



SEPTEMBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday

September Opportunities

Health/Fun:
Sept. 4... Closed to observe Labor Day
Sept. 9... Fall Follies at East High School
Sept. 11... Grief Support Program
Sept. 11... Drawing for Ron's Art Print
Sept. 11... Sept. Birthday Party
Sept. 19... Sunrise Retirement Lunch & Learn...must pre-register by Sept. 15
Sept. 20... AARP Lunch & Learn...must pre-register by Sept. 15
Sept. 22... Shred-tastic 11a.m.-1 p.m.
Sept. 29... Royal Ball 1 p.m.-3:30 p.m.
 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.
 Please pay dues on time!**

LUNCH OPTIONS...

**~ALWAYS KEEP IN MIND THE
 LUNCH OPTIONS
 AT THE SIOUXLAND CENTER FOR
 ACTIVE GENERATIONS...
 ~COFFEE SHOP IS OPEN SERVING
 ALA CARTE OPTIONS
 THROUGHOUT THE DAY
 ~MEAL SITE IS OPEN
 SERVING COMPLETE MEALS 11:30-
 12:30;
 SEE COMPLETE MENU ON
 BACK OF CALENDAR
 ~EITHER MEAL OPTION IS OPEN TO
 THE PUBLIC;
 MEMBER OR NON MEMBER
 ~LUNCH TO GO**



1
 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
~NO FRIDAY DANCE~

4

**CLOSED TO
 OBSERVE
 LABOR DAY...
 ENJOY THE
 HOLIDAY WEEKEND**



5
 8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Penny Bingo
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:15 am Belly Dancing
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:30 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Mexican Train
 1:00 pm Beginning Scrabble
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

6
 8:30 am Enhance Fitness w/YMCA Instr.
 9:00 am Chorus
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 "The Life & Career of Ding Darling"
 ~Matt Anderson, Curator, S. C. Public Museum
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 11:30 am Jam Session
 1:00 pm Choreographed Ballroom
 1:00 pm Phase 10
 1:00 pm Coloring Corner
 1:00 pm Scrabble
 1:00 pm 500
 2:30 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills
 6:00 pm ACBL Duplicate Bridge

7
 8:30 am Penny Bingo
 9:00 am Yoga
 9:00 am Beginner 2 Line Dance
 10:00 am Book Club
 10:00 am Beginning Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men's & Women's Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

8
 8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Fitness w/ Dixie of Recover Health
 9:30 am Women's Pool Shooting Class
 10:00 am Blood Pressures/Mercy
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Friday Dance
 "Terry & Three on the Road"

**"Variety Show"
 Plan to attend the 34th annual
 Fall Follies at East High School
 Saturday, September 9, 2 p.m.**



11 ~Grief Support Program 9:30 a.m.~
 8:00 am Scrapbooking
 8:30 am Yoga with Amanda
 8:30 am Exercise Plus 50
 9:30 am Intermediate Duplicate Bridge Class
 9:30 am Grief Support Program
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 1:00 pm BIRTHDAY PARTY
 Entertainment: Dr. Sharon Ocker
 Hosts: Fitness Classes
 Volunteers of the Month: Richard & Elaine
 Waskow
 1:00 pm Pinochle
 1:00 pm American Mah Jong
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



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

13
 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
 "Leg Pain: Arthritis or Peripheral Arterial
 Disease"
 ~Dr. Angelo Noel Santos, Sanford Health
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 1:00 pm Jam Session
 1:00 pm Choreographed Ballroom
 1:00 pm Phase 10
 1:00 pm Coloring Corner
 1:00 pm Scrabble
 1:00 pm 500
 2:30 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills
 6:00 pm ACBL Duplicate Bridge

14
 8:30 am Penny Bingo
 9:00 am Yoga
 9:00 am Beginner 2 Line Dance
 10:00 am Beginning Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men's & Women's Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

15
 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
 12:30 pm Canasta
 12:30 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Friday Dance
 "Country Brew"



18
 8:00 am Scrapbooking
 8:30 am Yoga with Amanda
 8:30 am Exercise Plus 50
 9:30 am Intermediate Duplicate Bridge Class
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 12:30 pm Movie
 "Dirty Dancing"
 1:00 pm Pinochle
 1:00 pm American Mah Jong
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



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

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

21
 8:30 am Penny Bingo
 9:00 am Yoga
 9:00 am Beginner 2 Line Dance
 10:00 am Beginning Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm Woodcarving
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men's & Women's Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

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



25
 8:00 am Scrapbooking
 8:30 am Yoga with Amanda
 8:30 am Exercise Plus 50
 9:30 am Intermediate Duplicate Bridge Class
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 12:30 pm Movie
 "Charlie St. Cloud"
 1:00 pm Parkinson's Support Group Meeting
 1:00 pm Pinochle
 1:00 pm American Mah Jong
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



26
 8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Penny Bingo
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:15 am Belly Dancing
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:30 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Mexican Train
 1:00 pm Beginning Scrabble
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

27
 8:30 am Enhance Fitness w/YMCA Instr.
 9:00 am Chorus
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 "A Step Back in Time: A Visit from Abe Lincoln"
 ~Steve Burns
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 1:00 pm Jam Session
 1:00 pm Choreographed Ballroom
 1:00 pm Phase 10
 1:00 pm Coloring Corner
 1:00 pm Scrabble
 1:00 pm 500
 2:30 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills
 6:00 pm ACBL Duplicate Bridge

28
 8:30 am Penny Bingo
 9:00 am Yoga
 9:00 am Beginner 2 Line Dance
 10:00 am Beginning Bridge (Howard/Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:30 am Balance Class w/YMCA Instr.
 11:00 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm Woodcarving
 1:00 pm ACBL Duplicate Bridge
 1:00 pm Men's & Women's Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Cribbage
 2:00 pm Ping Pong

29
 8:30 am Enhance Fitness w/YMCA Instr.
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Fitness w/ Dixie of Recover Health
 9:30 am Women's Pool Shooting Class
 10:00 am Blood Pressures/Recover Health
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:30 pm Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Friday Dance...Royal Ball
 "Shirley's Big Band"



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