



OCTOBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday

2
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
"Dear John"
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



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
10:00 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
12:30 pm Mexican Train
1:00 pm Beginning Scrabble
1:00 pm Painting Class
1:00 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 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
"Addressing Concerns over Balance & Dizziness"
-Dr. Reason Ford & Krissi Milton, PTA, ENT Consultants
10:45 am Guitar Practice
11:00 am Drama Group
11:30 am-12:30 pm Lunch
11:30 am Jam Session
12:30 p.m. Beginning Bridge (Ruth Chancey)
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

5
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
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 Cribbage
2:00 pm Ping Pong

6
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 Bridge Group
12:30 pm Open Craft Time
1:00 pm Bridge
1:00 pm 500
1:00 pm Friday Dance
"Country Brew"
Lion's Club Pancake Days:
Friday 5 p.m.-7 p.m.
Saturday 7 a.m.-noon



9 ~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: Brian Quach, Pianist
Hosts: Men's Club, Men's & Women's Social and Wii Bowling
Volunteer of the Month: Vivian Miller
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



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 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

11
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
"Intro. to Ballet Exercises"
-Bridget Agriopoulos, Retired Ballet Teacher & 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 p.m. Beginning Bridge (Ruth Chancey)
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

12
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
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 Cribbage
2:00 pm Ping Pong

13
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
"Burt Heithold"



16
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
"Radio"
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



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 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

18
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
"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-12:30 pm Lunch
11:30 am Jam Session
12:30 p.m. Beginning Bridge (Ruth Chancey)
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

19
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
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 Cribbage
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 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
"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 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
"The Notebook"
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



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 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

25 ~Trunk or Treat 5 p.m.-6:30 p.m.
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 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 p.m. Beginning Bridge (Ruth Chancey)
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

26
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
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 Cribbage
2:00 pm Ping Pong

27
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"
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 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-12:30pm Lunch
12:00 pm ACBL Duplicate Bridge
12:30 pm Movie
"Hocus Pocus"
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



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 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

September Opportunities
Health/Fun:
Oct. 3...Coffee Talk with Cheryl
Oct. 6 & 7...Lion's Club Pancake Days
Oct. 9...Grief Support Program
Oct. 9...Drawing for Hawkeye Pillow
Oct. 9...Oct. Birthday Party
Oct. 25...Trunk or Treat
Oct. 27...Halloween Dance sponsored by Briar Cliff University
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 DAILY ALA CARTE OPTIONS
~MEAL SITE SERVES COMPLETE MEALS 11:30-12:30; SEE MENU ON BACK OF CALENDAR
~EITHER MEAL OPTION IS OPEN TO THE PUBLIC; MEMBER OR NON MEMBER
~LUNCH TO GO