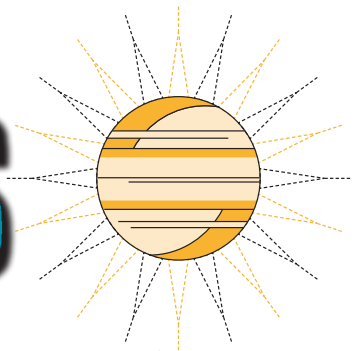


# AUGUST 2017 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
471

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

## Volunteer of the Month

Sharon Hanneman



We congratulate Sharon Hanneman as August Volunteer of the Month. In the six years since Sharon joined the Siouxland Center for Active Generations, she has kept very busy. "It's a good place to make friends and have a great time. I love the activities, food, puzzles, library books, shopping the gift shop and all the Center has to offer." On any given day, you will spot Sharon helping with the food service meal site, coffee shop or at bake sales. Every Monday, she is ready to help with movies or the Birthday Party. She is no stranger to our special events either, most recently assisting with the rummage sale. When she has time, Center fitness classes and fitness room are her "go to." Join us in congratulating Sharon, Monday, Aug. 14, 1 p.m., as she receives her personalized cake, courtesy of Iris of the Pastry Parlor and gift certificate from Palmer's Olde Tyme Candy Shoppe.

## Fall Follies Hype

Attend the 34th Annual Fall Follies, East High School, Saturday, Sept. 9, 2 p.m., and you will experience an afternoon of remarkable entertainment. Dancing, Tai Chi, chorus, poi balls, drama, lip synch, belly dancing, barbershop quartet and special (surprise) acts will take the stage. We guarantee no regrets! Tickets will be on sale in August.

## Golf Tournament



We need volunteers for the Siouxland Center for Active Generations Senior Golf Classic. This annual fundraiser is Monday, Aug. 14, Noon shotgun start, at the Sioux City Country Club. Contact the Center at (712) 255-1729 to assist with sponsorship dollars, hole sponsors, prize donations and fill openings for additional teams.

## MEMOIR MAKER – New Feature



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](mailto:boscodamon.paula@gmail.com) or leave your name and number on the "Memoir Maker" sign-up sheet at Center's main desk.



# 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

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Lifetime Dues — \$400 per Person

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\$13 per column inch

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



## Mark your calendars!

Sioux City Lions Club Pancake Supper and Breakfast will be served at the Siouxland Center for Active Generations on October 6th from 5-7pm & October 7th from 7am-Noon. Stay tuned for more details to come in the next issue of the Sunshine News.



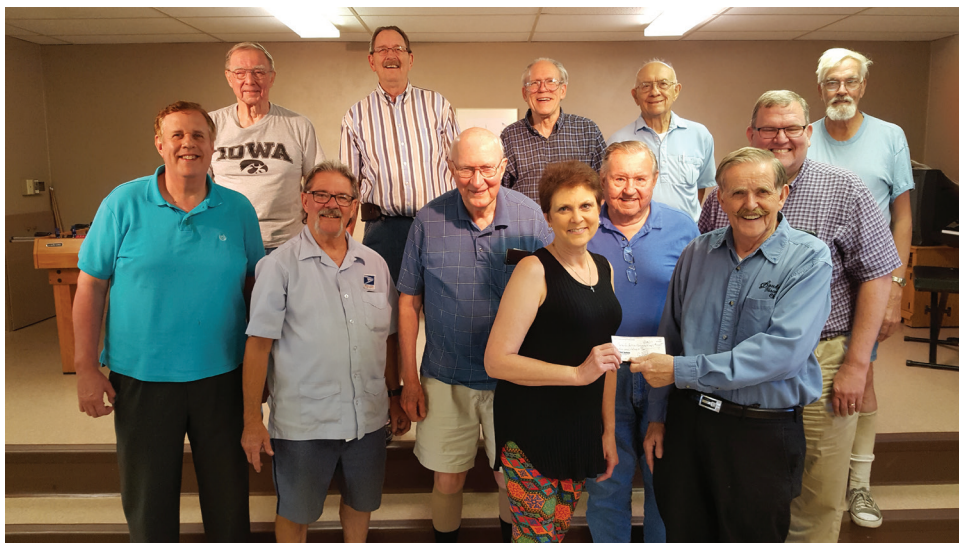
**Sioux City Lions**  
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- Eyeglasses
- Hearing Aids
- Hearing Aids recycling
- Leader Dogs
- Peace Poster Contest
- Charity Grants
- Kids Vision Screenings
- College Scholarships
- Drug/Alcohol-Free Proms
- Eyeglass recycling

## Concert Thank You

We would like to thank the Siouxland Discovery Chorus and Quartets for the donation concert held June 12. The Center received \$1,000 in donations. Attendees enjoyed a variety of music from different time periods. We would like to thank those who donated desserts, including Brookdale of Sioux City, Regency Square and Whispering Creek and numerous Center members.



*Program Director, Kerry Ruehle, pictured receiving a \$1,000 check from the Siouxland Discovery Chorus and Quartets*



[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](http://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!

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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 May. We thank them for their thoughtfulness.

KATHY ANDERS  
PREMIER BANKCARD  
LINDA BEESON  
KRIS BERGSTROM  
LIZ BLACHNIK  
PAT BORNHOFT  
JOANN BREYFOGLE  
HELEN BUNDY  
MARY LOU BURNS  
MIRIAM CLAYTON  
BRIDGE CLUB  
SHERRY CRAIG  
KEN DVORAK  
PAT ELLIS  
AUDREY ERCOLINI  
BERNICE FINZEN  
KIRK FLAMMANG  
NANCY FLAMMANG  
DENNIS FOWLER  
MARLIS FRIESNER  
ELLY GIBSON

ROSE GILSON  
VERLA HAACK  
DIANE HARTMAN  
GRACE HAWKINS  
DONNA HORSTED  
JANE HUNKINS  
SALLY KIMBALL  
PHYLLIS LEWIS  
BILL MERRITT  
KERWIN MEYER  
CLAIRE MIETHKE  
MARTHA MILHAN  
ROBERT MISHNE  
JANE NELSON  
DONNA NIEUWENDORP  
MERLIN OLSON  
DORIS PARSONS  
CHARLES PERSINGER  
JOANN PETERS  
DIANNA PIKE  
TOOTS PITTMAN

GEORGE POLAK  
ALICE REEG  
JUDY REHUREK  
DEE SACHAU  
ALICE SAILORS  
WILLARD SNYDER  
DORIS SWANSON  
EVEY THOMPSON  
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## 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, Aug. 2

*“Communicating with the  
Hearing Impaired”*

**Speaker: Audrey Ercolini,  
Siouxland Center Member**

Wednesday, Aug. 9

*“Staying Well and Wise”*

**Speakers:  
Gretchen Wheelock, ARNP &  
Susan Beidler, ARNP**

Wednesday, Aug. 16

*“Medicare 101”*

**Speaker: Siera Linneweber,  
Humana MarketPOINT**

Wednesday, Aug. 23

*“Game Day with PACE”*

**Speaker: Shelby Reed,  
Community Relations  
Coordinator, Siouxland PACE**

Wednesday, Aug. 30

*“Fall Prevention – Facts and  
Fun”*

**Speaker:  
Kristen Hammerstrom,  
Visiting Angels**

## 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!

## Chorus News

We sang for the annual Honorary Rivercade Coronation again this year. It's always a pleasure and a good form of practice for the upcoming Fall Follies. We hope to see you all Sept. 9 at East High for the big show!

~Virginia Livermore

## Bridge News

It's Bridge tournament time at the Center, Saturday, Aug. 5, for players with less than 500 points, who are not Life Masters. Games at 9:30 a.m. and 2 p.m. will be stratified, so everyone has a chance to win. It's a fun day for Bridge lovers. Need a Bridge partner? Call Delores at (712) 258-4790.

See schedule of regular games and classes throughout the summer on the Center calendar. Ruth Chancey is ready to start a new beginner's class and needs at least five people to start. Call Ruth at (712) 251-0705 for more information. Don't miss out on this great game.

~Audrey Ercolini

## August Trivia Questions & Answers

### QUESTIONS

1. The month of August was once known as Sextilis. What does Sextilis mean?
2. For whom is August named?
3. The month of August was made longer by adding a day from another month. Which month was the extra day taken?
4. Gladiolus is a flower of August? What's the meaning of gladiolus and what is its flower family?

1. Sextilis comes from the Latin word meaning having to do with six.
2. Augustus Caesar, the first emperor of Rome.
3. February, which also had another day taken from it to add to July.
4. The meaning of gladiolus is the flower of the gladiators. Gladiolus means sword. The gladiolus belongs to the iris family.

### ANSWERS



# August 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:*

- Aug. 1 – Dog Days
- Aug. 8 – Living On a Shoe String
- Aug. 15 – Write About an Author You Like
- Aug. 22 – This Old House
- Aug. 29 – Describe a Day in Your Life

### “Summertime”

*An aria composed in 1934 by George Gershwin for the 1935 opera Porgy and Bess. The lyrics are by DuBose Heyward, the author of the novel Porgy on which the opera was based, although the song is also co-credited to George’s brother Ira Gershwin.*

Summertime,  
 And the livin’ is easy  
 Fish are jumpin’  
 And the cotton is high  
 Your daddy’s rich  
 And your mama’s good lookin’  
 So hush little baby  
 Don’t you cry  
 One of these mornings  
 You’re going to rise up singing  
 Then you’ll spread your wings

And you’ll take to the sky  
 But till that morning  
 There’s a’nothing can harm you  
 With daddy and mamma standing by  
 Summertime,  
 And the livin’ is easy  
 Fish are jumpin’  
 And the cotton is high  
 Your daddy’s rich  
 And your momma’s good lookin’  
 So hush little baby  
 Don’t you cry

### August Facts About Dogs

...You can lower your blood pressure just by petting your pup.  
 ...The reason dogs curl up is because of their instinct to keep themselves warm and protect vital organs while they sleep.  
 ...While you’re away, if you leave your dog a piece of clothing that smells like you, the scent will comfort your dog and help curb his/her separation anxiety.  
 ...A dog’s sense of smell is 10,000 times stronger than a human’s.

*- Alice Reeg, Creative Writing*

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## Young at Heart Line Dancers

Our second annual two-week break is over and we are back to business, and I don't mean monkey business! While we have a good time enjoying each other's company, we are putting on the finishing touches and very pleased with how things look. Hard work and dedication are paying off, and we look forward to sharing this with you Sept. 9.

*-Sally Kimball*

# Sit Sip



COFFEE SHOP

I appreciated all your donations of flour and sugar for the bake sale and the homegrown garden veggies coming in all summer. The zucchini has been great for my breads; now if I could get some cucumbers for my pickles.

As always, thanks for your patronage of the Coffee Shop, it makes us the great place we are.

*- Marilyn Haller*



*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](http://www.hospiceofsiouxland.com) and click on the Advanced Planning tab for more information.

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**Hospice**  
**of Siouxland**

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

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# August Yearly Membership Anniversaries

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

HAROLD M. ACKER  
DONNA ALLEN  
THERESA ANN AMBROSE  
JUDY ASHLEY  
JUDY BARRETT  
MAUREEN BAXTER  
ROSE M BOCIAN  
DEANNA L BOWER  
ALICE BRITTON  
PORTIA J BRUNING  
ALAN L (AL) BRUNING  
LINDA L CAMARIGG  
PATTY CARRELL  
RUTH C CHANCEY  
JAMES CHANCEY  
RICHARD COOK  
MARY CUMMINGS  
HARLAND CUMMINGS  
JAMES (JIM) M DUGGAN  
DARYL D ENGRAF  
TERESA FESTE  
BRUCE FEY  
PAULETTE K FLETCHER

JAY GELFAND  
HOWARD B GRAVES  
ANTHONY MICHAEL GREGO  
JEAN M GROVES  
ROSALIE MARIE HANSEN  
ROBERT R HANSEN  
KYONGAE HANSHAW  
KATHLEEN HAWKINS  
(VIRGINIA) LUCILLE HINDERS  
JOANN HIRSCHMAN  
MAVIS HOLMAN  
MONICA K HUDSON  
GAYLENE IRONHAWK  
LORRAINE JAMINET  
ROBIN JOHNSON  
WAYNE RAY JOHNSON  
ROBERT (BOB) A JOHNSON  
JULIA D JOHNSON  
PHYLLIS J JORDAN  
VERNON L JUNGE  
MARILYN KILBRIDE  
PAULA KOLBET  
WAYNE KOOIKER

CONNIE P KOURIS  
SISTER JANET C KREBER  
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LAVONNE JOAN LUNDGREN  
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CLAIRE MIETHKE  
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RONALD R. MILLAGE SR  
JANE F MORRISEY  
PRESTON NASON  
JEANINE NEWTON  
CATHERINE NICOLAS  
MARY LOU NICOLLS  
LORAE J NIEUWENDORP  
ELVA NOTTLEMAN  
CLYDA M NOVOTNY  
ROBERTA O'DELL  
JERRY O'DELL  
LILLIAN L OWENS

VIOLET PENNELL  
CAROL A PERRIN  
CAROLYN J RAMSARAN  
ROSEMARY ROMAN  
LILLIE P RUNDALL  
MARIA RUNDQUIST  
LINDA SANTI  
SUSAN SAPPINGFIELD  
CHARLES SCHOONOVER  
DOREEN KAY SCHOONOVER  
SANDRA K SCHROER  
MARCIA K SCHROER  
RONALD A SCHUETZ  
MARJORIE (MARGE) K SKOKAN  
MARY J SMITH  
BERTHA SNYDER  
MARK STEVENS  
BARBARA UEHLING  
STEPHEN VANDERBURGH  
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# CENTER STAGE TAPPERS and Merry Go Rounders



As summer is flying by and we are wallowing in heat and humidity, I can't help but think, soon snow and ice will be topics of conversation!

July was a busy, yet fun, month. The tap dancers entertain whenever and wherever possible, and enjoyed hosting the July Birthday Party. Lori invited the group to a brunch at her beautiful home. We always enjoy the support and comradery that we share when together; we work hard with a common goal of a successful Fall Follies, but we play hard too!

August proves to be busy for both groups: the tap group will entertain at Sunrise Retirement and the round dance group will entertain at the Aug. 14 Birthday Party.

We were so happy to see Rivercade Queen and King Jane and Bruce Hunkins named Honorary Rivercade Royalty. While Jane has always been a queen to us, she and Bruce are both great representatives of our tap and round dance groups, and they work hard to promote all dance at the Center. It was fun to have 2014-2017 Rivercade Royalty riding the trolley in the Rivercade Parade this year. We hope others enjoyed it as well.

*"Remember, we can't choose the music life plays for us,  
but we can choose how we dance to it. Make yours a beautiful memory."*

- BJ Heitzman

## Jam Session

Who remembers the fun game of Show and Tell? It still takes place in the Jam Sessions Wednesdays at the Center. Members come together to share, show and tell about their passion for music. We have an enjoyable way of presenting our talents for all who partake. Join us for "Show and Tell" still a "good thing" at any age!

-Pinky Catron, The Smile Maker

# Grief Support Program

The Grief Support Program for members is Monday, Aug. 14, 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.



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**Penny  
Bingo**

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**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](http://siouxcityfirst.com)).

We will be hosting the Aug. 14 Birthday Party and invite you to join us. Consult the calendar for weekly Bingo days and hours.

- \$.01 per card (up to four cards)
- \$1 per card on the first Tuesdays monthly
- \$.25 per card on Thursdays




-Bill Merritt



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

# AUGUST 2017

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday**

<p><b><u>August Opportunities Health/Fun:</u></b></p> <ul style="list-style-type: none"> <li>● <b>August 14...Siouxland Center for Active Generations Fundraiser Golf Tournament at the Sioux City Country Club</b></li> <li>● <b>August 14...Grief Support Program</b></li> <li>● <b>August 14...Birthday Party</b></li> <li>● <b>Call to schedule Computer Classes; days/time will vary</b></li> </ul>	<p><b>1</b></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 9:45 am Blood Pressures/YMCA 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><b>2</b></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 &amp; Fit after 40 10:30 am Talk Show "Communicating with the Hearing Impaired" ~Audrey Ercolini, Center Member 10:45 am Guitar Practice 11:00 am Drama Group 11:30 am-12:30 pm Lunch 11:30 am Jam Session 12:30 pm Beginning Bridge 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</p>	<p><b>3</b></p> <p>8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Yoga 9:30 am Drum Circle 9:30 pm Beginning Bridge I (A. Ercolini) 9:45 am Beg. 2 Line Dance 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 Beginning Bridge Class (D. Howard) 1:00 pm Men's &amp; Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p><b>4</b></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 1:00 pm Friday Dance "Country Brew"</p> 
<p><b>7</b></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Beginning Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Review Tai Chi Class 10:00 am Knitting &amp; Crocheting 11:30 am Duplicate Bridge 11:30 am-12:30pm Lunch 12:30 pm Movie "Brother Future" 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</p> 	<p><b>8</b></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 9:45 am Blood Pressures/YMCA 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</p>	<p><b>9</b></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 &amp; Fit after 40 10:30 am Talk Show "Staying Well &amp; Wise" ~Gretchen Wheelock, ARNP &amp; Susan Beidler, ARNP 10:45 am Guitar Practice 11:00 am Drama Group 11:30 am-12:30 pm Lunch 11:30 am Jam Session 12:30 pm Beginning Bridge 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</p>	<p><b>10</b></p> <p>8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Yoga 9:30 am Drum Circle 9:30 pm Beginning Bridge I (A. Ercolini) 9:45 am Beg. 2 Line Dance 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 Beginning Bridge Class (D. Howard) 1:00 pm Men's &amp; Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p><b>11</b></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 &amp; Three on the Road"</p> 
<p><b>14 ~Grief Support Program 9:30 a.m.~</b></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50</p>	<p><b>15</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Penny Bingo 9:00 am Senior Yoga</p>	<p><b>16</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Chorus 9:00 am Yoga w/Dixie of Recover Health</p>	<p><b>17</b></p> <p>8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Yoga</p>	<p><b>18</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wii Bowling</p>



9:30 am Beginning 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 Duplicate Bridge  
 11:30 am-12:30 pm Lunch  
 1:00 pm BIRTHDAY PARTY  
 Entertainment: Merry Go Rounders  
 Hosts: Penny Bingo Group  
 Volunteer of the Month: Sharon Hanneman  
 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  
 ~Fundraiser Golf Tournament at the  
 Sioux City Country Club~



9:30 am Painting Class  
 9:45 am Blood Pressures/YMCA  
 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

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  
 "Medicare 101"  
 ~Siera Linneveber, Humana MarketPOINT  
 10:45 am Guitar Practice  
 11:00 am Drama Group  
 11:30 am-12:30 pm Lunch  
 11:30 am Jam Session  
 12:30 pm Beginning Bridge  
 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

9:30 am Drum Circle  
 9:30 pm Beginning Bridge I (A. Ercolini)  
 9:45 am Beg. 2 Line Dance  
 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 Beginning Bridge Class (D. Howard)  
 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  
 "Shirley's Big Band"  
 FREE Dance...  
 Sponsored by Dean Chapman



**21**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Beginning 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 Duplicate Bridge  
 11:30 am-12:30 pm Lunch  
 12:30 pm Movie  
 "The Yellow Handkerchief"  
 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



**22**

8:30 am Enhance Fitness w/YMCA Instr.  
 8:30 am Penny Bingo  
 9:00 am Senior Yoga  
 9:30 am Painting Class  
 9:45 am Blood Pressures/YMCA  
 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

**23**

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  
 "Game Day with PACE"  
 ~Shelby Reed, PACE Community Relations  
 Coordinator  
 10:45 am Guitar Practice  
 11:00 am Drama Group  
 11:30 am-12:30 pm Lunch  
 11:30 am Jam Session  
 12:30 pm Beginning Bridge  
 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

**24**

8:30 am Penny Bingo  
 8:45 am Beg. 1 Line Dance  
 9:00 am Yoga  
 9:30 am Drum Circle  
 9:30 pm Beginning Bridge I (A. Ercolini)  
 9:45 am Beg. 2 Line Dance  
 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 Beginning Bridge Class (D. Howard)  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Inter. Line Dance  
 1:00 pm Cribbage  
 2:00 pm Ping Pong

**25**

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"



**28**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Beginning 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 Duplicate Bridge  
 11:30 am-12:30 pm Lunch  
 12:30 pm Movie  
 "Home at Last"  
 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



**29**

8:30 am Enhance Fitness w/YMCA Instr.  
 8:30 am Penny Bingo  
 9:00 am Senior Yoga  
 9:30 am Painting Class  
 9:45 am Blood Pressures/YMCA  
 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

**30**

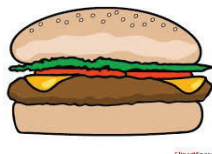
8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Chorus  
 9:00 am Yoga w/Dixie of Recover Health  
 9:00 am Novice Dup. Bridge Game  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:00 am Sexy & Fit after 40  
 10:30 am Talk Show  
 "Fall Prevention—Facts & Fun"  
 ~Kristen Hammerstrom, Visiting Angels  
 10:45 am Guitar Practice  
 11:00 am Drama Group  
 11:30 am-12:30 pm Lunch  
 11:30 am Jam Session  
 12:30 pm Beginning Bridge  
 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

**31**

8:30 am Penny Bingo  
 8:45 am Beg. 1 Line Dance  
 9:00 am Yoga  
 9:30 am Drum Circle  
 9:30 pm Beginning Bridge I (A. Ercolini)  
 9:45 am Beg. 2 Line Dance  
 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 Beginning Bridge Class (D. Howard)  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Inter. Line Dance  
 1:00 pm Cribbage  
 2:00 pm Ping Pong

**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!**

**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**



# AUGUST 2017

Mon	Tue	Wed	Thu	Fri
	1 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	2 Chicken Fried Steak Mashed Potatoes/ Country Gravy Vegetable    Dessert	3 Meatloaf Baked Potato Vegetable Dessert	4 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert
7 Chicken Fried Chicken Mashed Potatoes/ Country Gravy Vegetable    Dessert	8 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	9 Homemade Chicken & Noodles Mashed Potatoes Vegetable    Dessert	10 Tavern Onion Rings Vegetable Dessert	11 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert
14 Hot Meatloaf Sandwich Mashed Potatoes/Gravy Vegetable Dessert	15 Hamburger Steak Mashed Potatoes/Gravy Vegetable Dessert	16 Chicken Breast Rice Pilaf Vegetable Dessert	17 Spaghetti w/Meat Sauce Garlic Bread Dessert	18 Beef Tips Mashed Potatoes/Gravy Vegetable Dessert
21 Hot Beef Sandwich Mashed Potatoes/Gravy Vegetable Dessert	22 Meatloaf Baked Potato Vegetable Dessert	23 Beef Stroganoff Vegetable Dessert	24 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	25 Baked Ham Cheesy Potatoes Vegetable Dessert
28 Burrito (not spicy) Refried Beans Chips Dessert	29 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	30 Roasted Turkey Mashed Potatoes/Gravy Vegetable Dessert	31 Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert	<u>August 1</u> Tavern Onion Rings Vegetable Dessert

# 2017 Honorary Rivercade Royalty



Congratulations to these Center members who were crowned 2017 Honorary Rivercade Royalty at Rivercade festivities in July: Princess Kris Bergstrom, Prince Don Beals, Princess Deanna Jacobs, Prince Tom Jacobs, Queen Jane Hunkins and King Bruce Hunkins. Royalty responsibilities were judging the Smile Contest and attending Coronation of the 2017 Queen of the River. The Court looks forward to their involvement in Riverssance Saturday, Sept. 30 and Sunday, Oct. 1.

Past Courts from 2014, 2015 and 2016 joined the 2017 Court and staff for the Rivercade Parade. We enjoyed a ride on the trolley, courtesy of TravelPlus. Our thanks to Hy-Vee (roses), Humana MarketPoint (cake), StoneyBrook Suites (crowns) and these businesses for parade candy: Brookdale Sioux City, Palmer Candy and Sam's Club. Special thanks to Active Generations Chorus for singing at the Coronation.



# Adjustment bureau 101

*By Paula Bosco Damon*

“A lot of parents pack up their troubles and send them off to summer camp.” – *Raymond Duncan, American artist*

Don't want to admit it but my outlook is in a downward spiral.

Nitpicking, instead of praising. Criticizing instead of complimenting. Finding what's wrong, instead of what's right.

Half empty is how I've been seeing things and it has to stop.

So, I've decided to make an adjustment.

“I'm trying to get through the day without saying or thinking a negative thought,” I proclaim to my husband at 11:05 a.m., Thursday, July 6, 2017.

“You're doing what?” (He says he's hard of hearing. More like hard of listening.)

Speaking louder now, “I'm trying to make it through the day without thinking negatively. I'm going to be more positive about positive thinking. How's that for a positive attitude?”

“Huh?” he gawked. “Have you taken your temperature? Maybe it's sun stroke. Heat exhaustion?” His bafflement goes unconcealed, not unusual. Don't get me wrong. He's a great guy. Just not a very good actor (oops)!

“A recent study shows being positive is better for your brain,” recalling an NPR report I heard. “It can't hurt,” I add (my new attitude talking).

I had hoped for much more hoopla, but my husband of nearly 44 years and 11 months is really smart. Too much enthusiasm on his part only reinforces how difficult I've been to live with, listening to me gripe about everything from national health care reform to bird droppings on our sidewalks, windows, porch railings and cars.

As the day progresses, I hit rough patches, restraining outburst such as “Why'd you do it that way?” and “Don't you get tired of forgetting all the tools you need especially after you've climbed to the top of a 20-foot ladder?”

Instead, I repeatedly employ therapeutic self-talk: I'm doing my best, I'm doing my best. Nothing negative, nothing negative. Oops, that was negative.

I did alright until later that day when my friend commented on the direction our country was headed. In a fraction of a second, I was off the rails.

The habit of negative thinking is not difficult to acquire. Keep it up and all you see and think is bad, bad, bad. Everything's bad. Good is chased completely away by all the bad.

Doesn't help matters being an editor. Day in and day out, editors must find errors and ways to improve. That's our job. It's just the way it is.

This usually carries over into the rest of our lives, negativity endangering relationships with friends and family. (Not good.)

Overcoming negative thoughts may seem impossible at times. No matter how hard you try, they have a way of taking over.

*Continued on page 13*

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Sunday 10:45 am

**ADULT BIBLE STUDY:**

Thursday 6:30 pm - 8 pm



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Meat • 239-0529

*"Adjustment bureau 101," continued from page 12*

When I was 12, my mother voluntold me to attend a nearby Lakeside Day Camp. Not sure why she enrolled me and not my other eligible siblings. (Was I that much trouble?)

Things went well those first few days. There was swimming, horseshoes, badminton and beanbag toss. I learned how to make boondoggle bracelets, love bead necklaces and tie-dyed T-shirts.

All was fine and good until I heard about a sleepover the night before camp ended. Not sure whose silly idea to have day campers stay out all night under the stars. I had never slept outdoors or stayed over with anyone other than my Aunt Verna.

I was in a panic, my spirit downtrodden, I could no longer join in the harmonious giggling with my co-campers. All the oxygen was swallowed up by my fears of being away from home in a strange place – at night!

I pictured myself being eaten by wolves in the dark. Even though wolves were not native to that area, they would find me. I was certain of it. Wild dogs and, worse yet, coyotes, neither of them native, would come after me, as well. I was doomed.

Under the stars, my eyes wide open, listening to every creature move across the universe of nighttime. Detecting cracks of thunder 30 miles away, I was poised to get up and run home.

That was my first and last camp experience, perhaps the start of seeing things half-empty.

I'm doing my best, I'm doing my best. Nothing negative, nothing negative. Oops, that was negative

*Center member Paula Bosco Damon is a national award-winning writer whose columns appear weekly in regional newspapers in the Upper Midwest and Great Plains. The author offers readings of her flash non-fiction and poetry. For more information, email [boscodamon.paula@gmail.com](mailto:boscodamon.paula@gmail.com).*



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# 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.

# Special Events on Mondays in August

Monday, Aug. 7 – 12:30 p.m. – Movie – “Brother Future”

Monday, Aug. 14 – 1 p.m. – August Birthday Party

Hosts: Penny Bingo Group

Entertainment: Merry Go Rounders

Volunteer of the Month: Sharon Hanneman

Monday, Aug. 21 – 12:30 p.m. – Movie – “The Yellow Handkerchief”

Monday, Aug. 28 – 12:30 p.m. – Movie – “Home at Last”

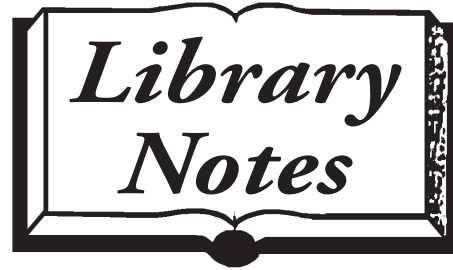
\*Every attempt is made to share a great movie experience with our members. We suggest you plan ahead to review content and nature of the movies that will be shown on the dates above..

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

# Stop & Shop GIFT SHOP!

When you visit the gift shop in August, expect a new experience! We have a surplus of artificial flowers and wine glasses, plus we are running a special on get well cards and have attached a coupon for your shopping experience. As a side note: in 2016 the gift shop netted over \$10,900 in sales! This is pure profit; keep those donations coming in and continue to shop.

*-Miriam Clayton*



The new read, *The Identicals*, by Elin Hilderbrand, is about twins raised separately and reunited as adults. I heard the author interviewed on TV and thought this book might be a good one to add to the “must read” book list. A potential choice for a future book club pick is the love story/mystery *The Dollhouse*. This first novel by author Fiona Davis takes place in a New York women’s hotel from 1952-2016.

Stop by our Center Library to visit, work a puzzle, check out a book and be sure to join our September Book Club!

*-Helen Eriksen*

Siouxland Center for Active Generations

# Stop & Shop Gift Shop Coupon

**\$1.00 OFF**

a single \$5.00 purchase

or

**\$2.00 OFF**

a single \$10.00 purchase

One Coupon per Person • Expires 8/31/17

# Change in YMCA Balance Class

The YMCA Balance Class, which formerly met on Tuesday afternoons, has moved to Thursday mornings, 10:30-11:30. Please join us in the Exercise Room.



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# AUGUST BIRTHDAYS

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

- |   |   |
|---|---|
| <p>1 John Berger, Donna Olson, VERA ROY, Deborah Bell</p> <p>2 Maria Andersen, Paulette Fletcher, Shirley Kinqvist, Mary Lilly, Dale Milbrodt</p> <p>3 MaryLee Brygger, Joanne Peters, Vickie Ippensen</p> <p>4 LIL OWENS, Donna Sappingfield, Bill Merritt, John Turner</p> <p>5 Jeanette Beck, Candie Palacio, Judy Greger, Linda Groetken, Sheri McKenzie, Patricia Johnson, Glenda Ellis</p> <p>6 Theresa Hammond, Russell Movall, Arthur Anderson</p> <p>7 Laura Gerkin, Margaret Brady, Richard Hayes, Virginia Parmelee</p> <p>8 Betty Dirks, Patricia Mustain, Denise Parsons, Veronica Franco</p> <p>9 Ann Mrla, Lois Ward</p> <p>10 David Stier, Donald Kingery, Linda Popken, Elmer Harms, Lisa Severson, Elaine Magstadt, Beverly Graber, Carol Hasler</p> <p>11 Bob Wolf, Donald Parsons, Katie Codina, James Soukup, Carol Johnson</p> <p>12 Norene Hamman, Harriet Hanson Alberta Spaulding, Jane Knutson</p> <p>13 Dewayne Nicolls, Carlotta Hall, Darlene Kilberg, Sherry Ratcliff, Ray Albright, Marilyn Kilbride, Jeff Poss</p> <p>14 Marilyn Chamberlain, Chirstine Hanifan, Ronal Risk</p> <p>15 Marlys Britton, Clyda Novotny</p> | <p>16 DEAN CHAPMAN, Evonne Cole, David DeCorra, Brenda Chapman, Mary Petersen, MARGARET SOPOCI, Elanor Tilton, Robert Hammond</p> <p>17 Edna Huckins, Ronald Millage Sr., Evelyn Fleming, Lucy Van Valkingburg, Debra Frazee, Judy Gibson</p> <p>18</p> <p>19 Julia Comeau, Margo Elzeini</p> <p>20 Leonard Kurtz, Virginia Martin, Susie Green</p> <p>21 Charles Wahl, Corrine Smith, Kerry Ruehle</p> <p>22 Shirley Strain, Mark Wepner</p> <p>23 Katherine Bousquet, Kay Cota, Steven Pohlman, Merlin Olson, Margaret McKenna, Janice Thomas</p> <p>24 James Mendenhall</p> <p>25 Judy Stier, James Miller, Georgia Reusch, DARLENE CLAUSEN, Colleen Montagn, MARY SMITH, Marsha Adams</p> <p>26 Leo Foxhoven, Marge Skokan, Lawrence Soens, Pat Turner, Paula Crandell</p> <p>27 Dell Goehring, Gerry Meylor, Rose Pilgrim, Mary Jean Schneiders, Dorothy Swanson</p> <p>28 Honey Griffin, Ruth Kingery, William Pelchat</p> <p>29 Barbara Jacobson, Donald Harrington, Joanne Stephens</p> <p>30 LOUISE BRIDGETT, Gary Dehoff</p> <p>31 Marilyn Hoberg, Elaine O'Shaughnessy</p> |
|---|---|

## NEW MEMBERS

- DOROTHY BOS
- LORNA HENRY
- CINDY HOFMEISTER
- VIKKI JACOBS
- CLARK KLEINBERG
- IBU NOONEY
- ERNEST OLSON
- KAYE PLANTENBERG
- BILL PUETZ
- CAROL RATCLIFF
- CORRINE SMITH
- RAYMOND TARASOFF
- SALLY TARASOFF
- MARK WEPNER

## WE REMEMBER

- Joseph Gross
- Jane Stevens

## MEMORIALS

- FOR: Joe Gross  
Lois & James Walsh
- FOR: Joe Gross  
Siouxland Duplicate Bridge Club

### August Birthday Party at 1 p.m.

The August Birthday Party is Monday, Aug. 14, in the Multi-Purpose Room. Hosted by Penny Bingo Group, party entertainment is the Merry Go Rounders. Our Volunteer of the Month is Sharon Hanneman. 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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 TELEPHONE 712-255-1729

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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

June

*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.*

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