

JULY 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 8.00 am Scrapbooking 8.30 am Yoga with Amanda 8.30 am Yoga with Amanda 8.30 am Beginning Duplicate Bridge Class 9.30 am Tap Class 9.30 am Ang Crocheting 1.30 am Duplicate Bridge 1.30 am Tap Content Bridge 1.30 am Distributer Bridge 1.30 am	4 CLOSED HAPPY 4TH OF JULY!	 5 ~<i>Rivercade Coronation 1:00~</i> 8:30 am Enhance Fitness wYMCA Instr. 9:00 am Yoga wDixie of Recover Health 9:00 am Novice Dup, Bridge Game 9:30 am Painting Class 10:00 am Sczy & Fit after 40 <i>NO TALK SHOW</i> 10:45 am Guitar Practice 11:30 am Jam Session 11:30 am Jam Session 11:30 am Jam Session 11:30 pm Chorcographed Ballroom 11:00 pm Coloring Corner 11:00 pm Coloring Corner 12:30 pm Base 10 1:30 pm Store Subsect 1:30 pm Store State 1:30 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills 	6 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 Mok Club 11:00 am Men's Club 11:00 am Advanced Line Dance 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Woodcarving 1:00 pm Men's & Women's Social Group 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong	7 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wite Bowling 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Fitness w/ Dixie of Recover Health 9:30 am Hintess w/ Dixie of Recover Health 9:30 am Bridge Group 12:30 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge 1:00 pm Fridge 1:00 pm Fridge 1:00 pm Stoo 1:00 pm Stoo 1
10 -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 Grief Support Program 9:30 am Grief Support Program 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: Tai Chi Group Hosts: Center Stage Tappers Volunceer of the Month: Jackie Busch 1:00 pm Pinochle 1:00 pm Woodcarving 2:00 pm Valking Off Pounds 2:30 pm Fitness with Kelly	11 -BCU Health Histories- 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 Penny Bingo 11:00 pm Mexican Train 1:00 pm Beginning Scrabble 1:00 pm Beginning Scrabble 1:00 pm Beginning Scrabble 1:00 pm Beginning Class 1:00 pm Painting Class 1:00 pm Painting Class 1:00 pm Pitch 2:00 pm Ping Pong	12 8:30 am Enhance Fitness wYMCA Instr. 9:00 am Yoga wDixie of Recover Health 9:00 am Novice Dup. Bridge Game 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Talk Show "Science, Science Fiction & Now" -Dr. Adam Frisch, Professor Emeritus BCU & Member 10:45 am Guitar Practice 11:30 am Jrama Group 11:30 am Jrama Group 11:30 am Jramsession 12:30 pm Beginning Bridge 11:00 pm Chore ographed Ballroom 11:00 pm Coloring Corner 11:00 pm Carabble 11:00 pm Scient Strike 11:00 pm Site Strike 11:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills	13 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: 2:30 pm Lunch 12:30 pm Canasta 12:30 pm Woodcarving 1:00 pm Beginning Bridge Class (D. Howard) 1:00 pm Meon's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong	14 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wit Bowling 9:30 am Wit Bowling 9:30 am Wit Bowling 9:30 am Winte Of Recover Health 9:30 am Winter S Pool Shooting Class 10:00 am Blood Pressures/Mercy 11:30 am-1:2:30 pm Lunch 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Stolde 1:00 pm Friday Dance "Triple Threat" ~Free Will Donation Dance Register for Art Print~ ~Rummage Sale ~ Inside & Outside Saturday, July 15, 8 a.m4 p.m.
17 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 Tap Class 9:45 am Review Tai Cchi Class 10:00 am Knitting & Crocheting 11:30 am Duplicate Bridge 11:30	 18 ~CVA Sponsored Lunch & Learn~ 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Penny Bingo 9:00 am Senior Yoga 9:35 am Bood Pressures/YMCA 10:00 am Creative Writing 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 Penny Bingo 1:00 pm Wexican Train 1:00 pm Beginning Scrabble 1:00 pm Beginning Class 1:00 pm Pinting Pong 	 19 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 Chess Group 10:30 am Talk Show ""A Visit from the Sionxland Humane Society" Kely Eric, Assistant Shelter Manager 10:45 am Guitar Practice 11:30 am Jar Session 12:30 pm Equinal Bridge 130 um -12:30 pm Lunch 11:30 am Jar Session 12:30 pm Beginning Bridge 11:00 pm Chor cographed Ballroom 11:00 pm Chor cographed Ballroom 11:00 pm Care Bridge 12:00 pm Base 10 12:00 pm Sou 23:30 pm I Mile Walk Warm Up 3:40 pm Fitness with Kelly, sponsor ed by The Heritage of Northern Hills 	20 8:30 am Penny Bingo 9:00 am Yoga 9:30 pm Beginning Bridge I (A. Ercolini) 10:00 am Men's Club 11:30 am-12:30 pm Lunch 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 Ping Pong	21 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 wi Dixie of Recover Health 9:30 am Hinness wi Dixie of Recover Health 9:30 am Hinness wi Dixie of Recover Health 9:30 am Hinness wi Dixie of Recover Health 9:30 am Biolod Pressure/St. Luke's 11:30 am-12:30 pm Lunch 12:40 pm Basic Tap 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge 1:00 pm Friday Dance "Terry & Three on the Road"
244 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Beginning Duplicate Bridge Class 9:30 am Tap Class 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 Duplicate Bridge 11:30 am Duplicate Bridge 11:30 am Duplicate Bridge 11:30 am Antiticate Bridge 11:30 am Duplicate Bridg	25 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 Crafts with Betty 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 Acrobics 12:30 pm Tap Class 12:30 pm Tap Class 12:30 pm Mexican Train 1:00 pm Beginning Scrabbe 1:00 pm Bialance Class W/YMCA Instr. 1:00 pm Pitch 2:00 pm Pitch	26 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga wDixie of Recover Health 9:00 am Novice Dup. Bridge Game 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Talk Show "Learn How You Can Be a Big" -Eric Griffith, Program Committee, Big Brothers Big Sisters 10:45 am Guitar Practice 11:30 am Jama Geroup 11:30 am-12:30 pm Lunch 11:30 am Jam Session 12:30 pm Beginning Bridge 12:00 pm Chore cographed Ballroom 1:00 pm Chore cographed Ballroom 1:00 pm Scrabble 1:00 pm Strabble 1:00 pm Strabble 1:00 pm Siter Strabble 1:00 pm Strabble	27 8:30 am Penny Bingo 9:00 am Yoga 9:30 am Drum Circle 9:30 pm Beginning Bridge I (A. Ercolini 10:00 am Men's Club 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 Ping Pong	28 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wite Bowling 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Winens w/ Dixie of Recover Health 9:30 am Pluess Wresures/Mercy 11:30 am-12:30 pm Lunch 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge 1:00 pm Fridge Dance "Shirley's Big Band"
 81 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Yoga with Amanda 8:30 am Keyteise Plus 50 9:40 am Beginning Duplicate Bridge Class 9:40 am Anni (2000) 9:45 am Review Tai Chi Class 10:40 am Knitting & Crochetig 11:40 am Anni (2000) 12:40 am Knitting & Crochetig 13:40 am Luch 13:40 am Luch 14:40 am Anni (2000) 14:40 am Anni (2000) 15:40 am Knitting & Crochetig 16:40 am Knitting & Crochetig 16:40 am Knitting & Crochetig 17:40 am Luch 18:40 am Anni (2000) 19:40 am Anni (2000) 19:40 am Anni (2000) 19:40 am Anni (2000) 10:40 am Ann	Enjoy food at the Center Monday - Friday at affordable prices!	July Opportunities Health/Fun: July 5Rivercade Coronation July 10Grief Support Program July 10Birthday Party July 11BCU Health Histories (must pre-register) July 15Center Rummage Sale July 15CVA Lunch & Learn with Dr. Majerus (must pre-register) Call to schedule Computer Classes; days/time will vary		Reminder to all You <u>must</u> 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.