson	Danny Unkel
Carol De La Rosa	Gene Hrubetz	Leeann Ochoa	Terry Vitzthum
Rose Marie	Mary Jansen	Annette Olson	Jerry Wiese
DeFazio	Patricia Jenkins	Don Olson	Pamela Woolridge
Barbara Doren	Carla Johnson	Duane Peterson	Mary Ann Younie
Linda Engel	James Johnson	Rita Potter	
Lanette Falk	Joseph Johnson	Roger Potter	
Sandra Fauth	William Julius	Mary Ratzsch	

# May NEW Members

*David Blessing  
Kristy Bohnenkamp  
Debra Davis  
Debbie Delaney  
Susan Dittman  
Gary Henry  
Brenda Hudson  
Judy Jones  
Charles Jones  
Pamela Lawson  
Margery Marshall  
Glenn Metcalf  
Susan Metcalf  
Brian Riddell  
Sheila Thompson  
Cynthia Walker*

# In Memory

*George Polak for Maxine Polak  
Library Volunteers for  
Danny Chapman*

## Save the Date for the Fall Follies Talent Show

The Siouxland Center for Active Generations is pleased to announce that the 2024 Fall Follies Talent show will be held at the Betty Strong Encounter Center stage at the Lewis and Clark Interpretive Center. The Lewis and Clark Interpretive Center has generously allowed the Center the use of their facility for no charge. Because of the smaller number of seats in the auditorium, there will be two shows. The Fall Follies will take place on **Friday, October 4 and Saturday, October 5 at 1 p.m.**

Would you like to be a part of the show? Do you have a hidden talent or a great idea that you'd love to put on the stage? Let Kristina know! We are also seeking suggestions for a 2024 show theme. Creative ideas are welcome.



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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

## March

*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    | Gene Smyser | Pamela Mears |
| Maizie Johnson | Don Shultz  | Don Casaday  |

# Dollar-A-Day for a YEAR

- |                      |                        |                          |
|----------------------|------------------------|--------------------------|
| Gene Anderson        | Thomas & Deanna Jacobs | Judy Seaman              |
| Kristine Bergstrom   | Donald & Ruth Kingery  | Jon & Grace Wagoner      |
| Gail & Tom Brown     | Grant & Pamela Mears   | David & Vicki Young      |
| John & Sandra Graser | Russell E. Movall      | Dorine & Seymour Levine  |
| Bob Hightower, Jr    | Robert & Nancy Nelson  | Ed Tryon                 |
| Diana Howard         | Barney Pottebaum       | William & Margaret Foulk |