

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

Meet the Vendors at the 2026 Senior Living Fair



The Siouxland Center for Active Generations' premier event for senior health and lifestyle information will feature over forty vendors with services or programs especially for older people. It will be one-stop shopping for information on medical care, hearing and vision health, home health care, housing, hospice services, chiropractic

care, insurance, memorials, funeral services, employment, volunteer opportunities, and many other topics. Knowledgeable organizational representatives will be ready to speak to you on subjects related to your current or future needs as a senior adult.



The Senior Living Fair aims to be both useful and fun with a festive atmosphere. If you'd like to have your hearing evaluated for free, be sure to visit Siouxland Hearing Health in the Conference Room where they will be conducting hearing tests. Iowa State Extension and Outreach will be offering healthy snacks. Annette will be offering massages at her Tenderheart Massage table. Aveanna Home Health and Connections Area Agency on Aging always have games or fun at their booths, so be sure to seek them out! Many of the other vendors will also have interesting and engaging displays.

Another feature of the event 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 the 2026 Senior Living Fair to meet useful contacts, find out essential information, enjoy delicious treats and have the chance to take home surprise items. 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 19, 1-3 p.m.**



In addition to a wealth of great information, you will have the opportunity to take home free goodies and prizes! All of the organizations attending the Senior Living Fair will be bringing door prizes that will be raffled off throughout the event. Make sure to fill out a raffle ticket at the front desk to be entered into the door prize drawings. In addition, there will be a grand prize drawing for attendees who visit every booth. Pick up a check-off sheet at the front desk, have someone from each table initial it, and return it to the front desk to be entered into the grand prize drawing. Fair attendees in past years have also enjoyed collecting promotional items at the vendor tables such as pens, notepads, chapstick, candy, and other fun items.

The Center will be CLOSED for Memorial Day on Monday, May 25.



*Remember
And Honor*

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$75 per Person

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

Shredtastic



Are you ready for Shredtastic? The Siouxland Center for Active Generations and Connections Area Agency on Aging are partnering with Document Depot to help Sioux City seniors securely dispose of sensitive personal data. If you merely throw your documents into the trash or recycling bin, you may be vulnerable to dumpster diving or other forms of theft. Shredding papers that contain social security numbers, bank account

information, and medical records will make it difficult for identity thieves to use this information to your disadvantage. Having your personal identifying information stolen can lead to financial losses, damage to credit, and emotional distress. Reduce your chances of becoming a victim by loading up your car with all of those old documents and bring them to the Center's parking lot from **11 a.m. to 1 p.m. on Friday May 1**. Drive up to Document Depot's shredding truck and volunteers will assist you in unloading your papers from your car. Please remove papers from plastic binders and take off any binder clips. It is okay to leave staples in place. Donations are very much appreciated.

Vote for the 2026 Senior Royalty

Hear ye, hear ye! It will soon be time to pass on the Senior Royalty titles to new respected members of the Siouxland Center for Active Generations. Our newly elected nobility will represent the Center in the 2026 River-Cade parade on July 15 and at the Kingdom of Riverssance festival on October 3 and 4 at Riverside Park. We'll have royal positions for three men and three women this year. Senior Royalty ballots will become available at the beginning of June and the crowning ceremony will be held at the Friday dance party on Friday, June 26. Please begin thinking about who you would like to elect!



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May Birthday Party:

The Young at Heart Line Dancers

To celebrate our members with birthdays in May, please come and enjoy the fancy footwork of The Young at Heart Line Dancers. The Line Dancers will perform boot-scootin' routines to several snappy tunes. You'll be impressed with their coordination and radiant positive energy. The birthday cake will be sponsored by Cornerstone Caregiving. **Monday, May 11, 1 p.m.**



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Saturday Night Dance Party: Senders Review



Originally called Johnny and the Sting Rays, rock-n-roll band the Senders got its start in 1962 in Newell, Iowa. Band members ranged between 12-16 and were too young to drive, so their parents had to transport them to the teen hops. Two years later, when the band decided it needed a new name, they were inspired by Elvis Presley's song

"Return to Sender." There have been at least 26 different members over the last sixty-three years as they played in states all around Iowa, the Cobblestone in Storm Lake, Rooftop Garden in Okoboji, and Storm'n Norman's. The band had a "final concert" in 2024, but a new version of the Senders will rock the night away with you at the Center in May! Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and drinks beginning at 5 p.m. **May 16, 7-10 p.m.**



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Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____

Gift Shop, Library & Kitchen 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.

- | | | |
|----------------|------------------|------------------|
| Anna Kounas | Shirley Larson | Sue Levay |
| Will Snyder | Teresa Johnson | Diane Bjorkman |
| Miriam Clayton | Marianne Meister | Arlene Imray |
| Elaine Waskow | Don Horsted | Dona Dean Lovell |
| Linda Sydow | Michael Tew | Ann Mrla |
| Venita Stusse | Donna Ailts | Carla Leibrich |

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

Bruce Hunkins
First Premier Bank

Donations

- | | | | |
|----------------------------|----------------------|-------------------------------------|-----------------------------------|
| <i>Jennette Domayer</i> | <i>Bill Merritt</i> | <i>Kay Plantenberg</i> | <i>Judy Peters</i> |
| <i>Evelyn Thompson</i> | <i>Norma Schager</i> | <i>Nancy Kelly</i> | <i>John & Sandra Graser</i> |
| <i>Delores Disterhaupt</i> | <i>Bruce Hunkins</i> | <i>William & Margaret Foulk</i> | <i>Carol & Lyle Hughes</i> |
| <i>Anna Kounas</i> | <i>Dan DeMarest</i> | <i>Louise Tadlock</i> | <i>Anthony & Paula Nelson</i> |
| <i>Arlene Imray</i> | <i>Deanna Jacobs</i> | <i>Fred Forney</i> | <i>Ron Rohlena</i> |

Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in May. B’s goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes. **Classes will be held on Wednesdays at 9:30 a.m. in the Conference Room**

- May 20: Passwords: Creating secure passwords, storing them, using different passwords
- May 27: Browsers-Understanding Google Chrome, Samsung Browser, and browser settings.

Congratulations to B for getting a new job at T-Mobile! Her classes will be subject to change as she figures out her new work schedule.



Choir News

On Monday, April 13, the choir sang at the birthday party. It was well received. We sang a round of songs put together, “She’ll Be Comin’ Round the Mountain” with “The Gospel Train.” Also “Battle Hymn for Seniors,” using the music from “Battle Hymn of the Republic” with words that describe common difficult experiences, such as arthritis, inflation, and doctor’s bills, that seniors bravely endure!

At this time we are mighty but lacking in members for a great sound. So we truly invite anyone who has an interest to come and try Choir out. We bet you’ll love it! Members are dear friends. Our directors Karen and Lori are wonderful at selecting great songs. Join us for an hour of fellowship. **Wednesdays at 11 a.m. in the Music Room.**



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Meet A Member: Carolyn Bauer

Carolyn Bauer began her love of music as a small child sitting under the piano as her mother played. She has fond memories of aunts and uncles visiting her family's farm and singing along with her mother's music. In high school Carolyn joined the school choir, and she currently enjoys participating in the Active Generations Choir and singing at karaoke every Thursday.



Growing up, Carolyn lived with her four siblings on their family's farm in Thomasville, Missouri where they kept chickens, cows, cattle, pigs, and a horse. Her father worked for the Forest Service in fire prevention and Carolyn has a memory of standing with her siblings near a smoking log while holding wet cloths to smother any flame that appeared. While attending Thomasville High School, Carolyn played on their Hornets girls volleyball team. She was also a cheerleader for the boy's basketball team.

After high school, Carolyn moved to Springfield, Missouri to attend beauty school. She then "met a fellow" named David Gasaway and they got married. They had two children, Johnny, who still lives in Springfield, and Michael, "Mike", who lives in Sioux City. David was a member of the shrine, and he and Carolyn enjoyed attending shrine dances and other events. David worked for his mother's company which made food additives for poultry livestock. Carolyn worked at a nursing home for five years and also for some Springfield restaurants, including McDonalds and one similar to Perkins. David sadly passed away at 58. Carolyn later remarried a man named Charlie who was a coworker of her first husband.

Johnny and Michael have produced several grandchildren for Carolyn. Johnny has two sons, Ethan who is a mechanic, and Andrew who sells sports equipment for Spikeball. Michael has two daughters, Carli who is a school counselor, and Adelaide who is planning to go to beauty school (just like her grandma!) to learn to be a makeup artist. Mike also adopted a girl named Stephanie when she was in high school and she has two children, Roman and Georgie, who have made Carolyn a great-grandmother. Carolyn also has step-children from Charlie, Denzel, Joyce, Diane, and Donna (who has passed away).

Carolyn moved to Sioux City in 2018 after her kids decided that Mike could help provide her with a better living situation. She's grateful for all of the support from her family in looking after her needs. Carolyn became a member of the Siouxland Center for Active Generations in 2019 and joined "to be with people and have fun." Besides choir and karaoke, she enjoys walking, the "Sexy and Fit after 40" exercise class, talking to friends, and attending the Friday dance parties.

Carolyn's words of wisdom are, "Be yourself and be kind, loving and happy. Keep smiling." Also, as Lawrence Welk sings, "Keep a song in your heart."

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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.

Thanks! Faith Cosier, Membership Coordinator

- | | | | | | |
|------------------|----------------|----------------|-------------------|------------------|------------------|
| Jim Anderson | Robert Davis | Vicki Hodgins | Sandy Lang | Margaret Neely | Lisa Severson |
| Lisa Anderson | Mike Dickson | Pam Houchins- | Elaine Magstadt | Ibu Nooney | Debra Sokolowski |
| Jean Bossow | Lloyd Diede | Stephan | Marianne Meister | Sandy Oberman | Haskins Steven |
| Mary Braunger | Carol Forney | Vikki Jacobs | Marcella Moos | Ted Orzechowski | Louise Tadlock |
| Rebecca Brennan | Robert Hanus | Judy Keith | Geraldine Morfitt | David Sage | Carmen White |
| Linda Camarigg | Steven Haskins | Rita Kingsbury | Edward Nagel | Marna Samuel | |
| Barb Christenson | David Hays | Larry Laird | Lois Nagel | Phillip Severson | |

Crafts and Games with Bickford

In April, the Bickford group enjoyed playing Hit or Miss, where they had to think of as many things as they could that fell under certain categories, such as national landmarks or Chinese food dishes. In May, Deb invites everyone to join her at Bickford Senior Living, 4020 Indian Hills Dr, to make a painted rock cactus pot craft. **Tuesday, May 12, 1:30 p.m.**



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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 that others share. Our Creative Writing story telling themes for the month are:

May 5thWrite about Spring Fever or Spring Cleaning.

May 12thDescribe your Hometown!

May 19thWrite about Staying Healthy!

May 26thWrite about Mother's Day or Memorial Day

FACTS ABOUT THE MONTH OF MAY

1. May flowers are Lilies, Lilacs, Tulips, and Dandelions.
2. In 1962, President Lincoln signed the Homestead Act.
3. Mother's Day is May 10th.
4. Memorial Day is May 25th.
5. Light from the Sun reaches the Earth in around 8 minutes.

May Verses

"A dry May and a leaking June
makes the Farmer whistle a merry tune."

"A snowstorm in May is worth a wagon load of Hay."
"All things seem possible in May."

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)

WHAT IF---

by Kay Reynolds

--We could live in a REAL world of peace?

- We could TRUST everyone?
- We could provide for all EQUALLY?
- We knew our purpose in life early on?
- Our interest and acceptance was high?
- There was no need to be on guard?
- All people could be true without lies?
- Our souls could grow in love for ALL?
- People didn't have to live in hurt/fear/anxiety?
- Caring hearts were in each of us?
- We would truly SEE the wonders all around?
- Took time for ourselves-to value WHO we are?
- Be aware of unity that exists in nature?
- Appreciated what we have? Could be? And BE SATISFIED?
- We realize possessions don't make true happiness?
- Speak wisely, kindly, continue to build?
- Thought of others MORE than me?
- Gave out of our hearts-not just a portion or want back?
- Joined in unity to let ALL live in peace?
- Took care of the ailing, oppressed, destitute, deserted?
- REALIZE I was created-out of love?
- We had a purpose to do something great--each one?
- Had complete trust--God had a plan--FOR ME?
- I am capable of many great things--I KNOW?
- Would happen if I used all my unused talents?
- I AM LOVED= = = I CARE
- MAY I BE THE BEST ME EVER!



Volunteer Exercise Equipment Instructors Wanted

Do you know your way around the exercise equipment in the gym at the Center. Would you be comfortable showing other members how to use the machines and weights? The Siouxland Center for Active Generations is looking for volunteers to fill the role of Exercise Equipment Instructor. Choose times for monthly information sessions or schedule appointments; you can choose based on your availability. If interested, please talk to Kristina in the Activities Coordinator office.

Bridge News

Are you a bridge player who has lost all your partners? Or do you always lose when you get bad hands? Maybe it's time to check out our duplicate bridge group playing here at the Center. Many of us started playing duplicate for those reasons. It's not complicated, just a few changes and you will meet new friends. Leon Koster's Thursday morning class will help you learn the small differences between party bridge and duplicate. Diana Howard's Monday morning class will help anyone improve their game. We have a novice game Wednesday mornings and open games Monday and Thursday afternoons. We will be hosting a district tournament here in June which will bring players to the Center from all around the area.

FREE LUNCH WITH THE ADMINISTRATOR
Please call to set up a date and time.



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7:30 am—1 pm **Coffee Shop**
 7:45 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Cornhole
 9:30 am Intermediate/Advanced Bridge
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 10:00 am Canasta
 10:00 am Beginning Tap Dance
 11:00 am Balance Class
 11:30 am Woodcarving
 11:30 am Cornbage
 12:00 pm Pinochle
 12:00 pm Bridge-Duplicate

10:30 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
 12:00 pm Ping Pong
 12:30 pm Penny Bingo, Tap Dance
 12:30 pm Tap Dance
 12:30 pm Painting Class
 1:00 pm Ping Pong

10:00 am Chess & Fit after 40
 10:30 am Open Jam Session -**\$1.00** Guests
 11:00 am Chair Practice
 11:00 am-12:30 pm **Full lunch**
 11:30 am Phase 10/Five Crowns
 12:00 pm 500 Card Club
 12:30 pm Chair Yoga
 1:00 pm Coloring Corner
 1:00 pm Chair Cardio

9:00 am Beginner Bridge
 10:00 am Canasta
 11:00 am Mah Jongg (beginner lessons offered)
 11:30 am Woodcarving
 11:30 am Cornbage
 12:00 pm Open Bridge
 12:30 pm Penny Bingo
 1:00 pm Ping Pong

12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc
 12:30 pm Open Craft Time
 1:00—3:30 pm Friday Dance
Featuring
The Huckleberrys
Saturday, May 16
7-10 pm
Dance Party with
Senders Review

18

12-1 pm Team Trivia

7:30 am—1 pm **Coffee Shop**
 7:45 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Cornhole
 9:30 am Intermediate/Advanced Bridge
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 10:00 am Canasta
 10:00 am Beginning Tap Dance
 11:00 am Balance Class
 11:30 am Woodcarving
 11:30 am Cornbage
 12:00 pm Bunco-\$1 entry
 12:00 pm Pinochle
 12:00 pm Bridge-Duplicate
 12:30 pm Chair Yoga
 1:00 pm Chair Cardio

19

1-3 pm Senior Living Fair
(Multipurpose Room
Activities Postponed)

7:30 am—1 pm **Coffee Shop**
 9:00 am Quilting Club
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Bible Study
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 11:00 am Mah Jongg (experienced players)
 11:30 am Mexican Train
 11:30 am Penny Bingo
 12:30 pm Painting Class
 1:00 pm Ping Pong

20

9:30 am Android Phone
Class with B: Passwords

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
 9:00 am Duplicate Bridge
 9:30 am Painting Class
 10:00 am Chess
 10:30 am Sexy & Fit after 40
 10:30 am Open Jam Session -**\$1.00** Guests
 11:00 am Chair Practice
 11:00 am-12:30 pm **Full lunch**
 11:30 am Phase 10/Five Crowns
 12:00 pm 500 Card Club
 12:30 pm Chair Yoga
 1:00 pm Coloring Corner
 1:00 pm Chair Cardio

21

1 pm Karaoke

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 Canasta
 11:00 am Mah Jongg (beginner lessons offered)
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 11:30 am Cornbage
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22

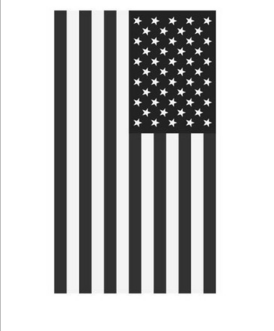
7:30 am—1 pm Coffee Shop

9:00 am Fitness Friday
 9:00 am Mixed Media Art Class/ Vivian Miller
 10:00 am Chair Yoga with Kaye
 10:00 am STYL meeting
 (Start Transforming Your Life)
 11:00 am-12:30 pm **Full lunch**
 11:30 am Open Bridge Group
 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

25

CLOSED
for
Memorial Day



26

1-3 pm Jukebox Dance Party

7:30 am—1 pm **Coffee Shop**
 9:00 am Quilting Club
 9:00 am Fitness Logic with Lee
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Bible Study
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silversneakers Classic Fitness
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 11:30 am Unlucky 7 Dice Game
 12:30 pm Penny Bingo
 12:30 pm Tap Dance
 12:30 pm Painting Class
 12:40 pm Ping Pong

27

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Class with B: Browsers

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 1:00 pm Coloring Corner
 1:00 pm Chair Cardio

28

1 pm Karaoke

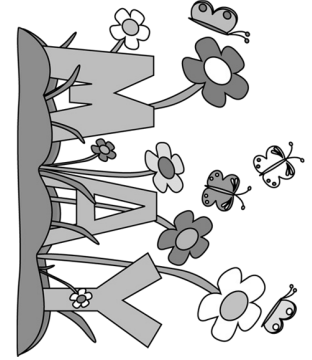



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 12:00 pm Card/ Board Game Group-Misc.
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 1:00—3:30 pm **Friday Dance**

Featuring
JK Country

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio</p>	 <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 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, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	 <p>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 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio</p>	 <p>10 am Book Discussion Group 1 pm Karaoke 5 pm Community Potluck</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 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) 11:30 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>11 am—1 pm Shredtastic</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> Ed Tryon</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>11</p> <p>1 pm Birthday Party The Young at Heart Line Dancers Cake sponsored by Cornerstone Caregiving</p>	<p>12</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Bible Study 10:00 am Creative Writing</p>	<p>13</p> <p>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 9:00 am Duplicate Bridge 9:30 am Painting Class</p>	<p>14</p> <p>1 pm Karaoke</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 Line Dance 9:00 am SilverSneakers Classic Fitness</p>	<p>15</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Bunco-\$1 entry</p> <p><i>Featuring</i> The Singer Family Band</p>

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 \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see the front desk.

May 1: Ed Tryon

May 8: The Singer Family Band

May 15: The Huckleberrys

May 22: 4 on the Road

May 29: JK Country



JK Country, who often performs at the Eagles, will perform for the first time at the Center in May!



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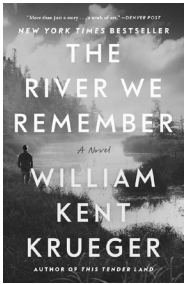
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Book Discussion Group

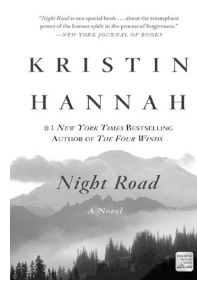
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



May 7: **The River We Remember** by William Kent Krueger

In 1958, on Memorial Day, as the people of Jewel, Minnesota gather to remember and honor the sacrifice of so many sons in the wars of the past, the half-clothed body of wealthy landowner Jimmy Quinn is found floating in the Alabaster

River, dead from a shotgun blast. Investigation of the murder falls to Sheriff Brody Dern, a highly decorated war hero who still carries the physical and emotional scars from his military service. *This title was the 2026 Sioux City Reads selection. Be a part of the community discussion by reading this book!*



June 4: **Night Road** by Kristin Hannah

The devastating consequences of a single, reckless night among three teenagers forever changes their lives and the lives of their families, exploring

themes of love, loss, guilt, and forgiveness, particularly through the lens of motherhood and grief.



Iowa State Extension Class: Buy. Eat. Live Healthy



Iowa State Extension and Outreach will be offering a healthy living class at the Siouxland Center for Active Generations in June. Buy. Eat. Live Healthy supports individuals and families in making healthy choices on a tight grocery budget. Lessons focus on nutrition education, cooking skills, grocery budget management, and active living. The free classes show adult participants how to choose nutritious foods for themselves and their families, save an average of \$50 a month on their food bill, and handle food safely. Susan Iverson will provide practical, hands-on experience and ideas about how to implement suggestions for healthy eating. All information shared is based on the Dietary Guidelines for Americans 2020 and MyPlate.

The eight classes include:

- Get Moving- Participants enjoy being active.
- Plan, Shop, Save- Participants plan and shop for meals and snacks that are healthy and within their budget.
- Fruits and Veggies, Half your Plate- Participants increase the amount of vegetables and fruits they eat every day. Participants have more than one kind of vegetable and one kind of fruit every day.
- Make Half Your Grains Whole - Participants choose at least half of their grains to be whole grains.

- Build Strong Bones- Participants get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
- Go Lean with Protein- Participants have lean protein foods and keep all food safe to eat.
- Make a Change and Celebrate- Participants limit foods high in fat, sugar and salt and celebrate new knowledge and skills to make healthy food and activity choices.

Each lesson includes information on nutrition and physical activity and includes cooking or tasting a recipe. In addition, participants are given tools to help them make behavior changes including cutting mats, measuring cups and spoons, and cookbooks. Participants who complete eight classes receive a certificate signed by ISU Extension and Outreach staff certifying they have attended the program.

Tuesdays in June and July at 10 a.m., beginning June 2 and continuing through July 21, in the Conference Room. Sign up in the Activities book if you would like to participate.

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Trailblazers



Last month the Trailblazers enjoyed viewing the vibrant colors and patterned rows of the Skagit County Tulip Festival in Mt. Vernon, Washington. As they tiptoed through the tulips they walked an astounding 5073 laps around the building, which equals about 406 miles. That's the same as walking twenty times around the tulip festival's display gardens and fields spread across a 15-mile, triangular area, plus 100 miles of walking within specific farm locations like the RoozenGaarde Tulip Farm's sixty acres and the nearby Kulshan Trail in Mount Vernon which offers a 6-mile paved, roundtrip trail with a tulip theme, and many more nearby elevated trails which give views of geometric fields stitched together by winding rivers, framed by the San Juan Islands to the west and the snow-capped Mount Baker rising to the east.

In May the Trailblazers journey will take us to "Music City", Nashville, Tennessee. Nashville is the state capital and home to legendary country music venues that include the Grand Ole Opry House, the location of the famous "Grand Ole Opry" stage and radio show. The Country Music

Hall of Fame and Museum and historic Ryman Auditorium are Downtown, as is the District, featuring honky-tonks with live music, and the Johnny Cash Museum, celebrating the singer's life. Bicentennial Capitol Mall State Park is a scenic and historical park in downtown Nashville, sitting at the base of the Tennessee State Capitol. Spanning 19 acres, this park offers stunning views of the city skyline. Along the path, there is a 1,400 ft. granite wall detailing significant events in Tennessee's history, a splash fountain representing Tennessee's major rivers, a WWII Memorial, and the Carillon Bell Tower consisting of 95 bells that chime every hour to Tennessee-themed music. Across the street is Nashville's Farmers' Market, with a food court of regional and international restaurants as well as local products and artisan goods. Athena Parthenos, the goddess of wisdom, stands 42 feet tall inside the Parthenon at Centennial Park. She is the tallest indoor sculpture in the Western world. Smack in the middle of downtown, the 132-acre Centennial Park hosts several festivals throughout the year and is a community gem that includes gardens, a pond, and a large amphitheater. As you bounce along Broadway, Nashville's "Honky Tonk Highway," remember the Trailblazer's motto: Walk Talk, Get Fit! *If you walk at the Center and would like to add your laps to the Trailblazers' total monthly distance, write down how many laps you walk on one of the slips of paper on the Trailblazers table and place it in the basket. Do you have photos from a fabulous vacation that you would like to share with SCAG members on the Trailblazers monitor? Please see Kristina in the Activities Coordinator office.*

News from the Library



In connection with the Senior Living Fair, the library will be having a book sale. Featured will be a large collection of Chicken Soup for the Soul books (great for feel-good inspiration!) along with many fiction and non-fiction books. Books will be on sale on May 19 prior to the start of the fair so come check them out!

Donate Gently Used Puzzles

Jigsaw puzzles cluttering your closets? The Siouxland Center for Active Generations would be happy to take them off your hands. Both popular for sale in the gift shop and as the favorite activity in the library, our members enjoy this activity and would give your old puzzles a good home!



Chair Yoga



Everybody has a story. When I walk into the exercise room on Fridays, I see faces that have a story that brought them to chair yoga. Diane was curious about the class and "wanted to exercise my body gently." Another participant wanted to try something new. One of the benefits of chair yoga that Cleo described was "the movement with my limbs, especially my arthritic left arm. The pain is less and my movement is more freely made after the exercise."

What is it you like most about chair yoga? Nearly everyone identified friendships, and only one person was brave enough to say "gets me out of the house." Other activities at the center that yoga participants enjoy include Silver Sneakers, Balance Class, Book Club, and "I enjoy all the knowledge I learn in Crochet."

One of the favorite poses identified by a classmate was Cactus Arms. When I did a little bit of homework on the

Cactus Arms pose I learned from my source at Hosh Yoga that these are the muscles that this yoga pose works:

Chest Muscles: This yoga pose helps to open the chest, rib cage, and upper back. With the arms in this position, the shoulder blades come close to each other, creating more space for the chest and rib cage to expand. Cactus Arms primarily works the muscles in the chest, including the pectoralis major and minor muscles. These muscles are responsible for movements of the arms and are used in everyday activities such as pushing and pulling.

Shoulder Muscles: Cactus Arms also works the muscles in the shoulders, including the deltoids and rotator cuff muscles. These muscles help to stabilize the shoulders and allow for a full range of motion in the arms.

Upper Back Muscles: Cactus Arms can also help to strengthen the muscles in the upper back, including the trapezius and rhomboid muscles. These muscles are responsible for movements such as shoulder blade retraction and elevation.

Diaphragm and Breath: In addition to the muscles listed above, Cactus Arms also works the diaphragm muscle. The diaphragm is responsible for breathing, and practicing Cactus Arms can help to improve the strength and function of this muscle.

Yoga wisdom: The pose begins when you want to leave it.
Chair yoga meets Fridays in the Exercise Room at 10 a.m.

Beautiful Music at the April Birthday Party

Both members who were born in April and those who attended to have fun on a Monday afternoon enjoyed harmonious music from the Active Generations Choir and birthday cake sponsored by SYNERGY Homecare in honor of their 20th year of operation.



May Potluck



Celebrate Cinco de Mayo with an evening of food, fun, learning, and community connection. Whether you have a little extra to share or could use a little extra support, you are welcome here! We'll be serving a full taco bar as our main dish. The evening will feature a gardening class at 6 p.m. Learn how to grow your own container tomatoes! Participants will receive hands-on instruction and take home their own tomato plant to nurture throughout the season. Other features of the evening include a clothing swap, book exchange, board games, puzzles, and kids' creativity table. All are welcome! Bring a dish or just yourself. **Thursday, May 7, 5 p.m.**

Great Food and Green Clothes at the 2026 St. Patrick's Day Dinner

The fabulous festivities of our St. Patrick's Day dinner brought our members and guests together to share a delicious meal and good times with each other. Grateful thanks to our volunteers and staff for their efforts in putting it all together!



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MAY BIRTHDAYS

Brian Adam	Linda Engel	William Julius	Don Olson
Lois Albertson	Lanette Falk	Mary June	Joanne Patterson
Denise Alva	Sandra Fauth	Marsha Kelly	Duane Peterson
Judy Alvis	Mike Fawcett	Sandi Kimpson	Scott Plambeck
Charleen Ashmore	Mary Lou Fennell	Rita Kingsbury	Rita Potter
Mary Kay Barkley	Sharon Fisher	Suzanne Kofka	Roger Potter
Milton Barnes	Carol Franken	Jeanette Krage	Mary Ratzsch
Elizabeth Barnett	Patrick Gill	Pam Kratz	Clara Rydstrom
Clinton Barrs	Garry Goebel	Marsha Kreykes	Connie Scholl
Berry Bobbe	Steven Gordon	Don Kumm	Robert Schwarz
Jonine Binkard	Fred Green	Elaine Larson	Pauline Sensenig
Judy Blessing	Sue Gwin	Jerry Levay	Kristine Shults
Jefferey Booth	Robin Halligan-	Jerry Levi	Paul Skelton
Gary Bowman	Thompson	Gail Linke	David Smith
Nancy Boyle	Robert Hanus	Charles Loutsch	Robert Steffe
Walt Cakebread	Myron Harrington	Linda Madden	Linda Swanberg
Rachel Chandler	Kevin Harrington	Bethany Manning	Karen Thompson
Miriam Clayton	Rima Hartman	Gary Massey	Connie Timmers
Valerie Conway	Carolyn Henjes	William McBride	Louise Trice
Cote	Gary Henry	Francesca Medina	Pamela Unkel
Lowell Cooper	Greg Hofling	Denise Meyers	Danny Unkel
Zoralea Crowl	Gene Hrubetz	Kieth Miller	Terry Vitzthum
Carol De La Rosa	Michael Irwin	Lorene Moyse	Jerry Wiese
Rose Marie	Mary Jansen	James Mullin	Pamela Woolridge
DeFazio	Patricia Jenkins	Gerald Murray	Mary Ann Younie
Ardella Doerr	Lori Jessen	Anthony Nelson	
Barbara Doren	James Johnson	Bonnie Nolen	
Sharon Dornon	Joseph Johnson	Annette Olson	

Welcome NEW Members

*Patti A Bies
Theresa Cleveland
Richard Connin
Glenda DenHerder
Diane K Frick
Liz Niggeling
Loretta R Risdal
Michael R Risdal
Gail A Salem
Maggie Satory
Carla Schooley
Terry Strimmiguel Ybarra
Adrian Ybarra
Judy Yeoman*

Memorials

*Miriam Clayton
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LaVonne Lundgren
and Patricia Ellis*

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of each	1st Thursday of	3rd Thursday of each
month 7:00 PM	each month 6:30 PM	month at 7:00PM



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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.

- | | | | |
|----------------------|------------------|--------------------|--------------------|
| Charlotte Curry | Maizie Johnson | Sally Kimball | Ted & Kathy Massey |
| John & Sandra Graser | Normajean Hughes | Kristine Bergstrom | Dorothy Swanson |
| | Pam Mears | Franklin Gilbert | |

Dollar-A-Day for a YEAR

- | | | | |
|--|--------------------------------------|------------------------|-------------------------------|
| Cindy Houlihan | James & Helen Anderson | Larry Armbright | Ted & Kathy Massey |
| Darlene Coulson | Jerry Levay | Marsha Jarman | Marsha Pasker |
| David Young | Jon & Grace Wagoner | Pam Mears | Normajean Hughes |
| Don & Rosalie Horsted | Kenneth Dvorak | Robert Steffe | Dorine Levine |
| Donald & Ruth Kingery | Kristine & Todd Bergstrom | Rolene Beauvais | |
| Gerald & Kathleen Weiner Foundation | | Russell Movall | |