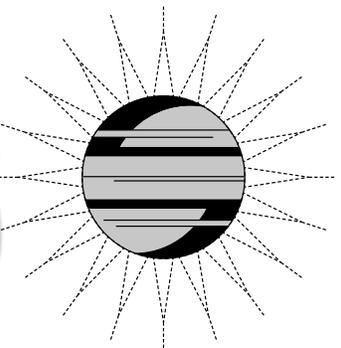


# NOVEMBER 2022 SUNSHINE NEWS



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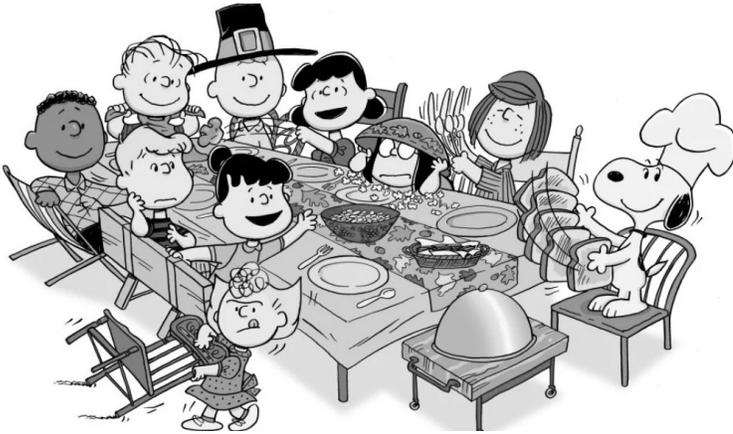


Our mission is to enrich the quality of life and support independence and vitality for our members.

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

## Center to Celebrate Friendsgiving



*It's the celebration with all your friends here at our Center.*

Fall marks the beginning of the holiday season. Halloween, Fall and even Christmas decorations are seen throughout stores, business, and homes. People everywhere are booking plane tickets or planning trips to gather with families. In November, many choose to reunite with relatives for traditional Thanksgiving gatherings, but for those who can't, our Center will celebrate on November 17th a traditional Thanksgiving gathering or what we are calling Friendsgiving.

The word "Friendsgiving" was officially added to the Merriam-Webster dictionary in January 2020 after being on its "Words We're Watching" list. It's a compound of the words "friends" and "Thanksgiving" and refers to an informal iteration of the holiday that has become super common. It's basically the day you have Thanksgiving but

with your friends. Sometimes it's in lieu of Thanksgiving or in addition to. What is more appropriate than for our Center to celebrate and gather amongst friends to share, enjoy, and laugh.

The earliest use of the term Friendsgiving may date back to a 2007 tweet, but some people credit the hit show Friends for inspiring the concept of spending the holiday with friends. A 2011 ad campaign by Baileys Irish Cream liqueur using the word, helped bring the Friendsgiving movement more momentum. Since then, it's become a word that refers to a Thanksgiving dinner celebrated with friends. There's no official date for Friendsgiving, but many people are choosing to host it before legit Turkey Day, if they spend Thanksgiving traveling home to be with family. Others will just co-opt the true Thanksgiving and call it Friendsgiving if they're celebrating with a group of pals.

Typically, the menu looks a lot like a classic Thanksgiving Day menu thanks to Hy Vee, Sugar Shack and Perkins. Potluck meals are popular, with everyone bringing something to share—like their favorite recipe or one that reminds them of home. It's also a chance for groups to try out some less traditional recipes, since grandma won't be there to ask why her version of pecan pie isn't on the table.

The Thanksgiving season may evoke memories of familial traditions delicious food on the table, and a bunch of seats filled with people you love, or friends right here at our Center. If you need a nudge in the right direction, Perkins will be supplying our pies.

## Dishwasher Ordered Waiting for Install

A special thanks to each and everyone who helped make our dishwasher project a success! We have ordered a remanufactured Hobart (best in the business) dishwasher and are patiently waiting for its arrival.

### 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  
Active Generations,  
located at 313 Cook St.,  
Sioux City, IA 51103  
712-255-1729  
Monday - Friday  
8 a.m. - 2:30 p.m.

[www.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com)

## Board of Directors

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*Cristy Ellis*

## Editor

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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.

## Show "Me the Father" Special Showing

This film covers the fatherhood stories of good fathers, absent fathers, and abusive fathers. Except for one character, who provides Christian, faith-based commentary on topics of fatherhood, adoption, and sonship, each person or story featured in the film relates their personal stories of experiencing fatherhood. While the five main stories focus on men, several of their mothers and wives also provide their perspectives on the events depicted. A truly inspiring must-see movie. Monday November 7th @ 12:30.



## Center Installs Upgraded Phone System

The Avaya phone system that has served our center for almost 30 years was replaced October 13th. The phone system was experiencing some functionality issues such as cutting off, transfer connection and voicemail concerns. Thanks to a generous donor and special consideration from Fibercomm, our Center was able to install this upgraded phone system. This new system will have more features and fiber optic connectivity. We hope it will be improved communication experiences with our members and our community.

## Center Looks to Improve Internet Infrastructure



Our Center is improving internet access thanks to some generous donors. Over the years internet access and, increased demand for streaming for activities are demanding a better internet download and upload speed. For a number of years, we have relied on home-based internet routers and modems. The additional need for internet protection and separation of business and guest internet services demands a better firewall and higher quality equipment. We can't wait for the upgraded services.

## Rock Steady Boxing

From the Live It magazine: Scott v. Parkinson's

The Honorable James Scott was a district Judge for twenty years and loved it. He had no plans to change but in 2014 he was diagnosed with Parkinson's disease.

A tremor in his right hand was the first clue. Along came fear of the unknown but he knew he needed to reach out to others diagnosed as well as gain a better understanding of the disease process. With great social and family support he found a great doctor who understood. They looked at new treatments and were guided by others to increase exercise, such as biking, boxing, and hiking. Joining a Rock Steady Boxing group increased his circle of support. Staying active and positive with his new extended group helps enrich his life. Rock Steady Boxing is here at our Center. If you know someone that could benefit, let them know.



# SHIIP Counselors Ready to Help



Tom and Lisa have been busy in October helping members and the community re-evaluate their Medicare supplements. This is a volunteer program and the volunteers are trained especially to help seniors to access the best supplement plan possible. If you would like to talk to Tom and Lisa they are providing consultation until December 7th. Call for an appointment.



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## Flu Shot Clinic Successful

The Hy-Vee annual Flu shot clinic here at the Center was a success. Many members updated their vaccination shots conveniently and painlessly. Only one member was tearful when they left the room.



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 Answered 24 hours a day

## Tai Chi

Tai chi can help seniors improve their balance, flexibility and energy, and it can help you manage arthritis and diabetes. Learn more about the benefits of tai chi and how you can get involved at the Center.

**Tai chi** is a form of ancient Chinese martial arts that is rooted in slow and deliberate movements that are low impact. These **gentle movements** can be perfect for seniors who want to avoid heavy stress on their bones and joints.

## KARAOKE

Stretch your vocal cords with our Karaoke group. New songs make for a great time singing with a fun group of people. The more the merrier. We meet Fridays from 11:00 to 12:00.



*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.*

Diana Howard	John Graser	Paul Bocian	Kyong Hanshaw
Sherry Evans	Alice Reeg	Lola	Rose Heeren
Anna Kounas	Jane Henderson	Marilyn	Judy Peterson
Albert Smyser	Venita Stusse	Chamberlain	Dorothy Swanson
Sally Kimball	Marian Leisinger	Betsy Meis	Pat Kampfe
Bruce Hukins	Suky Watman	Mary Marx	Rose Gilson
June Hunkins	Lila Henke	Linda Medder	Joan Johnson
Ramon Sundquist	Judy Rehurek	Charles Fisher	

## Bridge News

Eight members traveled to Sioux Falls for their sectional tournament. It was so good to see players we haven't seen because of Covid. We got to put faces to the names of people we play against online.

We would love to see some new faces at our bridge classes. If anyone would like to just come and observe and see what duplicate bridge is all about we would love to have you. Our classes on Monday will go online as of Nov. 1. Diana our teacher will be leaving for Florida for the winter. Leona's class is still available on Thursday mornings at 9:00. She would welcome new people.

## Elevate Church Volunteer Day



**ELEVATE**  
community church

Elevate church members met on October 1st to clean up the outside grounds. This was a great opportunity for our church volunteers to reach out to the community and serve. Siouxland Center for Active Generations was just one of four organizations that Elevate helped that day according to Kelly Volkert project coordinator. The curbs were swept, and trash removed on the Center's grounds.

We had almost 15 volunteers at the Center and filled one dumpster with trash, leaves, and debris. Thank you!!!!

## Angels Care Home Health to Offer Support Services

Angels Care Home Health is offering a series of events designed to educate and support family members and friends who are providing direct care. It is well documented that education designed to reduce burnout and giving caregivers the tools and resources will make caring for your loved ones less stressful. These events will be scheduled for December 7th and December 14th at 12:00 noon. Look for their table at our Friendsgiving Celebration on November 17th. .

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

THOMPSON ELECTRIC

City of Sioux City

From City Hall Employees

## Take off Pounds Sensibly (TOPS)

Join our members in helping take off the pounds sensibly. This national group has been around since 1948 helping people meet their weight goals and provide support. If you are looking for a weight loss program support group, we have one right here at the Center. 10:00 AM on Fridays in the Conference Room and we will help you get started.

## Bingo Welcomes New Players

Our Bingo group is always welcoming new players, on Tuesdays and Thursdays with two sessions. One cent cards and up to 6 cards per player. We have been having nice payouts and great fun. The desserts have been delightful- See you there!



# wish list

- Canned goods for the Sit & Sip
- Plastic Winter Table Cloths
- Help with pool room maintenance
- Volunteers
- Labor to help transform our coffee shop
- (paint, creative design, clean)

## Genealogy Right Here at Our Center

Ah, the dreaded genealogy phrase, brick wall. The dread is understandable since we usually use the phrase to mean an unsolvable research problem. But, brick walls come in different shapes and sizes. And sometimes they're self-imposed. A brick wall is usually created by one or many of the following roadblocks:

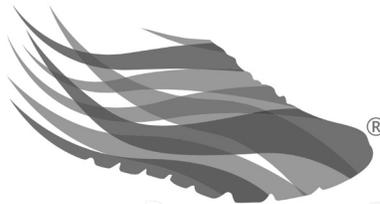
- Lack of records
- Misinterpreted records
- Absence of direct evidence
- Same-name individuals
- Unknown origin
- Unconventional migration
- Haphazard research practices
- Not researching beyond conventional and/or online sources



But there is hope! Many brick walls are solvable! But you've got to be willing to work for it so you can remove the roadblocks and start breaking down that wall brick by brick. See Phyllis and Cheryl for help

## SilverSneakers

Are you looking for a senior fitness program? If you have a Medicare Advantage or Medigap plan, your health insurance may include a free fitness membership for adults 65+ called SilverSneakers. A SilverSneakers membership includes access to our Center. You'll get access to fitness equipment, social events, a variety of exercise classes, Silversneakers Classic Boom, strength and balance classes. Sounds pretty good, right? Here's what else you may want to know about the program. SilverSneakers is covered at our Center, a routine millions of Americans are using each and every day.



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Sioux City, IA 51103  
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# November Yearly Membership Anniversaries

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

DIANNE BERTRAND  
 JIM BREHM  
 JAMES BROWNLEE  
 LOIS BROWNLEE  
 ROBERT BURWELL JR  
 JOAN CARNEY  
 DAN CHAPMAN  
 DEE CLAUSEN  
 BEVERLY CRUM  
 SUSAN DANILSON  
 LINDA LEE DEABLER  
 JANNETTE DOMAYER  
 LEON DOXTAD  
 LYNN DOXTAD  
 VIOLET DUNCAN  
 JAN GREEN  
 SHIRLEY GREEN  
 ADRIAN HANSON

CAROLYN HANSON  
 MIKE HOBART  
 SHARON HOBART  
 DON HORSTED  
 (LAVONNE) BONNIE L  
 JOHNSON  
 JULIA JOHNSON  
 BONNIE JONAS  
 SHARON ELAINE JUNGE  
 ELIZABETH MAE  
 KOSINSKI  
 JEANETTE KRAGE  
 SANDRA KUNTZ  
 DEE LILLIE  
 NEIL MAGNUSSON  
 JOHN MANSFIELD  
 ALAN MCGAFFIN  
 TERRI MCGAFFIN

LENORE MENTH  
 MARTHA MILHAN  
 STEPHEN MITCHEM  
 EILEEN MITCHEM  
 LORENE MOYSE  
 DON NIEUWENDORP  
 JEANNETTE PALMA  
 LORRAINE  
 PFOTENHAUER  
 BARBARA (BARB) PITTS  
 GEORGE POLAK  
 KAY REYNOLDS  
 BETH ROZEBOOM  
 DENNIS LEE SMITH  
 DARLENE SOLOMON  
 RICHARD SOLOMON  
 SUSANNE STOEGEER-  
 MOORE

STEVEN STOEGEER-  
 MOORE  
 ROBERTA THIELE  
 ORVILLE THIELE  
 PHYLLIS JEAN TODD  
 SHARYN VOLK  
 DON WALTERS  
 RALPH WEBB  
 JEANETTE WENDT  
 DIANNE WICKSTROM  
 CAROLYN WOLF  
 KRISTINA YESDIMER  
 LOIS ZUNKER



## November Birthday Party

Our November Birthday Party will be held November 14th at 1:00 pm, in our multi-purpose room. Our entertainment will be Jane’s Dance Lessons Group.

A great “shout out” to Jane Hunkins and her dance group performing their craft for us in October. Seventy-Five members recorded their birthdays in October. Libra and Scorpions are the zodiac signs for the month. Six of our members had birthdays on the 14th. Five of our members have Halloween Birthdays, with only one member having a birthday on the actual party date of the 10th.



### STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at [www.sioux-city.org/services](http://www.sioux-city.org/services)

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Large & small-We grind them all

## Ballroom Dancing for Parkinson's Sign-up

Dance is a treatment technique for Parkinson's patients which focuses on improving social participation, gait, and balance with the use of visual and auditory cues.

Individuals with Parkinson's disease (PD), a progressive neurodegenerative movement disorder affecting more than 1 million people in the United States, often demonstrate postural instability, gait difficulties, and impaired functional mobility that may lead to falls and a decreased quality of life. As pharmacological methods are only partially effective in addressing balance and gait problems, non-pharmacological approaches are needed to address these issues

Recent studies involving PD showed that dance groups improved more than the Control group, which did not improve. Tango and Waltz/Foxtrot significantly improved

on the Berg Balance Scale, six-minute walk distance, and backward stride length. Tango improved as much or more than those in Waltz/Foxtrot on several measures.



Classes already have had success across the nation including Des Moines, we want to bring this to our community and hope to start as early as January. If you know someone who could benefit a sign-up sheet at our activities table will be available. Or contact Pat in the office.

## 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 Monday's beginning at 12:00 pm.

## Canasta Anyone?

The canasta card group is looking for a few more players to join in. Stop in and talk to the group on Thursdays at 10:00 am.

# Friday Dances

**November 4th**  
**Country Brew**

**November 11**  
**Veterans Day Dance**  
**The Embers**

**November 18th**  
**Singer Family Band**

**December 2nd**  
**Ed Tryon's Big Band Sounds**

## Bible Study:

Our Bible study will be meeting every Tuesday in the card room from 9:30-10:30 am. Studying the books of the Bible, all members 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 sharing our time with you.



Our dances are scheduled on every Friday of the month from 1:00 pm-3:30 pm. The dances are open to the public. Member's Entry Fee is \$3.00 and non-members is \$6.00. Meal site spectators are \$2.00 to listen. Sorry, 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 Friday afternoon.

A big thank you goes to all the members who donated money for cookies and birthday cakes. Also, thanks to all our volunteers for helping prepare the dance treats. Of course, we must thank the bands for all their effort and fabulous entertainment. We appreciate everyone's support.

If you would like to share and extend your birthday celebration at our dances, see our front desk



11:00 am Woodcarving  
 11:00 am-12:30 pm -Coffee Shop Lunch  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate  
 1:00 pm Exercise with Sissy

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 Coffee Shop lunch  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 1:00 pm Painting Class  
 1:00 pm Ping Pong  
 Bingo Prizes—**Knight at Home** Afternoon Session

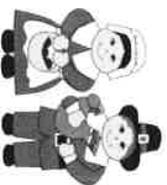


11:00 am-12:30 Coffee Shop—NO LUNCH  
 12:00 pm 500 Card Club  
 12:00 pm Bridge—Mens  
 1:00 pm Coloring Corner



11:00 am-12:30 pm Coffee Shop lunch  
 12:00 pm—Line dancers potluck  
 12:00 pm Cribbage  
 12:30 pm Mah Jongg  
 12:30 pm Penny Bingo  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Ping Pong

25



**Center Closed For Thanksgiving Break**



**Featuring Ed Tryon "Big Band Sounds"**

22



9:00 am Tattling  
 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 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 Coffee Shop lunch  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 1:00 pm SilverSneakers Boom Class  
 1:00 pm Painting Class  
 1:00 pm Ping Pong

23



8:15 am Walking Exercise Group  
 9:00 am Yoga w/Dixie  
 9:00 am SilverSneakers Boom Exercise  
 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/Crows  
 11:00 am-12:30 pm Coffee Shop lunch  
 12:00 pm 500 Card Club  
 12:00 pm Bridge—Mens  
 1:00 pm Coloring Corner



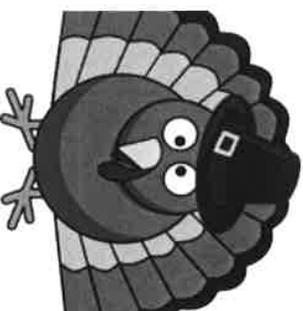
30

8:15 am Walking Exercise Group  
 9:00 am Yoga w/Dixie  
 9:00 am SilverSneakers Boom Exercise  
 9:00 am Chess  
 9:00 am Sexy & Fit after 40  
 9:30 am Painting Class  
 10:30 am Open Jam Session -\$1.00 Guests  
 11:30 am Phase 10  
 11:00 am-12:30 pm Coffee Shop lunch  
 12:00 pm 500 Card Club  
 12:00 pm Bridge—Mens  
 1:00 pm Coloring Corner  
 1:00 pm Team Trivia Game-



24

**Center Closed For Thanksgiving**



**December 1**

9:00 am Tattling  
 9:00 am Penny Bingo  
 9:00 am Senior Yoga (CD)  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am SilverSneakers Fitness  
 9:00 am Bridge Lessons  
 9:00 am Line Dance-(Beginner)  
 10:00 am Canasta  
 10:00 am Line Dance-(Advanced Beginner)  
 11:00 am Woodcarving  
 11:00 am-12:30 pm Coffee Shop lunch  
 12:00 pm Cribbage  
 12:30 pm Mah Jongg  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Exercise with Sissy

25

**Center Closed For Thanksgiving Break**

**December 2**

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)  
 10:00 am-11:30 am Blood Pressures- (Mercy)  
 11:00 am Jazz Dancercise  
 11:00 am Karaoke  
 11:30 am Open Bridge Group  
 11:30 am Mixed Media Art Class Vivian Miller  
 11:00 am-12:30 pm Coffee Shop lunch  
 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

21

8:00 am Scrapbooking  
 8:15 am Walking Exercise Group  
 9:00 am Senior Yoga (CD)  
 9:30 am Wii Bowling/cornhole  
 10:00 am Knitting & Crocheting  
 10:00 am Tai Chi (Advanced)  
 11:00 am Belly Dancing  
 11:00 am Woodcarving  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Cornhole Tournament  
 12:00 pm Pinochle  
 12:00 pm Bunco -\$1.00 Entry  
 12:30 pm Movie "Moulin Rouge"  
 1:00 pm Bridge-Duplicate  
 1:00 pm Azria Balance Class  
 Cornhole Tournament \$5.00 entry  
 100% payback 11:30-12:30-signup

28

1:00 pm - (4th Monday)  
**Parkinson's Support Group**  
 - In person or by Zoom  
 8:00 am Scrapbooking  
 8:15 am Walking Exercise Group  
 9:00 am Senior Yoga (CD)  
 9:30 am Wii Bowling/cornhole  
 10:00 am Knitting & Crocheting  
 10:00 am Tai Chi (Advanced)  
 11:00 am Belly Dancing  
 11:00 am Woodcarving  
 11:00 am-12:30 pm Coffee Shop lunch  
 12:00 pm Pinochle  
 12:30 pm Movie "A river runs through"  
 1:00 pm Bridge-Duplicate  
 1:00 pm Exercise with Sissy  
 1:00 pm Parkinson's Support Group

29

**Crafts with Diana 1:00 pm**  
**Christmas Ornaments (limit 6)**  
 9:00 am Tattling  
 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 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 Coffee Shop lunch  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 1:00 pm Painting Class  
 1:00 pm Ping Pong

# November 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><b>31</b></p> <p><b>Fun</b></p> <p>8:00 am Scrapbooking 8:15 am Walking Exercise Group 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/cornhole 10:00 am Tai Chi (Advanced) 10:00 am Coffee Series-Cuisinart Yourself 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Pinochle 11:00 am Pinochle 12:30 pm Movie "Friday Night Lights" 12:00 pm Bridge-Duplicate 1:00 pm Silversneakers Boom Exercise</p>	<p><b>1</b></p> <p><i>1:00 p.m. Crafts with Diana Wood Boards- limit 6</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 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 Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>2</b></p> <p><b>Jam session</b></p> <p>8:15 am Walking Exercise Group 9:00 am Yoga w/Dixie 9:00 am Silversneakers Boom Exercise 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 /Crowns 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 1:00 pm Coloring Corner</p>	<p><b>3</b></p> <p><b>Bingo</b></p> <p>9:00 am Tattling 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Bridge Lessons 10:00 am Line Dance-(Beginner) 10:00 am Canasta 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 1:00 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong 1:00 pm Exercise with Sissy</p>	<p><b>4</b></p> <p><b>Dance</b></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 Karaoke 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class- Vivian Miller 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bunco- \$1.00 entry 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 Country Brew</i></p>
<p><b>7</b></p> <p><b>Show Me the Father"</b></p> <p>8:00 am Scrapbooking 8:15 am Walking Exercise Group 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Pinochle 12:00 pm Bunco-\$1.00 entry 12:30 pm Movie "Show Me the Father" 12:00 pm Bridge-Duplicate 1:00 pm Azria Balance Class</p> <p><i>9:30 am Grief Support -2nd Monday</i></p>	<p><b>8</b></p> <p><i>1:00 p.m. Activity with B.A.M (Sign up- Limit of 15) (2nd Tuesday)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am 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 Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Silversneakers Exercise</p>	<p><b>9</b></p> <p><b>Biscuits &amp; Gravy</b></p> <p><i>Special Lunch -BBQ Ribs 11:00 AM</i></p> <p>8:15 am Walking Exercise Group 9:00 am Silversneakers Boom Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 1:00 pm Coloring Corner</p>	<p><b>10</b></p> <p>9:00 am Tattling 9:00 am Penny Bingo 9:00 am Bridge Lessons 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:00 am Line Dance-(Beginner) 10:00 am Canasta 10:00 am Line Dance-(Advanced Beginner) 11:00 am Woodcarving 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong 1:00 pm Exercise with Sissy</p>	
<p><b>14</b></p> <p><i>1:00 p.m. Birthday Party (2nd Monday)</i></p> <p><i>Hosts: Staff / Volunteers</i></p> <p><i>Entertainment: Rich Rosenbaum</i></p> <p><i>Treat Providers: Charter Senior Living</i></p> <p>8:00 am Scrapbooking 8:15 am Walking Exercise Group 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing</p>	<p><b>15</b></p> <p><i>Crafts with Diana Stars with fabric (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Tattling 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 Medigold Advantage workshop 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning)</p>	<p><b>16</b></p> <p><i>Stouland Hospice -Hot Chocolate bar 12:30</i></p> <p>8:15 am Walking Exercise Group 9:00 am Silversneakers Boom Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 /Crowns</p>	<p><b>17</b></p> <p><b>Thanksgiving Fundraiser</b></p> <p><i>\$10 dollar tickets- 11:30-12:30</i></p> <p>9:00 am Tattling 9:00 am Penny Bingo 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 9:00 am Silver Sneakers Classic Fitness 9:30 am Bridge Lessons 10:00 am Line Dance-(Beginner) 10:00 am Canasta 11:00 am Line Dance-(Advanced Beginner) 11:00 am Woodcarving</p>	<p><b>18</b></p> <p><i>1:00 pm BUNCO \$1.00 Entry</i></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 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club</p> <p><i>Featuring The Embers</i></p>



# November 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:*

- Nov. 1st..... Write about the first time you moved away from home!
- Nov. 8th..... Write about a Club that you joined in!
- Nov. 15th... Write about a News story!
- Nov. 22nd.. Write about things that you are thankful for in November!
- Nov. 29th... Write a story that you would put in a Diary!

## NOVEMBER THOUGHTS AND FACTS

1. November is the last full month of autumn!
2. November 6th ends Daylight Saving times, set clocks back!
3. November 8th is Election Day, please vote!
4. November 11th is Veterans Day, fly your flag day!
5. November 24th, is Thanksgiving Day, be proud of the USA! .

## THANKSGIVING TIME

(Anonymous)

When all the leaves are off the boughs,  
 And nuts and apples gathered in,  
 And cornstalks waiting for the cows,  
 And pumpkins safe in barn and bin,  
 Then Mother says, "My children dear,  
 The fields are brown, and autumn flies;  
 Thanksgiving Day is very near,  
 And we must make thanksgiving pies!"

~ Alice Reeg, *Creative Writing*

## Dixie's Exercise Class Draws a Crowd

Our Friday morning exercise class continues to gain in popularity. According to Dixie she enjoys teaching her class and seeing improvement in range of motion and balance with those that join here each week. Members have stated that they feel better, are more flexible and steadier in gait. When Dixie is not teaching fitness and yogi classes she is a full-time realtor and specializes in helping people transition from home to new living arrangements such as assisted living, apartments and skilled nursing facilities. Dixie is also a Visiting Angels representative helping those that need just a bit more help. "I love coming to the Center and when I can't make it Lee and Larry help me out", said Dixie. We still have room so come join the fun.



## Kay's Yoga

Everybody has a story. When I walk into the exercise room Friday mornings for chair yoga, I see many faces that have a story that brought them to chair yoga. One of our participants was telling me how Siouxland Center for Active Generations has been a lifesaver for her

Before she and her husband moved to a senior living facility she would be going up and down the stairs at home to do laundry, and out mowing the lawn and a hundred other details that support fitness and go with being a homeowner

Now she attends the Silver Sneakers three times a week and chair yoga on Fridays. Caesar, who runs one of the Silver Sneakers classes says their goal is to increase overall fitness and mobility in a manner which everyone is welcome to perform to the best of their ability and surpass their limits.

Chair yoga moves include relaxing and stretching our muscles, helps reduce chronic pain and stress, improves circulation, and builds up strength and balance. One lady says that “we’re all in this together and we all support each other like family”.

Check the monthly calendar for activities that support you in improving your quality of life.



## 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 meal. The Sunshine Café is open for special dinners this month. Ribs on the 9th, Thanksgiving Dinner on the 17th. Remember the Olive Garden Lunch on the 3rd, too. The Sit and Sip is open everyday with delicious sandwiches and hot dishes or soup specials. Each of our selections will be cooked and served depending on volunteers. If you would like to volunteer with us let us know. A great way to meet and serve new members.



# WATER IS NOT CREATED EQUAL!

Let's look at our tap water! By federal law, our water treatment plants have to maintain our water at a pH (Potential Hydrogen) level of 7.0 and unfortunately, they are allowed to use cancer-causing chemicals to kill bacteria and reach the ph. level of 7.0. There are 29 total contaminants in our water source now and 10 exceed the EWS Health guidelines. You can do your own research. Go to [www.ewg.org](http://www.ewg.org) for tap water.

Bottled water, distilled water, reserve osmosis all have some positives but can be improved. Filtered ionized water offers all the benefits without the harmful effects. If you would like to experience filtered ionized water Randy Young in the coffee shop will be offering free samples and lively discussion.

## Crafts with Diana

On November 1st we will be making wood boards, November 15th is Stars and Fabrics, and November 29th is the wood boards with ribbon and paint. Sign up and come and have fun and not only have a nice craft but some great conversation.

## Azria Balance Class Growing

Azria balance class is seeing an increase in participation of members. Amy is leading the group in balance training twice a month. If you are looking to improve your balance this is a great class to begin that journey.



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## Center Hopes to Restart Choir Group

Our choir group was shuttered during COVID. We would like to restart this group and the positive benefits of singing. A recently published article provides evidence according to which choir singing may engender benefits like playing an instrument. The results show that senior singers had better verbal flexibility than those in the control group, who did not have choir singing as a hobby. Verbal flexibility reflects better cognitive flexibility.

We are looking for leadership support for this program. We need a director and accompanist. If you know someone that would be a great fit let us know. Sign up if you would be interested in singing with the group. Let's get singing again!

## Dancercise Classes

Bridget Agriopoulos is back leading our Dancercise Class on Tuesdays 11:00 -12:00 and on Thursdays 10:00-11:00. Come learn graceful dance moves and exercise at the same time with our own professional classic dancer

## Belly Dancing

Belly Dancing is on Monday and Tuesday mornings at 11:00 in the exercise room. No special clothing or equipment is needed to participate. Individual moves will be taught so each participant can create her/his 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*



## Fitness with Sissy

Active Generations is scheduling an exercise class led by Sissy Crawford. She is a registered fitness instructor and wanted to share here talents with our members. Mostly centered around chair exercises, it is a sure way to get your heart pumping and your body moving! Check in at the frton desk for the times.



### Pleasant and Affordable Housing Communities for Elderly and Disabled

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## Cornhole Tournament on the 21st

One of the fastest growing sports-Cornhole is coming to the Center. New bags and boards are being built for the Center. Sign up today! Great movement and fun for all ages and abilities. Get that practice in so you can compete in your families tailgating parties. The Center will host a Cornhole Tournament on November 21st at 11:30.



### Medicare Advantage & Supplement Plans



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*"One on One" help with Bruce!*

## Coloring Corner

Coloring is a meditative pursuit that can help to relieve your stress and focus your mind. It is a good way to practice mindfulness in our busy, fragmented world. Taking some time out our your hectic day can make you feel calmer and more centered. Come and join us Wednesday for a fun time and relaxation.



## Center Members Asked to Support Toys for Tots

My name is Bob Holsinger. My wife Denise and I have coordinated the Siouxland Toys For Tots program, for 22 years. In those 22 years we have collected 113,676 toys, helping 56,838 less fortunate children of our communities. We collect in Cherokee, Plymouth, Woodbury, and Monona counties in Iowa. Union county in South Dakota. Thurston, and Dakota counties in Nebraska.

We could not make this happen without the help of business and companies in the communities we collect in. Last year, we had boxes at 65 locations available to the public, and 17 business that were for employees only. We worked with 9 agencies, and 568 families, helping 3486 less fortunate children in the community.

This has been an American Holiday Tradition for 75 years. In 1947 Major Bill Hendricks, with the support of members from his Los Angeles Marine Corps Reserve unit collected and distributed 5,000 toys to children in need. Bills program was so successful that in 1948, the Commandant of the Marine Corps, General Cates, adopted it and expanded it nationwide as the U.S. MARINE CORPS RESERVE TOYS FOR TOTS PROGRAM. In the intervening years, Marines and civilians have collected approximately 627,000,000 toys for over 281,000,000 children. A collection box will be placed at our Center for members to give.

# NOVEMBER BIRTHDAYS

Curtis Abney	Linda Frost	Lovell	Becky Roemmich
Jo Adams	Shirley Green	Edwin (Jerry)	Carlos Salas
Eugene Anderson	Anthony Grego	Madison	Doug Schinzing
Delores Ashley	Maureen Haley	Violet Mann	Mary Schrank
Rick Atkinson	Beverly Hall	Dennis Martin	Mark Scott
Rolene Beauvais	Marilyn Haller	Richard	Deb Skouge
Sam Birmingham	Patrick Halligan	McArthur	Paul Smith
Huong(rosie)	Mary Hammack	Michele McDevitt	Rosa Maria Solis
Boggs	Kyongae	Diane McKernan	Cleo Spence
Bryan Boonstra	Hanshaw	Julianne	Rebecca Spencer
Ethan Brewer	Janet Hein	McKinney	Marvin Still
Steve Brown	Dick Heitzman	Ellene	Gloria Stinton
Thomas Butler	Carol Hughes	Mendenhall	Michael Sydow
Rhonda Capron	Duane Hughes	Shelley Mercer	Don Torgerson
Herman Charley	Karen Jauer	Sharon Miller	Kenny Travis
Merton Chmelka	M Donna	Robert Miller	Cathy Vellinga
John Cole	Johnson	Joyce Miller	Mary Walling
Helen Craig	Maizie Johnson	David Mook	Don Walters
Bonnie Crary	Carrie Johnson	Jo Ellen Nelson	Randy Watterson
Marcia Crayne	Bonnie Jonas	Jane Olson	Karen Wiese
Dorothy Crim	Robert Keairns	Barbara (Barb)	Dayla
Margarita DeRios	Barbara Kimmel	Pitts	Wobbeking-
Glenn Drake	GeorgeAnn Kock	Connie Plueger	Brown
Wayne Ehret	Carol Kunkel	Bonnie Porsch	Heather Young
Roger Eldridge	Robert LaBrune	Bonnie	Lois Zunker
Mary Ferrari	Ezequiel Lopez-	Richardson	
Mike Foland	CeNantes	Keith Rittscher	
Marlene Frank	Dona Dean	Andrew Robak	

## Memorials for November

**For:** Jerry Thompson  
**From:** Diane/John Gray

**For:** Maxine Polak  
**From:** George Polak

**For:** Daniel Hudek  
**From:** Alice Reeg

## September New Members

BARBARA ABNEY  
 CURTIS ABNEY  
 FRED BROWN  
 RICHARD DANIELSON  
 JOYCE DEAN  
 LEANN DORAN  
 KATHRYN FLINN  
 DUANE HUGHES  
 JOAN KROUGH  
 ANTHONY NELSON  
 PAULA NELSON  
 EUVELLA RIGGS  
 CARLOS SALAS  
 JUANITA SANDS  
 LEROY SANDS  
 ROSA MARIA SOLIS  
 GUILLERMO SOLIS  
 RICHARD WHEELER  
 OTTO WILCZEK

### Overactive bladder?

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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     | Plantenberg   |
| Don Casaday    | Sally Kimball   | George Polak   | Harvey Viken  |
| Virginia Gries | Pamela Mears    | Maizie Johnson | Chip Pottorff |
| Sherry Evans   | Russell Movall  | Kathleen       | Don Schultz   |

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