



NOVEMBER 2017

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

Monday

Tuesday

Wednesday

Thursday

Friday

**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!**

November Opportunities Health/Fun:

- Nov. 7...Coffee Talk with Cheryl
- Nov. 10, 15, 17...BCU PT Screenings...
Must Pre-register in the Office
- Nov. 13...Grief Support Program
- Nov. 13...Nov. Birthday Party
- Nov. 14...Lunch & Learn w/Dr. Benson...
Must Pre-register in the Office
- Nov. 14, 15, 16...BCU Discussion Group
- Nov. 22...March to Honor Lost Children
- Nov. 28...Lunch & Learn w/Athletico &
Electronic Caregiver...Must Pre-register
in the Office
- Nov. 30...Cider & Treats w/Hospice of
Siouxland
*Call to schedule Computer Classes;
days/time will vary

- 1**
- 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
"South Dakota Meet & Greet"
 - Bobbi Jo Leggett, Trestle Advocacy
 - 10:45 am Guitar Practice
 - 11:00 am Ballet Exercise & Jazz
 - 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

- 2**
- 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

- 3**
- 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
 - "Country Brew"



- 6-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 Interm. 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
 - 12:30 pm Movie
"The Sisterhood of the Traveling Pants"
 - 1:00 pm Ballet Exercise & Jazz
 - 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



- 7 -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
 - 12:30 pm Hoopla
 - 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

- 8**
- 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
"Winter Weather"
 - T.J. Springer, KTIV Meteorologist
 - 10:45 am Guitar Practice
 - 11:00 am Ballet Exercise & Jazz
 - 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

- 9**
- 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

- 10 -BCU PT Screenings 9:30-11 a.m.**
- 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"



- 13 -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 Interm. 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
 - 1:00 pm BIRTHDAY PARTY
Entertainment: BJ's Variety Show
 - Hosts: Painting Class
 - Volunteer of the Month: Jane Hendersohn
 - 1:00 pm Ballet Exercise & Jazz
 - 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



- 14 -Lunch & Learn w/ Dr. Benson
-BCU Discussion Group 10-11 a.m.**
- 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
 - 12:30 am Hoopla
 - 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

- 15 -BCU PT Screenings 1-2:30 p.m.
-BCU Discussion Group 2-3 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
"Senior Job Training Opportunities"
 - Antoinette Green, Community Action Agency
 - 10:45 am Guitar Practice
 - 11:00 am Ballet Exercise & Jazz
 - 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

- 16 -BCU Discussion Group 9-10 a.m.**
- 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

- 17-BCU PT Screenings 9:30-11 a.m.**
- 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"



- 20**
- 8:00 am Scrapbooking
 - 8:30 am Yoga with Amanda
 - 8:30 am Exercise Plus 50
 - 9:30 am Interm. 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
"High Times on Lower 4th" &
"The South Bottoms"
 - 1:00 pm Ballet Exercise & Jazz
 - 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



- 21**
- 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
 - 12:30 am Hoopla
 - 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

- 22-March to Honor Lost Children 9:30 a.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
 - NO TALK SHOW**
 - 10:45 am Guitar Practice
 - 11:00 am Ballet Exercise & Jazz
 - 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

WE ARE CLOSED...



**WE ARE CLOSED
FOR THE
THANKSGIVING
HOLIDAY &
WILL REOPEN
MONDAY!**



- 27**
- 8:00 am Scrapbooking
 - 8:30 am Yoga with Amanda
 - 8:30 am Exercise Plus 50
 - 9:30 am Interm. 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
TBA
 - 1:00 pm Parkinson's Support Group Mtg.
 - 1:00 pm Ballet Exercise & Jazz
 - 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



- 28 -Lunch & Learn w/ Athletico &
Electronic Caregiver**
- 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
 - 12:30 am Hoopla
 - 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

- 29**
- 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
"Senior Job Training Opportunities"
 - Lori Sporrer, Outreach Project Manager,
 - Relay Iowa
 - 10:45 am Guitar Practice
 - 11:00 am Ballet Exercise & Jazz
 - 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

- 30 -Hospice of Siouxland Cider &
Treats 9:30 a.m.**
- 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

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