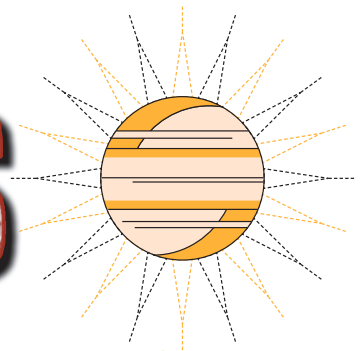


SEPTEMBER 2017 SUNSHINE NEWS



Telephone
712-255-1729

Number
472

Published
Monthly



Our mission is to enrich the quality of life and support independence and vitality for our members. This is done by meeting the social, recreational and educational needs of members, in an environment that is fun, safe, inclusive and courteous for all.

Siouxland Center
for Active Generations

Volunteers of the Month

Richard & Elaine Waskow



We congratulate Richard and Elaine Waskow as September Volunteers of the Month. As a Christmas gift, in December 2014, their daughter bought them memberships to the Center. Little did she know, the Center received a part of that gift, two excellent volunteers! Elaine volunteers each week in the gift shop and Richard and Elaine sub in as fitness class instructors. To quote Elaine, "I enjoy working in the gift shop and helping people find what they are looking for. I am grateful for our health and the ability to serve others; it makes us happy". They also helped with the rummage sale, occasional birthday parties and whenever else needed. In addition to volunteering, they enjoy participation in fitness classes, the fitness room and health screenings. Join us in congratulating Richard and Elaine, Monday, Sept. 11, 1 p.m., as they receive their personalized cake, courtesy of Iris of the Pastry Parlor and gift certificate from Palmer's Olde Tyme Candy Shoppe.

2017 NFL FOOTBALL RAFFLE

The fifth year of the NFL Football Raffle Fundraiser has arrived! Tickets for this major fundraiser sell for \$20 each, and give five participants a chance to win each week of the 17 week-long NFL football season. Over \$4,000 of prize money is given away, which includes the \$1000 grand prize and \$500 second place prize!

We are encouraging all members to:

- Buy a ticket and sell a ticket to a friend. If each member did that, we would sell over 2,700 tickets.
- Become a super salesperson and check out 10 tickets to sell to friends and neighbors. If 100 of our members answer the challenge, we would sell 1,000 tickets.

Participating in the 2017 NFL Football Raffle is an easy way to support the Center. To buy your tickets or become a super salesperson, ask at the front desk, or call (712) 255-1729.



- 34th Annual Fall Follies
- Saturday, Sept. 9, 2:00 p.m.
- Sioux City East High School Auditorium

- Ticket cost \$5 per person
 - Open to the public
- *Please support performing groups from the Siouxland Center for Active Generations by attending.*

Shredtastic Date Set

Friday, Sept. 22, is the next Shredtastic and Drug Take Back Event. Bring items to the Siouxland Center for Active Generations parking lot between 11 a.m.-1 p.m. Special thanks to Document Depot, Connections Area Agency on Aging, and the Sioux City Police Department for their help and coordination of this semi-annual event.

Closed Labor Day

We will be closed
Monday, Sept. 4,
in honor of Labor Day and
reopening Tuesday, Sept. 5.
Enjoy the holiday!

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. - 4:30 p.m.
www.siouxlandseniorcenter.com

**Chairperson,
Board of Directors**
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Executive Director
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Annual Dues — \$40 per Person
Lifetime Dues — \$400 per Person

Price of Advertisement
\$13 per column inch

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



Enter 90

If there's a best kept secret to turning 90 years old, Evelyn Walding doesn't mind sharing it.

"Live a good life, love God and care for each other," Evelyn, a Center member, advises, adding wisdom for the ages, "Live right and obey laws."

Evelyn, who turns 90 on Sept. 17, 1927, was born at home in South Sioux City, Neb., where she lived with her grandparents and attended school in South Sioux City, until she graduated in 1945. Among her many fond memories are the countless hours of fun she and her sister as kids, playing games outdoors, like Hide-and-Seek in the dark.

After high school, she attended business school in Sioux City, Iowa, and worked in the office at Davidson's Department Store and at Armour & Co. She later worked at Zenith and Aalf's Manufacturing, all in Sioux City.

Evelyn, who was united in marriage on Sept. 8, 1948 to Dick Walding, has four children, 10 grandchildren and 29 great grandchildren.

A resident of Northern Hills, she enjoys reading and painting pictures. Looking back, Evelyn considers her high school days and raising her kids in Leeds, Iowa, as her best years. And among her greatest accomplishments was "raising good kids who have done well."

Everyone here at the Center wishes Evelyn a very Happy Birthday and many more to come!

Donation of Front Desk Equipment

The Center is excited to be adding technological elements to better serve our members. Thanks to community supporters, technology initiatives are becoming reality. Recently, Riverside Technologies donated a large monitor to display Center events and happenings. They also donated a touch screen monitor to make signing in at the Center quicker and more efficient and a laptop for portable computer use throughout the Center, at events and in the community.

Siouxland Center for Active Generations would like to extend a sincere thank you to Riverside Technologies and Chris VerSteeg, for helping us fulfill technology needs.

Pictured:

Cheryl Hansen and Chris Versteeg



 Like us on
Facebook

[facebook.com/SiouxlandSeniorCenter](https://www.facebook.com/SiouxlandSeniorCenter)

The Siouxland Center for Active Generations has a Facebook page! Our page is updated regularly with photos and announcements. You can find our page by clicking the link at www.siouxlandseniorcenter.com

Countryside Health Care Center

Occupational Therapy ~ Physical Therapy ~ Speech Therapy

Countryside offers newly remodeled treatment plan to Independent Living (apartments), long term care, and skilled nursing. Coming soon newly remodeled facility!

Countryside Senior Living
6120 Morningside Ave. Sioux City, IA 51106
712-276-3000

FOUNTAIN Assisted Living VIEW

LUNCH & LEARN SESSION
The Benefits of Assisted Living
September 19
11:30 am - 1 pm

For Reservations*
712.255.1729
OPEN TO CENTER MEMBERS ONLY
*Must pre-register by Friday, September 15



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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 during the month of July. We thank them for their thoughtfulness.

- | | | | |
|-------------------|-------------------------|-------------------|-------------------|
| MARY ABRAHAM | MARYBETH GEHLING | ANN MRLA | DOREEN SCHOONOVER |
| KYONGAE HANSHAW | ELLY GIBSON | SHARON MURPHY | DONNA SCOTT |
| MARJORIE ANDERSON | ADRIAN & CAROLYN HANSON | CHRISTINE MURPHY | PAT SCOTT |
| KATHY ANDERSON | VIRGINIA HARGROVE | SHARON MURPHY | JULIE SEMPLE |
| BARBARA ANDERSON | DIANE HARTMAN | PAM NANER | SHIRLEY SHERMAN |
| LOLA ANDERSON | JANE HENDERSEN | JAN NELSON | RICKY SNYDER |
| KATHY BEACOM | CAROLYN HENJES | ROSEMARY O'KANE | WILLARD SNYDER |
| DON BEALS | MAVIS HOLMAN | DEBBY OLSEN | BRUCE SPENCE |
| KRIS BERGSTROM | JANE HUNKINS | MERLIN OLSON | JOANNE STEPHENS |
| LARRY BLEDSOE | DEANNA JACOBS | CHARLES PERSINGER | MIKE TEW |
| NOVALINE BLIVEN | ERIC & JUDY JOHANSEN | JOANNE PETERS | EVEY THOMPSON |
| DELORES BOGENRIEF | DONNA JOHNSON | JEFF PILGRIM | MARILYN THOMPSON |
| MIKE BOGGS | BETTY JOHNSON | TOOTS PITTMAN | LYLE TODD |
| PAT BORNHOFT | JOYCE KAISER | GEORGE POLAK | NORMA ULMER |
| NANCY BRUBAKER | JEFF KEIL | DOROTHY PUETZ | BARBARA VAKULSKAS |
| HELEN BUNDY | DONNA KELSEY | ALICE REEG | HARVEY VIKEN |
| DONNA CARSTENSEN | RUTH & DON KINGERY | JUDY REHUREK | JON WAGONER |
| SHERRY CRAIG | KATHIE KOBERNUS | KERRY RUEHLE | ELAINE WASKOW |
| VIVIAN DEROCHIE | ELLEN LIVINGSTON | LOIS ROHMILLER | CLARYCE WELCH |
| MARTHA DIRKS | DORIS LOHRY | LUCILLE SAGE | DIANNE WIDNER |
| BECKY DUNCAN | NANCY MEANS | CAROLINE SANDS | JUNE WILHELM |
| AUDRY ERCOLINI | PAM MEARS | MARY JEAN | |
| CINDY EWERT | KERWIN MEYERS | SCHNEIDERS | |
| BARBARA FREY | | CHARLES | |
| MARLIS FRIESNER | | SCHOONOVER | |

Who Needs a Will?

You do, if...

- You own anything and care what happens to it.
- You want to leave a bequest to your church, mosque, synagogue, or other favorite non-profit, such as the Siouxland Center for Active Generations.

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 _____

Wednesday Morning Talk Show Programs at 10:30 A.M.

Wednesday, Sept. 6
**"THE LIFE & CAREER
 OF DING DARLING"**

Speaker:
**Matt Anderson, Curator,
 Sioux City Public Museum**

Wednesday, Sept. 13
**"LEG PAIN: ARTHRITIS
 OR PERIPHERAL
 ARTERIAL DISEASE"**

Speaker:
**Dr. Angelo Noel Santos,
 Sanford Health**

Wednesday, Sept. 20
**"WESTMAR EAGLE
 IN FLIGHT"**

**Speaker: Steve Collins,
 Presenter**

Wednesday, Sept. 27
**"A STEP BACK IN TIME; A
 VISIT FROM ABE LINCOLN"**

Speaker: Steve Burns



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015001-00620 3/17

Support Ad Sponsors

We remind all members to patronize the many advertisers in the Sunshine News. The Siouxland Center for Active Generations appreciates their financial support for making this newsletter possible!

Bridge News

We made a major change in our schedule in August. A vote was taken from all the bridge players as to changing the Thursday evening game to afternoon. The vote was overwhelmingly in favor of an afternoon game beginning at 1 p.m. Attendance was excellent at the first daytime game. This change means that the afternoon classes are now held at 10 a.m. on Thursdays. Students and players can enjoy lunch and then play bridge for a few hours. This means less driving for some who come quite a distance to play or who don't like to drive at night. We always have the option to change back, but it looks like a popular change. We played in Aurelia for the annual charity game. Several Sioux City players won awards for earning the most points in their particular skill category during 2016. It's always a fun-filled day.

~Audrey Ercolini

Sunrise Retirement Sponsors Lunch & Learn

Sunrise Retirement Assisted Living will be sponsoring a Sept. 19 Lunch & Learn to help Center members learn about their facility and the benefits of moving to an assisted living community, including a general discussion of services maintaining independence, as well as a brief overview about the social, spiritual and wellness activities available at Sunrise. The lunch will begin at 11:30 in the Conference Room. No later than Sept. 15, Center members wishing to attend may make reservations at the front desk - or by calling (712) 255-1729.

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

Walmart	Sioux City Country Club	Bomgaars
Sam's Club	Palmer Candy	Famous Dave's
Premier Bank Card	Travel Plus Limousine	BAIRD
Brookdale Sioux City	Regency Square	Sioux City Bandits
Humana Market Point	Bush Cleaners	Rick Collins Toyota
HyVee Hamilton Boulevard	Jerry's Pizza	Whispering Creek
Stoney Brook Suites	HOM Furniture	Wine Styles
Bickford Cottages	Rocket Auto Wash	Rudolph's Shoe Mart
RTI	Sioux City Explorers	Anytime Fitness



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- * Housekeeping
- * Free Transportation
- * 24 Hour Emergency Response
- * Exceptionally Committed Staff
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Whispering Creek offers Independent Living, Assisted Living and Alzheimer's Care apartments all within the convenience of one campus!

Call or stop by anytime for a personal tour & stay for lunch!
 (712) 204-3524 • 2609 Nicklaus Blvd. -Sioux City, IA

ACTIVE RETIREMENT COMMUNITY

One mile East of Morningside Ave. & Whispering Creek Drive • www.WhisperingCreekSeniorLiving.com

September 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:

- Sept. 5 – Labor Day
- Sept. 12 – Remember 9/11
- Sept. 19 – Forever and a Day
- Sept. 26 – Apples

September Notes

- ...Babe Ruth hit his first-ever home run on Sept. 7, 1914.
- ...The name United States of America

was adopted by Congress on Sept. 9, 1776.
 ...On Sept. 11, 2011, 3,000 people died as a result of the cruel terrorist attack. Three cities first to feel this agony were: Washington, D.C., Shanksville, Penn., and New York City.

- Alice Reeg, Creative Writing

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COFFEE Sit Sip SHOP

Summer has flown by with great zucchini donations coming into the Coffee Shop, and I thank you, but now I am asking for cucumber donations! I've heard there aren't many cukes out there due to the dry, hot summer, but I am hoping a plea will help bring in more so that I can step up



my pickling process. Some customers request a little sandwich with their pickle! Continue to stop by for a meal, a sweat treat, fresh fruit or a cup of coffee.

- Marilyn Haller

Young at Heart Line Dancers

Summer has flown by, but that's okay with the line dancers since we are excited and ready for the Fall Follies, Sept. 9. Performers have worked hard preparing for this versatile and fun 2017 program. Our next mission is to fill those seats at East High School; please help us fulfill that mission. See you at the show!

-Sally Kimball

AARP Lunch & Learn

- *Fraud Watch Program Lunch & Learn*
- Wednesday, Sept. 20, 11:30 a.m.
- Free and open to the public
- Pre-registration required by Friday, Sept. 15

*Fraud Watch Program describes common scams and identity theft, strategies and techniques con artists use, how to prevent getting taken advantage of and ways to stop situations from happening.

Rummage Sale Thank You

Special thanks from the Siouxland Center for Active Generations to all who helped make the July Rummage Sale the success it was. To those who volunteered, donated items to sell, ran the booths, shopped the sale or helped in any other way, we greatly appreciate your support!



One important conversation does you a world of good.

Let us help you with questions you may have about the importance of having your wishes in writing, through an advance directive or other sources.

Go to www.hospiceofsiouxland.com and click on the *Advanced Planning* tab for more information.

4300 Hamilton Blvd. • Sioux City, IA 51104

Hospice
of Siouxland

*When time is short,
 we fill that time with life.*

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September Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of September, with possible dues due this month. Please stop in my office and we can check your due date. **This is not a naughty list!**

To those of you on the list that have already paid, my apologies!! Thanks! Jan Green, Membership Coordinator


MARSHA ADAMS
 MARY AESOPH
 DAVID ANDERSON
 BARBARA ANDERSON
 ANDREA BEAN
 JEANNETTE E BEEKMAN
 MARVIN BERENSTEIN
 KEN BIGGERSTAFF
 JACKIE D. BLAND
 JOHN BUNCH
 PAUL CRANDELL
 PAULA CRANDELL
 EDWARD DAUGHERTY
 DIANNA DAUGHERTY
 LEON DOXTAD
 LYNN DOXTAD
 PAT ANN ELLIS
 MARY FERRARI
 JAN FOSTER
 VIRGINIA (GINGER) K FRANCE

SUE GRIFFITH
 NORENE M HAMMAN
 THERESA M HAMMOND
 ROBERT L HAMMOND
 GORDON C HANSEN
 JEANNETTE MARGARET HANSON
 ROBERT HANUS
 EILEEN HARTNETT
 NADINE HOLST
 ROSALIE B HORSTED
 JAMES INGENTHRON
 GERALD IVERSEN
 RITA IVERSEN
 PRISCILLA JACKSON
 MARGARET MARY JAMIESON
 DONNA DEAN LOVELL
 ALVIN LYONS
 ELLA L MCDERMOTT
 ANN MCMANUS
 PATRICIA MUSTAIN


PAT NIEWOHNER
 SCOTT OLSEN
 DON OLSON
 DONNA OLSON
 CHARLES PARKER
 CAROL A PATNAUD
 GILBERT L PERSINGER
 BONNIE L PERSINGER
 STACEY PETERSEN
 ANNETTE B PETERSON
 BETTY R PROSSER
 LYNNE REDDEN
 ELIZABETH (BETSY) RIDDELL
 NIDIA RIOS-GONZALEZ
 MARCIA K SCHNEIDERMAN
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 SHARON L STROM
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CENTER STAGE TAPPERS and Merry Go Rounders



The Tappers entertained at Sunrise Senior Living on a Saturday afternoon in August, performing in both the main hall and the memory care unit. It was nice visiting Sunrise and seeing many faces of former Center members.

We have been finalizing our tap and hip hop dances for the Follies and know we will provide another dazzling performance this year. See any performer, visit the front desk or pop in at East High Saturday, Sept. 9, to get your Follies ticket. We hope to see you there!

In addition, we look forward to new tappers joining us after the Follies, as we prepare for next year!

- BJ Heitzman



Our small but mighty group-entertained for the August Birthday Party. General consensus was-we love to dance, the attendees loved watching us, and the bonus was watching the smiles on the faces of our guests. It's always nice to share our passion for dance with others and let them know what round dancing is all about.

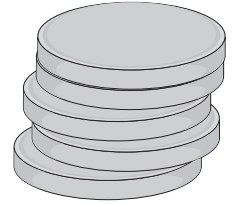
- BJ Heitzman

Little Dance Things # 1:

*When you can dance for hours,
but get tired of running-after running for two minutes.*

-Bill Merritt

Penny Bingo



Games & Food

Share the bingo fun Tuesday, Sept. 12, 12:30-2:30, as Siera Linneweber of Humana MarketPOINT joins the group. Siera has promised a good time for all; don't miss out! We continually change up the bingo games to encourage new players to test their luck each week. Bingo cards cost a penny per card with a limit of four cards per game; however, that can change depending on the game played and the time of day we are playing. Consult the Center's activity calendar for Bingo hours on Tuesdays and Thursdays.

In addition: Special thanks to all bingo participants who helped host the August Birthday Party.

Just Asking

Our line dancers are in the hunt for a CD/cassette player in good working order. This doesn't need to be new, but we need one in good condition. Let the Center know if you can help us out and thanks in advance!

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City Wide

BINGO

Wednesday, Sept 27th • 1:30 to 3:00 pm
(in our Independent Living Building)
Pick up at Senior Center (Sign up Minimum 3 People)
Pick up at 12:30 p.m. return by 3:30 p.m.

Call 712-239-9402 for more information!

Where can I find a good Traditional Worship Service?

Sioux City's **First United Methodist Church** offers a time-honored Traditional Worship service **every Sunday morning at 9:00**. We sing hymns accompanied with the pipe organ, have dynamic, relevant preaching and share biblically-based liturgy. Membership is not required.

Want a church where *you* will feel comfortable? Come as often as you want. We are located at **1915 Nebraska St.** Call 258-0119 or visit our web site (siouxcityfirst.com).

HUGE RUMMAGE
SALE

September 14th thru September 16th




Thursday, 9/14	4:00 pm – 8:00 pm
Friday, 9/15	8:00 am – 6:00 pm
Saturday, 9/16	8:00 am – NOON

Whitfield United Methodist Church
1319 West 5th Street



SEPTEMBER 2017

Siouxland Center
for Active Generations
Activity Calendar
Questions?
Call (712) 255-1729

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>September Opportunities</u> <u>Health/Fun:</u></p> <p><u>Sept. 4...</u>Closed to observe Labor Day</p> <p><u>Sept. 9...</u>Fall Follies at East High School</p> <p><u>Sept. 11...</u>Grief Support Program</p> <p><u>Sept. 11...</u>Drawing for Ron's Art Print</p> <p><u>Sept. 11...</u>Sept. Birthday Party</p> <p><u>Sept. 19...</u>Sunrise Retirement Lunch & Learn...must pre-register by Sept. 15</p> <p><u>Sept. 20...</u>AARP Lunch & Learn...must pre-register by Sept. 15</p> <p><u>Sept. 22...</u>Shred-tastic 11a.m.-1 p.m.</p> <p><u>Sept. 29...</u>Royal Ball 1 p.m.-3:30 p.m.</p> <p>Call to schedule Computer Classes; days/time will vary</p>	<p>Reminder to all... You must be a member of the Siouxland Center for Active Generations to take part in the programs & activities sponsored by the Center. Dues remain at \$40 per year. Please pay dues on time!</p>	<p>LUNCH OPTIONS...</p> <p>~ALWAYS KEEP IN MIND THE LUNCH OPTIONS AT THE SIOUXLAND CENTER FOR ACTIVE GENERATIONS...</p> <p>~COFFEE SHOP IS OPEN SERVING ALA CARTE OPTIONS THROUGHOUT THE DAY</p> <p>~MEAL SITE IS OPEN SERVING COMPLETE MEALS 11:30-12:30; SEE COMPLETE MENU ON BACK OF CALENDAR</p> <p>~EITHER MEAL OPTION IS OPEN TO THE PUBLIC; MEMBER OR NON MEMBER</p> <p>~LUNCH TO GO</p>		<p>1</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wii Bowling 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Fitness w/ Dixie of Recover Health 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures/St. Luke's 11:30 am-12:30 pm Lunch 12:00 pm Basic Tap 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge 1:00 pm 500</p> <p>~NO FRIDAY DANCE~</p>
<p>4</p> <p>CLOSED TO OBSERVE LABOR DAY... ENJOY THE HOLIDAY WEEKEND</p>  <p>Labor Day</p>	<p>5</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Penny Bingo 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Walking Off Pounds 10:15 am Belly Dancing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 11:45 am Adaptive Aerobics 12:30 pm Tap Class 12:30 pm Penny Bingo 1:00 pm Mexican Train 1:00 pm Beginning Scrabble 1:00 pm Painting Class 1:00 pm Pitch 2:00 pm Ping Pong</p>	<p>6</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Chorus 9:00 am Yoga w/Dixie of Recover Health 9:00 am Novice Dup. Bridge Game 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Talk Show "The Life & Career of Ding Darling" ~Matt Anderson, Curator, S. C. Public Museum 10:45 am Guitar Practice 11:00 am Drama Group 11:30 am-12:30 pm Lunch 11:30 am Jam Session 1:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm Scrabble 1:00 pm 500 2:30 pm 1 Mile Walk Warm Up 3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge</p>	<p>7</p> <p>8:30 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Book Club 10:00 am Beginning Bridge (Howard/Ercolini) 10:00 am Walking off the Pounds 10:00 am Men's Club 10:30 am Balance Class w/YMCA Instr. 11:00 am Advanced Line Dance 11:30 am-12:30 pm Lunch 12:30 pm Canasta 12:30 pm Penny Bingo 12:30 pm Woodcarving 1:00 pm ACBL Duplicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p>8</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wii Bowling 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Fitness w/Dixie of Recover Health 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures/Mercy 11:30 am-12:30 pm Lunch 12:00 pm Basic Tap 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge 1:00 pm 500 1:00 pm Friday Dance "Terry & Three on the Road"</p> <p>"Variety Show" Plan to attend the 34th annual Fall Follies at East High School Saturday, September 9, 2 p.m.</p> 
<p>11 ~Grief Support Program 9:30 a.m.~ 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50</p>	<p>12 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Penny Bingo 9:00 am Senior Yoga</p>	<p>13 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Chorus 9:00 am Yoga w/Dixie of Recover Health</p>	<p>14 8:30 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance</p>	<p>15 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wii Bowling</p>

9:30 am Intermediate Duplicate Bridge Class
9:30 am Grief Support Program
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 1:00 pm **BIRTHDAY PARTY**
Entertainment: Dr. Sharon Ocker
Hosts: Fitness Classes
Volunteers of the Month: Richard & Elaine Waskow
 1:00 pm Pinochle
 1:00 pm American Mah Jong
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:15 am Belly Dancing
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:30 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Mexican Train
 1:00 pm Beginning Scrabble
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
“Leg Pain: Arthritis or Peripheral Arterial Disease”
~Dr. Angelo Noel Santos, Sanford Health
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 11:30 am Jam Session
 1:00 pm Choreographed Ballroom
 1:00 pm Phase 10
 1:00 pm Coloring Corner
 1:00 pm Scrabble
 1:00 pm 500
 2:30 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills
 6:00 pm ACBL Duplicate Bridge

10:00 am Novice Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men’s Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 12:30 pm Woodcarving
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men’s & Women’s Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Fitness w/ Dixie of Recover Health
 9:30 am Women’s Pool Shooting Class
 10:00 am Blood Pressures/St. Luke’s
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Friday Dance
“Country Brew”



18

8:00 am Scrapbooking
 8:30 am Yoga with Amanda
 8:30 am Exercise Plus 50
 9:30 am Intermediate Duplicate Bridge Class
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 12:30 pm Movie
“Dirty Dancing”
 1:00 pm Pinochle
 1:00 pm American Mah Jong
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



19~Sunrise Retirement Lunch & Learn

8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Penny Bingo
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:15 am Belly Dancing
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:30 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Mexican Train
 1:00 pm Beginning Scrabble
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

20~AARP Lunch & Learn about Fraud

8:30 am Enhance Fitness w/YMCA Instr.
 9:00 am Chorus
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
“Westmar Eagle in Flight”
~Steve Collins, Presenter
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 11:30 am Jam Session
 1:00 pm Choreographed Ballroom
 1:00 pm Phase 10
 1:00 pm Coloring Corner
 1:00 pm Scrabble
 1:00 pm 500
 2:30 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills
 6:00 pm ACBL Duplicate Bridge

21

8:30 am Penny Bingo
 9:00 am Yoga
 9:00 am Beginner 2 Line Dance
 10:00 am Beginning Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men’s Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 12:30 pm Woodcarving
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men’s & Women’s Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

22~Shred-tastic 11:00-1:00

8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Fitness w/ Dixie of Recover Health
 9:30 am Women’s Pool Shooting Class
 10:00 am Blood Pressures/Mercy
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Friday Dance
“Jerry O’Dell & His Country Flavor Band”



25

8:00 am Scrapbooking
 8:30 am Yoga with Amanda
 8:30 am Exercise Plus 50
 9:30 am Intermediate Duplicate Bridge Class
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am-12:30pm Lunch
 12:00 pm ACBL Duplicate Bridge
 12:30 pm Movie
“Charlie St. Cloud”
 1:00 pm Parkinson’s Support Group Meeting
 1:00 pm Pinochle
 1:00 pm American Mah Jong
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



26

8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Penny Bingo
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:15 am Belly Dancing
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:30 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Mexican Train
 1:00 pm Beginning Scrabble
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

27

8:30 am Enhance Fitness w/YMCA Instr.
 9:00 am Chorus
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
“A Step Back in Time: A Visit from Abe Lincoln”
~Steve Burns
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 11:30 am Jam Session
 1:00 pm Choreographed Ballroom
 1:00 pm Phase 10
 1:00 pm Coloring Corner
 1:00 pm Scrabble
 1:00 pm 500
 2:30 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills
 6:00 pm ACBL Duplicate Bridge

28

8:30 am Penny Bingo
 9:00 am Yoga
 9:00 am Beginner 2 Line Dance
 10:00 am Beginning Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men’s Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 12:30 pm Woodcarving
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men’s & Women’s Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

29




8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Fitness w/ Dixie of Recover Health
 9:30 am Women’s Pool Shooting Class
 10:00 am Blood Pressures/Recover Health
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Friday Dance...Royal Ball
“Shirley’s Big Band”



~Royal Ball~
Formal attire encouraged,
but not required.
Consult Sunshine News
article for details.

Siouxland Center for Active Generations
Homemade food prepared by Sandy Welch
 Meals are \$5.25
All meals include choice of
beverage & salads
 Serving 11:30-12:30 Carry Outs Available

SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Meals are open to the public... treat a friend for only \$5.25!</i></p>		<p><i>Enjoy a meal & conversation at the Center... a great way to meet new friends...</i></p>	<p><i>Welcome Autumn...</i></p> 	<p>1 Tavern Onion Rings Vegetable Dessert</p>
<p>4 Closed...Labor Day</p> 	<p>5 Chicken Fried Chicken Mashed Potatoes/ Country Gravy Vegetable Dessert</p>	<p>6 Hamburger Steak Mashed Potatoes/ Mushroom Gravy Vegetable Dessert</p>	<p>7 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert</p>	<p>8 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert</p>
<p>11 Chicken Fried Steak Mashed Potatoes/ Country Gravy Vegetable Dessert</p>	<p>12 Hot Beef Sandwich Mashed Potatoes/Gravy Vegetable Dessert</p>	<p>13 Meatloaf Mashed Potatoes/Gravy Vegetable Dessert</p>	<p>14 Tavern Onion Rings Vegetable Dessert</p>	<p>15 Tuna & Noodles Homemade Dinner Roll Vegetable Dessert</p>
<p>18 Goulash Garlic Bread Dessert</p>	<p>19 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert</p>	<p>20 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert</p>	<p>21 Broasted Chicken Cheesy Potatoes Vegetable Dessert</p>	<p>22 Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert</p>
<p>25 Baked Chicken Hind Quarter Mashed Potatoes/Gravy Vegetable Dessert</p>	<p>26 BBQ Baby Back Ribs Cheesy Potatoes Vegetable Dessert</p>	<p>27 Lasagna Garlic Bread Dessert</p>	<p>28 Homemade Chicken & Noodles Mashed Potatoes Vegetable Dessert</p>	<p>29 Baked Ham Mashed Potatoes/Gravy Vegetable Dessert</p>

Sioux City Lions Club Pancake Days! October 6th from 5-7pm & 7th from 7am-Noon
Held at Siouxland Center for Active Generations
313 Cook Street, Sioux City, IA
Adults \$6, under 2 years free



Pancakes



Sausages



Scrambled Eggs

(Extra eggs or sausage .25 cents)



Coffee

and



OR



Orange Juice

Activities include:

- Entertainment provided by Siouxland Center for Active Generations
- Demonstrations by Siouxland Woodcarvers
- Iowa Kid Sight -Free Eye Screening for children 6 months to 5 years old.
- New members welcome (18+ yrs) Free tours of Center
- Gift Shop will be open

Lions provides services for:

- Eyeglasses
- Hearing Aides
- Charity Grants
- College Scholarships



If questions call Timothy Jacobs 712-251-2436. Or e-mail: siouxcitylions@gmail.com

Memory Maker

The Center is introducing a new feature in the Sunshine News titled "Memoir Maker." Periodically in the newsletter, we will print thematic articles reflecting on members' memories of bygone days.

Our first two segments will focus of yesteryear stories of harvest (farm family traditions) and holidays (Christmas or Hanukah traditions). While most of us have meaningful accounts of our past, unfortunately, we will not be able to publish everyone's story.

For the ones we do published in the Sunshine News, contributors will be asked to sign a waiver. If you have a fond memory with these themes in mind to be considered for "Memoir Maker," please contact Paula Bosco Damon at boscodamon.paula@gmail.com or leave your name and number on the "Memoir Maker" sign-up sheet at Center's main desk.

Jam Session

This will be my last of 17 articles I have written for Jam Sessions. I will be putting my energies into other activities to better achieve the goals of "The Smile Maker" and Pinky's Jam Session. The Jam started nearly two years ago, in December 2016, and I am proud to say is alive, healthy and will continue.

-Pinky Catron, The Smile Maker

Royal Ball

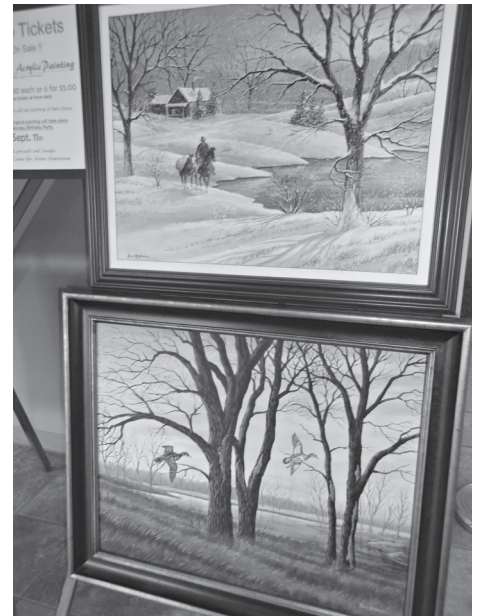
Mark your calendars! Sept. 29 the Siouxland Center for Active Generations will be hosting a Royal Ball to recognize all past and current Honorary Rivercade Royalty. Shirley's Big Band will be playing for this gala, beginning at 1 p.m. Cost to attend the dance will remain at \$3 for Center members and \$6 for non-members; all attending will enjoy treats and beverage at the 2 p.m. dance break. You may choose formal attire for this special event; however, it is not required. Please join the fun!

A dollar dance with the 2017 King and Queen has been suggested with those donations coming to the Center.



September 11 Drawing

We thank Ron McKewon for generously donating an original print to be raffled-with proceeds benefitting the Center. During the September Birthday Party, one lucky winner will have the opportunity to choose one of the four prints shown. Raffle tickets are available at the Center for \$1 each or (6) \$5. *While we invite all to attend the party, it isn't mandatory for winner to be present.*



Sunset Ride

Center member and painting instructor, Ron McKewon, is shown with painting winner Kris Bergstrom (L) and painting student Donna Foxhoven (R). In July, Ron played for a dance and as a donation, allowed one lucky dance attendee to choose one of his paintings. Kris won the painting, but gifted it to Donna, a fellow member of the Siouxland Center for Active Generations



ROOT BEER FLOATS

Sept. 15, 2 p.m.



Sponsored by
Bruce Hunkins & Denise Melo
BANKERS LIFE

*Do you have questions for the
2018 Medicare season?

Rent the Center

Yet another benefit to being a Center member... Did you know that as an Active Generations member, you can rent parts of the building? Yes, you can rent a meeting room during the day and even rent the building after hours. Contact Cheryl (712) 255-1729, for more details.

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 Mike & Judy Smith
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ADULT BIBLE STUDY:
 Thursday 6:30 pm - 8 pm

FAREWAY
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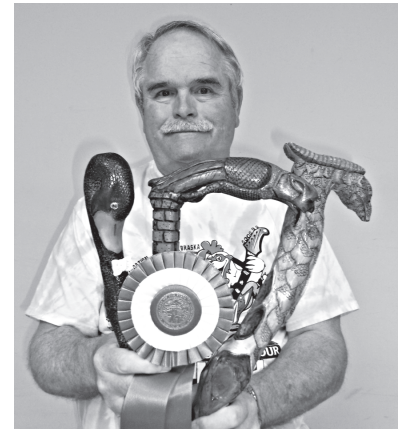
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Words from the Woodcarvers

Woodcarvers are on stand-by to help those ready to try something challenging and artistic. This friendly and fun group wants you to stop in and see what's happening in the craft room Monday and Thursday afternoons. We will get you started and soon you will be helping others with their carved projects.

We look forward to the excitement of Art Splash, Labor Day Weekend in Riverside Park, as well as the Lions Club Pancake Days at the Siouxland Center for Active Generations, Oct. 6 – 7. We will be displaying projects at both events. Make plans to take a road trip to Homer, Neb., to attend the O'Conner House Open House in November, and watch our carvers in action!

~John M. Beeson



Woodcarver John Beeson is pictured with his award winning canes, shown at the Dakota Thurston County Fair.

Golf Tournament Results

The annual Siouxland Senior Golf Classic was held Monday, Aug. 14, at the Sioux City Country Club; 20 teams participated. 1st Place honors went to Accura Health Care (60), 2nd Place went to Knoepfler Chevrolet (61), 3rd Place went to Kruse Financial (61); this was decided by scorecard playoff. Flag prizes went to Jon Foulk (Longest Putt), Steve Bull (Longest Drive), while Denny Smith (Hole 6), Shane Sanders (Hole 13) and Ben Oberle (Hole 16) won Closest to Hole Prizes. Winner of the 50/50 Raffle was Toni Tschann. Unfortunately, no one had a Hole in One, which would qualify use of a car for a year, sponsored by Knoepfler Chevrolet.

We thank the following businesses for sponsoring this event: Avery Brothers Sign Company, CNOS, Foulk Brothers Plumbing & Heating, Gill Hauling, Great West Casualty, King, Reinsch, Prosser & Co., L.L.P., Knoepfler Chevrolet, Mills-Shellhammer-Puetz and Associates, Premier Bankcard, and Security National Bank. Your generosity is greatly appreciated. Thanks to the following hole sponsors: Avery Brothers Sign Co., Bentson Pest Control, Bob Roe's Point After, Brookdale Sioux City, Budget Motors, Christy-Smith Funeral Homes, CNOS, Countryside Healthcare Center, Foulk Brothers Plumbing & Heating, Gill Hauling, Heritage at Northern Hills, Holy Spirit Retirement Home, Jensen Motors, Knoepfler Chevrolet, King, Reinsch, Prosser & Co., L.L.P., Liberty National Bank, Luken Memorials, Mills-Shellhammer-Puetz & Associates, Nic's Fleet Service, Office Systems, Premier Bankcard, Record Printing, Ruehle Family Chiropractic, Rush Werks, Security National Bank, Siouxland Hearing Healthcare P.L.C., Siouxland PACE, Snow Doctors Lawn Care & Landscaping, Thompson Electric, Total Plumbing, Inc., Unity Point Health-St. Luke's, Visiting Angels Living Assistance Services, and Vogt Lawn Care.

Many businesses donated prizes and money for the tournament giveaways; we appreciate your support. Individuals who helped that day: Liz Blacknik, Lynn Doxstad, Judy Gibson, Jan Green, Cheryl Hansen, Tom Hildebrand, Janette Linden, Tim Jacobs, Carla Johnson, Sandy Kuntz, Kerry Ruehle and Toni Tschann. Special thanks to committee members: Rachel Byrne, Marc Christofferson, and Jeff Loffswold who were of great assist to Cheryl Hansen. Together, you made this tournament the successful event it was.

Classes for Computers and Other Electronic Devices

Our computer instructor, Kristina Yezdimer, offers One-on-One Computer Classes. (She also can answer your iPad or cell phone questions.) These are one-hour sessions at \$10 per person (for members). To schedule a class, call the Center at (712) 255-1729. We require all classes to be prepaid. Thanks to Kristina for her continued support of the Siouxland Center for Active Generations.

Grief Support Program

The Grief Support Program for members is Monday, Sept. 11, 9:30 a.m., in the Conference Room. This well-received monthly program is led by social worker Jim Anderson and clergyman Steve Pohlman. Jim and Steve are Board members and Center members. Whether your loss was recent or not, feel free to stop in and see what we can offer you or what you can offer others from your experience.

Stop & Shop GIFT SHOP!

Be sure to check in with the volunteers at the gift shop and see the latest and greatest arrivals for September. Among the variety of donations, you will find a new collection of framed pictures, picture frames, baskets and purses. The only thing they have in common-is the need to be in your home!

-Miriam Clayton

Special Events on Mondays in September

Monday, Sept. 4 – CLOSED – LABOR DAY

Monday, Sept 11 – 1 p.m. – September Birthday Party

Hosts: Fitness Classes

Entertainment: Dr. Sharon Ocker

Volunteers of the Month: Richard & Elaine Waskow

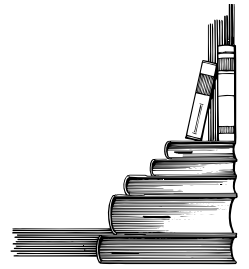
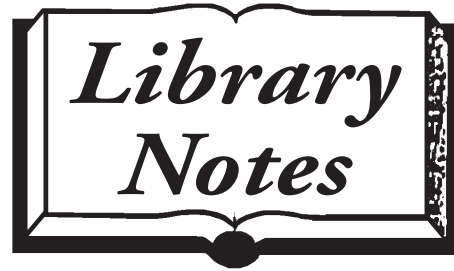
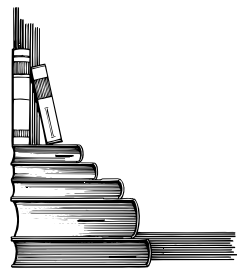
*Drawing for Ron McKewon’s painting takes place during the Birthday Party

Monday, Sept. 18 – 12:30 p.m. – Movie – “Dirty Dancing”

Monday, Sept. 25 – 12:30 p.m. – Movie – “Charlie St. Cloud”

*Every attempt is made to share a great movie experience with our members. We suggest you plan ahead to review content and nature of the movies that will be shown on the dates above.

*Movies Courtesy of Accura Health Care of Sioux City
Movie Popcorn Courtesy of Bickford Senior Living*



Attention readers regarding new selections:

- Eight paperback books by Danielle Steel
- *The Girl on the Train*-by Paula A. Hawkins
- *A Man Called Ove*-by Fredrik Backman (originally published in Sweden)

Book Club returns Thursday, Sept. 7, 10 a.m. We will be reading, *The Liar*-by Nora Roberts and hope to see you. Enjoy the tail end of summer and please stop by for a visit!

-Helen Eriksen

Bored? Try Board Games

If you’re bored, it’s always a good idea to try something new. Why not take a look at a great variety of board games, including a chess set, dominos, trivia games and much more, on the book shelves inside the front door and the end tables in the TV Lounge at the Center. Feel free to engage in any of them and then return them. Go ahead and have some fun!



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SEPTEMBER BIRTHDAYS

Capitalized names are the specially honored 90 years and above birthday group.

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| <ol style="list-style-type: none"> 1 Dorothy Rietz, Randy Pederson, Gary Herbst, Mary Lias, EARL MICHENER, Karen Martinson 2 Don McCulley, Virginia Gries, Mavis Holman, Peggy Schubauer, Vivian Miller, Pamela Johnson 3 Gay Gunsch, Theresa Ambrose 4 Nancy Bricker, Susan Rochester, Mary Seals, Gary Farley, Richard Waskow, James Brown, LEON COLLETTE 5 Audrey Ercolini, Donna Sharp, Joan McDermott 6 Teresa Valdez, Valerie Courey, Nancy Means, Lori Watts 7 Walt Anderson, Joan Jacobsen, Mary McCarthy, Littleton Roberts, Annette Peterson, Bob Johnson 8 Phyllis Kelley, Sister Janet Kreber, Jennifer Wilson, Don Nieuwendorp 9 Vernon Chedester, Billie Erskine, Burleigh Jurgensen, Wayne Kroger, Dolores Livengood, Sue Griffith 10 Kay Lagan, Amelia Bertrand, Glenn Johnson, Mindy Krause, William Krusemark 11 Dorothy Vander Weil, ELLEN LIESKE DUNCAN, Madeline Prescott 12 Bridget Agriopoulos, Rachel Byrne, Ellen Livingston, Alice Reeg, Dick Wheelen, Emerita Topete 13 Daniel Kohn, Clara Branch, Walter Clark, Joan Kober, Mary Jane Shanahan, George Vinson 14 Pat Collins 15 Diane Taylor, Normagene Hughes, Judy Langus | <ol style="list-style-type: none"> 16 MARGARET DEAL, LaVonne Lundgren, Samuel Walsh, Paula Kohn 17 Kathy Sue Kvale, Betty Harrison, EVELYN WALDING, Deloris Whitehill, Sharlene Krusemark 18 Sonja Erickson, Glenda Schulze, Margaret Boden 19 Priscilla Jackson, Ida Mae Backhaus, Shirley Broers, Dorinda Klapprodt, Ken Walsh, Lois Walsh, Kenneth Kast 20 Helen Eriksen, Jacque Sweet 21 Don Berg, Donna Johnston, Alda Kinsella, Craig Carroll 22 William Flory, Sandra Schmidt, Dean Eriksen, Ella McDermott, Candy Foster 23 Lowell Johnson, Robert Swanson 24 Phil Kratz, Jeanie Huff, Robert Lee, Thomas Brunkan, Janet Maxwell, Jennie Murtha, Carla Brown 25 ADRIAN HANSON SR, Mary Helen Sievers, Joann Breyfogle, John DeBuhr 26 Terry Smith, Danny Aspleaf, Steven Fox, J Douglas Robbin 27 Michael Walsh, Ruth Snyder, Lucien Hamernik, Larry Bledsoe Sr, Mike Vonderlieth, Catherine McKnight 28 Roger Friessen, Toby Berg, Sharon Strom, Joan Harbeck, Erna Lorig, Leroy Goeden, Pamela Nanek, Paula LaBrune, Barbara Schindler 29 Robert Lee 30 Jim Moore |
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NEW MEMBERS

BETTY BEITELSPACHER

LORI THORESON

GREG NOONEY

TRACY PLATT

WE REMEMBER

BONNIE PERSINGER

MEMORIALS

FOR: Joe Gross

FROM: Friends and Family

Silver Sensations Hoopla

Oct. 3 is the start date for a new dance class at the Center. Hoopla will make its debut in the Multi-Purpose Room, 12:30 p.m.-1 p.m. every Tuesday. Dance instructor Amy Lahrs explains Hoopla in this manner, "A style of dance that focuses on the prop of streamers on hoop rings. Hoopla maneuvers are very visual. This type of dance has more arm movement than leg, but uses different formations for eye appeal. Ripples & contagions are very effective. If you have any questions, call Amy at (712) 944-5158 and leave a message.

September Birthday Party at 1 p.m.

The September Birthday Party is Monday, Sept. 11, in the Multi-Purpose Room. Hosted by Fitness Classes, party entertainment is Dr. Sharon Ocker. Our Volunteers of the Month are Richard and Elaine Waskow. We thank Accura Health Care and Casa De Paz for refreshments, Iris Hammer of the Pastry Parlor for Volunteer of the Month cake and Palmer Candy for Volunteer of the Month gift certificate. We encourage and invite ALL MEMBERS to attend!



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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

July

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.

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|-------------------|-----------------|--------------------|--------------------|
| Marjorie Anderson | Virginia Gries | Bill Merritt | Don Schultz |
| Clarence Backer | Marilyn Haller | Kerwin Meyer | Steve Shadle |
| Don & Cathy Berg | Don Hartman | Pat Mitchell | Bill Sievers |
| Kris Bergstrom | Dick Hayes | Michael Montgomery | Mary Ann Sievers |
| Brenda Chapman | Arlene Held | Rosemary O'Kane | Angela Storm |
| Miriam Clayton | Steve Hoberg | Joanne Peters | Clifford Tague |
| Kathleen Determan | Vernon Hughes | Betty Pierce | Maureen Tague |
| Carlotta Fox | Sally Kimball | George Polak | Marilyn M Thompson |
| Rose Gilson | Clark Kleinberg | Annette Rasmussen | Bill Utter |
| John Graser | Janette Linden | Sonnie Robbins | Jon Wagoner |
| Sandy Graser | Lois Mahr | Gloria Ryan | Claryce Welch |
| Susie Green | Pamela Mears | Dee Sachau | Gayle Zeman |