

OCTOBER 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 809 am Scrapbooking 809 am Scrapbooking 809 am Exercise Plus 50 909 am Exercise Plus 50 909 am Exercise Plus 50 909 am Exercise Plus 50 909 am Far Chi Chasa 900 am Kaiting & Crocheting 909 am Chi Chi Chasa 900 am Kaiting & Crocheting 1900 am Kaiting & Crocheting 1900 am Kaiting & Crocheting 1900 am Kaiting & Chi Chi Chasa 1900 am Kaiting & Chi Chi Chi Chi 1900 am Kaiting & Chi Chi Chi Chi 1900 am Machi Chi Chi Chi 1900 am Machi Chi Chi Chi 1900 am Machi Chi Chi Chi Chi 1900 am Kaiting Chi Chi Chi Chi 1900 am Finana Mah Jong 1900 am Machi Chi Chi Chi Chi 1900 am Machi Chi Chi Chi Chi 1900 am Finana Mah Jong 1900 am Finana Mah Jong 1900 am Machi Chi Chi Chi Chi 1900 am Machi Chi Chi Chi Chi 1900 am Chi Chi Chi Chi Chi Chi Chi 1900 am Chi Chi Chi Chi Chi Chi 1900 am Chi Chi Chi Chi Chi Chi Chi 1900 am Chi Chi Chi Chi Chi Chi Chi Chi 1900 am Chi	 3 ~Coffee Talk with Cheryl 9:30 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 10:15 am Belly Dancing 10:45 am Belly Dancing 10:45 am Belly Dancing 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 Pitch 2:00 pm Pitch 2:00 pm Ping Pong 	4 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Chorus 9:00 am Yoga w/Dixie of Recover Health 9:00 am Novie Dup. Bridge Game 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Tail Show "Addressing Concerns over Balance & Dizziness" -Dr. Reason Ford & Krissi Milton, PTA, ENT Consultants 10:45 am Guitar Practice 11:30 am Jam Session 12:30 pm. Beginning Bridge (Ruth Chancey) 11:30 am-12:30 pm Lunch 11:30 am. Derocergaphed Ballroom 12:30 pm. Beginning Bridge (Ruth Chancey) 11:00 pm Chore Goraphed Ballroom 11:00 pm Coloring Corner 11:00 pm Scrabble 11:00 pm Solor Mile Walk Warm Up 3:00 pm Filness with Kelly, sponsored by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge	5 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 Walking off the Pounds 10:00 am Mar'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 Penny Bingo 12:30 pm Moodcarving 1:00 pm ACBL Duplicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Men's & Women's Social Group 1:00 pm Cribbage 2:00 pm Ping Pong	6 8:30 an Enhance Fitness wYMCA Instr. 8:30 an Mixed Media Art Class/Vivian Miller 9:30 an Mixed Media Art Cla
 9 -Grief Support Program 9:30 a.m 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Excreise Plus 50 9:30 am Intermediate Duplicate Bridge Class 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 -12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 1:00 pm ACBL Duplicate Bridge 1:00 pm ACBL Duplicate Bridge 1:00 pm Morth Print 1:00 pm ACBL Duplicate Bridge 1:00 pm Morth Print 1:00 pm ACBL Duplicate Bridge 1:00 pm Morth Print 1:00 pm Marting & Crocheting 1:00 pm Marting & Crocheting 1:00 pm ACBL Duplicate Bridge 1:00 pm ACBL Duplicate Bridge 1:00 pm Marting & Crocheting 1:00 pm Ma	10 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 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 Pitch 2:00 pm Pitch	11 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am (Yog w/Dixie 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 "Intro. to Ballet Exercises" -Bridget Agriopoulos, Retired Ballet Teacher & Center Member 10:45 am Guitar Practice 11:00 am Drama Group 11:30 am Jam Session 12:30 p.m. Beginning Bridge (Ruth Chancey) 11:00 pm Phase 10 1:00 pm Phase 10 1:00 pm Scrabble 1:00 pm Scrabble 1:00 pm Scrabble 1:00 pm Mice Walk Warm Up 3:00 pm Hiness with Kelly, sponsored by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge	12 8:30 am Penny Bingo 9:00 am Seginner 2 Line Dance 10:00 am Beginner 2 Line Dance 10:00 am Walking off the Pounds 10:00 am Men's Club 10:30 am Balance Class wYMCA Instr. 11:00 am Advanced Line Dance 11:30 pm Canasta 12:30 pm Penny Bingo 12:30 pm ACBL Duplicate Bridge 1:00 pm ACBL Duplicate Bridge 1:00 pm Mcr 's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Ping Pong 2:00 pm Ping Pong	 13 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am With Bowling 9:30 am Winced Media Art Class/Vivian Miller 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures/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 Friday Dance "Burt Heithold"
 Hef Big Wam Scrapbooking Big Wam Yoga with Amanda Big Man Yoga with Amanda Big Man Exercise Plus 50 Pig Man Exercise Plus 50 Pig Man Exercise Plus 50 Pig Man Tay Class Pig Man Tay Chi Chi Class Review Tai Chi Chass Rido am Knitting & Crocheting Pig Man Hair Chi Chass Rido am Kiniting & Crocheting Pig Man Pinochle Pig Mamerican Mah Jong Pig Mam Walking Off Pounds Pig Marking Markely 	 17 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 Walking Off Pounds 10:15 am Belly Dancing 10:45 am Belly Dancing 11:30 am-12:30 pm Lunch 11:45 am Adaptive Aerobics 12:30 pm Tan Class 12:30 pm Penny Bingo 1:00 pm Mexican Train 1:00 pm Pich 2:00 pm Pitch 2:00 pm Ping Pong 	18 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie of Recover Health 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 "Lions & Tigers & Bears, Oh My!" -Kristi Neumann & Minde Coleman, CAASA (Centers Against Abuse & Sexual Assault) 10:45 am Guitar Practice 11:00 am Drama Group 11:30 am Jam Session 12:30 pm. Beginning Bridge (Ruth Chancey) 11:30 gm Phase 10 12:00 pm Coroeraphed Ballroom 11:00 pm Serabble 11:00 pm Serabble 11:00 pm Solo 21:30 pm I Mile Walk Warm Up 3:00 pm Finness with Kelly, sponsored by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge	19 8:30 am Penny Bingo 9:00 am Beginner 2 Line Dance 10:00 am Beginner 2 Line Dance 10:00 am Meginner Bridge (Howard/Ercolini) 10:00 am Men's Club 10:30 am Balance Class wYMCA Instr. 11:00 am Advanced Line Dance 11:30 am-Li2:30 pm Lunch 12:30 pm Canasta 12:30 pm Canasta 12:30 pm Moodcarving 1:00 pm ACBL Duplicate Bridge 1:00 pm Mr's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Pris Balance 1:00 pm Pribage 2:00 pm Ping Pong	20 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 Mixed Media Art Class/Vivian Miller 9:30 am Bitness w/ Dixie of Recover Health 9:30 am Hixed Media Art Class/Vivian Miller 9:30 am Bitness w/ Dixie of Recover Health 9:30 am Bitness w/ Dixie of Recover Health 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge 1:00 pm Fidge 1:00 pm Fidge Dance "Shirley's Big Band"
23 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 Tap Class 9:30 am Tap Class 9:45 am Review Tai Chi Class 10:00 am Knitting & Crocheting 11:30 am-12:30 pm Lunch 11:30 am-12:30 pm Crocheting 11:30 am-12:30 a	24 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 Valking 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 1:30 pm Mexican Train 1:00 pm Beginning Scrabble 1:00 pm Pitch 2:00 pm Pitch	25 ~Trunk or Treat 5 p.m6:30 p.m. 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 10:00 am Sexy & Fit after 40 10:03 am Talk Show "The Wonderful World of Bees" -Leonard Kurtz, Beekeeper & 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 (Ruth Chancey) 1:00 pm Choreographed Ballroom 1:00 pm Choreographed Ballroom 1:00 pm Sol 1:00 pm Sol 2:30 pm I Mie Walk Warm Up 3:00 pm Finess with Kelly, sponsored by The Heriage of Northem Hills 6:00 pm ACBL Duplicate Bridge	26 8:30 am Penny Bingo 9:00 am Seginner 2 Line Dance 10:00 am Beginner 2 Line Dance 10:00 am Beginner 3 Club 10:00 am Walking off the Pounds 10:00 am Men's Club 10:30 am Balance Class WYMCA Instr. 11:00 am Advanced Line Dance 11:30 pm Canasta 12:30 pm Penny Bingo 12:30 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 Ping Pong 2:00 pm Ping Pong	27 8:30 am Enhance Fitness w/YMCA Instr. 8:30 am Exercise Plus 50 9:30 am Wited Bowling 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Finess w/ Dixie of Recover Health 9:30 am Finess w/ Dixie of Recover Health 9:30 am Biodo Pressures/Mercy 11:30 am-12:30 pm Lunch 12:00 pm Bridge Group 12:30 pm Open Craft Time 1:00 pm Bridge Group 1:00 pm Fridge Diversity 9 Jerry O'Dell & His Country Flavor Band" FREE Halloween Dance sponsored by Briar Cliff University Prizes will be awarded to those competing in the Costume Contest
30 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 3:30 am Exercise Plus 50 3:30 am Tay Class 9:30 am Tay Class 9:30 am Tay Clhi Class 1:30 am A:2:30 pm Lunch 1:30 am A:2:30 pm Chi Chi Class 1:30 am A:2:30 pm A:2:30 pm Chi Chi Class 1:30 am A:2:30 pm A:2:30 pm A:2:30 pm A:30 pm Chi Class 1:30 pm Finness with Kelly 1:30 pm Finness with Kelly	31 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 Belly Dancing 10:45 am Belly Dancing 11:45 am Adaptive Acrobics 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 Pintch 2:00 pm Ping Pong	September Opportunities Health/Fun: Oct. 3Coffee Talk with Cheryl Oct. 6 & 7Lion's Club Pancake Days Oct. 9Grief Support Program Oct. 9Drawing for Hawkeye Pillow Oct. 9Oct. Birthday Party Oct. 25Trunk or Treat Oct. 27Halloween Dance sponsored by Briar Cliff University 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. 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 DAILY ALA CARTE OPTIONS MEAL SITE SERVES COMPLETE MEALS 11:30-12:30; SEE MENU ON BACK OF CALENDAR MEMBER <u>OR</u> NON MEMBER -LUNCH TO GO