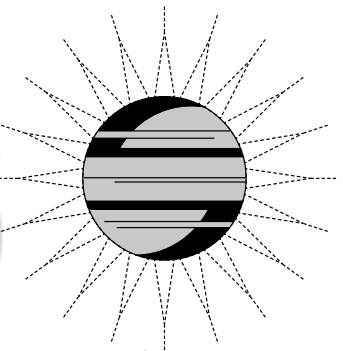


# DECEMBER 2022 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
528

Published  
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*

## The Gift of the Siouxland Center for Active Generations

In this season of gift-giving we can reflect on how lucky we are to have such a vibrant senior community center located here in Sioux City. Walking through the halls you can observe so many people finding enjoyment and fulfillment in the activities in which they are participating. Friendly faces will greet you at the front desk and talk to you about how you're doing. The walkers are energetically stepping around the building, beginning their day with healthy exercise. Friends are gathered outside the coffee shop chatting, telling stories, and teasing the staff. The Bingo players are arriving and enjoying treats brought in by their members. In the exercise classroom, you'll see that a yoga class has started, and next door a couple of people are working up a sweat on the fitness equipment. Classrooms hold informative and supportive sessions to enrich the lives of those who attend. Throughout the day, the music of rehearsing dancers will fill the building, sometimes accompanied by the click of tap shoes. And if it's Friday afternoon, there is a live band performing with cheerful couples moving to the beat.

Our members will tell you that the Center is precious to them for so many reasons. The opportunity to make friends and form lasting connections is an important one. Many have families that live out of town and the Center provides a place to find companionship and meet a lot of different people. Jane Hunkins shared the story of how she and her husband Bruce met at the Center when he asked her to dance at a Friday dance. They discovered they had a spark and a lot in common on the dance floor. Although he had to ask her three times before she agreed to marry him, they have now been happy together for

seven years. Cheryl Kounas also found a romantic connection at the Center when her partner Jim spotted her exercising. "I noticed him watching me, and then he came up and asked me out, but I had to go teach a genealogy class. I wasn't looking to meet someone." But how great it is that she did!

Physical fitness is another quality important to many of our members. They stated that they feel it is very important to keep up with exercise and there is a great variety of ways to do that at the Center. The Friday afternoon dances are a favorite because, "You just get to have fun, and it doesn't feel like you are exercising."

Members also described how lucky we are to have the large amount of space offered by the Siouxland Center for Active Generations. Located in a former Hy Vee grocery store, the capacity of the building allows for several activities to take place at the same time. "Other places don't have as much going on as we do here. There isn't anything like this in Omaha or Kansas City."

Carolyn Hanson said, "It is a wonderful place. It doesn't matter how old you are; my husband is 98 years old and enjoys it here. Everyone is welcome." Grace Wagoner stated, "It makes it almost fun to grow old." What a gift it is to have this place!



## Center Policy on Adverse Weather Conditions

Please remember, if the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start. Please stay tuned to your local T.V. and radio stations for the latest information

### 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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*Kristina Yezdimer*

## Membership Coordinator

*Cristy Ellis*

## Editor

*Judy Seaman*

*Carol Gall*



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.

## Meet our New Activity Coordinator



In November, the Center was pleased to welcome Kristina Yezdimer as the Activity Coordinator. Kristina has volunteered at the Center since 2015 as a computer/technology instructor. Her previous job was at the Reference Desk at the Sioux City Public Library helping members of the community to meet their information needs. Kristina moved to Sioux City in 2014 from State College, Pennsylvania, home of Penn State University, when her husband got a job as a research chemist with Gelita, the gelatin manufacturer in Sergeant Bluff. In State College, Kristina worked as the Adult Services Librarian at the public library, planning and promoting fun programming for adults such as the summer reading program and a book festival featuring local and nationally known authors. Kristina has two kids, in middle and high school, and enjoys hiking and kayaking. She is looking forward to working with you to plan exciting events at the Center.

## Craft Fair

The Center will be hosting a craft fair on December 7 from 10 a.m. to 1 p.m. featuring local crafters and vendors. Come do some Christmas shopping while you listen to the jam session. The merchants will be thrilled to show you their wares including Scentsy candles, jewelry, handmade aprons and clothes, and many other items. There will also be a bake sale with proceeds to benefit the Center.



## Holiday Gift Exchange

The Center will once again be hosting a holiday gift exchange during the Christmas Party on December 14. Add your name to the sign-up sheet, then bring a wrapped gift with a \$5 value to the party. You will get to take home a present brought in by another member. Share in the spirit of giving and receive a fun surprise!





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## Christmas Basket Raffle

Gift giving will be made easy if you win one of the wonderful baskets donated by local businesses. Tickets are \$1 each or 6 for \$5 and can be purchased at the front desk. The drawing will be held on December 14 at the Holiday Party.

Baskets include:

- Palmer Candy
- Coated Kernels
- Jolly Time Popcorn
- Toys for boys
- Toys for girls
- Baby supplies
- Haircare supplies
- Explorers
- 1st Family Dental Tooth Care
- Pizza baking
- Gift cards from Pizza Ranch, Coated Kernels, Wheelhouse Bar and Grill and Four Seasons Health Club
- YMCA membership/exercise equipment
- Hawkeyes tailgate



- Cozy supplies
- Cocoa set
- Drilling Pharmacy
- Family First Dental
- Mosaic Properties

## Bridge News

Our exciting news is that Mary Abraham and Karen Bourne became Bronze Life Masters. This is quite an accomplishment so congratulations ladies.

On a sad note we lost members Betty Levi and Dan Hudek. Scott Sorenson lost his wife Diane after a well fought battle. Our love and sympathy goes out to these three families.

Leon has 8 people in his beginning bridge class. Come join! Lots of fun and companionship.

## Beginner Belly Dance Exercise for Fun

Join us on Tuesdays at 11 am in the Exercise Classroom. You will learn simple repetitive steps for an easy aerobic dance. Have fun practicing with poi balls and veils.

*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.*

Bill Merritt	P. Lyons	Vikki Jacobs	Judy Johan
Paul Zielezinski	Alice Reeg	Ann Cowley	Sue Jones
Diana Howard	Ann Morla	Jane Hunkins	Wilma Siefker
Lynn Walsh	Lila Frank	Jim Chancey	Deanna Jacobs
C.O. Sands	Jane Henderson	Kathy Lehe	June Lahti
Kathleen Graham	Sharm Fischer	Don Casaday	Norma Ulmer
Sherry Evans	Doreen Schoonever	Audrey Ercolani	Donna Thurow
John Graser	Jo Hanshaw	Jerry Crossland	
Bruce Hunkins	Dot Swanson	Joan Johnson	

## The Annual Christmas Party



Wear your ugliest Christmas sweater (there will be a contest!) and join us for the fantastically festive Christmas party on **December 14 from 1 p.m.-4 p.m.** We'll have food, games, prizes, a raffle of bountiful holiday baskets with items donated by local businesses, and even more surprises.

Dancing will occur from 2-4 to the music of Roy King and the Rusty Buckets, featuring Elaine Peacock. They will perform Country-Western and Christmas music for your enjoyment. Elaine Peacock is an award-winning singer and songwriter who was inducted into both the National Country Music Hall of Fame and the South Dakota Country Music Hall of Fame in 2009 and 2010. She has performed at the Grand Old Opry, Branson and Las Vegas.

**Tickets for the party are \$4.**

## Christmas Carols with B.A.M.

On December 13 at 1 p.m. our friends from **Bickford Assisted Living and Memory Care** will be hosting a Christmas carol sing-along. We hope that you will lend your voice to this fun activity. Are you a Silent Night fan or do you prefer Rockin' Around the Christmas Tree? Come and request your favorites



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

HyVee  
Palmers Candy  
Perkins

## Grateful Thanks to Our Volunteers

The center recently hosted both the Thanksgiving party and a fundraiser with food from the Olive Garden. The success of these events would not have been possible without our volunteers.

Deanna	Jolene
Sara	Leona
Becky	Roger
Betsy	Ken
Delores	Kennedy
Jan	Cleo
Bruce	Georgia
Roger	Jeannie
Linda	Pat
Roma	Diana
Carol	Kerry

Thank  
You







## A Satisfying

## Friendsgiving/Thanksgiving Party

This year's Friendsgiving/Thanksgiving fundraiser was a great success with excellent food and the lovely company of friends. We sold 150 tickets. Cheryl Kounas won the raffle for the beautiful quilt donated by Donna Flory.

Deanna Jacobs commented that the food was moist, tasty, the gravy was excellent, and everything was delicious. "It was just like homemade; well, it was homemade. There was plenty of food with a big variety. The volunteers were friendly and helpful, and it was run smoothly."

Julie McKinney said, "It was enjoyed by all and I didn't hear a complaint," and "I don't know who made the dressing, but it was awesome."

Mike and Sherry Miller wanted to say thanks to all of the volunteers. "Excellent job, well done!" Sherry said she could not believe how great everything was.

Ruth Snyder renewed her membership to the Center after an absence of four years, and then came and enjoyed the Thanksgiving party the next day. She commented that it was the most delicious turkey dinner, the pies were to die for, and the whipped topping was excellent.

Marlene Frank shared that she is glad that the Center holds this event because this is her chance to experience a traditional Thanksgiving dinner, as her family members go out of town every year while she takes care of their pets. She said they usually leave her some turkey legs, but she prefers white meat.

Thanks to our sponsors, Hy Vee and Perkins, all the volunteers who helped to make it happen, and everyone who came and ate to help support the center!

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# December Yearly Membership Anniversaries

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

- |                   |                   |                   |                   |                    |
|-------------------|-------------------|-------------------|-------------------|--------------------|
| LILLIE RUNDALL    | HARLEN            | PAMELA JOHNSON    | DEWAYNE NICOLLS   | JACKIE STEELE      |
| BRIDGET           | ENGELDINGER       | PATRICIA JOHNSON  | BRENDA OEHLERKING | ROBERT STEFFE      |
| AGRIOPOULOS       | LANETTE FALK      | JERRY JORGENSEN   | EARL OLESON       | JACK STRONG        |
| RUTH AILTS        | WILLIAM FLORY     | SANDI KIMPSON     | KAREN OLESON      | VENITA STUSSE      |
| LOIS ALBERTSON    | FRED FORNEY       | DONALD KINGERY    | CANDIE PALACIO    | DONNA THIELE       |
| MARY ANN AUDINO   | EMILY FRADY       | RUTH KINGERY      | WILLIAM PELCHAT   | RALPH THOMAS       |
| COLLEEN BAKER     | ROBERTA FRIESSEN  | LEON KOSTER       | ANNETTE RASMUSSEN | CAROLYN THOMPSON   |
| MARILYN BAKER     | GARY GRAUSE       | RUTH KOSTER       | JUDY ANN REHUREK  | RUTH TORRES        |
| CAROLYN BAUER     | GEORGE GRAVES     | COLONEL KRAGE     | KURT RIEMER       | KENNY TRAVIS       |
| LINDA BEESON      | LINDA GROVES      | ROBERT LEE        | FRANK ROBAK       | BARBARA TREGLIA    |
| PHYLLIS BENNETT   | ROGER GROVES      | SHARON LILLIE     | ARLENE RODEEN     | DOUG TUDEHOPE      |
| TOM BRANDT        | MARGARET HALL     | SUZANNE LUNDGREN  | NICK RODER        | TERESA VALDEZ      |
| JULIE BROWN       | VERNA HALLIGAN    | EDWIN (JERRY)     | PAUL ROUSSIN      | ELAINE MARY WASKOW |
| THOMAS BRUNKAN    | ROBIN HALLIGAN-   | MADISON           | RICHARD SAMS      | DEBRA WENTZ        |
| HELEN BUNDY       | THOMPSON          | BONNIE MARKS      | NORMA SANDERSON   | LILA WHEELEN       |
| DONNA CARSTENSEN  | AUDREY HANSEL     | ROSEANN MAYO      | TONI JOAN         | DOROTHY WINTER     |
| RON CHAPMAN       | JANE HENDERSON    | DIANNE MCCALL     | SCHLOTMAN         | BRIAN WOHLERT      |
| JEANETTE COOPER   | SHERYL HOFER      | JULIANNE MCKINNEY | JEANIE SCHNEIDER  | ROSE WOLFE         |
| BOB DAVIS         | GREG HOFLING      | SHELLEY MERCER    | DELILA SENGER     | PAUL ZIELEZINSKI   |
| DARREL DUNBAR     | MARLENE HULLEMAN  | MICHELLE MEYERS   | JAMES SHELLEY     |                    |
| JEANIE (JEANETTE) | BEVERLY HURNI     | ARLENE MILBRODT   | CAROL SHIMITZ     |                    |
| DUNBAR            | JUANITA JOHN      | SANDRA MILLER     | KAREN SMITH       |                    |
| DOUG ENGEL        | BETTY ANN JOHNSON | JOSEPH NICOLAS    | O'NEAL SMITH      |                    |

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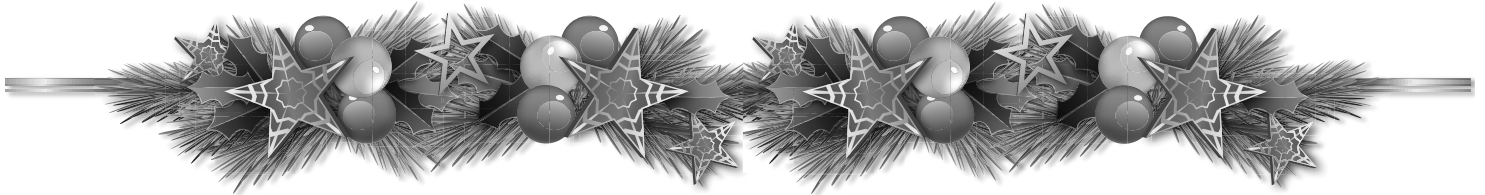
## Jazz Dancercise with Bridget

Experienced classical dancer Bridget Agriopoulos will lead you through graceful moves in this fun workout class. This activity helps with coordination, balance, posture and coordination, and you can make some new friends while you're participating! **Tuesdays at 11:30 and Thursdays at 11:00 in the multipurpose room.**



Siouxland Toys For Tots program has been around 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. Last year, we had boxes at 65 locations available to the public. Started in 1947 by Major Bill Hendricks, and expanded 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.



## Friday Dances




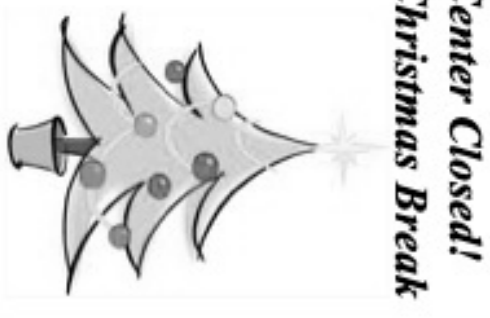


- **December 2:**  
**Ed Tryon Big Band Sounds**
- **December 9: Jerry O'Dell**
- **December 16: The Embers**

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. We accept cash only.

Enjoy great music, see old friends, and make new ones. Our members love to get out on the floor and show off their moves. You'll have a fun time whether you dance or just watch.

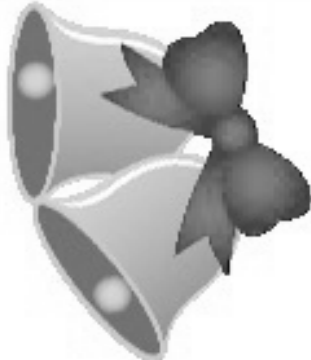



If you would like have a birthday celebration at our dances, please see our front desk.



<p>10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Sissy's Exercise Class 11:00 am-12:30 pm Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Pinochle 12:30 pm Bridge-Duplicate</p>	<p>10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Danceclass 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Top dancing 1:00 pm Painting Class 1:00 pm Activity with BAM</p>	<p>11:00 am-12:30 Coffee Shop -NO LUNCH 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Bridge -Men 1:00 pm Holiday party 1:00 pm Coloring Corner</p> 	<p>10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cabbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Sissy's Exercise Class 1:00 pm Social Group</p>	<p>11:30 am Mixed Media Art Class/ Visual Memory 12:00 pm 500 Card Club 12:00 pm Card Board Game Group-Misc. 12:00 pm Bunco-\$1 entry 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring The Embers</i></p>
<p>8:15 am Walking Exercise 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 Sissy's Exercise Class 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bunco- \$1 entry 12:30 pm Movie "Eliz" 12:30 pm Bridge-Duplicate 1:00 pm Azra Balance Class</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 SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Danceclass 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class</p>	<p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p>9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 10:30 am Drama Circle 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cabbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Sissy's Exercise Class 1:00 pm Social Group</p>	<p>30 Center Closed! Merry Christmas!</p> 
<p>26 Center Closed! Christmas Break</p> 	<p>27 Crafts with Diana Fabric Cross (Limit 3)</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 SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Danceclass 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class</p>	<p>28</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p> 	<p>29</p> <p>9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Beginner Bridge 9:00 am SilverSneakers Classic Fitness 10:30 am Drum Circle 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cabbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Sissy's Exercise Class 1:00 pm Social Group 1:00 pm Angel Care Home Health Caregiver Support Program</p>	<p>Center Closed New Years Eve</p> 

# December 2022

Questions? Call (712) 255-1729 OPEN: Monday–Thursday 8 a.m. – 2:30 p.m. Friday 8:00 a.m. – 3:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center"><b>November 30</b></p> 	<p align="center"><b>1</b></p>	<p align="center"><b>2</b></p> <p align="center"><i>Featuring Ed Tryon</i></p>
<p><b>5</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Combo 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Siszy's Exercise Class 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 am Bunco- \$1 entry 12:00 pm Pinochle 12:30 pm Movie "It's a Wonderful Life" 12:30 pm Bridge-Duplicate 1:00 pm Aerial Balance Class</p>	<p><b>6</b></p> <p align="center"><i>Crafts with Diana Painted Gnomes (limit 3)</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 SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dance 11:30 am Mexican Train 11:30 am Uno/Key 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class</p>	<p><b>7</b></p> <p align="center"><i>Craft and Vendor Fair 10 am-1 pm</i></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm</p> 	<p><b>8</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance (Beginner) 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 10:30 am Drum Circle 11:00 am Line Dance (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Siszy's Exercise Class 1:00 pm Social Group 1:00 pm Angel Cane Home Health</p>	<p><b>9</b></p> <p align="center"><i>10:30 am Genealogy Class (2nd Friday)</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 Dance 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Visual Mixer 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 align="center"><i>Winter Dance Jerry O'Dell</i></p>
<p><b>12</b></p> <p align="center"><i>1:00 pm Birthday Party (2nd Monday) Hosts: Jane's Dance Cake donated by Charter Senior Living</i></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling/Combo 10:00 am Knitting &amp; Crocheting</p>	<p><b>13</b></p> <p align="center"><i>1 pm Activity with B.A.M. Christmas Carols</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)</p>	<p><b>14</b></p> <p align="center"><i>Holiday Party 1:00—4:00 \$4 tickets</i></p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch</p>	<p><b>15</b></p> <p>9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance (Beginner) 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta</p>	<p><b>16</b></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 Dance 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group</p>





# December 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:*

- Dec. 6th..... Write about Family Holiday Traditions
- Dec. 13th... Write about your favorite Holiday Story or Movie
- Dec. 20th... Write about the Winter Solstice and its Meaning.
- Dec. 27th... List 5 things you like to taste and use 5 adjectives describing each item.

## FACTS ABOUT THE MONTH OF DECEMBER

1. December 6th, feast day of St. Nickolas involved into Santa Claus
2. The first artificial Christmas Tree was made in Germany.
3. Decorations for" Christmas: Candles, the light of the world, "Star, reminder of first Christmas Night, "Candy Canes, represent shepherds cane".
4. There are fewer daylight hours in December in Northern Hemisphere than in any other month.
5. Remember "Pearl Harbor Day".
6. Full Moon in December referred to Full Cold Moon by Native American tribes.
7. December 24th, the Birth of Jesus in the Western Christian Churches. .

## GETTING READY FOR THE HOLIDAYS!

### IT CAME UPON A MIDNIGHT CLEAR

It came upon the midnight clear,  
That glorious song of old,  
From angels bending near the earth,  
To touch their harps of gold,  
"Peace on the earth, good will to men,  
From heaven's all-gracious King.  
The world in solemn stillness lay,  
To hear the angels sing. (Edmund Sears)

### WAITING FOR SANTA (JENNIFER BETTS)

I THINK I HEARD SANTA HO, HO, HO.  
I COULD HAVE BUT I DON'T KNOW.  
RUN TO THE WINDOW, HOPING FOR A SLEIGH  
DID I JUST HEAR A REINDEER NEIGH?  
O SANTA, IT IS HARD TO WAIT,  
WHY DOES THE 25TH HAVE TO BE SO LATE?

~ Alice Reeg, *Creative Writing*

## Angels Care Home Health Caregiver Support Program

Are you caring for someone with dementia? **Angels Care Home Health**, the company where Kayley is now working, will be presenting a series of informative classes that will cover the many challenges faced by families coping with this disease. Most people are unprepared for the drastic change that dementia will bring into their lives and these seminars are designed to help you navigate many common issues.

December Sessions:

December 8: Understanding Alzheimer's Dementia

December 15: Communication and Dementia

December 29: Legal Issues and Dementia

**Classes will be held Thursdays at 1 p.m. in the Conference Room.**

## Grief Support Group Restarting

The Siouxland Center for Active Generations is planning to restart our grief support group. Jim Anderson, who has years of experience as a counselor, has volunteered to lead it. This is an opportunity to find fellowship and support with members of your community and to share experiences and coping strategies. You don't have to go through this alone. At this time we are gathering names of people who are interested. If you think you would like to join this group please call the Center and ask for Kristina.

## Sissy's Exercise Classes

Have you heard about the great new workout offered at the Center? Registered fitness instructor Sissy Crawford will be leading her popular classes on Mondays at 11 a.m. and Thursdays at 1 p.m. People who have tried her classes say that it really gets them moving.



## Drum Circle Revival



Due to popular demand, the Center’s Drum Circle is making another go around! Liz Blachnik, Marc Christofferson, and Nancy Means have volunteered to contribute their time and talents to make this happen!

Sharing their words of wisdom:

- No experience necessary
- Rhythm not mandatory; laughter required
- Drums, maracas, tambourines, and all other percussion pieces are provided
- Potential increase in memory, coordination, and rhythm

The Drum Circle will begin meeting on Thursday December 1, 10:30 a.m. in the Boxing Room and will continue every Thursday. Check it out!



## Unlocking Brain Fitness Class: Keys to Dementia Prevention

Most people don’t realize that the risk of dementia can be reduced by making specific lifestyle changes. Briarcliff University and the YMCA are partnering with the Center to bring you classes designed to inform you about what improvements you can make to aid dementia prevention. You will be presented with easy, gradual changes that you can add to your daily life. The course will include individual sessions with a dietitian, pharmacist, wellness coach, and fitness professional. You also get to try healthy snacks. A grant is funding much of this class, so while the fee is normally \$150 to

## Tai Chi for Seniors Health Benefits

Several elements of Tai Chi make it appealing to seniors. First, the exercises are done on your feet or in a chair. No special clothing or shoes are required. Second, Tai Chi isn’t painful. If you have a physical limitation the movement can be adapted to meet your needs. Third, there is no exertion yet you use every muscle in your body and don’t come away feeling tired or sore. Fourth, it is a comfortable, safe and sustainable exercise that makes people feel better about their ability to do more. The final reason to do Tai Chi is it seems to enhance one’s ability to navigate real-life activities like carrying groceries or climbing stairs. People become more aware of their posture and feet placement by practicing Tai Chi.

## Line Dancing

After having a great year of line dance, with all of our dancers working so hard to learn new dances and to perfect the old ones, we will be taking our usual two-week December break. Our last day will be December 15, which will be our annual Christmas party. We will be back to dance on January the 5th. Hope everyone has a great holiday and a very blessed and healthy new year.

*Sally, Lila, Gale and all the dancers*

**Line dancing occurs Thursdays at 9 a.m. for beginners, 10 a.m. for intermediate, and 11 a.m. for advanced dancers.**

pay for the multiple professionals providing guidance, your cost to register for the 10-week class is only \$20. According to the Unlocking Brain Fitness website, individuals who adopt the lifestyle behaviors outlined in this program can lessen their risk of dementia by up to 70%.

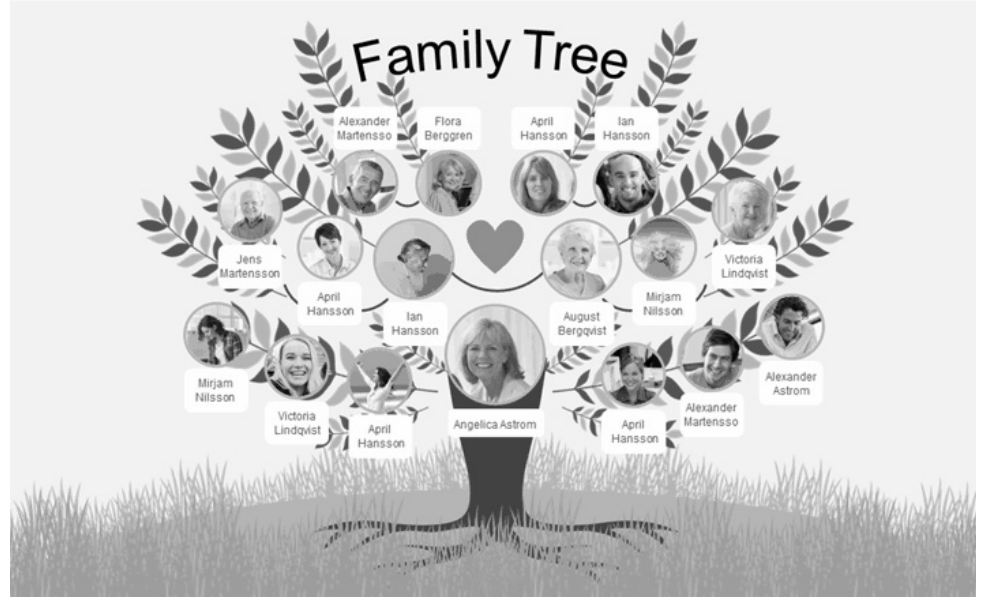
**Beginning January 12, the sessions will be held Thursdays from 1-3 p.m.** Please add your name to the sign-up binder if you would like to register. The classes will be limited to 15 participants

# Genealogy Class

Introduction to RootsTech 2023  
 Conference date: March 2-4, 2023  
 The theme this year is "Unity."  
 Two ways to register:  
 In-Person @ Salt Lake City, Utah,  
 USA \$98.00 for conference  
 or: Virtual on-line - free online  
 Registration now open: at:  
[www.familysearch.org/rootstech/](http://www.familysearch.org/rootstech/)

This is Worldwide Conference. FREE to all people from around the world. Rootstech 2023-Family Search.org Choose from hundreds of online classes that will be available globally, from experts in the field in over 40 different languages. Watch

inspiring keynote speakers on the main stage. There is a list of speakers thus far. Enjoy all this and more from the comfort of your own home Connect with relatives across the world on Cousin Connect. Get to know them through the chat feature and messaging. This is the 13th Rootstech conference. February 2022 had over 3 million persons, all virtual because of Covid. This is the first time you have a choice of in-person or virtual. You may view 2020, 2021 and 2022 past conferences, most will remain online for viewing. Not all classes may be online. Free You must register using Google Chrome. You must have a free account on Familysearch.org.



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# Cake Decorating Class

Would you like to learn to beautifully decorate a cake? Experienced Wilton cake decorating instructor June Lahti has offered to teach a series of classes in February. Skills taught would be how to torte and how to create lovely flowers out of icing, especially everyone's favorite: the rose. Please add your name to the sign-up sheet to express your interest in attending this class.



Body & Frame Repair

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# Chair Yoga

Everybody has a story. When I walk into the exercise room on Friday mornings, I see many stories that bring them to chair yoga.

This month I did a Christmas survey and talked to many participants in class. Lots of holiday spirit was shared by all.

First I asked, what's your favorite holiday movie or special you watch over and over again? It seems that there are too many to pick just one. Several responses included *White Christmas* and *It's a Wonderful Life*, also Hallmark Christmas movies on TV. "My family got me a cup which says, 'I am having coffee watching my Hallmark Christmas presentations.'"

Next I asked, what's the best Christmas gift? There was a general consensus that time spent with family is the best Christmas gift, including "spending it with my daughter," "having all the family together," and "time together with loved ones." Several participants included that the best Christmas gift is "Jesus" and "having Jesus Christ in my life." Other gifts include "something small and thoughtful" and "a massage gift card."

My third question was what's your favorite holiday dish? I received the answers: sweet potato pie, turkey, divinity, special layered pumpkin pie, pumpkin roll, twice baked potatoes, "Aunt Theresa's Hani balls" and "pink squirrel cocktails" (How do I get invited to that house?)

What's your favorite Christmas tradition? "Christmas caroling," "baking family favorites," "St. Nicholas visit," "Decorating the tree with Christmas carols and eating Christmas cookies with hot cocoa," "As the family gathers we sing Silent Night and the grandchildren pit baby Jesus in his crib under

the Christmas tree," "having the kids and grandkids come over to our house" and "the family dinner."

Name three words that best describe Christmas for you. "Family, faith and friends," "calm, quiet, family," "Jesus," "love," and "giving."

What's the thing you are most grateful for this season? "Family," "health," "my friend and companion, Gene," "still here to see it," and "blessed that we have our freedom here in America."

And our wishes to all: "Merry Christmas to all and to all a good night!"

*Kaye Plantenberg*



# Holiday Shopping at our Gift Shop

The Gift Shop is currently displaying all manner of items for Christmas at great prices. Please come by and browse for ornaments, decorations, figurines, holiday music CDs, baskets, tins and more. You never know what treasures you might find! Greeting cards in the shop are always a great bargain at a quarter each, but Christmas cards are an even better deal at 20 for \$1. The shop also has puzzles, which are always a popular Christmas gift.

Our shelves have space for any items you may no longer need, we are happy to take them off your hands, (No TVs, large appliances, or clothing please.) 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. We look forward to seeing you.




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## Yes, Virginia There is a Welcoming Place

A recent commercial that aired showed a Santa Claus reading a child's letter about what he wanted for Christmas. That wish was to have the United States World Cup soccer team to win, and as the letter said -belief is important. The letter goes on to imply that "It's sort of your thing (Santa) believing". We literally encourage kids to believe in magic at Christmas. One of the best representations of this is an 1897 editorial in the New York Sun titled "Is There a Santa Claus?" In it, editor Francis Pharcellus Church replies to a letter from 8-year-old Virginia O'Hanlon with the now-famous phrase "Yes, Virginia, there is a Santa Claus," and describes her friends' disbelief as coming from the "skepticism of a skeptical age." Church argues that Santa "exists as certainly as love and generosity and devotion exist," minimizing the methods of scientific inquiry to claim that "[t]he most real things in the world are those that neither children nor men can see."

Each year we are amazed at the love and generosity that our members show each other and our Center throughout the year- It is through these actions that we can all affirm, "Yes, Virginia there is a Santa Claus and he is present at our Center". Merry Christmas to all!



## Rock Steady Boxing

Rock Steady Boxing recent study indicates a high satisfaction and improved quality of life for those participating in a Rock Steady Boxing program. This recent large-scale study was conducted in 2021 by Danielle Larson, Chen Yeh, Miriam Rafferty & Danny Bega.

Participants reported Higher levels of self-reported physical functioning, social functioning, and vitality were correlated with better HRQL (higher reported quality of life) and greater "preference for current health" in PwP. This survey's identification of a positive change in social life associated with RSB participation (70.3% of RSB participants reported improvement in this impairment) adds to the limited literature on a specific exercise's impact on this domain of HRQL. We understand that exercise is an important determinant of HRQL in PD; it has been shown that amongst PwP, consistent exercisers have a smaller decline in HRQL over time than non-exercisers. Studies have shown that specific exercise modalities improve symptoms and outlook. So, there you have it statistics don't lie - Join a program today.

## SilverSneakers

From your classmates to the instructors, SilverSneakers is much more than just a fitness program. It's a fun, friendly, motivating community that cares about you. And that's especially valuable as you age.

"Feeling isolated or alone is, unfortunately, increasingly common for older people," Dr. Kaiser says, adding that research shows that the more disconnected you feel, the higher your risk of conditions like heart disease and depression. "So the social element of SilverSneakers is a big part of what keeps you healthy."

Case in point: A study in the journal *Population Health Management* found that Medicare beneficiaries who regularly participated in the SilverSneakers program had better physical and emotional health, including fewer activity impairments (which is suggestive of a higher quality of life), compared with people who weren't in the program.

Another study published in a 2018 issue of *Journal of Applied Gerontology* found similar results, with SilverSneakers participants reporting reduced loneliness and better overall health. Get involved and be a part of our SilverSneakers community.



# DECEMBER BIRTHDAYS

Mary Abraham  
 Charlotte Adams  
 Becky Atkinson  
 Barbara Bakkers  
 Donna Beauchene  
 Marvin Berenstein  
 Jackie Biggerstaff  
 Delores Bogenrief  
 Pat Bornhoft  
 Sheri Chambers  
 James Chancey  
 John Cole  
 Anne Cowley  
 Pamela Crabb  
 Linda Craft  
 Ron Cummings  
 Linda Lee Deabler  
 Theresa Dean  
 Martha Dirks  
 Jannette Domayer  
 Emily Domayer  
 Kenneth Dvorak  
 Harlen Engeldinger  
 Maryann Farrell  
 Donald Fylstra  
 Vesta Gilbertson  
 Walter Goodwin  
 Sandra Graser  
 Paul Gregory  
 Colleen Guy  
 Grace Hawkins  
 Jane Henderson  
 Melanie Hickey  
 Della Hisler  
 Mike Hobart  
 Iris Hofling  
 Gary Hoklin  
 Terry Hubert

Lyle Dean Hughes  
 Patricia Isaacson  
 Eric Johansen  
 Wayne Ray Johnson  
 Susan Jones  
 Patricia Kampfe  
 Carolyn Keleher  
 Sally Kimball  
 Christy Kingdom-  
 knoepfler  
 Karen Koch  
 Shavonne Kopal  
 Elizabeth Mae Kosinski  
 Ruth Koster  
 Carol Krumwiede  
 Rodney Kuchta  
 Doug LaFleur  
 June Lahti  
 Richard Larson  
 Ruth Lebowich  
 Christina Lethcoe  
 Merlene Levering  
 Floyd Madison  
 Loretta Madison  
 Dennis Magden  
 Dianne McCall  
 Pam McDermott  
 Phyllis McMillan  
 Mary McGinty  
 James Mothershead  
 Gilbert Nelson  
 Jeanine Newton  
 Joseph Nicolas  
 Barbara Notto  
 Sandy Oberman  
 Karen Olasz  
 Debora Otto  
 Linda Peete-flom

Don Peters  
 Terry Prokop  
 Morey (Morris)  
 Rasmussen  
 Joan Ratley  
 Kurt Riemer  
 Carol Riffey  
 Dianne Roach  
 David Roach  
 Barbara Rosenbaum  
 Larry Rowenhorst  
 Beth Rozeboom  
 Emily Rubia  
 Betty Sampson  
 James Sands  
 Doreen Kay Schoonover  
 Lillian Schroeder  
 Judy Seaman  
 Larry Shaver  
 Michael Smith  
 Charles Smoley  
 Richard Solomon  
 Richard Stephan  
 Michael Tew  
 Phyllis Jean Todd  
 Connie Travis  
 Judy Turner  
 Ron Vogt  
 Elaine Mary Waskow  
 Adrian Welch  
 Beverly Weseman  
 Carmen White  
 Paula Wiley  
 Susan Jensen Wollesen  
 Lloyd Woltman  
 Sarah Young

# Memorials for December

**For:** Betty Levi  
**From:** Siouxland Duplicate Bridge Club

**For:** Dan Hudek  
**From:** Siouxland Duplicate Bridge Club

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

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

**For:** Gayle Kleinberg  
**From:** Clark Kleinberg

# October New Members

DEBIE CAIN  
 ERNIE CAIN  
 MELINDA DEMAREST  
 LEO ENGEL  
 PHARYCE ESLICK  
 JOAN FICKBOHM  
 STEVE FUNK  
 CHERYL FUNK  
 JEREMY FUNK  
 JOHN GILLES  
 CAROL GRAHAM  
 STEPHANIE JEOCHKE  
 ROMA JOHNSON  
 LINNEA KEANE  
 NORMA OAKES  
 BARBARA ORZECZOWSKI  
 CHARLES RAWE  
 MARISELA RIVERA  
 JUDY TADLOCK  
 BETH WALL  
 NEVA PIERCE  
 STEVE WALL



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 Sioux City, Iowa 51103  
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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**

October/November

*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 Nieuwendorp |
| Sherry Evans   | Russell Movall  | Kathleen Plantenberg | 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>		