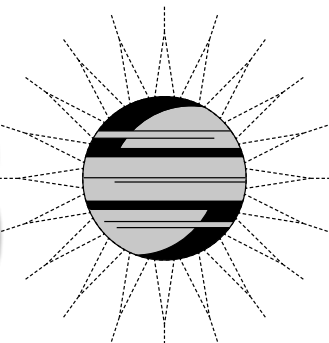


OCTOBER 2022 SUNSHINE NEWS

Telephone
712-255-1729

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Monthly



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

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

Siouxland Center
for Active Generations

Seniors Dealing with Long Covid Symptoms

Millions of older adults who have grappled with long covid, according to the CDC. A recent study indicated that 25% of older adults who survived covid experienced a higher rate of post-covid symptoms. The higher incidence of chronic disease and physical vulnerability in seniors have led to a greater burden of serious illness, hospitalization and death among seniors throughout the pandemic including long covid.

Long covid refers to ongoing or new health problems that occur up to four weeks after COVID infection according to the CDC. Much about the condition is baffling: There is no diagnostic test to confirm it, no standard definition of the ailment and no way to predict who will be affected. Symptoms, which can last months or years, include fatigue, shortness of breath, an elevated heart rate, muscle and joint pain, sleep disruptions, and problems with attention, concentration, language and memory — a set of difficulties known as brain fog. 50% of seniors diagnosed with COVID have these lingering effects. Providers suggest ongoing inflammation, or a dysfunctional immune response may be responsible, along with reservoirs of the virus that remain in the body, small blood clots or residual damage to the heart, lungs, vascular system, brain, kidneys or other organs.

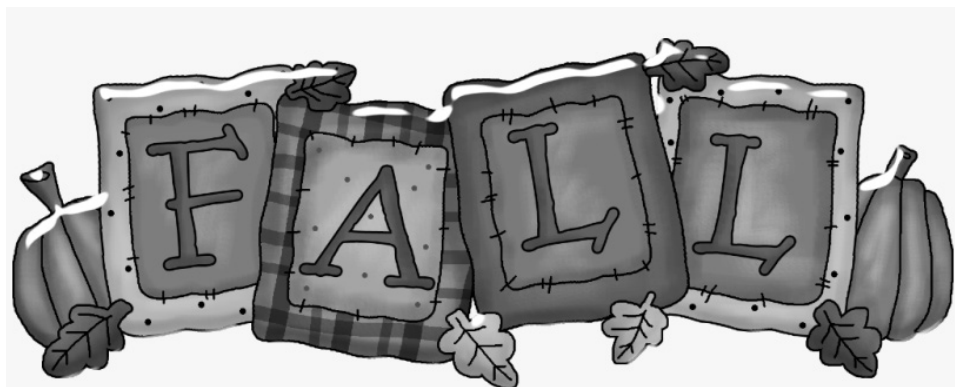
Only now is the impact on older adults is beginning to be documented. In a recent study published 32% of those affected with COVID had long covid up to four months after infection and some up to one year— more than double the 14% of adults ages 18 to 64.

For senior individuals affected by long covid, the consequences can be devastating: the onset of disability, the inability to work,

reduced ability to carry out activities of daily life, and a lower quality of life. A member named John stated his COVID symptoms included fatigue “If I tried to walk up the stairs or 10 feet, I would almost pass out with exhaustion, and the symptoms would start — extreme chest pain radiating up my arm into my neck, trouble breathing, sweating,” he said.

It is difficult to recognize in seniors’ nonspecific symptoms such as fatigue, weakness, pain, confusion and increased frailty are things often see in seriously ill older adults and many providers believe that it’s just part of aging. Ann, 76, was diagnosed with covid in November 2020 and recovered at home after a trip to the emergency room and follow-up home visits from nurses every few days. She soon began having trouble with her memory, attention and speech, as well as sleep problems and severe fatigue. Although she has improved somewhat, several cognitive issues and fatigue persist. “What was frustrating was I would tell people my symptoms and they’d say, ‘Oh, we’re like that too,’ as if this was about getting older,” Ann stated. “And I’m like, but this happened to me suddenly, almost overnight.”

In extreme cases, covid infections can lead to dementia. That may be because older adults who are severely ill with it are at high risk of developing delirium — an acute and sudden change in mental status — which is associated with the subsequent development of dementia, or disease processes that underlie dementia may already have been underway, and a covid infection may serve as a tipping point, hastening the emergence of symptoms. There is hope treatments with therapist, medications, counseling and support and respiratory interventions all provide help.



CENTER HOURS

The hours for the center are
Monday-Thursday
8:00 a.m.-2:30 p.m.

Dance Fridays 8:00 a.m.-3:30 p.m.

MASKS ARE OPTIONAL

Please respect those who wish
to continue to wear the mask.

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Crafts with Diana

In September the ladies made tile coasters and a floral tray during Crafts with Diana.

Her October classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the \$4.00 fee for the class **(limit 10)**

- **1:00 p.m., Tuesday, October 4th Halloween House**
- **1:00 p.m., Tuesday, October 18th Leaves project**



Activity with B.A.M.

Our Friends Deb and Diane from **Bickford Assisted Living and Memory Care** put on a monthly activity here at the center. Diane and Deb will be

leading you on how to make a Christmas Decoration at 1 p.m., on **October 11**. It will surely be a blast! **If you would like to participate, please sign up at the activities table. (limit 15)**



Welcome to the Library

Our books are donated by members and community members. We are always adding new ones all the time. We have mystery, fiction, and western.

Our book club selection will be posted in the library. Come in to work on the puzzle or check out a book

Helen Erickson

October Birthday Party

Our September monthly birthday party will be held **Monday October 10th at 1:00 PM.**, in the multi-purpose room. Our entertainment will be Jane's Dance Lessons.

Last but not least, we would like to thank The Center Stage Tappers for the wonderful Demonstration for August's birthday party! We appreciate all





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Rock Steady Boxing is Jam-Packed

Strength, power, balance, and endurance components are our core workouts. It is why it's such an effective program physically, but also emotionally.

RSB participants report improvement in difficult-to-treat non-motor PD impairments, including fatigue, anxiety, depression, and fear of falling, as well as improvement in their social life. One of our boxers has found that when he boxes in the morning, by the time he sits to watch the evening news, his tremors have subsided even before he has taken his medication. "I could even say exercise eliminates my tremors. That's a pretty bold statement, but it definitely takes it back to ground zero," shared our boxer.

Our message to people with neurological diseases is that "exercise is your new job." You are the most important person to everyone in your life and taking care of you must come first. If you don't know where to begin, find a program or class near you and just go watch. See what it's all about. Try everything. I can't tell you how many people didn't think they would like boxing and then LOVE it. Start gradually and work your way up. You will find yourself with the best support system you could have ever dreamed of having.

BUNCO FOR ALL

Bunco is a dice game generally played with 12 or more players, divided into groups of 4, trying to score points while taking turns rolling 3 dice in a series of 6 rounds. A bunco is achieved when a person rolls three-of-a-kind and all 3 numbers match the round number.

There is a \$1 fee for prizes **If you would like to participate, please join us in the small classroom.**

We play bunco on the 1st and 3rd Friday and Monday of the month



KARAOKE

Don't be shy. Come unleash the singer within you and be a star! The Karaoke singers have a great time singing. Please come join in on the fun. The more the merrier. We meet **Fridays from 11:00 am-12:00 p.m.**



Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____

Gifts & Donations

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

We thank them for their thoughtfulness.

Don Casaday	Virginia Herick	Peggy Mace	Jane Hendersen
Suzanne Kofka	Audrey Ercolini	Larry Steinbrecher	Mary Heineman
Jo Henshaw	Helen Holmberg	James Brehm	Robert/Carol
Alice Reeg	Normagene Hughes	James Mothershed	Krumweide
Linda Beeson	Dianne Wickstrom	Sharon Fisher	Shirley Nelson
Norma Jean	Judy Johansen	Robert Scott	Joyce Santi
Ann Mrla	Theresa Dean	LL Deabler	Mary Schrank
Sandi Rasmussen	Dorothy Swanson	Wyman Anderson	Mariann Leisinger
Lila Henke	Kesy Jolin	W. Yvonne Thallus	Cindy Houlihan
Sandra Rol	Wilma Siefber	Sharon Lillie	Bruce Hunkins
Sharm Fischer	Roger Eldridge	Wesley Isemenger	Jane Hunkins
			Diane Howard

See you in the Gift Shop!

Here's what's new in the gift shop... We have many baskets, and other collectables, and much more. Just stop in and take a minute to look around. You will always find something new and different. Visit our Gift Shop to donate, shop, or just stop by and visit for a bit. We love your company!

Our shelves have space for any treasures you may no longer need. We are happy to take them off your hands, (No TVs, large appliances, large LP records or clothing items please.) So please drop off any you no longer want or need. Remember the gift shop is open to members and non-members alike.

Our Gift Shop depends upon your support so please keep donating and purchasing, Save your extra pocket change and shop, shop, shop! We look forward to seeing you.

Your Friends at the Gift Shop

Unlucky 7 Dice Game

Rules of the unlucky 7 dice game are as follows: Each player in sequence rolls the dice and places a penny on the playing card corresponding to the value displayed on the rolled dice. If the player had previously rolled this number, the number may be used by the next player in sequence who needs the number first. If a player rolls a 7, he or she forfeits their turn and must remove a penny on the playing card. The first person to have all numbers on the playing card covered wins the game and the contents of the winners pot. ***Shirley invites you to join in on the fabulously fun Dice Game on Tuesdays 11:30-1:30 p.m.*** We meet in the classroom. Hope to see you here!



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

Meyer Brothers Colonial Chapel
TOPS IA #730
Lewis Electric
Dr. Luis Lebrado

Take off Pounds Sensibly (TOPS)

Real people. Real weight loss. TOPS has been helping millions to take off pounds sensibly since 1948. The decision to lose weight starts in your mind, and the journey to better health starts with you!

If you have been looking for a weight loss support group, we have one here at the center on Fridays beginning at 10:00 a.m. Feel free to stop by our TOPS group to see what it is all about.

Penny Bingo

We play from 9:00 a.m. to 11:30 a.m. and 12:30 p.m. to 2:15 p.m. Tuesday and Thursday. One cent per card up to 6 cards. We have paper BINGO cards, 1 morning and 1 afternoon. With a nice payout- A special one on Tuesday, See you here!



wish list

- Labor to help transform our coffee shop
- (Paint, creative design, clean)
- Canned goods for the Sunshine Café
- Positive comments regarding our Center
- Volunteer in Sunshine Café
- Donate your small non used items to the gift shop
- Fall colored tablecloths and decorations
- Fitness leaders for our classes
- General pool table maintenance -vacuum, polish

Genealogy Class

Genealogy Class meets the 2nd Friday of each month from 10:30-11:30 a.m.

We will be learning more about how to use Family Search.

Have you ever wondered about your family ancestry or wanted to create a family tree? Come learn how to trace your family back in time. You will learn how to uncover your past and record your family history.

New members are always welcome. Bring the information you have on your family or start from scratch. Cheryl and Phyllis are always here to help you find your family information. As well, feel free to bring your laptop or iPad.



SilverSneakers Classic Fitness Program

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Our participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. Sometimes a chair is used for seated exercises or standing support. Our SilverSneakers classic is taught Tuesdays at 10:30 a.m. and Thursdays at 9:00 a.m. SilverSneakers BOOM class meets Wednesdays and Saturdays at 9:30 and Mondays and Thursdays at 1 PM. Come join the fun and fitness routine millions of Americans are using each and every day.



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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 September with possible dues due this month. Please stop in my office and we can check your due date. This is not a naughty list! To those of you on the list that have already paid, my apologies!! Thanks! Cristy Ellis, Membership Coordinator

CHARLOTTE ADAMS	SANDRA GRASER	VIVIAN MILLER	TERRY JOE SMITH
GAIL ANKRUM	PAULA HARDER	CONNIE MOELLER	SHARON SMITH
JANICE BEAUCHENE	GRACE HAWKINS	SHAYLA MONK	PAUL SMITH
EUGENE BENNETT	CAROL HOUCHINS	FRANKLIN MORSE	GENE SMYSER
JOHN BERGER	THOMAS HOUCHINS	RUSSELL MOVALL	DIANE TAYLOR
SAUNDRA BERGER	KAREN JAUER	MARSHA PASKER	KAREN TEW
ETHAN BREWER	CAROLYN JORGESSEN	MARTIN PASKER	MARY TORDSEN
HELEN CRAIG	VERNON JUNG	DIANE PAUGH	CRAIG TORDSEN
FRANCES CUMMINGS	SALLY KIMBALL	BETTINA PERKINS	LYNN TOWNLEY
RON CUMMINGS	DORINDA KLAPPRODT	BONNIE PORSCH	JOAN ELLEN TOZIER
TERRY DAHLQUIST	DON KUMM	JOAN RATLEY	LINDA VANDERVLIT
MARTHA DIRKS	JUDITH LEE	BONNIE RICHARDSON	CATHY VELLINGA
JANA ERDMANN	DOUGLAS ALAN LEHMAN	THERESA RICHARDSON	DONNA VITZTHUM
MARVIN FICKBOHM	BETH LEHMAN	DIANNE ROACH	TERRY VITZTHUM
LINDA FROST	CARLA LEIBRICH	LARRY ROWENHORST	LYNN WALSH
KATHLEEN GRAHAM	WILMA MAPES	SHERRI SCHOEPF	BEVERLY WESEMAN
JOHN GRASER	DON MCCULLEY	ROBIN SCHROEDER	DAVID YOUNG
			ANNETTE HOEFLING

BRIDGE NEWS

A Charity game was held in Aurelia, Iowa on August 21. There were 16 members from the Siouxland Duplicate Bridge Club. Our Group made an impressive showing! This was a free event. Coffee and donuts were served and then a wonderful lunch of lasagna made by one of the men. A donation was made by one of the men. A donation was made by each of the 36 people that were there and that totaled to \$740.00. This was given to upper Des Moines Opportunity. This is an organization that works with low-income people. A fun time was had by all.

We would love to have new members. Beginners class is Thursdays morning at 9:00 taught by Leon Koster. Class for everyone else is on Mondays at 9:30 taught by Diane Howard. We have an in person game on Mondays at 12:00 and Wednesdays at 9:00 for people below 299 points. Come and join in the fun and week our wonderful group of bridge players.

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Grief Support Program

No matter where you are in the grieving process, we will be there to reinforce you, encourage you, and help you during this difficult time.

- This is a FREE ongoing support group for Active Generations members.
- This is an opportunity to meet other grieving people and share experiences and coping strategies.
- Led by professionals with decades of experience.

It is held on the 2nd Monday of the month at 9:30 a.m. in the conference room

We are here for you. You don't have to go through this alone. Let us, and others who have gone through this, help you through this difficult time by offering support to you and a safe place to talk about your loss and feelings with people who truly care, understand, and can validate your feelings and offer you comfort.

Friday Dances

**October 7th:
4 on the Road**

**October 14th:
The Embers**

**October 21st:
Jerry O'Dell's Country Flavor**

**October 28th:
Ed Tryon's Big Band Sounds**

Special Friday Dance October 21st

Jerry O'Dell's Country Flavor will be doing a special tribute performance for recent country music stars that have passed in recent years featuring artists like Mickey Gilly, Charlie Pride, George Jones and several others. They will be doing songs from their top rated hits.

Come and dance or just listen on October 21st at 1 PM. This Tribute will be for those who did not receive much recognition in this area from their recent passing.

The gate fee is a free will donation to the center. Help us support our center!

Belly Dancing

Belly Dancing is on Monday and Tuesday mornings at 11:00 a.m. in the Exercise Room. No special clothing or equipment is needed to participate. Individual moves will be taught so each participant can create her own dance form. We have fun learning the moves that improve the core and overall muscle tone.

New members are always welcome. Feel free to come and give it a try or if you are not sure, come and watch. It's a great exercise.

Ibu Nooney

Pinochle Fun

The Pinochle card group is looking for additional players to join in for some Pinochle fun. Please feel free to stop in on **Mondays beginning at 12:00 p.m.** We hope to see you soon!


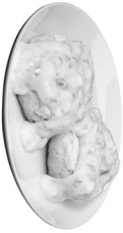
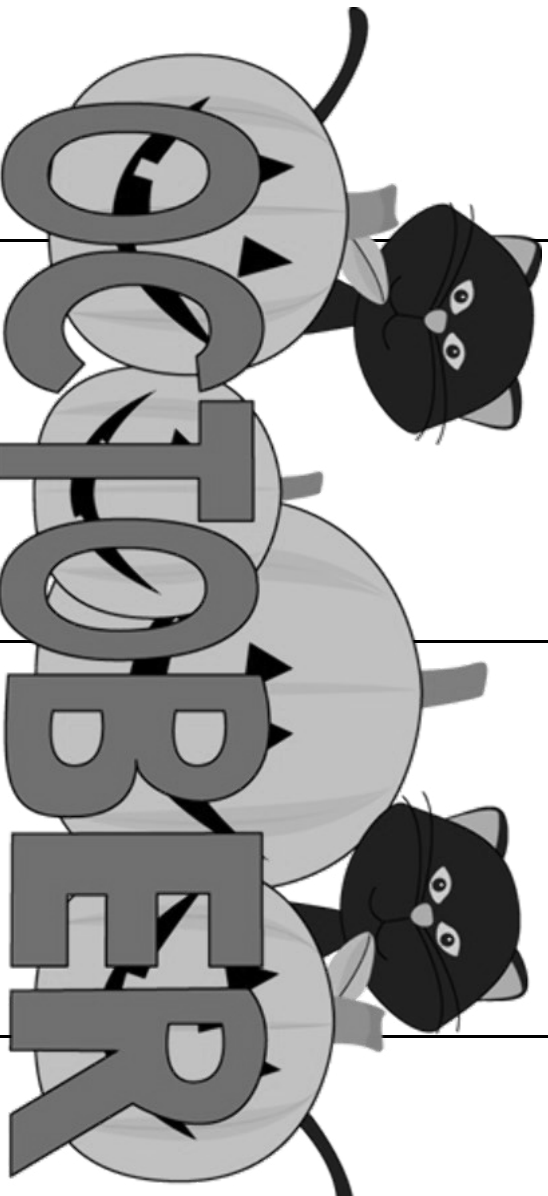


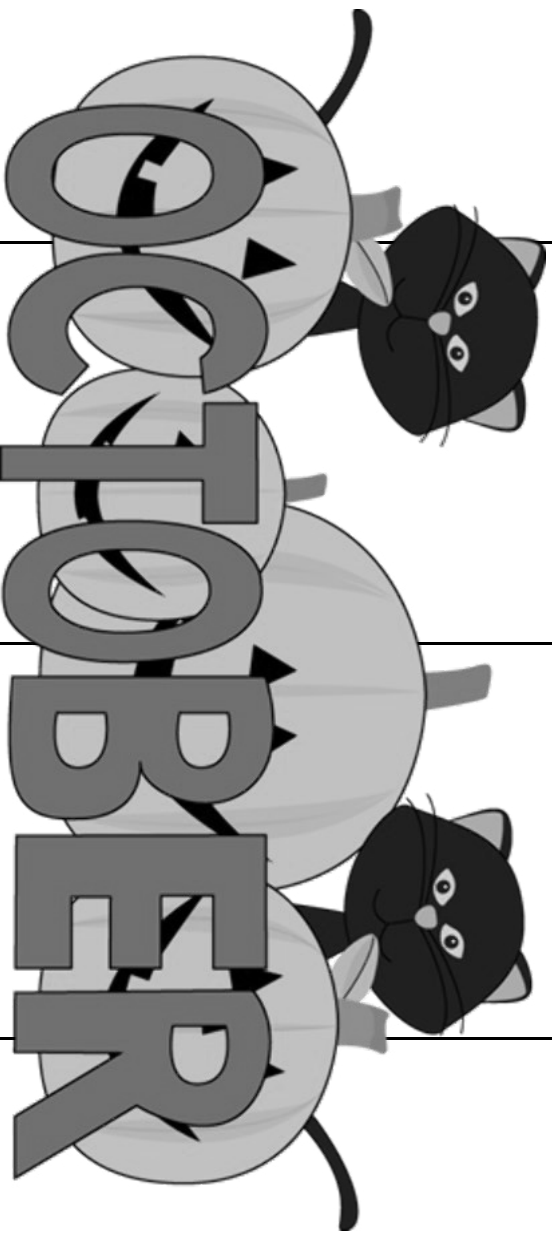
Our dances are scheduled on every **Friday of the month from 1:00 p.m.-3:30 p.m.** The dances are open to the public. **Member's Entry fee is \$3.00. non-member's fee is \$6.00.** Meal site spectators \$2.00. **We accept cash only.**

Whether you are just listening to music or dancing to the music, the dances are a fabulous way to have fun. They are also a great way to spend your afternoon.

A big thank you goes to **All the members who donated money for cookies** if you would like to donate to help buy cookies or cake ask Kayley. Also, thank you to all our volunteers for your help with the dances. Lastly, but certainly not least, thank you to all the amazing bands that play here for the fabulous entertainment. We appreciate everyone's support!


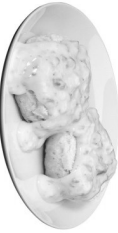
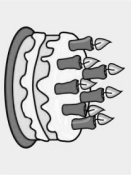
Did you know that you can sponsor a dance? If you would like to sponsor a dance, please see Pat to arrange your celebration.

12:00 pm Pinocle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM	11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Café lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Ping Pong	11:30 am Phase 10/5 crowns 11:00 am-12:30 Sunshine Café lunch 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 1:00 pm Coloring Corner		11:00 am-12:30 pm Sunshine café lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Exercise with Sissy	12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm BUNCO 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> Jerry O'Dells Country Flavor
24 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Bridge Lessons 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinocle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM	25 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am tating 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Café Lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Crafts with Diana 1:00 pm Painting Class 1:00 pm Ping Pong	26 8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:30 am Phase 10/5 crowns 11:00 am-12:30 pm Sunshine Café lunch 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 1:00 pm Coloring Corner		27 9:00 am Rock Steady Boxing \$7.00 fee 9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine café lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Exercise with Sissy	28 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 Jazz Dancercise 11:00 am Karaoke 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> Ed Tryon's Big Band Sounds
31 8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Bridge Lessons 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinocle 12:00 pm Bridge-Duplicate 1:00 pm Balance Class with Azria 1:00 pm Parkinson's Support Group					



October 2022

Questions? Call (712) 255-1729 OPEN: Monday- 8-2:30 p.m. Tues-Friday 8:00 am-2:30 p.m., Fridays 3:30 p.m.
Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Bridge Lessons 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM</p>	<p>4</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am Tating 9:00 am Wellness Screening 9:30 am Painting Class 10:00 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Tap Dance 12:30 pm Penny Bingo 1:00 pm Crafts with Diana 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>5</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10/ 5 crowns 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 1:00 pm Coloring Corner</p> 	<p>6</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cbbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Exercise with Sissy</p>	<p>7</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 12:00 pm BUNCO 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's Dance</p> <p><i>Featuring</i> 4 On the Road</p>
<p>10</p> <p>1:00 pm, Birthday Party (2nd Monday) Hosts: Staff/ Volunteers Entertainment: Jane's Dance Lessons</p>	<p>11</p> <p>1:00 PM Activity w/ BAM</p>	<p>12</p> <p>Hy-vee Flu Shot Clinic 10 am- 1 pm</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10/ 5 crowns 11:00 am-12:30 pm Sunshine Cafe lunch 10:00-1:00 pm Hy-Vee Flu Shot Clinic 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 1:00 pm Coloring Corner</p> 	<p>13</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cbbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Exercise with Sissy</p>	<p>14</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 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</p> <p><i>Featuring</i> The Embers</p>
<p>17</p> 	<p>18</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am Tating 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Activity with B.A.M</p>	<p>19</p>	<p>20</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving</p>	<p>21</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller</p>

Siouxland Center
for Active Generations



THE MUSIC THAT MAKES US DANCE

A row of five black silhouettes of people in various dance poses, including a person with arms raised and a person in a dynamic pose.

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Our Project 2022



"Dance the night away" is a famous *Santana* song, his *Saturday in the Park* performance is something we can't forget, and we want to recreate. Music can heal the soul, and social dances can be a time for butterflies, shy glances, and smiles of joy. From the 7th grade socials to the high school sweetheart dance, our Center want to recreate spontaneous opportunities for people to dance, socialize and enjoy our time together through music. Our Multi-purpose room is primed, and our infrastructure is ready to accept a video jukebox kiosk. With this video jukebox, our members will easily select, play, and dance to their favorite songs.

We all love to listen to and dance to live music, but sometimes live bands are not an option. Our Video Jukebox Kiosk will allow our members to enjoy social opportunities during off-times. We imagine, with your support, members will easily choose their favorite songs to listen to and dance. Frank Sinatra, Patsey Cline, and Big Band music will all be available at the touch of a screen, and of course, our line dancers can practice their favorite -Country & Western music. All this at the touch of a computer screen.

Put your right foot in and do the *hoki poki* or maybe the *YMCA* dance with us by supporting our Senior Center.



How to support our Center's project

1: Donate at the Center- see front desk

2: Donate online at SiouxlandBigGive.org

Look for our organizational listing & click the donate button

Trail Blazers Walking Group

On our visualized walk of the Atlantic Coast, we arrived at the New Jersey/New York state line on Sept 14th. We are heading north, hoping to reach Canada some time before Thanksgiving. Check out the map on the Trail Blazers bulletin board.

Come and enjoy walking the halls at the center days. What a great way to stay fit AND make new friends!

Judy R. and Judy S.

Bible Study:

Our bible study will be meeting every Tuesday in the card room from 9:30 a.m. – 10:30 a.m.. We are currently in the book of John. All are welcome to join us whether you are new in your walk with Christ or you have had a long relationship. We look forward to meeting you!

Canasta

Our canasta card group is looking for more players to join in. Whether you have played or not you are welcome to join in! Feel free to stop in on **Thursdays at 10:00 am.** We hope to see you soon!



Halloween Party Dance!

On October 28th we will be celebrating Halloween with a Halloween Party during our regular Friday dance! Come dressed in your best Halloween costume and take part in our costume contest! There will be prizes for most creative costume, best store bought costume, best homemade costume and most spooky costume. The Judges will consist of Pat and Cristy. Make sure to sign



JAM SESSION



Wednesday's Jam Session is getting bigger and better all the time! Please join the awesome Senior Jammers on **Wednesdays from 10:30a.m. - 12:00 p.m.** in the Multi-Purpose Room. Singers and instrument players are welcome and feel free to dance. Come join in on the fun. Thanks for the great entertainment, everyone!



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. 4th Write about life on the frontier and their struggles!**
Oct. 11th Write about what you know about Wetlands!
Oct. 18th.... Write about our Fall days!!!
Oct. 25th ... Write about your Grandparents

FACTS ABOUT OCTOBER

1. October is the sixth month with 31 days.
2. October has 2 full moons--The Harvest Moon & the Hunter's Moon
3. The World Series of Major Baseball starts in October.
4. The Great Chicago Fire that destroyed the city was on October 1871.
5. France gifted the US Statue of Liberty on October, 1886.

HALLOWEEN NIGHT (JOY JOHNSON)

The chilly nights begin tonight.
 The haunted houses bring the fright.
 The warm bonfires have the flames.
 See the leaves rustle through the window frames.

The warm fleece blankets are as soft as a cloud.
 I eat more corn candy than I am allowed.
 The spooky stories give me a scare.
 Halloween night has fun in the air.

~ Alice Reeg, Creative Writing

Flu Shot Clinic

Hy-Vee will be hosting a Flu shot Clinic on October 12th 11-1. They will also have pneumonia, shingles, tetanus, and covid vaccines available. They ask that you bring your insurance cards so they can help you process them through your insurance.



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Medicare News

The Medicare Annual Enrollment Period (AEP) runs from October 15-December 7 each year. During AEP, Medicare recipients can evaluate their current coverage and make changes. There's no requirement to take any action during this annual enrollment period, but oftentimes people find more affordable options or plans with more coverage. Medicare plan details can change annually, so it's a good idea to compare your options each fall to make sure your health and prescription drug needs are covered for the coming year. The Center will be hosting numerous company representatives to help you navigate your issues.



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Self Defense Escape Techniques

The simple techniques are designed to use leverage verses muscle to escape from an attacker. You can escape from wrist grab, choke hold, bear hug or hair pull with a simple leverage movement and incapacitating your attacker so he/she cannot run after you. No special clothing or equipment is required. All techniques are simple and effective. One day is needed to introduce the techniques and practice them. A second class to review and answer any problems or questions participants may have. Join us on October 19th and 26th at 9 am in the conference room.

Shredtastic Turnout Exceeds Expectations

The simple techniques are designed to use leverage verses muscle to escape from an attacker. You can escape from wrist grab, choke hold, bear hug or hair pull with a simple leverage movement and incapacitating your attacker so he/she cannot run after you. No special clothing or equipment is required. All techniques are simple and effective. One day is needed to introduce the techniques and practice them. A second class to review and answer any problems or questions participants may have. Join us on October 19th and 26th at 9 am in the conference room.



Sunshine Café and Sit & Sip Coffee

These past few months in the Sunshine Cafe have been challenging finding volunteers, lead support staff and the daily management of providing a lunch for our members at an affordable price. We attempt to value each of our programs resource allocations and value to our members; Currently, we feel we need to suspend the Sunshine Café lunches. Instead we will still be offering a limited lunch specials through coffee shop specials. We hope with your volunteer help to extend special event meals periodically such as we did in the past with our partners: Chick fil, Olive Garden, Hyvee. With these events we will need to have your volunteer help to make these happen. Our next food event fundraiser gathering will be the Thanksgiving on November 17th. Volunteer help is needed and purchase your tickets ahead of time.









Pleasant and Affordable Housing Communities for Elderly and Disabled
 Call and Apply Today! Oakleaf Property Management Company strives to provide affordable housing for the elderly or the disabled with several Siouxland locations. Please ask about our Free Service Coordinator Programs.

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 (712) 255-3665

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Tai Chi

Are you new to fitness or are you looking for a low-impact form of exercise? Then Tai Chi may be a good fit for you. Tai Chi often known as meditation in motion, was originally developed for self defense but has since evolved into a rhythmic form of exercise. Reliving stress, improving flexibility and balance.

Fitness with Sissy

Active Generations will be having a new class start on Thursdays at 1 pm. The Class will be led by Sissy Crawford She is a registered fitness instructor. In her class you will be doing mostly chair exercises that is sure to get your heart pumping and your body moving! Come stop by October 6th in the Multi-Purpose room and check out her class!

Medicare Advantage & Supplement Plans



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

Upcoming Seminars

Senior Center Conference Room

Tue., Oct 4th 10: AM

Educational Medicare Basics

Tue., Oct 18th and Oct 25th 10:AM

Sales Seminars Medicare Advantage

"One on One" help with Bruce!



"Pretty soon the trees will start leavedropping on us."

OCTOBER BIRTHDAYS

Joseph Allen
Lewis Baber
Phyllis Banta
Hope Benton
Saundra Berger
Diane Bjorkman
Liz Blachnik
Mike Blanchard
Dawn Bomgaars
Jane Breen
Jackie Busch
Patricia Calvillo
Linda Camarigg
Lee Chamberlain
Bobbi Collins
Judith Cowley
Jerry Crossland
Georgia Dohrman
James Eaton
Bari Ehlers
Jeanne Emmons
Kathryn Flinn
Fred Forney
Diane Gardner
Lois Gaskell

Mary Grause
Michael Grote
Audrey Hansel
Rosalie Marie Hansen
Diana Hejhal
Lila Henke
Ron Hope
Diana Howard
Darwin Hurni
Carol Jackson
Jeff Jaynes
Margee Joines
Vertus Kluver
Beth Lehman
Richard Mace
Lynda Martin
Gina Mc Bride
Gina McBide
David McDevitt
Barbara McKenney
Claire Miethke
Sophie Milbrodt
Stephen Mitchem
Robert Morfitt
Jane Morrissey

Lois Navrkal
Nancy Nelson
Mary Nelson
Earl Oleson
Allen Oster
Delores Phillips
Delores M (Dee) Richter
Robertta Rozell
Leroy Sands
Jeanie Schneider
Julie (Grace) Semple
Marcia Singer
Mary Sorenson
Diana Stokes
Sally Tharp
William Thompson
Keith Towns
Paula Van Roekel
Chris VerSteege
Katie Verbrugh
Harvey Viken
Verna Welte
Carolyn Wendte
Dianne Wickstrom
Alfred Zaleta

Memorials for Sept. & Oct.

For: Gerald "Jerry" Reeg
From: Alice Reeg

For: Rose M. Pope
From: Fred Bocian

For: Katie Codina
From: Fred Bocian

We Remember

Gerald "Jerry" Reeg

August New Members

JOYCE BENTLEY
DOUGLAS BENTLY
DIANE BJORKMAN
BRYAN BOONSTRA
PAM BOONSTRA
SHARON CATES
SANDRA DEVRIES
DEBRA FRESSE
LOIS GASKELL
ANTHONY GREGO
KESY GROVES
BRUCE HAMEL
PEGGY MACE
RICHARD MACE
FLOYD MADISON
OSS TLORETTA MADISON
VIOLET MANN
CLEO POTTORFF
MAE REUTER
LINDA (KITTY) ROARK
BECKY ROEMMICH
LINDA SCHMITZ
JENNIFER SOLBERG
JEFFERY THOMPSON
JEANETTE TOGSTAD
LYNETTE TULLIS
ALAN VERLEY
PAULA VERZANI
KENNETH WILLIAMSON

Overactive bladder?

One in three women over the age of 35 suffer from an overactive bladder. Kevin Benson, MD, can provide you with relief through the latest treatment options right in Dakota Dunes.

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keyword: Bladder Health

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

Membership Information

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

Refund Information

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

DOLLAR A MONTH CLUB

September/October

These persons offer additional assistance each month for the ongoing operation of the Siouxland Center for Active Generations. We thank them for their extra support.

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

Dollar Per Day Club

Andrea & Mark Rathgeber	Charter Senior Living	Frances & Ron Cummings
Paul Gregory	Northpark Place	James & Michelle Meyers
Diana Howard	Russ Movall	Sunnybrook Church
Barney Pottebaum	Jon & Grace Wagoner	Siouxland Community
First Premier Bank	Judy Seaman	Health Center
Dorine Levine	Gene Anderson	Dorine Levine
Gail & Tom Brown	Roberta & Leonard Gill	