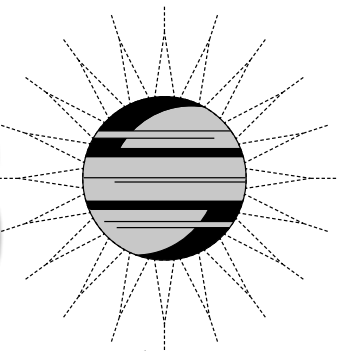


SUNSHINE NEWS

JUNE 2023



Telephone
712-255-1729

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

Siouxland Center for Active Generations strives to be the foremost provider of diversified and affordable programs and services to help adults stay active, informed, and involved. This is done by meeting the recreational, educational, and social needs of our members in an environment which is fun, safe, inclusive, and courteous for all.

Siouxland Center
for Active Generations

City of North Sioux City Offers Memberships to SCAG for Senior North Sioux Residents



The City of North Sioux City has reached a mutually beneficial agreement with the Siouxland Center for Active Generations. Beginning June 1, North Sioux City will pay for annual memberships for its residents 65 and older to allow them to take part in the many excellent fitness, recreational, and social activities offered by the Siouxland Center for Active Generations. North Sioux City Administrator Eric Christensen was quoted by KCAU News as saying, “It just seems smart to try to work with them, and they’ve been very cooperative. I think that we can promote their activities for our seniors and we can do so at probably less cost to the city than if we tried to run the same type of a program again out of our senior center.”

Like many organizations, the North Sioux City Senior Center scaled back in-person programming during the Covid-19 pandemic. While trying to revamp their facility’s senior activities, the city of North Sioux City’s administration reached out to the Siouxland Center for Active Generations for ideas. After their observations, North Sioux’s administration concluded, according to a March 6 City Council memo, “The City cannot replicate the myriad of activities available at the Center... Administration estimates that for the cost of resuming Senior Center activities to their pre-pandemic level, the City could pay for approximately 450 annual memberships to the Siouxland Center for Active Generations.”

Unlike senior centers in many other cities, the Siouxland Center for Active Generations is an independent nonprofit

organization that receives no annual funding from the City of Sioux City, Iowa or any other government source. Adding new membership fees from North Sioux City residents could potentially help the Center’s budget. In addition, the Center always welcomes new members for the new energy and interests that they bring into the building. Although not yet 65, North Sioux City mayor Patricia Teel visited the Center and paid for a membership in order to lead the way for citizens of her town to take advantage of all of the wonderful programming and social interaction that the Siouxland Center for Active Generations has to offer.

To participate in the Center membership offer, North Sioux City residents who are 65 and older should take a photo ID and proof of North Sioux City residency to North Sioux City’s City Hall at 504 River Drive. After their eligibility is verified, they will then be presented with a note to bring to the Siouxland Center for Active Generations to be enrolled in an annual membership. North Sioux residents who are current members of the Siouxland Center for Active Generations will have to wait until it is time to renew their membership to participate. Residents who are enrolled in a Medicare Advantage Part C plan that pays for gym memberships, such as SilverSneakers, may be required to have their membership paid for through their insurance plan instead of through the City of North Sioux City. Memberships will not automatically be renewed annually. North Sioux City residents must repeat the verification process through City Hall each year.

To welcome North Sioux City residents to the Siouxland Center for Active Generations we will be having a special party in their honor at the Friday dance featuring Jerry O’Dell and the Country Flavor Band on June 23, beginning at 12:30 p.m. The first 30 North Sioux City residents (not already members of SCAG) to arrive will be presented with welcome gift bags with items donated from North Sioux businesses. In addition to live music and dancing, we’ll have a carnival with popcorn, cotton candy, and other festivities.

the Sunshine News

A monthly publication of the
Siouxland Center for
Active Generations,
located at 313 Cook St.,
Sioux City, IA 51103
712-255-1729
Monday - Thursday
8 a.m. - 2:30 p.m.
Friday
8 a.m. - 3:30 p.m.

www.siouxlandcenterforactivegenerations.com

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in the Sunshine News

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

Meet a Member: Don Casaday



Once, the wife of a guy I grew up with said that there was only one Donnie Casaday. Back in my drinking days (I haven't had a drink in over 35 years), my friends said I was the only guy they knew who would beat the living hell out of a guy, then pick him up and take him in the bar for a drink. I was born and raised in Sioux City where I went to school at Lawton-Bronson. In 1966, when I was 17, I dropped out of school to marry Mary Cambell. A year later I joined the army in order to serve my country. On Mary's birthday, three days before I was going off leave, she had our first child, and when he was only three months old, I

went to Vietnam. We had five children in total, three boys and two girls, as well as twelve grandchildren and eleven great-grandchildren, with two more on the way. Plus, I have my dog Gizmo, who is with me 24-7 when I'm home. Even when I do something wrong, my dog always loves me.

In the Army I worked in wheel, track, and as a crane mechanic. I did my basic training at Fort Bliss, Texas, did track at Fort Knox, Kentucky, wheel at Fort Huachuca, Arizona, and worked as a crane mechanic in Cogido, Vietnam. I also served in the Sioux City Air National Guard as a fighter jet refueler.

When I got out of the service in July of 1970, I started working at IBP, where I worked very hard, often taking double shifts. However, I didn't stay there for very long. I had an attitude of "Take this job and shove it," so I ended up working around different jobs. But I always worked hard to take care of my family. I started truck driving in 1974, like my dad. I drove anything and everything, from lumber to watermelon. My son Earl was also a trucker and my youngest son does semi tires. If there's one trait we all share, it's working hard for our families.

On Memorial Day in 1979, my dad and I had a disagreement, my fault. I never told him that I was sorry and that I loved him. Two weeks later I picked him up to look at a car. Fifteen minutes after I took him home, he died of a heart attack. That is why I always tell everybody that I love them. You just never know when God is going to call you home. My dad used to say not to judge another person until you walk in their shoes for a mile. He was a great man and I love and miss him.

I have been going to the Sioux City Vet Center for many years. It helps. Before coming to the Siouxland Center for Active Generations, I could not handle crowds, just family and fellow vets. But when I first walked in the door, Diana [Front-desk receptionist] greeted me with warmth and friendship. I want to say thanks, both to Diana and to Pat [Executive Director] who has always been there for me and understanding. My buddy Lonnie recently took me to a concert with the Oak Ridge Boys. The place was packed. I know I could never have done it before I came to the Center. Thanks to Ruth and the gang I can go happy and proud.

While at the Center, I like to sit at the BS table, where everyone is welcome, talking about old times and what is going on. But no politics! I spend a lot of time at the gift shop, always giving and buying. I love to sing and dance. On Fridays I do karaoke with Lonnie and Paul; we have lots of fun. Then I have the time of my life at the Friday dances. I haven't danced since my drinking days.

I want to always thank all veterans for this free country. Freedom is not free; all veterans paid for it.



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Dance the Night Away at the "Senior" Prom



Get dressed up and have a fun time! There's still time to get your tickets for an exciting night featuring your choice of a prime rib or chicken dinner and dancing to the music of The Huckleberrys. No need to bring a date. Tickets are \$20 and can be purchased at the front desk. Proceeds from the event will benefit the Siouxland Center for Active Generations.
Saturday, June 3, 5:30-9 p.m.

Essential Oils 101 with Angie



Have you been curious about the unique properties of essential oils? Angie Aldrich from Angels Care Home Health will present a beginner's guide on what essential oils are and how they are used. She'll explain where essential oils come from and will discuss a few of the different oils that are used frequently. You will also get to craft a personalized essential oil item.

Join Angie for this fun and informative program on Friday, June 2 at 11:30 a.m.

Iowa University Extension Healthy Cooking 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 Wednesdays in June at 10 a.m.** Please sign

up for the class in the Activities Book before it begins on June 7.

Remember the Senior Center

The next time you sit down with your attorney to prepare or revise your will, remember the Siouxland Center for Active Generations. By naming the Siouxland Center for Active Generations Investment Fund as a beneficiary, you will assure the long-term existence of the Center.

Your friends will appreciate your thoughtfulness.

I want to help... by enclosing \$ _____ to assure the long-term existence of the Siouxland Center for Active Generations. Enclosed is my tax-deductible check payable to the:

Siouxland Center for Active Generations Investment Fund
313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Gifts & Donations

So many individuals generously donate each month to various parts of the Siouxland Center for Active Generations. Following is a list of those who donated recently. We thank them for their thoughtfulness.

Alice Reeg	Lillie Rundall	Kris Bergstrom
Vicki Bowman	Kaye Plantenberg	Bertha Hines
George Polak	Phyllis McMillian	Evey Thompson
Norma Jean Hughes	Sandi Kimpson	Stephanie Jeschke
Rhonda Menin	Kerwin Meyer	The Storm Family
Carmen Hainey	Liz Blachnik	Kathleen Graham
Ann Mrla	Gene Anderson	Bruce/Jane Hunkins
Cheryl Kounas	Joan Manning	Jeffrey Zoelle
Joyce Miller	Dianne Wickstrom	Diane Howard
Diane McKernan	Kathy Anders	Leon Koster
Vikki Jacobs	R.E. Hayes	Ruth/Dan Ellis
Don Casaday	Celeste Merchant	Jean Turner
Anna Kounas	Linda Engel	

Line Dancers to Perform at June Birthday Party



The Young at Heart Line Dancers, led by long-time member Sally Kimball, will perform at the June birthday party in celebration of all of our members with birthdays this month. Sally joined the Center thirty-three years ago and has been teaching Center members to line dance for decades. Lila Henke assists Sally in teaching the three levels of line dancing classes that meet at the Center. In addition to birthday cake, the Line Dancers will be serving ice cream with sundae toppings. Thank you to Hospice of Siouxland for providing the birthday cake this month! **Monday, June 12, 1 p.m.**

Hit or Miss Game with B.A.M.



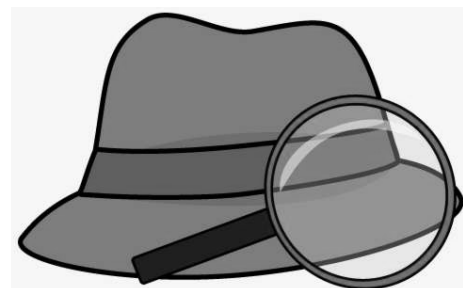
Deb and Diane from Bickford Assisted Living and Memory Care will be here the second Tuesday in June to play an enjoyable game called Hit or Miss. You'll be asked to list several things for a given category before the time runs out. Will you accept the challenge and play along? Please join in, you'll be sure to have a great time!

Tuesday, June 13 at 1 p.m.

Genealogy Class

The topic at the June meeting will be research techniques. We'll teach you how to be a detective for your family history. We'll be going over nine old-school techniques that were used for genealogy research before computers and how new databases and technology can make searching easier for you. Remember to bring names, dates, and places born and lived for the relatives you would like to search for.

Genealogy Class meets the second Friday of the month at 10:30 a.m. in the Bingo Room.



YOUR NEIGHBORHOOD COALITIONS

CRESCENT PARK

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

NORTHSIDE

meets at St John's Lutheran,
28th & Jackson
1st Thursday of month at 6:30 PM

Talk Show Series: Senior Health with Dr. Vanessa Ogundipe



The only board-certified geriatric medicine specialist in Siouxland, Dr. Vanessa Ogundipe will present three talks on medical topics of interest to seniors at the Siouxland Center for Active Generations. Dr. Ogundipe practices medicine at MercyOne's Internal Medicine and Pediatrics Care department. She is passionate about educating her patients about the use of multiple prescription medications. On the MercyOne website she is quoted as saying, "I really love getting to know new patients and working side-by-side with them to help achieve their health care goals. When a patient understands what is happening or why you are changing their medications, it helps them be a better patient and you a better doctor."

Dr. Ogundipe was born and raised in western Canada and earned her bachelor's degree at the University of Alberta. She went to medical school at Ross University School of Medicine in Barbados and completed her residency training in internal medicine at St. Joseph Mercy Oakland in Michigan. In addition, she completed her fellowship in geriatric medicine at the University of Michigan. Her husband is also a doctor at MercyOne. Dr. Shola Ogundipe works in the field of infectious disease. Dr. Vanessa Ogundipe serves on the board of the Siouxland Center for Active Generations.

Dr. Ogundipe will be speaking every other month at the Center on the following topics:

June 16: Meet a Geriatrician: What is the field of geriatric medicine and how is it beneficial in promoting healthy aging?

August 18: Adult Immunization: We will discuss what immunizations are recommended for older adults.

October 20: Cancer Screening: We will discuss cancer screening in older adults including breast, prostate, and colon cancer.

Dr. Ogundipe's talks will occur the third Friday of the month at 11:30 a.m. in the Conference room. Please attend to learn valuable information about healthy living for seniors.

Fundraising Proceeds

April's quilt raffle, won by Mary Hubbard, raised over \$300 for the Siouxland Center for Active Generations. The Easter Egg Surprise fundraiser raised \$125. The money raised will go towards operating costs for the Center.



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June Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of June 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! Cristy Ellis, Membership Coordinator

Lewis Baber
 Gloria Bade
 Linda Blom
 Fred Bocian Jr
 Delores Bogenrief
 Perriann Boyce
 Annette Brown
 Steve Brown
 Janet Brown
 Linda Camarigg
 Theresa Dean
 Don Domayer
 Stephen Dougherty

Linda Engel
 Helen Eriksen
 Rohnda Farley
 David Farley
 Eleanor Fetterman
 Rick Fetterman
 Betty Flynn
 Diane Gardner
 Beverly Graber
 Dave Grimes
 Jeannie (Shirley) Grimes
 Mary Hammack
 Michael Herfel

Monica Hudson
 Jeannette Johnson
 Mary June
 Nancy Kelly
 Daniel Kohn
 Kenneth Kummer
 Bayne Linden
 Richard McArthur
 Pam McDermott
 Rhonda Menin
 Ira Menin
 Dorothy Miller
 Steven Morfitt

Mary Lou Nicolls
 Glenn Parrett
 Doris Parsons
 Kaye Plantenberg
 Alice Ann Reeg
 Carol Riffey
 Jeanne Sailor
 Rebecca Spencer
 Maxine Treadway
 Stephen Vanderburgh

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 \$6.00 for non-members. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

June 2:
Cheryl Kounas' Birthday Bash Featuring Original Members of The Embers

June 9: 4 on the Road

June 16: The Embers

June 23:
Jerry O'Dell and the Country Flavor Band
 (Welcome Party for North Sioux Residents)

June 30: Ed Tryon

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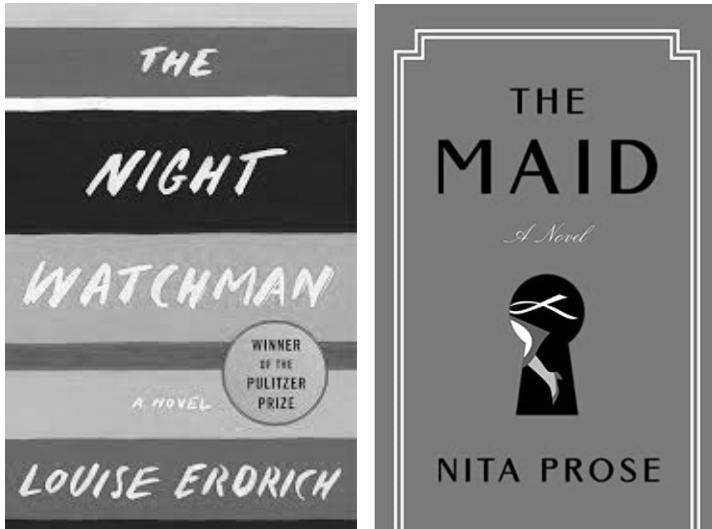
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Book Discussion Group



Participate in an engaging discussion of interesting books! Join the Center's monthly book discussion group, which meets the **first Thursday at 10 a.m. in the library**. Multiple copies of the book discussion group books are available for checkout at the Sioux City Public Library.

June's selection will be *The Night Watchman* by **Louise Erdrich**, a historical novel based on the life of the author's grandfather that traces the experiences of a Chippewa Council night watchman in mid-19th-century rural North Dakota who fights Congress to enforce Native American treaty rights. The meeting will take place on June 1.

July's selection will be *The Maid* by **Nita Prose**. When she discovers the dead body of the infamous and wealthy Charles Black in his suite, neurodivergent hotel maid Molly Gray finds her orderly life upended as she becomes the prime suspect in the case and is caught in a web of deception that she has no idea how to unravel. July's meeting will take place on the 6th.



Cheryl Kounas' Birthday Bash Featuring Original Members of The Embers

In honor of Cheryl Kounas' birthday, Jim Brehm is sponsoring a party at the **June 2 Friday dance**. A **fried chicken lunch with sides will be served at noon**, followed by dancing to the band. Birthday cake will be offered at 2 p.m. Please join us to celebrate this special lady.

The band is getting back together! The Embers performing on June 2 will be the former lineup of Ron McKewon, Larry Beach, Bill Roepke, and Duane Wolff. Inducted into the Iowa Rock 'n' Roll Music Association Hall of Fame in 2012, The Embers have opened for Bill Haley's Comets and Kenny Chesney. They have performed at The Orpheum, River-Cade and numerous private parties in the tri-state area.



Hospice of Siouxland

8:15 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Cornhole
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am-12:30 pm **Coffee Shop Lunch**
 11:30 am Woodcarving
 12:00 pm Pinochle
 12:00 pm Bridge-Duplicate

9:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am SilverSneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 pm Mah Jongg (experienced players)
 11:30 am-12:30 pm **Coffee Shop lunch**
 11:30 am Mexican Tram
 11:30 am Unlucky 7 Dice Game
 12:30 pm Penny Bingo
 12:30 pm Tap Dance
 1:00 pm Painting Class
 1:00 pm Ping Pong

9:30 am Bridge-Duplicate
 10:00 am Painting Class
 10:00 am Wii Bowling
 10:30 am Sexy & Fit after 40
 11:00 am-12:30 pm **Coffee Shop Lunch**
 11:15 am Choir Practice
 11:30 am Phase 10
 12:00 pm 500 Card Club
 12:00 pm Bridge-Men
 1:00 pm Coloring Corner



9:30 am Bridge-Duplicate
 10:00 am Line Dance (intermediate)
 10:00 am Canasta
 11:00 am Line Dance (Advanced)
 11:00 pm Mah Jongg (beginner lessons offered)
 11:00 am-12:30 pm **Coffee Shop Lunch**
 11:30 am Woodcarving
 12:00 pm Cribbage
 12:00 pm Open Bridge
 12:30 pm Penny Bingo
 1:00 pm Ping Pong
 1:00 pm Social Group

11:00 am Karaoke
 11:00 am-12:30 pm **Coffee Shop Lunch**
 11:30 am Open Bridge Group
 11:30 am Mixed Media Art Class/ Vivian Miller
 12:00 pm Banco-S1 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**

19

8:15 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Cornhole
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am Azita Balance Class
 11:30 am Woodcarving
 12:00 pm Banco-S1 entry
 12:00 pm Pinochle
 12:00 pm Bridge-Duplicate
 1:00 pm Square Dancing Class

**20
1 pm Computer Class**

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 pm Mah Jongg (experienced players)
 11:00 am-12:30 pm **Coffee Shop lunch**
 11:30 am Mexican Tram
 11:30 am Unlucky 7 Dice Game
 12:30 pm Penny Bingo, Gladys as caller
 12:30 pm Tap Dance
 1:00 pm Painting Class
 1:00 pm Ping Pong

**21
10 am IA Extension
Healthy Cooking Class**

8:00 am-9:30 am Biscuits and Gravy
 8:15 am Walking Exercise
 9:00 am Yoga w/Dixie
 9:00 am Duplicate Bridge
 9:00 SilverSneakers Boom Exercise
 9:30 am Painting Class
 10:00 am Wii Bowling
 10:00 am Sexy & Fit after 40
 10:30 am Open Jam Session -\$1.00 Guests
 11:00 am-12:30 pm **Coffee Shop lunch**
 11:15 am Choir Practice
 11:30 am Phase 10
 12:00 pm 500 Card Club
 12:00 pm Bridge-Men
 1:00 pm Coloring Corner



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 Beginner Bridge
 10:00 am Line Dance (intermediate)
 10:00 am Canasta
 11:00 am Line Dance (Advanced)
 11:00 pm Mah Jongg (beginner lessons offered)
 11:00 am-12:30 pm **Coffee Shop Lunch**
 11:30 am Woodcarving
 12:00 pm Cribbage
 12:00 pm Open Bridge
 12:30 pm Penny Bingo
 1:00 pm Ping Pong
 1:00 pm Social Group

9:00 am Fitness with Dixie
 10:00 am Char Yoga with Kaye
 10:00 am T.O.P.S. meeting
 (Take Off Pounds Sensibly)
 11:00 am Karaoke
 11:00 am-12:30 pm **Coffee Shop lunch**
 11:30 am Open Bridge Group
 11:30 am Mixed Media Art Class/ Vivian Miller
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00-3:30 pm **Friday Dance**

**Featuring
Jerry O'Dell and the Country
Flavor Band**

North Sioux City Welcome Party

26

**12-1 pm Team Trivia
1 pm Parkinson's Support
Group (4th Monday)**

8:15 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Cornhole
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am-12:30 pm **Coffee Shop Lunch**
 11:30 am Woodcarving
 12:00 pm Pinochle
 12:00 pm Bridge-Duplicate
 1:00 pm Square Dancing Class

**27
12 pm Alzheimer's Support
Group (4th Tuesday)
1-3 pm Jukebox Dance Party**

9:00 am Fitness Logic with Lee
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Painting Class
 9:30 am Bible Study
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am SilverSneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 pm Mah Jongg (experienced players)
 11:00 am-12:30 pm **Coffee Shop lunch**
 11:30 am Mexican Tram
 11:30 am Unlucky 7 Dice Game
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Ping Pong

28

**10 am IA Extension
Healthy Cooking Class**

8:00 am-9:30 am Biscuits and Gravy
 8:15 am Walking Exercise
 9:00 am Yoga w/Dixie
 9:00 am Duplicate Bridge
 9:00 SilverSneakers Boom Exercise
 9:30 am Painting Class
 10:00 am Wii Bowling
 10:30 am Sexy & Fit after 40
 10:30 am Open Jam Session -\$1.00 Guests
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 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00-3:30 pm **Friday Dance**



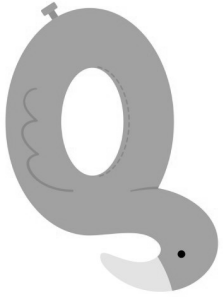
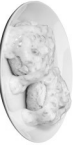
**Featuring
Ed Tyson**

Ed Tyson

30

June 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Memorial Day</p>  <p align="center">Center Closed</p>			<p>1</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Silversneakers Classic Fitness 9:00 am Beginner Bridge 9:00 am Senior Companion Meeting 10:00 am Book Discussion Group 10:00 am Line Dance-(Intermediate) 10:00 am Canasta 11:00 am Line Dance-(Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 12:45 pm Foster Grandparent Meeting 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>2</p> <p>11:30 am Essential Oils 101 12 pm Cheryl Koumas' Birthday Bash: fried chicken lunch 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring The Original Embers</i></p>
<p>5</p> <p>12-1 pm Team Trivia</p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Azria Balance Class 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinchle 12:00 pm Bridge-Duplicate 1:00 pm Square Dancing Class</p>	<p>6</p> <p>1 pm Computer Class</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silversneakers Classic Fitness 11:00 am Belly Dancing 11:00 pm Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>7</p> <p>10 am IA Extension Healthy Cooking Class</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 am Silversneakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 1:00 pm Coloring Corner</p> 	<p>8</p> <p>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 Canasta 10:00 am Line Dance (Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	
<p>12</p> <p>9:30 am Grief Support Group (2nd Monday) 1 pm Birthday Party (2nd Monday) Line Dancers Cake donated by</p>	<p>13</p> <p>1 pm Hit or Miss Game with B.A.M.</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study</p>	<p>14</p> <p>10 am IA Extension Healthy Cooking Class</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 am Silversneakers Boom Exercise 9:30 am Duplicate Bridge</p>	<p>15</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Silversneakers Classic Fitness 9:00 am Beginner Bridge</p>	
<p>16</p> <p>11:30 Talk Show: Meet Geriatrician Dr. Ogunlape</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)</p> <p><i>Featuring 4 on the Road</i></p>				

Opera Singer Audrey Johnson Performs Fascinating Historical Program on the Women’s Suffrage Movement

On Monday, April 24, Audrey Johnson, a classically trained opera singer, along with the Active Generations Choir performed “Songs and Stories of Heroism from the Women’s Suffrage Movement,” an interactive show consisting of historical songs sung during the time period when women in the movement were striving to receive the right to vote. Audrey brought a rack of clothes and changed her outfit several times to demonstrate how suffragettes used fashion to help their cause. Audrey urged the audience to sing along with her, and the Center members in attendance happily participated along with the choir.

The show covered the different cultural mindsets of the people regarding women’s rights throughout those times and how they affected fashion and popular music. It also covered some of the most noticeable figures in the movement such as Susan B. Anthony, Alice Paul, and Ida B. Wells. Audrey described in detail how some of the women in the movement were jailed and the conditions of their imprisonment. The audience memorably got to reenact the women using their hair combs like a kazoo to perform protest music.

A big thanks to Audrey Johnson and the Active Generations Choir for this incredible experience, enjoyed by a large crowd of engaged members of the Center. We also want to thank Karen Bourne, our choir director, who met Audrey at a music conference and was responsible for bringing her to the Center to perform!



Twenty Questions Team Trivia

Challenge your mind and have fun with friends! You know you’ve picked up a lot of knowledge over the years of your life; come show it off. Form teams and answer twenty trivia questions on a variety of topics. The team who gets the most answers correct wins prizes and bragging rights! **Mondays, June 5 and June 26, 12 p.m.**

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Denny Wurster and Friends Put on Rockin' Show at the May Birthday Party

An excited crowd thoroughly enjoyed a performance by Denny Wurster, current members of The Jammers, and former members of the famous band The Velaires at the May birthday party. Along with songs by the Eagles and some country favorites, the group played The Velaires' big hit, "Roll Over Beethoven." Center members reminisced about seeing the band perform in their heyday. Everyone enjoyed listening and dancing to music from the rock and roll era. We hope to have Denny and his friends back to play for us again at a dance party!



New Horizons Band Wows the Crowd

On May 12, after a great show by 4 on the Road at the Friday Dance Party, Sioux City's New Horizons Band performed several magnificent symphonic selections to an appreciative audience. Now under the direction of Benjamin Mauritz, the band played songs including an arrangement of America the Beautiful, John Phillip Souza's "The Liberty Bell March", also known as the theme song for Monty Python's Flying Circus, a medley of George Gershwin favorites, and Hootenanny, a collection of folk songs arranged by Harold L. Walters.

Most of the New Horizons Band members are retired members of the community who have returned to playing music after a long absence. Trombone player Dennis Reinert said, "Everyone has the story of starting out saying, 'but I haven't played in thirty, forty or even fifty years!' When I saw the New Horizons Band perform before I joined, I thought there's no way I'd be able to play with them. But here I am! It comes back to you with practice." If you are inspired by the idea of taking up your instrument again, please consider joining the New Horizons Band. They are always looking for new members!



BRIDGE NEWS

We are enjoying our Monday, Wednesday and Thursday face-to-face bridge games. We hope some of the players who dropped out during COVID will return soon. The downside to the increase in our Center games is that attendance to the online games has decreased. Diana Howard is back teaching us new things on Monday mornings. Leon Koster has a beginner's group on Thursday mornings. Mary Abraham and Karen Bourne treated us to lunch in May to celebrate their achievement of Life Master, which is the goal of many bridge players. Our club is hosting an ACBL tournament here at the Center June 9-10. We are always proud to show off our nice venue for bridge. All bridge players are invited.



Chair Yoga



Everybody has a story. When I walk into the exercise room on Friday mornings for chair yoga, I see many faces that have a story that brought them to chair yoga. Claudia Blenderman heard about chair yoga from a friend that taught yoga. "I didn't think it would be too much but decided to try it. Found out it is more than expected." Michael has been a member at Active Generations for about two years. He saw chair yoga on the calendar in the Sunshine News. "Thought I would give it a try. Glad I did."

Claudia doesn't have a favorite pose yet, she "like(s) them all." Every class somewhat follows a sequence: initially breathing, then warmups and range of movement conditioning. We do muscle endurance and balance next, always using the chair for safety if balance is a question. Deeper stretches are followed by a final relaxation. Michael likes Sunflower, "it just feels good." This pose is a great pose for linking breath with movement. It uses a gentle motion and a low level of intensity to warm major joints of the body including shoulders, hips, and knees. This pose strengthens quads, hamstrings, the upper and lower back, and shoulders. Michael "learned new stretches" he can do at home. He adds "I wish I had come to the Center sooner".

Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

Kaye Plantenberg

Rock Steady Boxing "Freezing"

Sometimes in our boxing sessions some individuals experience freezing of gait (FOG), which results in an inability to take a step or getting "stuck" while walking. FOG occurs when a person first stands up and can't initiate the first step. It can also occur when turning, walking through doorways, changes in flooring surface, or small spaces. Each individual has different triggering circumstances and it's important for friends, family and caregivers to recognize these triggers. Some cueing strategies to thaw freezing are reducing stress, don't turn too quickly, reducing triggers, visual cues, auditory cues and attentional cues. If you want to learn more about helping Parkinson's afflicted friends or family, stop in and visit or visit the Iowa Parkinson's Disease Association website: www.apdaparkinson.org/iowa.



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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:

June 6th.....Write About Family Time for This Summer.

June 13th...Write a Letter to a Relative or Friend.

June 20th...Write About Your Teen Years Compared to Teens Today!

June 27th...Write About Your Special Father or About Teen Labor!

Flowers, flowers everywhere, In the garden, in my hair
In the vase and at the store, On the table and on the door,
What a lovely time of year, Flowers blooming everywhere!

THOUGHTS FOR THE MONTH OF MAY

1. June's month has the longest daylight hours of the year in the Northern Hemisphere.
2. June 14th is Flag Day.
3. June 18th is Father's Day.
4. June 19th is Juneteeth Day, also known as Freedom Day.
5. June's full moon is called Full Strawberry Moon!
6. June bug, a beetle found between May and June and hard to get rid of.

~ Alice Reeg, Creative Writing

JUNE POEMS

Ladybug, ladybug, fly away home,
Your house is on fire,
Your children will roam,
Except little Nan, who sits in her pan,
Weaving her laces as fast as she can.

Trailblazers Walking Group



The Trailblazers had a very active month, walking a total of 239 miles between April 18 and May 15! Walkers will continue to envision the beautiful scenery of Alaska as we walk laps at the Center or outdoors. For the next few weeks we will be enjoying the beauty in the Anchorage, Fairbanks, and Denali areas. Watch for new pictures on the hall bulletin board and TV. Live our motto: Walk, Talk, Get Fit!

ALASKA



Pleasant and Affordable Housing Communities for Elderly and Disabled
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Tai Chi for Seniors Health Benefits

Helps in Chronic Conditions: Cancer, Heart Failure, and Chronic Obstructive Pulmonary Disease

- A 2015 meta-analysis found that tai chi improved cancer, osteoarthritis, heart failure, and obstructive pulmonary disease.
- Tai chi was noted to improve physical performance outcomes, not the conditions themselves.
- It is not a primary form of treatment; rather, it can improve mobility and quality of life during treatment.
- Can help with heart disease by improving oxygen delivery.
- **Reduces Anxiety, Stress, and Depression**
- There is plenty of research supporting the mental health benefits of tai chi.
- Regardless of the tests being done, participants in tai chi groups seem to unanimously report feeling better and less anxious.
- Studies have shown benefits for depression, stress management, and self-efficacy.

Tai Chi meets Mondays at 10 a.m. in the Multipurpose Room for advanced and Tuesdays in the Fitness Classroom for beginners.

Shop at Our Gift Shop!

Looking for festive decorations for your summer celebrations? Check out the offerings at the gift shop! There are many fun items in addition to collectibles, art, puzzles, linens, cards, and lots more. Come on by, there are always new treasures to discover! Also, if you have items that you no longer have use for, we will be happy to find them a new home. (No TVs, large appliances, or clothing, please.) The gift shop is open to the public and all proceeds go to support the Siouxland Center for Active Generations.



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Azria Balance Classes Move to 11 AM in the Multipurpose Room

Azria Healthcare's Regency Square Therapy Department is pleased to bring the Otago program to the Siouxland Center for Active Generations. Did you know that two-thirds of those who fall will do so again within the next six months? The Otago program was developed and tested by the New Zealand Falls Prevention Research Group and it is designed to reduce the risk of falls in older adults. The program consists of a series of exercises tailored to walking, balance, and strengthening. Otago is one of the few fall prevention programs that improves strength and balance and reduces the risk of falls and fall-related injuries among older adults. Programs designed to prevent falls, such as Otago, can: save hospital admission and long-term care costs, help older adults living in communities maintain their independence and help older adults increase their strength and improve their balance. We have fun on the way to increased balance and strength!

Class is held the 1st and 3rd Mondays of each month at 11 a.m. in the Multipurpose Room.

We look forward to seeing you!



JUNE BIRTHDAYS

Memorials for June

Sandra Andersen
 Jim Anderson
 Angela Avery
 Kathleen Baker
 Bonnie Banks
 Jen Barnes
 Karen Bates
 Kristine Bergstrom
 Fred Bocian Jr
 Vicki Bowman
 Roger Bowman
 Danny Breen
 James Brownlee
 Mary Burke
 Robert Burwell Jr
 Joan Carney
 Frances Cole
 Gerold Collins
 Dean Danilson
 Jack DeRocher
 Vivian Derochie
 Cynthia Dubray
 Juanita Ehret
 Ruth Ellis
 Jana Erdmann
 Pharyce Eslick
 Rohnda Farley
 Rick Fetterman
 Gary Finken
 Roberta Friessen
 Rachele Gagnon
 Roger Gaswint
 Sue Grieve
 Roger Groves
 Margaret Hall
 Bruce Hamel

Paula Harder
 Ronald Hartman
 B.J. Heitzman
 Connie Hoklin
 Corinne Holman
 Darrell Hoss
 Thomas Houchins
 Doris Howell
 Vickie Hughes
 Bella Ingram
 Wesley Iseminger
 Marilyn Jorgensen
 Vernon Junge
 Jeff Keil
 Jean King
 Holly King
 Anna Kounas
 Cheryl Kounas
 Allen Lambing
 Bradley Leonard
 Suzette Leuenhagen
 Suzanne Lundgren
 Muriel Lyle
 Rita Lyman
 Debby Martindale
 Kerwin Meyer
 Martha Milhan
 Edward Nagel
 Jan Nelson
 Patrick O'Brien
 Barbara Orzechowski
 Doris Parsons
 Alfred Patocka
 Sergio Carlos Perez
 Judy Peterson
 Patricia Peterson

Lorraine Pfotenhauer
 Tim Pickinpaugh
 Toots (Lavonne) J Pittman
 Kaye Plantenberg
 Cleo Pottorff
 Charles Rawe
 Judy Ann Rehurek
 Brenda Reicks
 Alice Sailors
 John Sanders
 Mary Schenk
 Florence Schincke
 Robin Schroeder
 Don Schultz
 James Shelley
 James Singer
 Bruce Spence
 Marguerite Stephens
 Lori Stivers
 Carol Stout
 Madonna Strain
 Venita Stusse
 Rita Swanson
 Lynn Townley
 Barbara Treglia
 Chris VanDonselaar
 Alan Verley
 Dixie Walker
 Beth Wall
 Evelyn Wilen
 Elizabeth (June) Wilson
 Roy Wineinger
 Dennis Wurster

For: Marv Berenstein
From: Daniel/Barbara Weakley
 Barbara Knepper

For: Jim Tiefenback
From: Siouxland Duplicate Bridge Club

For: Maxines Birthday April 27th
From: George Polak

June NEW Members

Sharon Benson
 Karen Custer
 Mike Dickson
 Karen Harder
 Sharron Hedemark
 Pamela Hoing
 Rhonda McArthur
 John Nunn
 Patrick O'Brien
 Twila Roberts
 Steven Sanders
 Katherine Sanders
 James Stanton
 Marguerite Stephens
 Erik Stockton

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DEADLINE: Please turn items in on or before the 8th of each month, so they can be included in the next issue of the **Sunshine News**.

Membership Information

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.

Refund Information

- If a class, activity or trip is cancelled by a Center staff member, a full refund will be given to those who have registered.
- If a participant cancels a class or activity after it begins, NO refund will be given. Please keep this in mind when registering for classes and activities. If you are unsure if a class is appropriate for you, please contact a Center staff member to answer any questions.
- If a member cancels their registration for a trip, a full refund will only be given if the Center is notified seven business days in advance.
- Trips co-sponsored by the Center or booked by other travel organizations may have different refund policies than those listed above. Please check at the time of trip registration.

DOLLAR-A-MONTH

May

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.

- | | | | |
|-----------------|----------------|----------------|----------------|
| Miriam Clayton | Sally Kimball | George Polak | Harvey Viken |
| Don Casaday | Pamela Mears | Maizie Johnson | Chip Pottorff |
| Virginia Gries | Russell Movall | Kathleen | Don Niewendorf |
| M.Donna Johnson | Jan Nelson | Plantenberg | Don Schultz |

Dollar -A-Day for a YEAR

Diana Howard	Gail & Tom Brown	Dorine Levine
Barney Pottebaum	Russ Movall	Robert & Nancy Nelson
First Premier Bank	Jon and Grace Wagoner	David/Vicki Young
Dorine Levine	Judy Seaman	Kristine Bergstrom
Charter Senior Living	Gene Anderson	
Northpark Place	Sunnybrook Church	