

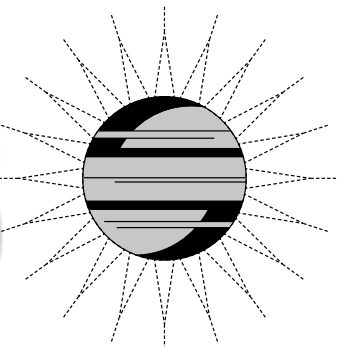
SUNSHINE NEWS

OCTOBER 2024

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Siouxland Center
for Active Generations

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.

Haunted Places of Siouxland

As October is the month to celebrate all things spooky, you may be curious about haunted places around Sioux City. It turns out that there are several local locations with reported ghost sightings and interesting legends. One of the most famous is no longer standing, the KD Station building. The KD building was originally part of a meatpacking plant in the Sioux City stockyards area called Midland Packing Company, ideally situated next to the railroad. After the Midland company became involved in a major financial scandal involving oversold stock, the building was sold to Swift & Company in 1924. On December 14, 1949, a terrible gas explosion ripped through the building. Twenty-one people died and more than 90 were injured. Swift & Company eventually shut down the meat-packing plant in 1974 and it was bought by businessman Kermit Lohry who wanted to turn it into an entertainment and retail center that commemorated Sioux City's stockyard and railroad industries.



It was after the building was converted into a shopping center, bowling alley, and a miniature golf course that the reports of paranormal activity began.

One story is that the owner of a martial arts studio, who also worked in security, turned off all the lights and locked the doors to close the building for the night. As he was leaving, he looked back at the building and saw it ablaze with light. This scared the man as the lights in the building were the type that had to be unscrewed to be turned off. According to him there was no way that a person could have quickly turned the lights back on. He left in fear that night and when he returned in the morning the lights were off as he had left them. Others reported

hearing the sounds of elevators when they were not in motion. The KD Station building apparently used its haunted status for publicity and published flyers with the words, "Paul Pulaski, our in-house ghost, welcomes you."

SCAG member and paranormal enthusiast Janet Hein says that she had her own first-hand experiences with the KD station ghost when she bartended at Ruth's Cosina, which was located in the building from 1975 until all the tenants were evicted in 2004 due to electrical issues and flooding from a leaky roof. The bar area in that establishment was the original sausage assembly line where the explosion happened. Janet described hearing her name being called when no one was in the restaurant in the dead time before suppertime. She said that the manager would discover that the candles had already been lit when she opened the restaurant for the day. One time Jan witnessed a bottle cap pick itself up right off the bar, fly into another bartender's forehead, and get stuck there. Another time she asked a customer if she could help him, and the man turned away and walked out. She mentioned the incident to her coworker who asked Jan what he looked like. Jan described what she saw: a man wearing blue jeans and a white shirt. Her coworker told her that it must have been Paul Pulaski, the resident ghost who died in the gas explosion. Unfortunately, you can no longer attempt to meet him yourself, as the KD building was demolished in 2010.



Janet Hein has also visited other haunted places in Siouxland including Lottie's Grave in Homer, Nebraska and the grave of Lena and Martin Schultz in Mt. Pleasant Cemetery near Cherokee. The legend of Lotties's Grave says that

a curse will fall on those who visit it. In some versions of the tale, Lottie was murdered, was a witch, or was run over by a car.

On Friday, October 4 the Center will close at noon for our Fall Follies program at the Betty Strong Encounter Center.

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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discriminatory acts or language.

A popular variation is that when three teenaged thieves dug up her grave to steal jewelry off her corpse, she came to life and cursed them. The graverobbers were said to have died or disappeared within a year. The truth behind the legend is that Lottie Edwards never even owned any fancy jewelry, according to her granddaughter, and that she was only buried with her wedding ring, a plain gold band. She was eccentric and chased children away from her yard; which may have led to creepy tales being spread about her after her death. Lottie's Grave became a popular place for teenagers to visit for thrills and chills. When in high school, Jan made her own creepy visit to Lottie's grave with a group of friends. Her friend Bob had just washed his car before the trip. When the group returned to his car after visiting the grave it was covered in child-size handprints. The back of her friend Mick's leg had a large scratch on it as if he had been scratched by an animal, but he didn't know where it came from.



Lena and Martin Schultz were German immigrant farmers who settled in an out-of-the-way house between two sloughs a mile from any neighbors in Tilden Township of Cherokee County. In 1893, they were found murdered in their home and the crime went unsolved for many years. The cemetery sexton who tended their graves observed the granite marker over Lena's and Martin's plot and started to believe that he could see faces forming upon it. He thought he could see Lena and Martin as they looked in death, with the terrible gashes they received from their killer. Word spread, and the community started to believe that the face of the murderer would eventually form on the tombstone.

It became a sensational and morbid tourist attraction, with as many as 500 people visiting per weekend, some traveling distances of 25 miles and more. Photographers arrived to take pictures for souvenir booklets; often they toned their photographs to create special effects because they were too light to reveal any images. The New York World sent a reporter and photographer to cover the event. They could not discern anything in the stone, so they draped a slab of wood with a white oil cloth and painted on it a representation of what they thought the killer might have looked like: a "Bowery tough" wearing a bowler hat. The resulting photo was published by the World. The tombstone apparition imbued the entire case with a supernatural tone. Soon, locals began reporting that the Schultz house was haunted and that strange lights could be seen moving about the rooms at night. Jan read about this case in a book and decided to visit the cemetery where the Schultzes are buried, located outside of Cherokee. After staring long enough, she did indeed see the face on the tombstone.

Perhaps you're a skeptic and can find reasonable explanations behind all of these scary tales, but it's always fun to share some good ghost stories around Halloween time. May you have a fun October!

Self Defense Escape Techniques



Did you miss the self-defense class last month? You'll have another chance to attend in October! Taught by Pam Stephan, our tai chi instructor, this class offers escape techniques that use leverage, not muscle. The moves are easy, simple and effective in getting away from your attacker. This hour and a half class will introduce important self-defense moves and allow you to practice them. Pam will also discuss your legal rights on how to protect yourself from identity theft if your wallet/purse is stolen. A handout of the techniques will be given to each student. **Monday, October 7 from 1-2:30 p.m. in the**

Conference Room. Sign up in the Activity Book to participate.

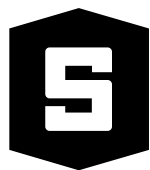


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Meet a Member: Mark Christofferson

Marc Christofferson grew up in Fort Dodge, Iowa and attended school in Fort Dodge. He began teaching accounting and computers at Western Iowa Tech Community College in 1978 and continues to teach one course a semester. Marc joined the Siouxland Center for Active Generations in 2002 and served as the president of the Board of Directors for many years.

He's married to Ellen, the magnificent Mah Jongg instructor, and has children and grandchildren in Papillion, Nebraska; Jupiter, Florida; Hill City, South Dakota; and Victoria, Minnesota. He enjoys ping pong, birthday parties, talk shows, lunch, and making new friends. Marc previously participated in the drum circle and sometimes added ambiance to cruise week by drumming while wearing amusing costumes.

An interesting item about Marc: he worked as a revenue agent with the IRS in Chicago for one year, and it ruined his social life. Something else he would like to add, "I try and follow the 10-Second Rule, ask me about it." His words of wisdom are: "If you attend the center on a regular basis, you can make more good acquaintances in a month than you usually do in ten years. Everybody that comes to the Center is feeling pretty good. Otherwise, they stay home."



What's New in Medicare with SHIIP Counselor Tom Hildebrand



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Have you heard that there will be some big changes to Medicare in 2025? For one thing, the medication coverage gap phase, also known as the "donut hole", will be eliminated. Also, there will be expanded coverage for mental

health care, and prescription drug costs will be lowered. Senior Health Insurance Information Program (SHIIP) counselor Tom Hildebrand will give a presentation to fill you in on what you can expect, new options, and how to best manage these important changes on **Wednesday, October 9 at 9:30 a.m. in the Conference Room.**

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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Gift Shop & Library Donations

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

Alice Reeg	Nancy Nelson	Joan Johnson
Vikki Jacobx	Lucy Van Valkenburg	Paul Smith
Deanna Jacobs	Judy Peterson	Lola Balstad
Marianne Meister	Elaine Waskow	Richard E. Hayes
Kris Shultx	Delores Bogenrief	Jane Olson
Will Snyder	Casey Morfitt	
Donnette Hatch	Rita Potter	

See the Fabulous Fall Follies



There's still time to buy tickets for the 2024 Fall Follies: A Royal Romp! Don't miss this exciting show featuring magnificent acts from SCAG's performing arts groups including Ballroom Dance, Tai Chi, Line Dancing, Jazz Dancercise, and Tap Dancing, plus music and magic. There will be two shows this year, at the Betty Strong Encounter Center, on **Friday, October 4, and Saturday, October 5, both shows at 1 p.m.** Tickets will be \$5 each and can be purchased in advance from the front desk. Seats will be assigned this year, and you will be able to select yours from a seating chart when you purchase your tickets. The Friday dance of this week will be moved to Thursday, October 3. We hope you'll join us for a royally good time at the 38th annual Fall Follies! *The Center will close at noon that day for us all to head over to the show.*

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Get Thee to the Kingdom of Riverssance



King Ted the Intrepid and Queen Donna the Luminous representing the Center at Riverssance in 2023.

Besides the Fall Follies, another royal event will be taking place on the first weekend of October. The Kingdom of Riverssance renaissance fair, held at Riverside Park each year, has extended an invitation to the Siouxland Center for Active Generations to participate in the fantasy world of the festival. At Riverssance, SCAG will be referred to as "the Kingdom of Elderland" and our elected Senior Royalty have been invited to visit the royal court of King Pellius and Queen Morganna of Riverssance. Dressed in royal garb, Steve Chadwick, Lillie Rundall, and Cheryl Kounas, escorted by her sister-in-law Anna Kounas, will enjoy the day's festivities, as well as participating in the third act of a four-part skit starring the cast of Riverssance called "The Purloined Talisman" that will take place around the grounds of the fair during the day. SCAG Activity Coordinator Kristina Yezdimer has officially joined the cast of Riverssance and will also appear in costume as "Lady Gwenllian, the Keeper of the Gate and the Ambassador to Elderland." She will escort our Senior Royalty around the fair and check in on our volunteers at the front gate. Janet Hein will reprise her role as "Jan the Mischievous, the Lady of Misrule of Elderland" (aka the court jester) and provide pranks and merriment. The Riverssance organizers will set up a special tent for Elderland guests next to the Royal Pavilion. Come relax in the tent, pay homage to our Senior Royalty, and cheer them on as they perform amusing theatrics.



A special feature of the Riverssance festival this year is a performance by the Knights of Mayhem, a full-contact joust team. The jousts who previously appeared at the Sioux City festival for many years played their performance, but the Knights of Mayhem will actually attempt to knock each other off of their horses. The group consists of MMA fighters, professional bull riders, and pro sport athletes who wear 130 pounds of armor. In 2011, they had a reality tv show on the National Geographic channel. This is a not-to-be-missed event. Also new this year will be a children's joust equipped with hobby horses and rings. Bring your grandchildren and great-grandchildren to compete in a fun and adorable game of skill.

Riverssance adult gate admission is \$15. Discount tickets are being sold at Hy-Vee and also at SCAG for \$11. Please visit Kristina in the Activities Coordinator office if you would like to purchase some. Children's admission is \$5 for ages 6-12 and free for children 5 and under. **The Kingdom of Riverssance festival will be held in Riverside Park from 10 a.m. to 7 p.m. on Saturday, October 5 and 10 a.m. to 5 p.m. on Sunday, October 6.**




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October Yearly Membership Anniversaries

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

Denise Alva	Janice Culver	Jeremy Funk	Sally Kimball	Benita Newman	Sherri Schoepf
Linda Anderson	John Culver	Rena Goodwin	Dorinda Klapprodt	Barbara	Terry Joe Smith
Lewis Baber	Melinda DeMarest	Kathleen Graham	Elaine Knudson	Orzechowski	Sharon Smith
Karen Balstad	Martha Dirks	Carol Graham	Rodney Kuchta	Glenn Parrett	Paul Smith
Larry` Beeson	Teri Dolezal	John Graser	Kris Kuchta	Marsha Pasker	Carolyn Smith
Sam Birmingham	Loren Dolezal	Katie Griffith	Don Kumm	Martin Pasker	Gene Smyser
Rita Boulware	Jana Erdmann	Pearl Harrison	Sue Lieber	Gloria Peterson	Susan Sudtelgte
Mary Brown	Pharyce Eslick	Sandra Henery	Dianne Limoges	Cynthia Pickering	Dennis Swanger
Vicki Brown	Marvin Fickbohm	Annette Hoefling	Larry` Limoges	Judith Pierce	Dean Swanger
Jean Carlson	Joan Fickbohm	Darrell Hoss	Doris Lindgren	Margaret Piper	Judy Tadlock
Dr David Chobar	Peggy Foulk	Doug Jaminet	Rhonda McCabe	Barbara Pitts	Beverly Weseman
Shirley Colwell	Dora Franklin	Marsha Jarman	Don McCulley	Terry Rose	Joseph Weverka
Gene Cook	Steve Funk	Stephanie Jeochke	Russell Movall	Nancy Ruhland	Janet Youngberg
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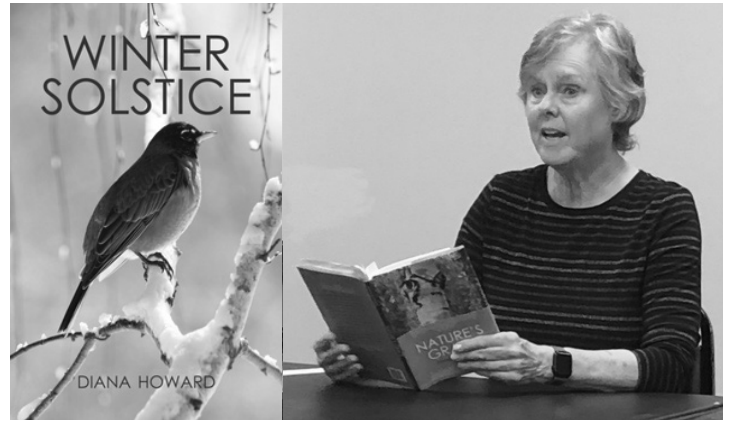
October Birthday Party: Belly Dancers



Belly dance can trace its origins back to ancient civilizations in the Middle East, North Africa, and the Mediterranean. Archaeological evidence suggests that women in these regions performed belly dance during fertility rituals and celebrations. This dance form was deeply embedded in their daily lives and spiritual practices, symbolizing the life-giving power of femininity. Belly dance is primarily a torso-driven dance, with an emphasis on articulations of the hips. Unlike many Western dance forms, the focus of the dance is on isolations of the torso muscles, rather than on movements of the limbs through space.

Everyone is invited to an exciting and exotic performance by the SCAG Belly Dance group at the October birthday party. You don't have to have an October birthday to join in on the celebration. There will be birthday cake for all donated by Medigold. **Monday, October 14, 1 p.m. in the Multipurpose Room.**

An Experience with Dementia, with Diana Howard



We take our memory for granted. Dementia will steal it in ways most of us could never imagine. *Winter Solstice* by Diana Howard burrows deep into the heart-rending poetic journey of a daughter trying to love and help her mother who is slowly losing her memory. Through poems and vignettes written over a period of 15 years, the reader will enter a world of denial, confusion, shame, fear, humor, sacrifice, patience and love - finding solace and empathy with an experience many of us go through, yet struggle to find words to describe.

Author (and SCAG bridge player/instructor) Diana Howard will read her poems and discuss what she has learned about how to support someone who has dementia. All are welcome to attend, especially those who are experiencing similar circumstances, for a heartfelt conversation. **Tuesday, October 8 at 10 a.m. in the Conference Room.**

Hy-Vee Immunization Clinic

Hy-Vee Pharmacy will be returning to the Center for immunization clinics this fall. Vaccinations offered will be flu shots, the new Covid-19 vaccine, shingles, tetanus, pneumonia and RSV (RSV offered for people 75 or older or with qualifying conditions only). Bring your red, white and blue Medicare card and/or your Part D prescription card and take an important step to protect your health. **Wednesday, October 2 from 10-1 in the Board Room.**


Saturday Night Dance Party: Return of Galaxy

They gave us a fabulous performance in May and now they're coming back to give us more! Variety rock and country band Galaxy will return to the Siouxland Center for Active Generations for another night of enjoyable music and dancing. **Saturday, October 26, 7-10 p.m. Advance tickets for SCAG members are \$10. The price is \$15 for nonmembers and at the door on the evening of the event. The cafe will be open with taverns, hot dogs, and popcorn available for purchase.**



October 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
<div></div>	1 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Senior Companion Meeting 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 Math 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	2 10 am—1pm Hy-Vee Flu Clinic 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Fall lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	3 10 am Book Discussion Group 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Math Jongg 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong ****1:00—3:30 pm Dance Party Featuring 4 on the Road*****	4 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-12:30 pm Fall lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller Center Closes at Noon 1 pm FALL FOLLIES TALENT SHOW at the Betty Strong Encounter Center <i>Second show: Saturday, October 5 at 1 pm</i>
7 12-1 pm Team Trivia 1-2:30 pm Self Defense Class 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 Comhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bunco-\$1 entry 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	8 10 am Dementia Talk with Diana Howard 1 pm Thanksgiving Craft with Bickford 2-4 pm Jukebox Dance Party 7:30 am—1 pm Coffee Shop 8:15 am Spanish 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 am Math Jongg (experienced players) 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	9 9:30 am What's New in Medicare with Tom Hildebrand 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Fall lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	10 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Math Jongg 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	11 10:30 am Genealogy Class (2nd Friday) 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-12:30 pm Fall lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 12:00 pm Card/ Board Game Group-Misc. 12:00 pm Open Craft Time 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring The Embers</i>
14 1 pm Birthday Party (2nd Monday) Belly Dancers <i>Cake donated by Meligold</i> 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD)	15 10 am Technology Class: Getting to Know Your Cell Phone 7:30 am—1 pm Coffee Shop 8:15 am Spanish 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 Painting Class	16 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess	17 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Math Jongg 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	18 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-12:30 pm Fall lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller

Talk Show: KTIV Meteorologist Jacob Howard



We'll have an exciting guest at the Center in October! Jacob Howard from KTIV will be visiting us to speak about meteorology. Jacob Howard joined KTIV in June 2022 as the new Storm Team 4 Meteorologist. He was born and raised in small-town Raleigh, MS just south of Jackson. Jacob recently graduated from Mississippi State University in May 2022 with a Bachelor of Geoscience with a concentration in Broadcast Meteorology and a minor in Communication. During college, Jacob was a part of the Montgomery Leadership Program, Gamma Beta Phi Honor Society, East Mississippi and Mississippi State University's Chapter of the National Weather Association and the American Meteorological Society, and volunteered throughout the community of Starkville, MS.

He enjoys meeting people in the community and looks forward to keeping you up to date on the changing weather in Siouxland. He is especially excited to forecast the snow here in Siouxland since he has only seen snow less than 10 times in his life. Please join us to hear him speak on **Wednesday, October 23 at 9 a.m. in the Conference Room.**

Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee	St John's Lutheran	Immanuel Lutheran
4th Thursday	28th & Jackson	315 Hamilton Blvd
of each	1st Thursday of	3rd Thursday of each
month 7:00 PM	each month 6:30 PM	month at 7:00PM

Getting to Know Your Smart Phone: Technology Class with Pam from Connections



Pam Wurster from Connections Area Agency on Aging will teach a class designed to help you gain knowledge about the functions of your smart phone and to feel more comfortable using it. During this hands-on workshop, we'll explore some of the common features of smartphones. You'll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. **Tuesday, October 15, 10 a.m. in the Conference Room.**

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.

October 3: 4 on the Road

(Dance will be held on Thursday this week because of the Fall Follies program on Friday, October 4)

October 11: The Embers

October 18: Roy King and the Rusty Buckets

October 25: Country Brew

Trailblazers



We hoped you enjoyed the delightful excursion around London in September and that it put you in the mood to attend our royal Fall Follies program as well as visit the Kingdom of Riverssance. The Trailblazers must have burned holes in their shoes this month, walking 1760 laps, or 142 miles which is about the distance between London and Cardiff, the capital of Wales.

In the month of October, we'll visit the location most associated with Halloween: Transylvania. Transylvania is a region in central Romania. It's known for medieval towns, mountainous borders and castles like Bran Castle, a Gothic fortress associated with the legend of Dracula. The city of Brasov features Saxon walls and bastions, as well as expansive Council Square, ringed by colorful baroque buildings, the towering Gothic Black Church, and cafes. Watch out for vampires this month as you Walk, Talk, and Get Fit!

Choir News

THE BIG DAYS ARE HERE! It is performance time! We have practiced and perfected our songs and are EAGER to SING FOR YOU! It is a time for all to celebrate our talents and be joyful. The Follies accomplish it all! Good news also-we are growing-new members coming and making the sound much fuller-BUT WE STILL WANT MORE-YOU! We would love to build a full choir and perform for others, spreading joy in harmony. It is fun and we enjoy each practice. We are like family that care for each other. SO COME-BLEND INTO OUR SONG-We'd LOVE TO SEE YOU.... The welcome mat is out for all to come and have fun! **Wednesdays at 11 a.m. in the Music Room.**

Jazz Dancercise

After the Fall Follies performance, Bridget's Jazz Dancercise class will take a well-deserved rest for the remainder of October. Look forward to classes resuming in November.

Halloween Party with Ed Tryon

Sponsored By:



The Center will be hosting a Halloween party featuring Halloween-themed music from Ed Tryon along with dance party favorites and refreshments. Come in costume, there will be a contest with a prize for the best costume! Thank you to Synergy Home Care for sponsoring our 2024 Halloween party. Also, look forward to a secret special guest appearance! **Thursday, October 31, 1-3 p.m. in the Multipurpose Room**



Helpful Tips from Hilda

Don't "Quit"!

1. Walking and your legs will continue to work.
2. Driving and your skills will stick with you.
3. Cooking as freshly prepared food will keep you healthier.
4. Communicating with an open mind, with all ages as your brain cells will be fed.
5. Shopping even if it is just with a catalog or window as you will keep up with the latest of everything.
6. Asking Questions because answers both good and bad are stimulating.
7. Exercising the mind and the body as walking around the block, riding a bike, or dancing will all keep your body limber and your mind in action as you see the world around you. Energy builds Energy!



Did you ever notice that listen and silent are spelled with the same letters?

Thank you to Hilda for donating delicious pies to the Center to be auctioned off at our Friday dance parties! If you don't feel lucky and would like to just buy one of her pies, pick up an order form from the community bulletin board.

October 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:

Oct. 1st Write about personal strengths you have in your life.

Oct. 8th..... Write if you ever helped with a harvest.

Oct. 15th..... Write on superstitions you might have had!!

Oct. 22nd..... Write about Halloween when you were a kid!!

Oct. 29th..... Write about a real or unreal spooky story.

FACTS ABOUT OCTOBER

1. October is the tenth month with 31 days.
2. The World Series of Major Baseball starts in October
3. The Great Chicago Fire destroyed the city in October 1871.
4. When the deer are in gray coat in October, expect a hard winter.
5. France gifted the U.S. the Statue of Liberty in October 1886.

SAYING:

The wind is rising, and the air is wild with leaves,
We've had our summer evenings, now, October eves!!

TRICK OR TREAT:

Dressed up little creatures on a dark October night,
Run from door to door giving everyone a fright,
They come and ring your doorbell before they retreat,
They beg you for some candy, yelling, " Trick or Treat".

MAY I BE

Let me in life BE A DOER
Not someone who does NOTHING.

A GIVER that uses my talents/treasures
Unlike the person who only TAKES.

One who thinks Positive thoughts
NEVER a critical JUDGE of ALL.

With a LISTENING EAR who HEARS
And one who CARES for other's situations.

May I realize I AM NOT on an island
Where all things can be controlled by ME.

A MIND that SEEKS KNOWLEDGE
I SURE DON'T KNOW IT ALL?

Open to give AID, HELP, and UNDERSTANDING
Rather than CRITICIZE or CONDEMN.

Realizing, in essence, WE ARE GIVEN ALL
From the Gracious Lord above.

Remembering-the possessions ARE NOT really mine
I CAME with NOTHING-I will LEAVE the same.

So-I CHOOSE to live WISELY IN FAITH
To give CONTRIBUTIONS to the world.

MAY MY ACTIONS AND WORDS BE AN EXAMPLE TO
ALL!

Kay Reynolds

Wash Day

by Clara Lairmore

On Mondays we'd get up at dawn;
Twas wash day, we could tell;
We'd fill a kettle on the stove
With water from the well.

With homemade soap, an old washboard,
A tub of bubbly suds,
We'd scrub and scrub 'til all were clean.
That's how we washed our duds.

We'd rinse them well, then wring them out
When scrubbing was all done,
Then hang them on a long clothesline
To dry there in the sun.

When all were dry we'd take them down
And fold them nice and neat.
The long day's work seemed worth it all
And, oh, they smelled so sweet!



Quilt Raffle Winner

Congratulations to Walt Johnson for winning the quilt raffle. We raised \$171 with this fundraiser. Thank you to everyone who participated to support the Siouxland Center for Active Generations.

Tai Chi for Seniors Health Benefits: Relieves Depression



Feeling blue? Maybe the ancient Chinese practice of tai chi can help. Researchers at UCLA report that a gentle, Westernized version of tai chi, when paired with a standard depression drug among a group of depressed elderly adults, led to greater improvements in relieving depression. Patients receiving weekly tai chi training also had improved quality of life, better memory and cognition, and more overall energy than a control group combining medication with a health-education class. **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**

Genealogy Class

At the October meeting, Genealogy Class will cover “101 Websites for Genealogy Research.” Examples of the topics covered by these websites are immigration, census records, and obituaries. Often family history organizations and societies manage these online resources and include indexes to help you find what you are looking for. About the different websites, leader Phyllis McMillan says, “Some are paid, some are not. We recommend the free ones, but others exist.” Come and find out more about the variety of online resources that can aid you in your family history search on **Friday, October 11 at 10:30 a.m. in the Classroom.**

Free Covid Tests Available

People in the U.S. will once again be able to get free at-home COVID-19 tests from the federal government, just in time for the start of respiratory virus season. Each household is eligible to order four tests at COVIDTests.gov that will be shipped directly to their residence. Public health officials confirmed that these tests are capable of detecting the latest coronavirus variants circulating and causing infections.

Benefits of Yoga



Yoga improves strength, balance and flexibility. Slow movements and deep breaths increase blood flow and warm up muscles, while holding a pose can build strength. Yoga is as good as basic stretching for easing pain and improving mobility in people with low back pain. The American College of Physicians recommends yoga as a first line treatment for chronic low back pain. Gentle yoga has been shown to ease some of the discomfort of tender swollen joints for people with arthritis. Yoga is good for your heart because it increases circulation and blood flow. The cardiovascular system benefits from controlling the pace of breathing, which shows favorable changes in heart rate, stroke capacity and arterial pressure.

Balance is essential for simple everyday movements such as picking something up off the floor, reaching up to a shelf, and descending stairs. Yoga improves your balance by strengthening and toning your core muscles, your pelvic floor, along with muscles that wrap around your spine. It strengthens joint stability, especially in your knees and ankles. Some days you eat salads and do yoga; some days you eat cupcakes and refuse to put on pants--it's about balance. **Chair Yoga meets Fridays at 10 a.m. in the Fitness Classroom.**

Kaye Plantenberg

Premier Independent Living & Residential Care Community





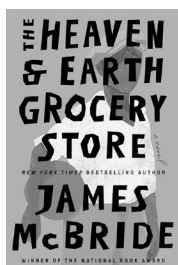
Charter

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Book Discussion Group

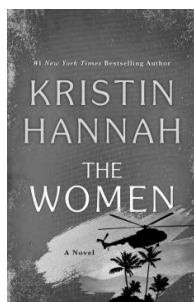
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. for a meaningful discussion with friendly people. **The Book Discussion Group will now meet in the Board Room.**



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.



November 7:

The Women by Kristin Hannah

In 1965, nursing student Frankie McGrath, after hearing the words "Women can be heroes, too," impulsively joins the Army Nurse Corps and follows her brother to Vietnam where she is overwhelmed by the destruction of war, as well as the unexpected trauma of coming home to a changed and politically divided America.

Razzle Dazzle Installed at Sioux City Art Center



Over 18 months nearly 500 volunteers, including members of the Siouxland Center for Active Generations, helped fabric artist Amanda Browder sew giant fabric panels from donated fabric to create Razzle Dazzle, a fabric sculpture draped over the Sioux City Art Center for ArtSplash 2024. Razzle Dazzle will be on display at the Art Center through October 31. It is especially beautiful to observe it from inside the atrium.

Fall Crafts with Bickford Assisted Living and Memory Care



Deb and Liz from Bickford helped our members to create lovely fall glass jars in September. They'll be back in November with a Thanksgiving-themed craft. Please sign up in the Activities Book if you would like to participate. Limit to ten people. **Tuesday, October 8 at 1 p.m. in the Dining Room.**



The Tai Chi group performed at the September birthday party with fans, swords and using the traditional form.

OCTOBER BIRTHDAYS

Joseph Allen	Jeanne Emmons	Darwin Hurni	Nancy Nelson
Bill Ames	Kathryn Flinn	Sally Ivy	Mary Nelson
Lewis Baber	Fred Forney	Robert Keegan	Earl Oleson
Judie Bauman	Donna	Cheryl Kilberg	Scott Olsen
Carol Beiswenger	Fredrickson	Vertus Kluver	Delores Phillips
Sandra Berger	Diane Gardner	Dolores Kounas	Delores M Richter
Ken Biggerstaff	Lizzie Godfrey	Beth Lehman	Roberta Rozell
Diane Bjorkman	Carla Granstrom	Doris Lindgren	Leroy Sands
Liz Blachnik	Mary Grause	Richard Mace	Jeanie Schneider
Mike Blanchard	Michael Grote	Sharen Massey	Marcia Singer
Rita Boulware	Anne Hackett	David McDevitt	Lori L. Smith
Jean Bumsted	Audrey Hansel	Barbara	Mary Trout
Jackie Busch	Rosalie Marie	McKenney	Tom Vakulskas
Linda Camarigg	Hansen	Ron McKewon	Harvey Viken
Clarence Carver	Lila Henke	Sophie Milbrodt	Christine Weise
Lee Chamberlain	Online Herbst	Stephen Mitchem	Carolyn Wendte
Judith Cowley	Mary Hettinger	Myra Morris	Dianne
Ruben DeLa Cruz	Myrna Hodges	Jane Morrissey	Wickstrom
Susan Dittman	Diana Howard	Michael Muckey	
Georgia Dohrman	Mary Hubbart	Lois Navrkal	

Bridge News

We actually had six tables of bridge on one September Monday! It's been a long time since we have had that many players. Snowbirds will be leaving soon which will cut down our numbers. Come join the bridge fun if you are trapped here for the winter. Coffee and companionship will keep you warm. Our charity game netted \$1093 for flood relief. Leon Koster's beginning and Diana Howard's intermediate classes continue to enrich our bridge games. All players are welcome at our regular games on Monday and Thursday. Newer players have their special game on Wednesday mornings.

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October NEW Members

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Mae Barron
Paula Brummond
Raymond Chicoine
Jerry Frost
Russell Kock
Ann Learning
Karen Miles

In Memory

Chris and Janie Lane
for Jerry Walker
George Polak for Jerry Walker
George Polak for Dan Chapman
George Polak for Bobbi Collins



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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

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.

Maizie Johnson
 Gene Smyser
 Mary Hubert
 Pamela Mears

Don Schultz
 Don Casaday
 Normagene Hughes
 George Polak

Charlotte Curry
 Sally Kimball

Dollar-A-Day for a YEAR

Robert and Nancy Nelson
 Russell E. Movall
 Bob Hightower, Jr.
 Grant & Pamela Mears

Ed Tryon
 William & Margaret Foulk
 Dorine and Seymour
 Livine

Joel Jarman
 Cindy Houlihan