

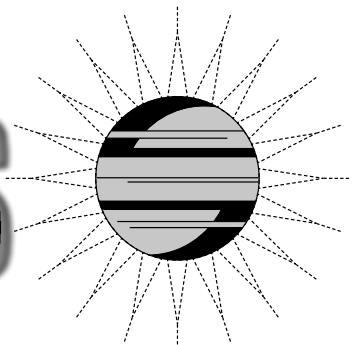
SUNSHINE NEWS

OCTOBER 2025

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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.

Raves to All Who Performed in the Fall Follies 2025

by Kay Reynolds



We just finished the production of the Fall Follies, the Siouxland Center for Active Generations' annual talent show, and it was tremendous. The Sioux City Community Theater was perfect for the venue with rising seats so ALL could see the whole show. A gorgeous day was also provided for the arrival and exiting. Each group had prepared a short edition of their skills...and needless to say: "The Senior Center has SO MUCH TALENT!" King Larry Armbright and Queen Norma Schager presided over it all.



The Choir performed several songs that ALL could relate to and that were so enjoyable. They even had Gabe, a young college student, as an actor to work with the "After Beeps" song. This created a wonderful visual element to the performance. On another song, "Dem Bones", Daryl Jessen, accompanist Lori Jessen's husband, was the percussion for the various bones as they sang. It was well received for sure.

From the dancers--Silver Steppers, Young at Heart Line Dancers, and Center Stage Tappers, we got to see a wide variety of talent shown and enjoyed. The gracefulness of the Tai Chi performers put a soothing touch to music and a calmness observed.



The Belly Dancers did their thing excellently with costumes to fit. Diane McKernan wrote parody lyrics to "YMCA" by the Village People about the virtues of the Siouxland Center for Active Generations, the SCAG. She and other performers from the various groups danced and acted out the song in such a clever way.



Grace Wagoner performed a version of "Hello Muddah, Hello Fadduh," writing a letter from camp. Great job, Grace. At the end the entire group joined the stage to sing "Shine On Harvest Moon."

Patrick and Kristina were presented with framed poems of their names in appreciation for hard work in organization and operation of the Center!

KUDOS TO ALL PERFORMERS If per chance you missed it-you missed a great hit! SEE YOU NEXT YEAR FOR THE 2026 PERFORMANCE!

Continued on p.2

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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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.

Continued from p.1

Text of the framed poems by Kay Reynolds presented to director Pat Tomscha and Activities Coordinator Kristina Yezdimer at the Fall Follies:

PATRICK

Patrick-a tremendous fellow
Always ready to help-
Talented-a "jack of all trades"
Respected by everyone
Interested in all things
Carries the Center thru
Keep up the Great work Friend
BLESSINGS FROM ALL!

KRISTINA

Kristina is a joy to know
Rare talent for many projects
Invested in each person
Superior at what she does
Truly capable at juggling tasks
Important-faith, family, friends
Never fails to find JOY
An angel in disguise
A 4-Star Rating by All!



Belly Dancers to Perform at the October Birthday Party

Everyone is invited to an exciting and exotic performance by the SCAG Belly Dancers at the October birthday party. Belly dance is rich in symbolism, with each movement and costume element carrying deep meaning. The undulating motions often represent natural phenomena like waves and the cycle of life. Traditional costumes, adorned with coins and intricate beadwork, are not just decorative but signify the dancer's prosperity and skill. Belly dance is traditionally performed at weddings, festivals, and rites of passage, celebrating life's milestones with joy and reverence.

You don't have to have an October birthday to join in on the celebration! There will be birthday cake for all donated by Continental Springs. **Monday, October 13, 1 p.m. in the Multipurpose Room.**





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Hy-Vee Vaccination Clinics

Hy-Vee Pharmacy will be returning to the Center for immunization clinics this fall. Vaccinations offered will be flu shots, the Covid-19 vaccine, shingles, tetanus, pneumonia and RSV. 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 1 and Wednesday, October 8 from 10 a.m. to 1 p.m. in the Board Room.**



Get Thee to the Kingdom of Riverssance Festival



Don't miss the fun of Sioux City's Renaissance festival held the first weekend of October! Come out to Riverside Park and join the entourage of the Siouxland Center for Active Generations' (AKA the Kingdom of Elderland) six senior royals who will be attired in royal garb. The Center's Belly Dancers have also been invited to perform at 1:15 p.m. on Saturday. Enjoy joust performances, demonstrations of the

Birds of Prey, turkey legs, costumed characters, delightful merchants, and lots more entertainment! Discount tickets are available at the Center for \$13 (\$2 off regular admission). See Kristina in the Activities Coordinator office to purchase them. **The Kingdom of Riverssance festival will be held in Riverside Park from 10 a.m. to 7 p.m. on Saturday, October 4 and 10 a.m. to 5 p.m. on Sunday, October 5.**

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____

Gift Shop & Library Donations

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

Alice Reeg	Kat Sitzmann	Marcia Crayne	Judy Peterson
Willard Snyder	Charlotte Curry	Deanna Jacobs	Lynette Lenz
Dona/Dean Lovell	Vikki Jacobs	Don Horstead	Jan Ashmore
Marianne Meister	Yvonne Thallas	Kris Bergstrom	Teresa Johnson
Diane Bjorkman	Donna Vitzthum	Anna Kounas	Carla Leibrich

Donations

Susan Gwin	Arlene Imray	Sue Schmedidinghoff
Dan DeMarest	Jeffrey Zoelle	Mike Dickson
Bruce Hunkins	Diana Howard	Deanna Jacobs
Tom/Gail Brown	Larry Bower	Thomas Kingsbury
Bill Merritt	Anna Kounas	

Technology Class: Online Shopping

Pam from Connections Area Agency on Aging will return in October to teach a technology class about shopping on the internet. Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online shopping cart. **Wednesday, October 22, 10 a.m. in the Conference Room.**



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

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Saturday Night Dance Party: Richie Lee and the Fabulous 50's



Richie Lee and the Fabulous 50's will take you back to the roots of Rock 'n' Roll history wrapped up into a high energy show! From Des Moines, Iowa, Richie Lee started out performing at a young age and has had the great opportunity in sharing the stage and opening up for many of the original Rock 'n' Roll greats. The music will sound just as it did back then. The band does their absolute best to stay true to the original sound of the songs. Just to name a few, you will hear music by Buddy Holly, Ritchie Valens, Elvis Presley, Ricky Nelson, Roy Orbison, Eddie Cochran, the Beatles, and many more! Admission will be \$10

in advance for members or \$15 at the door. The cafe will be open for food and nonalcoholic drinks before the performance. **Saturday, October 18, 7-10 p.m.**

Talk Show: Planning for a Secure Future with Security National Bank



Are you concerned about your money and how to manage it wisely? A speaker from Security National Bank's Wealth Management department will give an informative talk on monetary issues for seniors. Explore practical steps to protect your finances, enjoy retirement, and leave a legacy you can be proud of. **Wednesday, October 29, 9:30 a.m. in the Conference Room.**



SECURITY NATIONAL
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Bridge News

Sixteen of us honored former bridge player Caroline Stafford by attending her memorial service. We are truly a bridge family. Caroline was part of our family for many years. Our games and classes continue to draw good numbers of players, but more are always welcome. It will soon be snowbird time when we lose several players to warmer climes. Tell the front desk if you are interested in beginning classes on Thursday morning or duplicate classes Monday morning. We have open games Monday and Thursday afternoons. The Novice game Wednesday mornings is for newer players to play with their peers..

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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.

Thanks! Faith Cosier, Membership Coordinator

Mary Aesoph
Frank Ambro
Renate Ames
Linda Anderson
Karen Balstad
Larry Beeson

Kathie Boock
Joann Breyfogle
Jean Carlson
Helen Craig
Juanita Ehret
Pharyce Eslick

Kenneth
Fredrickson
Steve Funk
Cheryl Funk
Jeremy Funk
Linda Glorfield
Donna Glover
Kathleen Graham
John Graser
Annette Hoefling
Richard Husman
Laura Husman

Marsha Jarman
Stephanie Jeschke
Roger Kann
Joy Keizer
Nancy Kelly
Sally Kimball
Victoria Kollbaum
Don Kumm
Kenneth Kummer
Larry Limoges
Bev Lynott
Don McCulley

Russell Movall
Gerald Murray
John O'Mara
Barbara
Orzechowski
Marsha Pasker
Martin Pasker
Duane Peterson
Julia Peterson
Carolyn Ramsaran
Steve Shults
Kathryn Sitzmann

Sharon Smith
Paul Smith
Susan Sudtelgte
James Sullivan
Judy Tadlock
Beth Ann Thiele
William Thompson
Mary Tordsen
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Roberta
Vanderlinden
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Seniors

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

Oct. 7th.... Write using the following words:

**Falling leaves, Cool nights,
Favorite Jacket for the Fall.**

**Oct. 14th.. Write on the history of Halloween when
you were a child.**

**Oct. 21st... Write about an important woman
that you admire!**

Oct. 28th.. Write about freedom of speech in your life!

FACTS ABOUT OCTOBER:

1. October has 2 zodiac symbols: Libra, until October 22nd, and Scorpio.
2. October has 2 full moons--Harvest Moon & Hunter Moon.
3. France officially dedicated the Statue of Liberty to the U.S. on October 28, 1886.
4. A warm October means a Cold February!
5. The Great Chicago Fire destroyed the city in October 1871.

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".

SAYINGS FOR OCTOBER

"October was always the least dependable of months,
Full of ghosts & Shadows! (Fielding)
"The wind is rising, & the air is wild with leaves, We've
had our summer evenings, now,
October eves!!" (Wolfe)
"October is crisp days & cool nights, a time to curl up
around dancing flames & sink
into a good book!!"

WHERE WILL WE GO?

by Kay Reynolds

SO MUCH heartbreak in today's lives
War, bombings, shootings, and more;
Where HAS this world gone to
AND-I ask "WHAT'S IN STORE?"

ARE we opening wide Satan's door?

We need to turn the channel NOW

Adjusting to a world filled with PEACE:

Where ALL realize EVERYONE has VALUE

Where kindness-care-aid NEVER CEASE.

Why have we become so HARD CORE-

Only thinking in life what's for ME;

Continuing down THAT hardship lane

NO one will ever be really free.

Why aren't we grateful for what we have

Wanting MORE and MORE --in such a hurry?

We forget what our choices could bring

A life of hardship, cruelty, and fury!

SO-let us READJUST our visions

To a more BEAUTIFUL UNITED world;

With blessings granted for our care

With SONG REVERBERATING be unfurled!

A Poem for Seniors

To-day Dear Lord I'm 80, and so much I haven't done,

I hope Dear Lord you'll let me live till I am 81;

But if I haven't finished all the things I want to do --

Would you let me stay awhile until I am 82?

There are so many places I'd so much like to see

Do you think you could manage to make it 83?

The world is changing fast and there's so much to explore,

Do you think you could manage to make it 84?

And if my doctor tells me that by then I'm still alive

It would be super good Lord, to live to 85.

The world is changing very fast, so I'd really like to stick

And see what happens to the world when I am 86.

I know, dear Lord, it's a lot to ask,

(and it must be nice in heaven)

But I'd really like to stay around until I'm 87.

I know by then I won't be fast, and sometimes, I'll be late,

But it would be so pleasant to be around at 88.

I will have seen so many things and had a wonderful time,

So, I'm sure that I'll be willing to leave at 89....maybe!

But then if you don't mind.

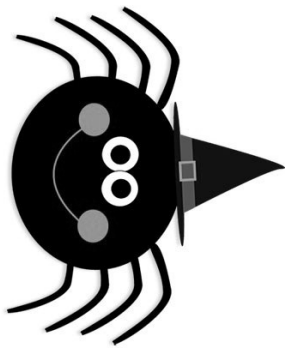
Keep me around until I'm over ninety nine!

Thank you!

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 Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate	9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong	10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:30 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 1:30 pm Beginning Spanish	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 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social 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 <i>Featuring The Singer Family Band</i> Saturday, October 18 7-10 pm <i>Saturday Night Dance Party featuring Richie Lee & the Fabulous 50's</i>
20 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 Tens Card Game 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 Fitness Variety 1:00 pm Beginning Spanish	21 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 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 11:30 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 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	22 10 am Technology Class: Online Shopping 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 Wii Bowling 10:30 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Mexican Train 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	23 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tasting 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 Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	24 7:30 am—1 pm Coffee Shop 9:00 am Fitness 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class- Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Ed Tryon</i>
27 1 pm Parkinson's Support Group 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 Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Beginning Spanish	28 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	29 9:30 am Talk Show: Finances for Seniors 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Senior Companion Meeting 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	30 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tasting 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 Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	31 7:30 am—1 pm Coffee Shop 9:00 am Fitness 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 Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class- Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Halloween Costume Dance <i>Featuring Country Brew</i>

October 2025

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
		1 10 am-1 pm HyVee Vaccination 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 Senior Companion Meeting 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:30 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	2 10 am Book Discussion Group 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	3 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 Full 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</i> <i>Jerry O'Dell's Country Flavor Band</i> <i>Oct 4 & 5</i> See the Senior Royalty at the Kingdom of Riverssance Festival!
6 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 Tens Card Game 11:00 am Balance Class 11:00 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 Fitness Variety 1:00 pm Beginning Spanish	7 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 Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong	8 10 am-1 pm HyVee Vaccination 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 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	19 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	10 10 am Genealogy Class (2nd Friday) 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>4 on the Road</i>
13 1 pm Birthday Party (2nd Monday) Belly Dancers Cake sponsored by Continental Springs 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 Painting Class	14 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 Painting Class	15 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 Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	16 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness	17 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco- \$1 entry

Wisdom from Hilda

What if there was a kind of food that came in thousands of varieties, could be eaten raw or cooked in an endless number of ways and helped prevent most major diseases killing Americans. Well, this kind of food does exist, it's fruits and vegetables! In 2025 the average retail price for potato chips was approximately \$6.80 per pound, while the average retail price for fresh vegetables was \$1.65 per pound. Plan your fruits and vegetables and then decide on the meat.



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Tai Chi for Seniors Health Benefits

Tai chi is a balance-improving powerhouse activity, which challenges your body in ways that are excellent at improving balance. It involves doing slow, deliberate movements while shifting your body's center of gravity. The practice improves lower body strength, flexibility, range of motion, coordination, stability, balance and proprioception, which is your body's position in space. **Tai Chi meets on Mondays at 10 a.m. in the Multipurpose Room for the advanced class and Tuesdays at 10 a.m. in the Fitness Classroom for beginners.**



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Crafts with Bickford



Deb from Bickford Assisted Living and Memory Care helped our members create a fun fall planter made from a mounted denim pocket. For Bickford's October activity, our members are invited to visit their facility for a Christmas craft and fun desserts. Please sign up in the Activities Book at least a week before the event if you would like to attend. There is no limit on the number of participants. **Tuesday, October 14, 1:30 p.m. at Bickford, 4020 Indian Hills Dr.**

Trailblazers Walking Club



September's fabulous visual trip to the island nation of Madagascar inspired the Trailblazers to walk 3,535 laps or 283 miles. This is the distance it would take to travel from Madagascar's capital, Antananarivo, to the Tsingy de Bemaraha National Park in western Madagascar, full of limestone pinnacles, offering the chance to view Madagascar's many diverse landscapes.

In October, the Trailblazers will travel to Sedona. Sedona is an Arizona desert town near Flagstaff that's surrounded by red-rock buttes, steep canyon walls and pine forests. It's noted for its mild climate and vibrant arts community. Uptown Sedona is dense with New Age shops, spas and art galleries. On the town's outskirts, numerous trailheads access Red Rock State Park, which offers bird-watching, hiking and picnicking spots. As you sightsee through "Red Rock Country" remember to 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 in the basket.*

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.

October 3: Jerry O'Dell's Country Flavor Band
October 10: 4 on the Road
October 17: The Singer Family Band
October 24: Ed Tryon
October 31: Country Brew---Halloween Costume Party, Costume Contest with Prizes!



Genealogy Class

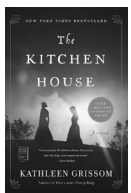
Have you hit a brick wall in your family history research? Phyllis and Cheryl will share their genealogic expertise to help you get unstuck. They'll introduce you to the best resources for unlocking your heritage including Ancestry, FamilySearch, and Find a Grave, as well as giving you tips for using the resources of the Church of Latter-day Saints. Bring your family information with you to class—the names of your parents, grandparents and great-grandparents if you have them and think about what you would like to find out.

Phyllis and Cheryl will lead you to a path of knowledge about your family tree! **Friday, October 10, 10 a.m. in the Classroom.**



Book Discussion Group

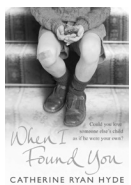
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



October 2:

The Kitchen House by Kathleen Grissom

Seven-year-old Lavinia who is orphaned while on a ship from Ireland ends up working as an indentured servant on a tobacco plantation under the care of Belle, the master's illegitimate slave daughter. The Kitchen House is a hopeful story of class, race, dignity, deep-buried secrets, and familial bonds.



November 6:

When I Found You: Catherine Ryan Hyde

While duck hunting one morning, childless, middle-aged Nathan McCann finds a newborn abandoned in the woods. To his wife's shock, Nathan wants to adopt the boy...but the child's grandmother steps in. Fifteen years later, the child has grown into a sullen delinquent whose grandmother can no longer tolerate him. Nathan agrees to care for Nat, and the two engage in a battle of wills that lasts years. Still, the older man repeatedly assures the youngster that, unlike the rest of the world, he will never abandon him—not even when Nat suffers a trauma that changes both of their lives forever.

Tell Your Story of Friendship for the November Sunshine News!

Friendship is always very important at the Siouxland Center for Active Generations. One of the most significant benefits of belonging to the Center are the relationships and social connections created between our members. In November we like to celebrate these special relationships with our annual Friendsgiving dinner a week before Thanksgiving. In the spirit of this celebration, Kristina would like to write an article about friendships at SCAG. If you would like to share words and stories about meaningful experiences that you have had with your friends at the Center, please fill out a response form that will be available on the Activities Table through October 10 or visit with Kristina in the Activities Coordinator office to tell your story.



New Horizons Band Performed Celebratory Music at the September Birthday Party

To celebrate our members with September birthdays, the New Horizons Band, a fabulous symphonic band consisting of senior musicians, returned with a selection of uplifting popular music. The concert began with "25 or 6 to 4", a classic rock song by the band Chicago. It continued with "Gospel John" by Maynard Ferguson. "Concerto for Drum Set and Concert Band" by Larry Neeck highlighted the New Horizons Band's drummers and percussion section. Other songs played included John Williams' "Midway March" from the movie *Midway*, medleys from the musicals *Joseph and the Amazing Technicolor Dreamcoat* and *Chicago*.

A New Horizons Band concert always features silly jokes from director Benjamin Mauritz. A couple of his groaners this time were, "How do pickles enjoy a day out? They relish it!" and "What does a pirate say on his 80th birthday? Eye, matey!" The final concert number performed was a selection of pop songs from the Dick Clark era, including "YMCA" with audience participation to spell out the letters. To make it an official birthday party, the band concluded with a rendition of the Happy Birthday song. Thank you to the New Horizons Band for continuing to perform at the Center! Expect them back in the spring for more wonderful music.

If you have an interest in making beautiful music with this group, the band is always looking for new members. Haven't played your band instrument since high school? That's okay, that's the story of many of the members before they started playing again with the New Horizons Band. Some never even played an instrument before. Rehearsals take place on Thursdays from 4 to 5:15 p.m. at Redeemer Lutheran Church (3204 S. Lakeport St). Contact music director Benjamin Mauritz at bsmauritz@gmail.com for more information about joining.



September 2025 Shredtastic

Our fall Shredtastic drive-up shredding event brought 173 cars to the parking lot of the Siouxland Center for Active Generations with 41 bins worth of documents to shred! We appreciate the continued partnership with Connections Area Agency on Aging and Document Depot to facilitate this event twice a year and to all of the volunteers who help us to unload documents from cars.



Don't Blame the Children

We read in the papers or hear on the air of killing
and stealing and crime everywhere.

We sigh and say we notice the trend, "
This younger generation, where will it end?"
But can we be sure that it is their fault alone
That maybe a part of it isn't our own?
Are we less guilty who place in their way,
Too many things that lead them astray?
Too much money to spend, too much idle time,
Too many movies of passion and crime,
Too many books not fit to be read.
Too many words better unsaid.

Kids don't make the movies, they don't write the books

That paint gay pictures of gangsters and crooks.
They don't make the liquor, they don't run the bars,
They don't make the laws and they don't buy the cars.
They don't peddle the drugs that addle the brain.
That's all done by older folks, greedy for gain.
Delinquent teenagers? Oh, now we condemn
The sins of the nation and blame it on them.
By the laws of the blameless, The Savior made known
Who is there among us to cast the first stone?
For, in so many cases - it is sad, but it is true,
The title "delinquents" fits older folks, too.



Save the Date for a Spectacular New Year's Eve!

Prepare to ring in 2026 at the Siouxland Center for Active Generations' special all-day event on December 31! With the help of a generous micro-grant from the Gilchrist Foundation, SCAG is planning a family friendly party with children's events in the morning and afternoon and entertainment for grownups beginning in the late afternoon until midnight. Tentatively called "Sioux Year's Eve," the schedule will feature two charming puppet shows by award-winning puppeteer Monica Leo, interactive fairy-tale children's theater, and a "Noon-Year" kid's dance party with a balloon drop and countdown at noon for the little ones. We'll also cater to our friends who want to celebrate but would prefer to not be out after dark with

a Lawrence Welk-ian dance party with the Burt Heithold Band from 3 to 5 p.m. A 5 p.m. New Year's countdown will be scheduled to get those who choose an early night on their way home before sunset. The party will continue into the evening with more performers. Local alternative rock band GhostCat, who have been featured at Saturday in the Park and Artsplash will close out the evening from 10 pm to midnight. Fireworks in the parking lot will follow (city regulations permitting!) Would you like to help make our event a success? Volunteers are wanted! Please visit Kristina in the Activities Coordinator office if you're interested.



Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee	St John's Lutheran	United 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



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OCTOBER BIRTHDAYS

Jim Adkins	Michael Grote	Thomas Montang
Joseph Allen	Anne Hackett	Myra Morris
Bill Ames	Audrey Hansel	Michael Muckey
Judie Bauman	Rosalie Marie Hansen	Lois Navrkal
Carol Beiswenger	Lila Henke	Mary Nelson
Hope Benton	Orline Herbst	Earl Oleson
Saundra Berger	Mary Hettinger	Scott Olsen
Ken Biggerstaff	Myrna Hodges	Nora Peterson
Diane Bjorkman	Diana Howard	Delores Phillips
Liz Blachnik	Mary Hubbard	Marilyn Prescott
Mike Blanchard	Sally Ivy	Delores M Richter
Rita Boulware	Robert Keegan	Leroy Sands
Jean Bumsted	Carolyn Kessler	Jeanie Schneider
Jackie Busch	Cheryl Kilberg	Mary Beth Schubauer
Linda Camarigg	Debra Kirchner	Marcia Singer
Clarence Carver	Vertus Kluver	Lori L. Smith
Lee Chamberlain	Dolores Kounas	Mary Sorenesen
Judith Cowley	Larry Laird	Velura Stilwell
Ruben DeLa Cruz	Beth Lehman	Diana Stokes
Susan Dittman	Doris Lindgren	Beth Ann Thiele
Georgia Dohrman	Richard Mace	William Thompson
Jeanne Emmons	Gloria Magana	Mary Trout
Kathryn Flinn	Leslie L. Marshall	Tom Vakulskas
Fred Forney	Sharen Massey	Harvey Viken
Dewain Fravel	David McDevitt	Christine Weise
Kenneth Fredrickson	Barbara McKenney	Verna Welte
Donna Fredrickson	Ron McKewon	Carolyn Wendte
Diane Gardner	Terrence Mcallister	Constance Wetzell
Lizzie Godfrey	Beverly Miers	Dianne Wickstrom
Carla Granstrom	Sophie Milbrodt	Robert Zediker
Mary Grause	Stephen Mitchem	

Welcome NEW Members

Gloria Anderson
Jefferey Booth
Jane Dillion
Kristin Grunig
Norman Hamman
Jeanne Hindman
Wayne Lundgren
Jonathan Moranec
Ruthey Moranec
James Mullin
Nancy Osterbuhr
Nora Peterson
Mark Pierce
Scott Plambeck
Margaret Ryan
Peggy Scholten
Sheila Smith
Janet Thayer
Jeanie Theobald
Paula Tobin
Kim Willer

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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.

Normagene Hughes
 Maizie Johnson

Sally Kimball
 John /Sandra Graser

George Polak
 Pam Mears

Dollar-A-Day for a YEAR

Cindy Houlihan
 Donald & Ruth Kingery
 Kenneth Dvorak
 Rolene Beauvais
 Kristine/Todd Bergstrom
 Russell Movall

Robert Steffe
 Grace Wagoner
 David Young
 James/Helen Anderson
 Larry Armbright
 Darlene Coulson

Ted/Kathy Massey
 Gerald/Kathleen Weiner
 Foundation
 Pam Mears
 Don/Rosalie Horsted