



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 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
"Clambake"
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



4
CLOSED...
HAPPY 4TH
OF JULY!



5 ~Rivercade Coronation 1:00~
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
NO TALK SHOW
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

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 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

7
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
"Jerry O'Dell & His Country Flavor Band"



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 Beginning Duplicate Bridge Class
9:30 am Wii Bowling
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
Volunteer of the Month: Jackie Busch
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



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 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

12
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
"Science, Science Fiction & Now"
-Dr. Adam Frisch, Professor Emeritus BCU & 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

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-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

14
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
"Triple Threat"

~Free Will Donation Dance
Register for Art Print~

~Rummage Sale ~
Inside & Outside
Saturday, July 15,
8 a.m.-4 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 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
"Follow that Dream"
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



18 ~CVA Sponsored 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
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

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 Sexy & Fit after 40
10:30 am Talk Show
"A Visit from the Siouxland Humane Society"
-Kelly Erie, Assistant Shelter Manager
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

20
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 Walking off the Pounds
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 Cribbage
2:00 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 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"



24
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
"Frankie and Johnny"
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



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 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

26
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
"Learn How You Can Be a Big"
-Eric Griffith, Program Committee, Big Brothers Big Sisters
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

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 Walking off the Pounds
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 Cribbage
2:00 pm Ping Pong

28
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
"Shirley's Big Band"



31
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
"Kid Galahad"
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



Enjoy food at the Center Monday - Friday at affordable prices!



- July Opportunities Health/Fun:**
- July 5...Rivercade Coronation
 - July 10...Grief Support Program
 - July 10...Birthday Party
 - July 11...BCU Health Histories (must pre-register)
 - July 15...Center Rummage Sale
 - July 18...CVA Lunch & Learn with Dr. Majerus (must pre-register)
 - 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.