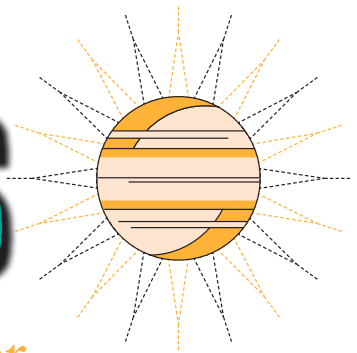


# SUNSHINE NEWS

JUNE 2017



Telephone | Number | Published  
712-255-1729 | 469 | Monthly

Siouxland Center  
for Active Generations



"Where liberty dwells, there is my country."  
- Benjamin Franklin

## Volunteers of the Month

Jerry and Charlotte Collins



We congratulate Jerry and Charlotte Collins as June Volunteers of the Month. They come to the Siouxland Center for Active Generations as a couple, then go their separate directions to volunteer. Jerry keeps busy with handyman "opportunities", subbing at the meal site cash register and helping whenever called upon. When time allows, Jerry spends time exercising at the Center. Charlotte keeps busy with the Knitting & Crocheting Group, making scarves, hats and mittens to donate to the community. She recently helped the Open Craft Class make a blanket and pillow set to be raffled, with proceeds to benefit the Center, and occasionally assists at our monthly birthday party. Join Jerry and Charlotte, Monday, June 12, 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.

## Sioux City Farmers Market Vouchers

Vouchers will be distributed at the Siouxland Center for Active Generations, June 7, 8 and 9. Applications can be completed on-site that day, 8:30 a.m.-2 p.m. Anyone age 60+, meeting eligibility guidelines, will receive 10 vouchers for a total value of \$30 to be used to purchase fresh, Iowa-grown produce and honey. There is a limited supply of vouchers, available on a first come-first serve basis. Connections Area Agency on Aging will distribute the Farmer's Market vouchers, which are a program of and meet guidelines of the United States Department of Agriculture.

### Eligibility Guidelines

To be eligible vouchers, seniors must be:

- Age 60 or older on the day they pick up vouchers.
- Have a gross yearly household income of no more than \$22,311 (\$1,859.25/month) for an individual, or \$30,044 (\$2,503.66/month) for a married couple.
- Live in Ida, Cherokee, Monona, Plymouth or Woodbury counties.
- Applications limited to one per person or married couple. No copies of applications accepted.

If a senior is physically unable to pick up or use Farmer's Market checks, proxy rules must be followed. For details or more information, contact Connections Area Agency on Aging, 2301 Pierce Street, Sioux City, 800-432-9209.



We need your help at 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 to assist with sponsorship dollars, hole sponsors, prize donations and committees. We are accepting additional teams. Contact the Center at (712) 255-1729.

## Benefit Barbershop Concert



Siouxland Center for Active Generations is hosting a benefit concert with free will donation, Monday, June 12, 7 p.m. The Siouxland Discovery Chorus and Quartets will feature old and new barbershop style harmony. Special thanks to this group for their second sponsorship of this event.

# 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](http://www.siouxlandseniorcenter.com)

**Chairperson,  
Board of Directors**  
*Kevin Grieme*

**Executive Director**  
*Cheryl Hansen*

**Program Director**  
*Kerry Ruehle*

**Membership Coordinator**  
*Jan Green*

**Administrative Assistant**  
*Pat Bornhoft*

**Editor**  
*Paula Bosco Damon*



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.



## 2017 Senior Living Fair

On April 26, the Siouxland Center for Active Generations hosted our Annual Senior Living Fair. Many new faces were among more than 300 people attending.

Businesses represented were: Accura Healthcare Center, Amerigroup, Bickford Assisted Living & Memory Care, Brookdale Sioux City, Bruening Eye Specialists, Casa De Paz, Christy Smith Funeral Homes, CNOS, Connections Area Agency on Aging, Countryside Health Care, Elmwood Care Centre, ENT Consultants, Floyd Place, Foster Grandparents & Senior Companion Programs, Heritage of Northern Hills, Hospice of Siouxland, Humana MarketPOINT, Inc., Jackson Recovery, Mercy Homecare/Mercy Medical Center, Multipure Drinking Water, Norman Waitt Sr. YMCA, Recover Health, Regency Square, Sanford Female Clinic, Sanford Heart & Vascular, Security National Bank, Siouxland Center for Active Generations, Siouxland Hearing Healthcare, Siouxland PACE, Stoney Brook Suites, Studio 83, Sunrise Retirement Community, Synergy, Tri-State Specialists, United Healthcare, Unity Point Health St. Luke's, Visiting Angels and Wheelchair Dynamics Inc.

Thanks to staff and volunteers who helped with the Fair, bake sale and book sale. Without the help and support of so many, events like this would not be such a success. *You make it all happen!*

~Kerry Ruehle  
Program Director

## Rivercade Activities in Place

The Siouxland Center for Active Generations has been asked to participate in Rivercade 2017. For the fourth consecutive year, we will be choosing six members as "Honorary" Royalty to represent the Center for Active Generations in Rivercade festivities. Coronation will be Wednesday, July 5, 1 p.m. at Active Generations. Ballots will be provided in June at the Center, one ballot per member, *please choose wisely*. Past members of the Rivercade court are not eligible for selection.

Those chosen must be available on the following dates for events listed:

- Coronation on July 5 at 1 p.m.
- Judging the Rivercade Smile Contest on July 15 at 1 p.m.
- Rivercade Parade on July 19 at 5:30
- Riverssance activities on September 29, 30 and October 1



[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!

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

**Active Living Begins at**

*FOUNTAIN*  
Assisted Living *VIEW*

**SUNRISE**  
Senior Living Choices for You

**712.276.3821 ext. 3100**

**LIMITED TIME**  
**Move-in Special & Allowance!**

# 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 April. We thank them for their thoughtfulness.

- |                    |                  |                   |
|--------------------|------------------|-------------------|
| KATHY ANDERS       | AUDREY ERCOLINI  | TOOTS PITTMAN     |
| KATHLEEN ANDERSON  | HELEN ERICKSEN   | GEORGE POLAK      |
| PREMIER BANKCARD   | SUSIE GREEN      | PAM POLAK         |
| LINDA BEESON       | BECKY GRINOLS    | ALICE REEG        |
| KRIS BERGSTROM     | SHARON HANNEMAN  | JUDY REHUREK      |
| LIZ BLACHNIK       | KYONG HANSHAW    | DOREEN SCHOONOVER |
| DONNA BOURRET      | DIANE HARTMAN    | LORRAINE SCHRODER |
| MARY LOU BURNS     | CAROLYN HENJES   | MARGE SKOKAM      |
| RACHEL BYRNE       | CATHY HERRIG     | WILLARD SNYDER    |
| DONNA CARSTENSEN   | NORMAGENE HUGHES | CLEO SPENCE       |
| R.DEAN CHAPMAN     | PAT ISAACSON     | BARB STEFFE       |
| MIRIAM CLAYTON     | DEANNA JACOBS    | SHARON STROM      |
| GABT CLUB          | DON KELSEY       | PASUL SWANSON     |
| BRIDGE CLUB        | KAY KOTA         | MAUREN TAGUE      |
| DICK & PAT COLLINS | LOIS MAHR        | CLIFFORD TAGUE    |
| CHARLOTTE COLLINS  | MARGARET MCKENNA | EVEY THOMPSON     |
| STAR CONNOLLY      | KERWIN MEYER     | LYLE TODD         |
| SHERRY CRAIG       | FRANK MORSE      | EDDIE TUDUHOPE    |
| GRACE DAWKINS      | SHARON MURPHY    | ARGYL ULLESTAD    |
| BARB DOREN         | DOROTHY MYERS    | ELAINE WASKOW     |
| KEN DVORAK         | MERLIN OLSON     | PAT WINDESHAUSEN  |
| ALICE ENGLAND      | DORIS PARSONS    | LORRAINE WOODFORD |
| DARYL ENGRAF       | JOANN PETERS     |                   |

*Serving Our Community*  
**Since 1884**

**SECURITY NATIONAL BANK**  
SIOUX CITY • AKRON • MAPLETON • MOVILLE • LAWTON

**712-277-6500** | [www.snbonline.com](http://www.snbonline.com)

"Where Quality Counts"

**PRESTIGE**  
**Collision Repair Centers**  
**Two Locations:**

508 West 7th Sioux City, IA 51103 712-258-1653	3929 Prestige Blvd. Sioux City, IA 712-234-1975
--	---

*Christy-Smith*  
*Funeral Homes*

**712-276-7319**

We offer Pre-Paid Funeral Plans, Funeral or Memorial Service, large selection of caskets, cremation jewelry, urns, and aftercare programs for our families. At our Family Resource Center we have memorial gift items, lending library, and community room rental or design your Memorial Marker.

## Who Needs a Will?

You do, if...

- You own anything and care what happens to it.
- You want to leave a bequest to their church, mosque, synagogue, or other favorite non-profit (including 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 \_\_\_\_\_

## Bridge News



Join our cheerful group of Bridge players, where you will find games and classes for everyone. Ruth (712-251-0705) can assist beginners who have never played cards or need a refresher, while other classes and games can be found on the Center calendar. We look forward to hosting our Annual Bridge Tournament at the Center, June 9-11; where we will meet new players from all over the area, enjoy great snacks and lunches, and play as much Bridge as our little heart's desire! Many of us travel to these invitational tournaments in Kansas City, Minneapolis and Fort Dodge to compete and have fun.

~Audrey Ercolini

## HERITAGE BINGO BUS



## Active Generations Chorus

The chorus is up and running (actually singing!) since the end of April. We are happy to host and entertain at the June 12 Birthday Party and will continue to sing at area care facilities in the weeks to follow. Join us on Wednesday mornings at 9 a.m. in the Music Room, as we practice our Fall Follies songs. We look forward to your visit.

~Virginia Livermore

## Bike Raffle Winner Announced

Congratulations to Vivian Derochie, winner of the Kent women's bike raffle. To date, this was the largest raffle held, with proceeds exceeding \$500! Thanks again to member Loren Rubis for his generous donation.



## Heritage at Northern Hills Bingo Trip

Jump on the Bingo Bus (or drive) for a fun afternoon of free Bingo at Northern Hills! Catch the bus at the Siouxland Center for Active Generations at 12:30 p.m. and return to the Center by 3:30 p.m. No charge, thanks to The Heritage of Northern Hills.



# June 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:*

- June 6 – Flower Seeds or My Garden**
- June 13 – Father's Day or Best Friend**
- June 20 – Treasured Possessions**
- June 27 – Weddings or Marriage**

### Things I Have Learned/Pass It On:

1. I have learned that cereal tastes better from the little snack boxes.
2. I have learned that the word "oops" is not in God's vocabulary.
3. I have learned that you should be careful when sitting down in a chair on rollers.
4. I have learned that once you retire and draw Social Security, everything you have either hurts or doesn't work.

5. I have learned that when you travel and they say, "Don't bring valuables; they mean, "DON'T BRING VALUABLES"

### The Best Time of Day

Cool summer nights,  
Windows open,  
Lamps burning,  
Fruit in a bowl,  
Your head on my shoulder,  
These are the happiest moments of the day.  
-Carver

*- Alice Reeg, Creative Writing*

**R. PRESCOTT & SONS**  
Plumbing & Heating Co.  
Commercial & Residential Repairing  
**NO JOB TOO SMALL**  
**NO JOB TOO LARGE**      **276-7014**

**Siouxland**  
**HEARING**  
Healthcare, P.L.C.  
2916 Hamilton Blvd.  
**(712) 258-3332**  
www.siouxlandhearing.com  
Michael Sloniker,  
M.S., CCC-A

**Palmer's**  
Old Time  
Candy Shoppe  
Hours: Mon. - Sat. 10 am - 5 pm  
405 Wesley Parkway • 712.258.7790  
www.palmercandy.com

**CLEANING HELP WANTED**  
**2 Hours evenings Dakota Dunes**  
**Call Tamra @ Old English Cleaning**  
**712-202-2855 or 605-940-3570**

## Special Events on Mondays in June

- Monday, June 5 – 12:30 p.m. – Movie – “Pay it Forward”
- Monday, June 12 – 1 p.m. – June Birthday Party  
Hosts: Active Generations Chorus  
Entertainment: Active Generations Chorus  
Volunteers of the Month: Jerry and Charlotte Collins
- Monday, June 19 – 12:30 p.m. – Movie – “The Blind Side”
- Monday, June 26 – 12:30 p.m. – Movie – “Two Weeks”

\*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*

## Young at Heart Line Dancers

May flew by but was productive and fun! We learned our second Follies number and polished the edges of our routines for the May Birthday Party, which we pulled off without a hitch! We hope you enjoyed watching us dance to a variety of music, as much as we enjoyed the challenge. We do what we love to do, because we love to do it!

*-Sally Kimball*

## COFFEE Sit Sip SHOP

The Bake Sale on April 26 was a success. My baked goods sold like hot cakes, plus many of the baking ingredients were donated. Special thanks go to: Sandy Welch (meal site chef) for homemade cinnamon rolls, Lyz Garwood of Regency Square for chocolate chip cookies and to Sharon Hanneman for helping me with the sale. Thanks to all for your generosity with this semi-



annual endeavor. The work tired me out, but the end (financial) result, went towards the bill for our new refrigerator.

As in the past, I will be taking Thursdays off during summer months. This translates to no soup until October, despite the pleas for soup year-round from the members!

*- Marilyn Haller*

## AARP Class

Marc Christofferson is teaching an AARP Driver Safety Class, Tuesday, June 20, in the Conference Room, Noon – 4 p.m. The fee is \$15 for AARP members and \$20 for non- AARP members. Please pre-register in the office. You ***do not*** need to be a member of the Center to take this class.

# June Yearly Membership Anniversaries

List of Siouxland Center for Active Generations members with dues owed in the month of June

RAY ALBRIGHT  
 BETTY BARNETT  
 LOIS ALBERTSON  
 KATHERINE ANDERS  
 BETTY BAUERLY  
 KATHERINE BEACOM  
 FRED BOCIAN  
 ROBERT BREWER  
 WALTER BROCKAMP  
 MARY ANN DEIBERT  
 VIVIAN DEROCHIE  
 BETTY DIRKS  
 SHIRLEY DOWD  
 SALLY EARLEY  
 VIRGINIA FEENSTRA  
 DIANE FEILEN  
 GEORGE FINZEN  
 FRANCIS FOLEY  
 DEBRA GALLAGHER  
 LINDA GLORFIELD  
 HENRY GREER

JEANNIE GRIMES  
 JOSEPH GROSS  
 MARY ANN GUNSCH  
 CAROL HARDY  
 DONNETTE HATCH  
 MARLAN HILL  
 MAVIS HILL  
 SHIRLEY HODGES  
 HARLAND JOHNSON  
 JEANETTE JOHNSON  
 DONNA JOHNSON  
 PAMELA JOHNSON  
 JUDY KEITH  
 KRISTIN KLUG  
 JANE KNUTSON  
 JOYCE KRONE  
 BEVERLY MCCALLISTER  
 IRENE MOLDEN  
 MARGARET NEELY  
 JAN NELSON  
 JUDY NELSON

ARLYNN O'CONNOR  
 JANE OLSON  
 KENNY OTTEMAN  
 VIRGINIA PARMALEE  
 DORIS PARSONS  
 ALICE REEG  
 GERALD REEG  
 LOREN RUBIS  
 MARY JO RUBIS  
 GLORIA RYAN  
 JAMES SANDS  
 GAIL STREYFFELER  
 EVEY THOMPSON  
 JERRY THOMPSON  
 JAMES TIEFENBACH  
 DELORES TROMETER  
 MARILYN UDELL  
 DICK WHEELEN  
 LILA WHEELEN  
 JUNE WILSON  
 JOHN WOODS

**FOULK BROS.**  
**PLUMBING AND HEATING, INC.**  
 322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

**JONES**  
 EYE CLINIC

- Cataract Surgery
- Cosmetic Surgery
- Glaucoma
- Retina Diagnosis

"Working without bifocal glasses is just a joy. I'm looking forward to golfing and hunting this summer." -Robert H. Multi-focal Implant Patient

Eye Care Experts • [www.joneseye.com](http://www.joneseye.com) • 712.239.3937 • 800.334.2015

# **CENTER STAGE TAPPERS** *and* **Merry Go Rounders**

On the road again; we are back to entertaining in Siouxland this month! Travels took us to Whispering Creek and Embassy at Sergeant Bluff, where we were able to visit some of our friends from the Center. Though sometimes met with challenge, we smile as we relearn routines once so familiar to us.

As we continue working hard polishing Fall Follies routines, we are also finishing up costumes, which takes time. How lucky we are to have a multi-talented group, that always comes through whenever/wherever needed!

We were happy and honored, to have our own Phyllis Bennett chosen as the May Volunteer of the Month. Congratulations, Phyllis!

- BJ Heitzman



Our class has scheduled dance review on Wednesdays at 12:30, followed by a regular session at 1:30. If interested, please visit our small group during the review time; you will be doing well for your mind and body, receive an aerobic workout and have the pleasure of listening to some good music. We do recommend having a partner, if possible.

“Smile and silence are two powerful words; smile is the way to solve many problems, and silence is the way to avoid many problems.”

- BJ Heitzman

## Jam Session Special Announcement

Attend the Wednesday, June 21, Jam Session at 1 p.m. and you will experience an amazing one-hour show, featuring musical numbers, poetry and jokes. A donation jar will be placed at the entrance, with all proceeds benefitting the Center. Plan now to attend the show.

-Pinky Catron, *The Smile Maker*

## Penny Bingo Games & Food

We invite all Bingo players to celebrate Independence Day on Tuesday, June 27. Games will be played, food will be consumed (please bring a dish to share) and fun will be had! 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

## Drama at the Center

Curtains Up Drama Group has revamped and returned to Wednesday practices in the Classroom, 11 a.m.-Noon. We are in the planning stages and could use your help preparing for the Fall Follies.

<p><i>The</i> <b>Heritage</b> at Northern Hills 4000 Teton Trace • Sioux City, IA 51104</p> <p><b>Independent Living/Assisted Living</b> Meals, transportation, and housekeeping available.</p>	<p><b>Cash Prizes! &amp; Snacks</b></p> <p><b>City Wide</b></p> <p><b>BINGO</b></p> <p><b>Wednesday, June 21st • 1:30 to 3:00 pm</b> (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.</p>
<p><b>Call 712-239-9402 for more information!</b></p>	



**OVERACTIVE BLADDER?**  
DON'T STRUGGLE IN SILENCE

**Expert Care in Dakota Dunes**  
One out of three women ages 35 and older have some degree of overactive bladder. Board-certified Dr. Kevin Benson offers relief through the latest treatment options at Sanford Health Dakota Dunes Clinic.


Call (800) 618-3329 to schedule an appointment.  
To learn more, visit [sanfordhealth.org](http://sanfordhealth.org)  
Keyword: Bladder Health

**BE STRONG. BE HEALTHY. BE YOU.**

**SANFORD**  
WOMEN'S

015001-00620 3/17

**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)).



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

# JUNE 2017

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday**

**ENJOY SUMMER FUN!**

- June Opportunities Health/Fun:**
- June 2...Dance Sponsored by Bill Utter
  - June 5 & 7...2-Day Self Defense Class
  - June 7, 8, 9...Farmer's Market Vouchers
  - June 12...Grief Support Program
  - June 12...Birthday Party
  - June 12...Siouxland Discovery Chorus & Quartets Concert...7 p.m. Show
  - June 20...AARP Driver Safety Class
  - Call to schedule Computer Classes; days/time will vary

**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.**

- 1**
- 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 Book Club
  - 10:00 am Walking off the Pounds
  - 10:00 am Men's Club
  - 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

- 2**
- 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
  - "Ed Tryon"
- ~SPONSORED DANCE  
FOR BILL UTTER'S  
BIRTHDAY~**
- 

- 5 ~2 DAY SELF DEFENSE CLASS 11:00-NOON~**
- 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
  - 12:30 pm Movie "Pay it Forward"
  - 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
- 

- 6**
- 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 Balance Class w/YMCA Instr.
  - 1:00 pm Painting Class
  - 1:00 pm Pitch
  - 2:00 pm Ping Pong

- 7 ~2 DAY SELF DEFENSE CLASS 11:00-NOON~  
~FARMER'S MARKET VOUCHERS 8:30-2:00~**
- 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 "Addiction & Aging" ~ RoxAnn Smith, Jackson Recovery
  - 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

- 8 ~FARMER'S MARKET VOUCHERS 8:30-2:00~**
- 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
  - 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 ~FARMER'S MARKET VOUCHERS 8:30-2:00~**
- 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"
- 

- 12~GRIEF SUPPORT PROGRAM 9:30 A.M.~  
~SIOUXLAND DISCOVERY CHORUS 7 P.M.~**
- 8:00 am Scrapbooking
  - 8:30 am Yoga with Amanda

- 13**
- 8:30 am Enhance Fitness w/YMCA Instr.
  - 8:30 am Penny Bingo
  - 9:00 am Yoga with Amanda

- 14**
- 8:30 am Enhance Fitness w/YMCA Instr.
  - 9:00 am Chorus
  - 9:00 am Yoga w/Dixie of Recover Health

- 15**
- 8:30 am Penny Bingo
  - 8:45 am Beg. 1 Line Dance
  - 9:00 am Yoga

- 16**
- 8:30 am Enhance Fitness w/YMCA Instr.
  - 8:30 am Exercise Plus 50
  - 9:30 am Wii Bowling



8:30 am Exercise Plus 50  
 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: Active Generations Chorus  
 Hosts: Active Generations Chorus  
 Volunteer of the Month: Jerry & Charlotte Collins



**19**

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 Blind Side"  
 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**

8:00 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-12:30pm Lunch  
 12:30 pm Movie  
 "Two Weeks"  
 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



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 Balance Class w/YMCA Instr.  
 1:00 pm Painting Class  
 1:00 pm Pitch  
 2:00 pm Ping Pong

**20 ~AARP DRIVER SAFETY NOON-4 P.M.~**

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 Balance Class w/YMCA Instr.  
 1:00 pm Painting Class  
 1:00 pm Pitch  
 2:00 pm Ping Pong

**27**

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 Balance Class w/YMCA Instr.  
 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  
 "Living Forward & Planning for Today"  
 ~Sara Hardy, Floyd Place  
 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

**21**

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  
 ""Wheel of Fortune"  
 ~Ann Myers, Hospice of Siouxland & Lyz Garwood, Regency Square  
 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 Pinky's Musical Show  
 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

**28**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Chorus  
 9:00 am Yoga w/Dixie of Recover Health  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:00 am Sexy & Fit after 40  
 10:30 am Talk Show  
 "Poems of Memory"  
 ~Jeanne Emmons, Professor Emeritus, BCU  
 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  
 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

**22**

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  
 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

**29**

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  
 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  
 "Terry & Three on the Road"



**23**

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  
 "Country Brew"




**30**

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  
 "Shirley's Big Band"



**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

# JUNE 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 &amp;            CONVERSATION            AT THE CENTER...            A GREAT WAY TO MEET            NEW FRIENDS...</i></p>		<p>1            Pork Loin            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>2            Hot Beef Sandwich            Mashed Potatoes/Gravy            Vegetable            Dessert</p>
<p>5            Chicken Fried Chicken            Mashed Potatoes/            Country Gravy            Vegetable Dessert</p>	<p>6            Roast Beef            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>7            Lasagna            Garlic Bread            Vegetable            Dessert</p>	<p>8            Meatloaf            Baked Potato            Vegetable            Dessert</p>	<p>9            Hot Pork Sandwich            Mashed Potatoes/Gravy            Vegetable            Dessert</p>
<p>12            Chicken Breast            Rice            Vegetable            Dessert</p>	<p>13            Hot Beef Sandwich            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>14            Spaghetti w/Meat Sauce            Garlic Sauce            Dessert</p>	<p>15            Broasted Chicken            Cheesy Potatoes            Vegetable            Dessert</p>	<p>16            Taverns            Onion Rings            Vegetable            Dessert</p>
<p>19            Hot Meatloaf Sandwich            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>20            Chicken Fried Steak            Mashed Potatoes/            Country Gravy            Vegetable Dessert</p>	<p>21            Liver <u>or</u> Ham            Fried Potatoes            Vegetable            Dessert</p>	<p>22            Hamburger Steak            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>23            Chicken Fried Chicken            Mashed Potatoes/            Country Gravy            Vegetable Dessert</p>
<p>26            Hot Beef Sandwich            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>27            Roasted Turkey            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>28            Pork Loin            Mashed Potatoes/Gravy            Vegetable            Dessert</p>	<p>29            Beef Stroganoff            Vegetable            Dessert</p>	<p>30            BBQ Beef Sandwich            Potato Logs            Vegetable            Dessert</p>



# Parking Lot Vendor &

# Rummage

# Sale



When cleaning closets, keep our upcoming rummage and vendor sale in mind. We will be selling booth spaces for participants, with reduced rates for Siouxland Center for Active Generations members. Date and details in future newsletters.

*\*If donating larger items and need them picked up, or have questions, contact the Center at (712) 255-1729 and ask for Cheryl Hansen, Kerry Ruehle or Miriam Clayton. We can't accept clothing, mattresses, TV's or large appliances.*



**At Whispering Creek, you will find a combination of features unmatched by any other community in the city:**

- \* Chef Prepared Meals
- \* Restaurant Style Dining
- \* Diverse Activities and Events
- \* Housekeeping
- \* Free Transportation
- \* 24 Hour Emergency Response
- \* Exceptionally Committed Staff
- \* Secured Access

**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**  
 One mile East of Morningside Ave. & Whispering Creek Drive • [www.WhisperingCreekSeniorLiving.com](http://www.WhisperingCreekSeniorLiving.com)

ACTIVE RETIREMENT COMMUNITY

## Stop & Shop GIFT SHOP!

June "finds" include: attractive jewelry, punch bowl with cups, knick knacks and men's caps. We are eager to sell the current inventory to make room for the Christmas in July sale, which is just around the corner.

We thank those who brought batteries to recycle, resulting in 60 lbs. of household batteries we were able to donate.

*-Miriam Clayton*



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

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

 **Equal Opportunity Housing &**

 **Oakleaf**  
 PROPERTY MANAGEMENT  
 1309 Nebraska Street • Sioux City Iowa  
**(712) 255-3665**

*"Providing for others what we expect for ourselves."*

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

Wednesday, June 7

### “ADDICTION & AGING”

Speaker: RoxAnn Smith,  
Jackson Recovery,  
Recovery Specialist

Wednesday, June 14

### “LIVING FORWARD & PLANNING FOR TODAY”

Speaker: Sara Hardy,  
Floyd Place, Marketing

Wednesday, June 21

### “WHEEL OF FORTUNE”

Speakers: Ann Myers,  
Hospice of Siouxland &  
Lyz Garwood,  
Regency Square

Wednesday, June 28

### “POEMS OF MEMORY”

Speaker: Jeanne Emmons,  
Professor Emeritus, BCU

## Grief Support Program

The Grief Support Program for members is Monday, June 12, 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..

## Get Your Health History Report Done *for Free*

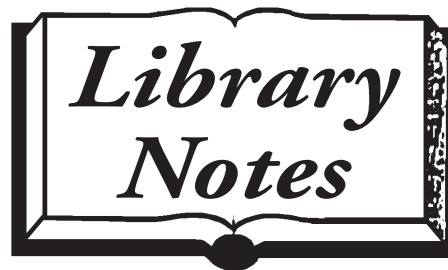
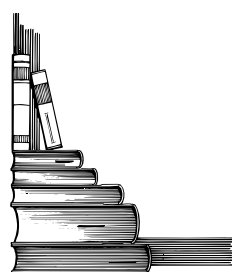
Volunteer an hour or so of your free time to assist Briar Cliff University Nurse Practitioner students gain the advanced skills needed in healthcare today and get something in return - for free! Briar Cliff Nurse Practitioner students will be at the Siouxland Center for Active Generations on Tuesday, July 11, 8:30 a.m.-Noon to perform free advanced health histories and abbreviated physical assessments\*\* on volunteer participants. Under the direction of the Briar Cliff Nurse Practitioner Faculty, each assessment will take approximately 60-90 minutes. Each participant will receive a free comprehensive report within one week of assessment. Please consider donating your time to better the future of our healthcare practitioners. Sign-up sheets will be at the front desk at the Center.

*\*\*These physical assessments are not meant to replace your regular visits with your primary care provider.*



### Fall Follies Hype

- Dancing, tai chi, chorus, poi balls, drama, lip synch, belly dancing, barbershop quartet and special (surprise) acts will take the stage at the 34th Annual Fall Follies. Join our members at East High School, Saturday, Sept. 9, at 2 p.m. We guarantee, no regrets!



We extend a warm welcome to Cheryl Hansen, our new Executive Director. We look forward to getting to know her.

On June 1, we will be meeting at 10 a.m. to discuss the Book Club selection, *While I Was Gone* by Sue Miller. Currently, I am reading *The Trials of Mrs. Lincoln* by Samuel A. Schreiner, Jr. This book shares the story of Mrs. Lincoln's insanity trial. My one copy is not in the best shape, but I am happy to share; stop in and check it out.

Thanks for your purchases at our Book Sale in April. As always, we look forward to your next library visit.

*-Helen Eriksen*

Mini Bailey's Irish Crème Cheesecakes  
2nd Place Winner of 2017  
B.A.D. Cooking Contest  
Dessert Division  
Brookdale Senior Living Solutions

Preheat oven to 350 degrees, *if you choose to cook the bases as directed under instructions.*

Ingredients:

7 oz. package Oreo cookies  
 3.5 oz. butter, melted  
 6.7 fl. oz. heavy cream  
 1 tsp vanilla extract  
 1/2 C Bailey's Irish Cream, to taste  
 1-2 tsp instant coffee dissolved in 1 tsp hot water  
 8.8 oz. cream cheese, softened at room temperature  
 1/2 C to 2/3 C caster sugar (superfine), to taste  
 0.7 oz. dark chocolate, melted

Instructions:

Using a food processor, process Oreo cookies until they resemble fine crumbs, add melted butter and stir until combined. To make bases, divide mixture into (six) 3/4 cup greased individual cheesecake pans and pat down firmly. *If you choose to cook bases, place pans on middle oven rack of preheated oven and bake for 8-10 minutes.* Place on wire rack to cool.

Whip cream and vanilla extract to a firm peak stage. Use electric mixer to beat cream cheese and sugar until light and fluffy. Add Bailey's Irish Cream and coffee mixture into cream cheese and mix. Fold in whipped cream and pour mixture into cheesecake pans.

Over double boiler, using low heat, melt chocolate. Scoop small dollops of melted dark chocolate over cream cheese mixture and swirl decorations on cheesecakes, using a toothpick.

Set several hours, but preferably overnight, in fridge until firm.

When ready to serve, dip palette knife into hot water and dry it. Run palette knife along edges of cheesecake and remove from pan carefully, placing on serving plates. Serve at room temperature.

Notes:

Can be kept in freezer and thawed overnight in refrigerator, when taken from cheesecake pans.

Yield: 6 cheesecakes

Raspberry Filled French Vanilla Cupcakes  
with White Chocolate Frosting  
1st Place Winner of 2017 B.A.D. Cooking  
Contest  
Dessert Division  
Bickford Cottage

Preheat oven as directed.

Cupcake Ingredients:

1 package French vanilla cake mix  
 Additional ingredients listed on box mix  
 Container of raspberry filling purchased at Braunger's Retail Market

Frosting Ingredients:

2 packages white chocolate pudding  
 2 C milk  
 8 oz. whipped cream

Directions:

Bake cupcakes as directed on mix. When cool, fill cupcakes with filling, using piping tip and bag. To make frosting, mix pudding, milk, and add 8 ounces whipped cream. Frost cupcakes and enjoy!

## Class Updates

A two-day **Self-Defense** class will be offered June 5 and 7, 11 a.m.-Noon, in the Exercise Room. We teach escape techniques, based on leverage, not muscle, to be used if someone tries to grab or hurt you. No special clothing or equipment is needed, but we do ask that you attend both days.

**Adaptive Aerobics** is an exercise class that adapts moves and exercises to meet anyone who has physical limitations. We concentrate on strength training, flexibility, core and stretching, while using a variety of moves and simple objects to keep us fit, flexible, balanced and mobile. No special equipment needed, just comfortable clothing and tennis shoes.

~Pam Stephan, Instructor

# JUNE BIRTHDAYS

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

- |   |   |
|---|---|
| 1 Ken Baker, William Utter  | 15 Craig Gibson, Roger Murtha,<br>Lucille Sage  |
| 2 Guillermina Velasquez, Jerry Vondrak,<br>Alice Lade, James Brownlee   | 16 Fred Lettau, AL Huisman,<br>Richard Warren   |
| 3 Gerold Collins, Corrine Holman,<br>Ivalue Horn, Ron Johme, Martha<br>Milhan, Lyle Baker, Judy Peterson      | 17 Karen Bates, Margaret Lamkin, Larry<br>Yarger, Mary Scott, Joyce Krone                           |
| 4 Ann McManus, Jan Nelson, Rita<br>Swanson, Charlotte Thoma,<br>Joyce Kaiser                                  | 18 BJ Heitzman, Marcele Newman,<br>Toots Pittman, Fred Bocian Jr.                                   |
| 5 Vickie Hughes, Donald Tudehope  | 19 Virginia Hargrove, Gene Rissell,<br>Charles Schoonover   |
| 6 Elizabeth Tucker, Cindy Rae<br>Whitesell, Joetta Burkhart,<br>Delores Townley                               | 20 Josie Flagg, Darel Pennington, Joann<br>Salas, Danny Breen                                       |
| 7 Bobbie Friessen, Lynn Townley   | 21 Alice Britton, Sharon Nelson, Jerry<br>Reeg, Judy Rehurek  |
| 8 John Chase, Donald Kelsey,<br>Bonita Robinson   | 22 Vernon Junge   |
| 9 Jeff Keil, Valeria Horak, Dorothy<br>Workman, Patty Hanson  | 23 Ed Baxter, Marilyn Udell,<br>Albert Rensch   |
| 10 LOU ANN GLICK, Dolores Perez,<br>Richard Fritz   | 24 Kris Berstrom, Verla Haack,<br>Vivian Derochie   |
| 11 Don Harbeck, Doris Howell,<br>Katie McClintok  | 25 Jim Anderson, Jean King, Suzanne<br>Lundgren, Alvin Lyons, Dennis<br>Wurster, Joanne Olson       |
| 12 Margaret Williams, Henry Greer,<br>Muriel Lyle, Don Schultz,<br>Eugene Sherman                             | 26 Betti Jean Miller, Venita Stusse,<br>Maureen Tague, Sherry Craig                                 |
| 13 Katherine Anders, Don Beals,<br>Christine Huisman, Delores<br>Trometer, June Wilson,<br>Robert Burwell Jr. | 27 Pat Hagen, Lucille Hinders, Kerwin<br>Fritz Meyer, Lester Zahnley, Rita<br>Albracht, Carol Morin |
| 14 Ronald Hartman, Lorna Mayo, Doris<br>Parsons, Rosejean Smith,<br>Dawn Kimmel                               | 28 Robin Ford, Maria Rundquist,<br>Lynne Redden   |
|   | 29 Justin Goetz, LaVonne Baker  |
|   | 30 Leaster Ellington, Sharon Shimitz,<br>Mickey Beerman   |

## NEW MEMBERS

JACK BOBIER  
SHIRLEY BOBIER  
KAY DUNN  
JOANN EMERSON  
GEIL FARGO  
LUANN GRAFF  
MARY GRAUSE  
SUE GRIEVE  
VIRGINIA MAGDEN  
WANDA MEYER  
BARBARA SCHINDLER  
CHERYL SCHRUNK  
STEVE SHULTS  
SUSAN STOFFERAN  
LORETTA ZUERLEIN

## MEMORIALS

**For: Bev Turek**  
from: Amelia Bertrand

**For: Al Chartier**  
from: Russel Moval

## June Birthday Party at 1 p.m.

Our monthly Birthday Party is Monday, June 12, in the Multi-Purpose Room. Hosted and entertainment by the Active Generations Chorus. Our Volunteers of the Month are Jerry and Charlotte Collins. 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!

## Sponsored Dance

Bill Utter celebrates his 91st birthday, Friday, June 2! Enjoy the music of Ed Tryon, at this free 1 p.m. dance, as we celebrate with Bill!

*\*Thanks to all who sponsor dances at the Center. Those wishing to be a sponsor, please visit with Kerry at (712)255-1729.*



Kindness is like a boomerang.

**Record Printing**

1117 Villa Ave • Sioux City, IA 51103  
 (712) 252-0563 • (712) 252-0100  
 www.recordprinting.com

**1, 2, 3 BR Luxury Apt. Homes**  
 FREE Heat, Appliances Furnished, incl. W/D

**Dakota Pointe Apartments**

208 E. 39th St. • South Sioux City, NE  
 402-494-8210 • www.vbclink.com

Mon-Fri 10-6p.m. Sat. 10-6p.m.

**Peters Park Flea Market**  
 Sioux City, Ia

3938 Transit Ave. 276-7000

Sun. Noon - 5 p.m.

Collectibles  
 Antiques  
 Booths Available  
 Furniture

**Drilling Pharmacy** 4010 Morningside Ave

Where You're Part Of The Family

**Free Delivery** 276-4621

Hours: Mon-Fri 9-8  
 Sat 9-5 • Sun 9-1

**JaJ Coins & Collectibles**

Buying & Selling Coins, Currency,  
 Postcards, Stamps, Antiques, Precious Metals  
 We Do Appraisals!

712-274-9195 901 S. Cecelia  
 800-397-9053 Sioux City, IA 51106

Now Open in South Sioux City

Four Generations of Serving  
 Northeast Nebraska Since 1886

**M. Mohr** 1431 W. 29th St.  
 S. Sioux City, NE  
**FUNERAL HOME** 402-412-3131

**GRAHAM**

**TIRE & AUTOMOTIVE SERVICE**

3480 Gordon • Sioux City, IA • 712-274-2024

**ROTO-ROOTER** Pat Brown  
 SEWER-DRAIN SERVICE

Senior citizens discount \$5 off any service call.  
 712.276.7329

**WU** **YOUR ONE STOP SHOP**

WU Homecare

TWO SIOUX CITY LOCATIONS TO SERVE YOU!  
 1732 HAMILTON BLVD. & 5901 GORDON DR

**TRUGREEN**

601 Main Street • Sioux City, IA 51103  
 712-279-9553 • 888-356-4664

An Independently Licensed Franchise

The **Sunshine News** is published by the:

**Siouxland Center for Active Generations**  
 313 Cook Street  
 Sioux City, Iowa 51103  
 TELEPHONE 712-255-1729

Non-Profit Organization  
 U.S. Postage  
**PAID**  
 Sioux City, Iowa  
 Permit No. 138

**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**

**April**

*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.*

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