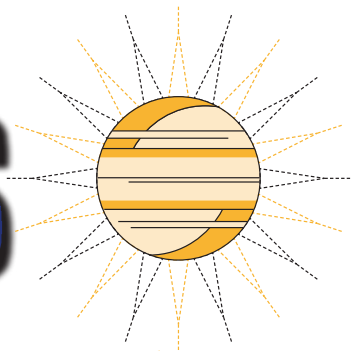


# OCTOBER 2017 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
473

Published  
Monthly



Our mission is to enrich the quality of life and support independence and vitality for our members. This is done by meeting the social, recreational and educational needs of members, in an environment that is fun, safe, inclusive and courteous for all.

Siouxland Center  
for Active Generations

## Volunteer of the Month Vivian Miller



Congratulations to Vivian Miller, October Volunteer of the Month. Vivian joined the Center in 2014, when Kerry was searching for an additional art class. The search was complete when the Art Center located Vivian and she soon became the Mixed Media Art Instructor. For those who aren't familiar with her classes, let me share what you need to succeed in this 9:30 a.m. gathering on Fridays:

- **Supplies:** coffee filters, tissue paper, rice paper, sheets of paper from National Geographic magazines, ink, acrylic paint and stencils.

- **Process:** cut and tear the paper, glue it into a picture and in many cases, sell that picture as many students have.

To quote Vivian, if you can't find the class, "Follow the laughter down the hall and join the fun!" In addition to this activity, Vivian enjoys the Mah Jong on Mondays and as a professional face painter looks forward to joining the Trunk or Treat festivities at the Center on Wednesday, Oct. 25, to paint a lot of little faces and bring more than a few smiles!

Join us in congratulating Vivian, Monday, Oct. 9, 1 p.m., as she receives her personalized cake, courtesy of Iris of the Pastry Parlor and gift certificate from Palmer's Olde Tyme Candy Shoppe.

## Trunk or Treat

**Where:** Siouxland Center for Active Generations Parking Lot

**When:** Wednesday, Oct. 25, 5-6:30 p.m.

**Why:** Trick or Treating, games, food, fun and prizes for kids

**What can members do:** Open their car trunk with treats for the kids (prepackaged candy only), prizes, cash donations, make sweet treats such as pies, cake, cupcakes, bars, cookies, popcorn balls, etc. to use for the cake walk or volunteer to help Oct. 25

**Questions:** Check with staff to see how you can help make this a special Halloween event for all! Let us know in what capacity you will be able to volunteer, by calling (712) 255-1729. Thanks in advance.



## Fall Follies Thank You

I would like to thank all who helped make the 2017 Fall Follies Variety Show a great success! Performing groups on Sept. 9 included Active Generations Chorus, Assorted Parts (barbershop quartet), Young at Heart Line Dancers, Center Stage Tappers, Tai Chi, Poi Ball, and Belly Dancing Groups, Curtains Up Drama Group and the Silver Sensations. Special performances from Betty Church, Ron McKewon & Barb McKenney, and Maria's Mob (Maria Timothy, Bruce Hunkins and Jon Wagoner) were also enjoyed. Special thanks go to our volunteers: Liz Blachnik, Jan Green, Sandy Kuntz, Doris Lohry and Nancy VanMeter. We thank KES Productions, Bill Pelchat (sound technician & videographer), Darrell Strong (photographer), and the awesome East High School stage crew. We thank our sponsors: Physical Therapy Specialists and Premier Bankcard (Rachel Byrne) for monetary donations. Coffee and treats were donated by the following businesses and individuals: Caribou Coffee, Bickford, Brookdale, Embassy, Floyd Place, Holy Spirit, Stoney Brook Suites, Westwood, Whispering Creek, Lyz Garwood and The Sunshine Cafe (Sandy Welch).

Once again...attendance was up (573 tickets were sold), which is all due to the effort that our performers put forth. You are an amazing group of people that the Center is proud to call our own!

-Kerry Ruehle, Program Director

# the Sunshine News

A monthly publication of the  
Siouxland Center for  
Active Generations,  
located at 313 Cook St.,  
Sioux City, IA 51103  
712-255-1729  
Monday - Friday  
8 a.m. - 4:30 p.m.  
www.siouxlandseniorcenter.com

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Board of Directors**

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Annual Dues — \$40 per Person  
Lifetime Dues — \$400 per Person

Price of Advertisement  
\$13 per column inch

The Siouxland Center for Active  
Generations does not condone or  
tolerate discriminatory acts  
or language.



## Enter 90

What is the secret of living to 90 years of age? “Live each day to its fullest,” says Patricia Barrett of Sioux City. When asked to describe the best year of her life, she answered, “They are all good,” and with that positive attitude, she is proudest of living to be 90 and in good health.

Patricia was born Oct. 4, 1927, in Sioux City, Iowa, sharing her childhood with three sisters and one brother. Raised in Sioux City, Patricia attended Emerson Elementary School and graduated from Central High, before working as a dental assistant and lab tech in Sioux City, Tampa, FL and New Orleans, LA.

“Sioux City was a very nice place to grow up, and even though it’s larger now, it is still such a nice city.”

Patricia enjoys woodcarving at the Center, and says that as a child, for fun she did, “everything I could!”

She has no definite birthday plans yet, but will get together with friends and family to celebrate. From all of us at the Center, “We wish you a very happy birthday and a great year ahead!”

## Promotional Material Expertise Needed

If anyone has experience with Photo Shop or Illustrator, please consider volunteering your time to help The Center with promotional materials. Call the office with your contact information.

## FREE Athletic Passes

Spread the word...free Sioux City Community School athletic passes are available for anyone age 62+. Stop at the front desk, ask, and the pass is yours!

## Free Lunch & Learn with Kevin Benson, M.D.

- Kevin Benson, M. D., Sanford Female Pelvic Medicine and Reconstructive Surgery
- Tuesday, November 14, 11:30 a.m.
- Siouxland Center for Active Generations
- Pre-registration required by November 10
- Details in the November newsletter



Like us on  
**Facebook**

[facebook.com/SiouxlandSeniorCenter](https://www.facebook.com/SiouxlandSeniorCenter)

The Siouxland Center for Active Generations has a Facebook page! Our page is updated regularly with photos and announcements. You can find our page by clicking the link at [www.siouxlandseniorcenter.com](http://www.siouxlandseniorcenter.com)

## Countryside Health Care Center


*Occupational Therapy ~ Physical Therapy ~ Speech Therapy*

Countryside offers newly remodeled treatment plan to Independent Living (apartments), long term care, and skilled nursing. Coming soon newly remodeled facility!

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# Gifts & Donations

So many individuals generously donate each month to various parts of the Siouxland Center for Active Generations. Following is a list of those who donated during the month of July. We thank them for their thoughtfulness.

MARY ABRAHAM	MARLIS FRIESNER	ELLEN LIVINGSTON	JUDY REHUREK
KATHY ANDERS	SUSIE GREEN	BETTY MAHR	ALICE SAILORS
MARJORIE ANDERSON	VERLA HAACK	MARY MARX	JULIE GRACE SEMPLE
KRIS BERGSTROM	SHARON HANNEMAN	BILL MERRITT	MARGE SKOKAN
LIZ BLACHNIK	VIRGINIA HARGROVE	KERWIN MEYER	PATRICIA SIMON
NOVALINE BLIVEN	ARLENE HELD	SHARON MURPHY	WILLARD SNYDER
LUZT BLOUNT	JANE HENDERSEN	PRESTON NASEN	CLEO SPENCE
LINDA CAMARRIG	NORMAGENE HUGHES	DON NIEUWENDORP	MIKE TEW
MIRIAM CLAYTON	JANE HUNKINS	MERLIN OLSON	EVEY THOMPSON
BRIDGE CLUB	JAMES INGENTHORN	CHARLES PERSINGER	LYLE TODD
SHERRY CRAIG	VIKKI JACOBS	JOANNE PETERS	DELORES TOWNLEY
KATHLEEN	TOM JACOBS	EVELINE PINNEY	ELAINE WASKOW
DETERMANN	DEANNA JACOBS	MELINA PITZER	DIANNE WICKSTROM
AUDRY ERCOLINI	WES JAYNES	TOOTS PITTMAN	KAREN YOUNG
NANCY FLAMMANG	TERESA JOHNSON	GEORGE POLAK	
SANDY FRAVEL	JAN KAMN	ARLENE PRINCE	
BARBARA FREY	SANDY KUNTZ	ALICE REEG	

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We offer Pre-Paid Funeral Plans, Funeral or Memorial Service, large selection of caskets, cremation jewelry, urns, and aftercare programs for our families. At our Family Resource Center we have memorial gift items, lending library, and community room rental or design your Memorial Marker.

## Who Can Benefit from a Will?

- Is your Will out of date? When you update your Will, remember those individuals and organizations you are grateful for and want to remember!



## Remember the Senior Center

The next time you sit down with your attorney to prepare or revise your will, remember the Siouxland Center for Active Generations. By naming the Siouxland Center for Active Generations Investment Fund as a beneficiary, you will assure the long-term existence of the Center.

*Your friends will appreciate your thoughtfulness.*

I want to help... by enclosing \$\_\_\_\_\_ to assure the long-term existence of the Siouxland Center for Active Generations. Enclosed is my tax-deductible check payable to the:

**Siouxland Center for Active Generations Investment Fund**

313 Cook Street • Sioux City, Iowa 51103

Name \_\_\_\_\_

Address \_\_\_\_\_



## Wednesday Morning Talk Show Programs at 10:30 A.M.

Wednesday, Oct. 4

*"ADDRESSING CONCERNS OVER BALANCE  
AND DIZZINESS"*

Speaker:

**Dr. Reason Ford & Krissi Milton, PTA, ENT  
Consultants**

Wednesday, Oct. 11

*"INTRO TO BALLET EXERCISES"*

Speaker:

**Bridget Agriopoulos, Royal Ballet School of  
London (former student) & Center Member**

Wednesday, Oct. 18

*"LIONS AND TIGERS AND BEARS, OH MY!"*

Speaker: : Kristi Neumann & Minde

**Coleman, Centers Against Abuse & Sexual  
Assault**

Wednesday, Oct. 25

*"THE WONDERFUL WORLD OF BEES"*

Speaker: **Leonard Kurtz, Bee Keeper &  
Center Member**



## OVERACTIVE BLADDER?

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### Expert Care in Dakota Dunes

One out of three women ages 35 and older have some degree of overactive bladder. Board-certified Dr. Kevin Benson offers relief through the latest treatment options at Sanford Health Dakota Dunes Clinic.

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To learn more, visit [sanfordhealth.org](http://sanfordhealth.org)

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015001-00620 Rev. 8/17

## Support Ad Sponsors

We remind all members to patronize the many advertisers in the Sunshine News. The Siouxland Center for Active Generations appreciates their financial support for making this newsletter possible!

## Memory Maker

The Center is introducing a new feature in the Sunshine News titled "M memoir Maker." Periodically in the newsletter, we will print thematic articles reflecting on members' memories of bygone days.

Our first two segments will focus of yesteryear stories of harvest (farm family traditions) and holidays (Christmas or Hanukah traditions). While most of us have meaningful accounts of our past, unfortunately, we will not be able to publish everyone's story

## Program Suggestions?

If you have questions about current programs or would like to instruct (or see) additional programs, please contact Kerry at (712) 255-1729, Ext. 14, or stop in for a visit with Kerry. Soon we will have a request board, but for now this is our best way to see what you, the members, want.

## Young at Heart Line Dancers

Yes, yes, the Follies are over and all enjoyed them as much as the performers themselves! Reviews are in and they say, "the best show ever "and we couldn't agree more; our hard work paid off! We now proceed in perfecting the new dances and the only thing missing is you. Join us as we dance the day away, every Thursday, all day long!

~Sally Kimball

The following businesses have recently donated to the Siouxland Center for Active Generations. We thank them for their generosity:

Bickford Cottage  
Heritage at Northern Hills  
Humana  
Regency Square  
Whispering Creek

Floyd Place  
Brookdale  
Embassy  
Westwood  
Stoney Brook Suites

Holy Spirit  
Lyz Garwood  
Sandy Welch  
Deanna Jacobs



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# October Creative Writing Themes

*Do you have a story to tell? Join us every Tuesday at 10 a.m. You may write about a topic of your choice or just come and listen to the stories others share. Our Creative Writing story telling themes for the month are:*

- Oct. 3 – Football
- Oct. 10 – Columbus Day
- Oct. 17 – Flying Geese
- Oct. 24 – Autumn Leaves/Bonfire
- Oct. 31 – Halloween/Spooks

### October Chores

- ...Raking the leaves.
- ...Winterizing your car.
- ...Getting your flu shot.

A Trick of a Treat  
Author: Nancy Hughes

Dressed up little creatures  
on a dark October night  
run from door to door  
giving everyone a fright.

They come and ring your doorbell  
and before they will retreat,  
they beg you for some candy  
by yelling, "Trick or treat."

When their bags are full,  
they run home to eat their fill.  
They taste a bit of everything  
and by morning they are ill!

So to keep the youngsters healthy,  
I've figured out a deal.  
This year instead of candy,  
I'll give them all oatmeal!

*- Alice Reeg, Creative Writing*

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## Grief Support Program

The Grief Support Program for members is Monday, Oct. 9, 9:30 a.m., in the Conference Room. This well-received monthly program is led by social worker Jim Anderson and clergyman Steve Pohlman. Jim and Steve are Board members and Center members. Whether your loss was recent or not, feel free to stop in and see what we can offer you or what you can offer others from your experience.



*Talented pianist, Jesus Ascala, shares his time at the Center playing familiar tunes for members. We thank Jesus employer, Gill Hauling, and Jesus for this opportunity.*

## COFFEE Sit Sip SHOP

I want to get my "thanks" out of the way:

- Thanks for the donations of cucumbers.
- Thanks for meeting me at the doors each week to help carry groceries.
- Thanks for covering the coffee shop in September, when I spent three days camping with family in Yankton for the second time in my 90 years.

Looking to the future with my "asks":



- Beginning Oct. 5, Thursday Soup Days return; please support!

- In conjunction with Lion's Club Pancake Days, we will have a Bake Sale on Saturday, Oct. 7; please support!

*- Marilyn Haller*

## Hawkeyes Pillow Raffle

Member Dorothy Rietz is sharing her Hawkeye support with Center members by donating a tie throw pillow in Herky Hawkeye black and gold! Raffle tickets, \$1 each or (6) \$5 are on sale now; drawing to be held at the Oct. 9 Birthday Party, need not be present to win. Thanks, Dorothy!

# October Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of October, with possible dues due this month. Please stop in my office and we can check your due date. **This is not a naughty list! To those of you on the list that have already paid, my apologies!!** Thanks! Jan Green, Membership Coordinator

JUDY ABLER  
 JUDY AHLER  
 DON ALBRIGHT  
 MARY KAY BARKLEY  
 MICKEY BEERMANN  
 DANIELLE BENNETT  
 AMELIA L BERTRAND  
 MARK BOWDEN  
 LARRY BOWER  
 JANET K BURKETT  
 DARLENE M BURSON  
 BETTY J CHURCH  
 ANNE COWLEY  
 MICKEY DARROUGH  
 KATHLEEN R DETERMANN  
 MARTHA DIRKS  
 DONNA I FLAMMANG  
 GREGORY GILES  
 PATRICK GILL  
 JOHN T GRASER  
 SANDRA K GRASER  
 CONNIE HAGEY  
 SHARON R HANNEMAN

HARRIET HANSEN  
 DON HARBECK  
 GRACE HAWKINS  
 CECILIA HUTTON  
 SALLY J KIMBALL  
 DORINDA M KLAPPRODT  
 KAREN A KOCH  
 PAMELA KRATZ  
 PHIL KRATZ  
 MARY L LIAS  
 SHARON E LILLIE  
 MARY K LILLY  
 ELWIN E LOKER  
 LU LUNNING  
 ELAINE MAGSTADT  
 JANET MAXWELL  
 LORNA J MAYO  
 MAXINE L MEIS  
 VIVIAN L MILLER  
 CAROL MORIN  
 FRANKLIN L MORSE  
 JOSEPH E NICOLAS  
 JEAN ORR

CANDIE PALACIO  
 KATHLEEN PETRO  
 MARY ANN PETTY  
 NADINE PLAUTZ  
 JOAN RATLEY  
 LARRY ROWENHORST  
 IONE H. SCHRECK  
 GLENDA M SCHULZE  
 DAVID SILVERBERG  
 KAREN SMITH  
 MARGARET L SOPOCI  
 RALPH L THOMAS  
 JANICE E THOMAS  
 LYNN A TOWNLEY  
 KEITH TOWNS  
 BARB VAKULSKAS  
 TOM VAKULSKAS  
 SONJA VOVOS  
 MARY WALSH  
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 MARGARET JEAN WHITE

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# CENTER STAGE TAPPERS and Merry Go Rounders



Wow, weren't those Follies amazing! This is one reason I am so proud to be part of this great organization! Every year I hear it is the best performance ever, and every year it is! Our tappers, as well as the other groups, work so hard all year long and it definitely shows when we take the stage.

Some of our tappers are taking a short break before we start on next year's performance, but for Jane there is no break until she migrates for the winter. We always hope upon spring's return; she will like the results.

We encourage anyone who would like to join our group; you can find us in the Exercise Room on Fridays at noon. Beginning Oct. 6, we hope to get some new members, guys as well as gals, started with a new interest. No excuses; if you can walk and count, I can get you to tap!

- BJ Heitzman



I was (happily) surprised how many missed our group at the Follies. Most of our dancers also participate in several other groups, so I know you more than likely saw us somewhere on Sept. 9! Our small, close-knit cluster plans to entertain more during the year and show off our "dance moves" so be sure to take advantage of special upcoming activities; we will be watching for you!

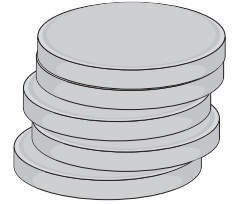
- BJ Heitzman

*"The only way to make sense out of change is to plunge into it, move with it, and join in the dance."*

## Details on Oct. 11 Talk Show

Center member, Bridget Agriopoulos, will be presenting a program on "Intro to Ballet Exercises", which could lead to a weekly ballet class. If interested, please attend the program at 10:30 a.m., Oct. 11. If you are unable to attend but are interested in this class, please call Kerry at (712) 255-1729 and leave your contact information.

## Penny Bingo



## Games & Food

We would like to thank Siera Linneweber, of Humana MarketPOINT, for sponsoring Bingo games Sept. 12. Later that month, members of the Center had the opportunity to travel to Northern Hills to play Bingo; always well received. Now as fall approaches, we will be hosting a Halloween Potluck Party for Bingo players, Tuesday, Oct. 24. In addition, remember we play Bingo, a penny per card with a limit of four cards per game, every Tuesday and Thursday.

-Bill Merritt

## Briar Cliff University Health Screenings

- Friday, Nov. 10 & 17, 9:30-11:00
- Wednesday, Nov. 15, 1:00-2:30
- Screenings with the BCU

Physical Therapy students

- Must pre-register before Nov. 3, by calling (712) 255-1729

### Where can I find a good Traditional Worship Service?



Sioux City's **First United Methodist Church** offers a time-honored Traditional Worship service **every Sunday morning at 9:00**. We sing hymns accompanied with the pipe organ, have dynamic, relevant preaching and share biblically-based liturgy. Membership is not required.

Want a church where *you* will feel comfortable? Come as often as you want. We are located at **1915 Nebraska St.** Call 258-0119 or visit our web site ([siouxcityfirst.com](http://siouxcityfirst.com)).

## 50 / 50 Chance

Support the Center by purchasing a ticket for \$1 each or (6) \$5, and take your chance on "splitting the pot" with the Center in a 50/50 Raffle. The more tickets you buy; the more money you can win; buy now!

**23**

8:00 am Scrappbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Intermediate Duplicate Bridge Class  
 9:30 am Wt. 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



8:00 am Scrappbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Intermediate Duplicate Bridge Class  
 9:30 am Wt. 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



**30**

8:00 am Scrappbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Intermediate Duplicate Bridge Class  
 9:30 am Wt. 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  
 "Hacks 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



**24**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Penny Bingo  
 9:30 am Senior Yoga  
 10:00 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

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Penny Bingo  
 9:30 am Senior Yoga  
 10:00 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

**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  
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 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

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Chorus  
 9:00 am Yoga w/Dixie of Recover Health  
 9:30 am Novice Dup. Bridge Game  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:30 am Sex & Fri after 40  
 10:30 am Talk Show  
 "Lions & Tigers & Bears, Oh My!"  
 -Kristi Neumann & Mindy 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 pm Beginning Bridge (Ruth Chaney)  
 1:00 pm Choroeographed Ballroom  
 1:40 pm Phase 10  
 1:40 pm Coloring Corner  
 1:40 pm Scrabble  
 1:40 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

**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  
 9:30 am Novice Dup. Bridge Game  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:30 am Sex & Fri after 40  
 10:30 am Talk Show  
 "The Wonderful World of Bees"  
 -Leonard Kurutz, 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 Chaney)  
 1:00 pm Choroeographed Ballroom  
 1:40 pm Phase 10  
 1:40 pm Coloring Corner  
 1:40 pm Scrabble  
 1:40 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

8:30 am Penny Bingo  
 9:00 am Yoga  
 9:00 am Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercofint)  
 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

**26**

8:30 am Penny Bingo  
 9:00 am Yoga  
 9:00 am Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercofint)  
 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 Wt. 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 Pressure/Meracy  
 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 O'Rell & His Country Flavor Band"  
 ~FREE Halloween Dance sponsored  
 by Briar Cliff University...  
 Prizes will be awarded to those  
 competing in the Costume Contest



8:30 am Enhance Fitness w/YMCA Instr.  
 8:30 am Exercise Plus 50  
 9:30 am Wt. 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 Pressure/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"

**27**

8:30 am Enhance Fitness w/YMCA Instr.  
 8:30 am Exercise Plus 50  
 9:30 am Wt. 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 Pressure/Meracy  
 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 O'Rell & His Country Flavor Band"  
 ~FREE Halloween Dance sponsored  
 by Briar Cliff University...  
 Prizes will be awarded to those  
 competing in the Costume Contest



**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 A LA 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





# OCTOBER 2017

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**2**  
8:00 am Scrabblebooking  
8:30 am Yoga with Amanda  
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  
1:00 pm Mexican Train  
1:00 pm Beginning Scrabble  
1:00 pm Painting Class  
1:40 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 & Kristi Milton, P.T.A. 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 pm Beginning Bridge (Ruth Chaney)  
1:00 pm Choreographed Ballroom  
1:40 pm Phase 10  
1:40 pm Coloring Corner  
1:40 pm Scrabble  
1:40 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/Errolini)  
10:00 am Walking off the Pounds  
10:00 am Men's Club  
10:30 am Balance Class w/YMCA Instr.  
--Addressing Concerns over Balance & Dizziness"  
--Dr. Reason Ford & Kristi Milton, P.T.A. ENT  
Consultants  
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 Pressure/St. Luke's  
11:30 am-12:30 pm Lunch  
12:00 pm Bass 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"  
**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 Scrabblebooking  
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  
1:40 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 Arapopoulos, 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 pm Beginning Bridge (Ruth Chaney)  
1:00 pm Chorographed Ballroom  
1:40 pm Phase 10  
1:40 pm Coloring Corner  
1:40 pm Scrabble  
1:40 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/Errolini)  
10:00 am Walking off the Pounds  
10:00 am Men's Club  
10:30 am Balance Class w/YMCA Instr.  
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 Pressure/Meracy  
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

17

18

19

20

**Siouxland Center for Active Generations**  
**Homemade food prepared by Sandy Welch**  
 Meals are \$5.25  
*All meals include choice of  
 beverage & salads*  
**Serving 11:30-12:30 Carry Outs Available**

# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
2 Chicken Fried Chicken Mashed Potatoes/ Country Gravy Vegetable Dessert	3 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	4 Hot Beef Sandwich Mashed Potatoes/Gravy Vegetable Dessert	5 Meatloaf Baked Potato Vegetable Dessert	6 Tavern Onion Rings Vegetable Dessert
9 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert	10 Vegetable Beef Soup Egg Salad Sandwich Dessert	11 Hamburger French Fries Vegetable Dessert	12 Country Fried Steak Mashed Potatoes/ Country Gravy Vegetable Dessert	13 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert
16 Chicken Breast Rice Pilaf Vegetable Dessert	17 Burrito (not spicy) Refried Beans Chips Dessert	18 Liver or Ham Baked Potato Vegetable Dessert	19 BBQ Ribs Fried Potatoes Vegetable Dessert	20 Goulash Garlic Bread Dessert
23 Potato Soup Ham Sandwich Dessert	24 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	25 Beef Stew Homemade Cinnamon Roll Dessert	26 Broasted Chicken Cheesy Potatoes Vegetable Dessert	27 Beef Stroganoff Homemade Roll Dessert
30 Hamburger Casserole Vegetable Dessert	31 Homemade Chicken & Noodles Mashed Potatoes Vegetable Dessert	Nov. 1 Hamburger Steak Mashed Potatoes/ Mushroom Gravy Vegetable Dessert	Nov. 2 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	Nov. 3 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert

## Mark your calendars!

Sioux City Lions Club Pancake Supper and Breakfast will be served at the Siouxland Center for Active Generations on October 6th from 5-7pm & October 7th from 7am-Noon. \$6 for adults and under 2 are free.



**Sioux City Lions  
Knights of the Blind**

**Provides services for:**

- |                      |                        |
|----------------------|------------------------|
| Eyeglasses           | Hearing Aids           |
| Hearing Aids         | recycling              |
| Leader Dogs          | Peace Poster Contest   |
| Charity Grants       | Kids Vision Screenings |
| College Scholarships | Drug/Alcohol-Free      |
| Eyeglass recycling   | Proms                  |

## Medicare Part D Open Enrollment

Questions regarding Medicare prescription drug plans, exams, medication coverage and more, can be answered year-round by any of our wonderful Senior Health Insurance Information Program (SHIIP) Volunteers at Active Generations. From Oct. 15 to Dec. 7, Medicare offers open enrollment for Part D (prescription drug) plans. Please take advantage of this annual opportunity to review your Medicare Part D plan.

Our experienced counselors Marc Christofferson, Tom Hildebrand and Harvey Rabe will navigate the Medicare enrollment for those turning 65, as well as during the Medicare Part D open enrollment season, so make sure you check your Medicare Part D plan during this open enrollment season. Remember, your prescription needs can change from year to year and the plans that are offered certainly change yearly, too. Call Active Generations (712-255-1729) to schedule your appointment

## Bored? Try Board Games

If you're bored, it's always a good idea to try something new. Why not take a look at a great variety of board games, including a chess set, dominos, trivia games and much more, on the book shelves inside the front door and the end tables in the TV Lounge at the Center. Feel free to engage in any of them and then return them. Go ahead and have some fun!

*The* **Heritage**  
at Northern Hills

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activities available.

**Call (712) 239-9400 for more information!**

## Thrivent Financial Message

We would like to organize a meeting for senior citizens who are members of Thrivent Financial. Leave a message with Kerry (712-255-1729, Ext. 14), if you are a member and would be interested in learning how Thrivent could help the Center.

## Beginning Bridge

Ruth Chancey will be teaching a beginning bridge class, Wednesday afternoons, 12:30-2:30, in the Meeting Room. Ruth will be following rules from the Audrey Grant Book.

## Coffee Talk with Cheryl

Here's the skinny:

- Monthly discussion groups with Cheryl Hansen, Executive Director
  - First Tuesday of every month, beginning Oct. 3
  - 9:30-10:30 a.m. in the meal site
- Discussion will include: Center updates, projects, programs and fun! Bring questions for Cheryl to address; this is your Center, so please attend!



Grace Wagoner was the raffle winner of the painting donated by Ron McKewon, which generated \$520 for The Center. We thank you, Ron, for your generosity.



# Donor Recognition Luncheon

An appreciation luncheon for those donating to the 2016 Holiday Mailing, was held at the Sioux City Art Center. Those attending enjoyed lunch and a behind the scenes tour, including the vault (where art collections are stored) and a sneak preview of the latest major acquisition.

Stay tuned for the 2017 Holiday Mailing, and find out how you can be a contributor.



## Main Floor Laundry ..... the Living is Easy



204 36th Street

Shirley Patrick  
REALTOR®  
Licensed in Iowa



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Office: 712-224-2300  
SPatrick@c21ProLink.com



Main floor 100% Disability Accessible  
**3534 Strawberry Lane**

Stately sprawling brick ranch situated on 3 lots. New paint inside & out. 2BR possibly 3. 1 1/2 baths, 2 stall attached garage. New roof, newer furnace & water softener. Wide open living room, large 3 season sun room/fun room! Everything is on the main, no basement - no stairs!

Price \$142,900

WEB: 20436thst.C21.com or call for showing!

Strawberry Lane - as comfortable & friendly as the name. The back opens to a greenway - nature & privacy! Open concept w/cathedral ceilings in family room & kitchen. 1805 sq ft main floor is 100% handicap accessible: 3BR, 2Bath, Laundry, LR and kitchen on main! Another 1805 sq ft downstairs! 4BR, 3Bath total!

Was 259,900 - NOW \$230,000! Come love this house!

WEB: 3534StrawberryLane.C21.com or call for showing!

## Rent the Center

Yet another benefit to being a Center member... Did you know that as an Active Generations member, you can rent parts of the building? Yes, you can rent a meeting room during the day and even rent the building after hours. Contact Cheryl (712) 255-1729, for more details.

# Words from the Woodcarvers

The friendly, fun woodcarvers challenge you to test your artistic talents with carving. We look forward to starting you on a project and seeing you through completion, which can include painting it, if you desire. We welcome your visit to the O'Conner House, Nov. 4-5 and Nov. 11-12; stop by the machine shed to say, "Hi."

~John M. Beeson

# Active Generations Chorus

We now direct our attention to life after the Follies, and, yes, Kerry, there is life after Sept. 9! However, before I delve into that life, I would like to thank the barbershop quartet, Assorted Parts, for practicing with us weeks prior to the Follies and performing the day of the show, adding depth to the chorus.

New emphasis is being directed to October sing outs and song selections for the Dec. 4 Christmas Party. In addition, we would like to thank Colleen for directing and Sandy for accompanying; we couldn't do it without you.

~Virginia Livermore

# Thanks!

We would like to thank CF Industries for the recent donation of file cabinets, bulletin boards, a defibrillator and tables. The Sioux City Community Schools were generous in delivering these items to the Center.

*Pictured: SCCS delivery men and truck*



# Fundraiser Dance

Save the date... Friday, Oct. 13, the Burt Heithold Band is back in the house! Dan and Dean have paid the way for this dance: the band, cake and ice cream, and are asking you to attend and support the Center at a cost of \$4 for members and \$8 for non-members. Our thanks to Dan and Dean for this amazing fundraiser idea!

# Sponsored Dance

Briar Cliff University Multicultural and International Program students, along with Assistant Program Director Jay Rhodes, will sponsor the Halloween dance Friday, Oct. 27. Dress in costume if you wish; there will be a *costume contest complete with prizes*, at this free dance with music by Jerry O'Dell & His Country Flavor Band.

BCU students will join us, so save a dance for them and possibly you can teach each other a few dance steps!



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# Sioux Body Shop

Body & Frame Repair

501 West 8th St.

(712) 255-7172

# OPEN DOOR CHAPEL

Pastors

Mike & Judy Smith

601 Floyd Blvd. • Sioux City, IA

**712-258-9248**

**SERVICES:**

Sunday 10:45 am

**ADULT BIBLE STUDY:**

Thursday 6:30 pm - 8 pm



**4016 Indian Hills**

Grocery • 239-0528

Meat • 239-0529

# Classes for Computers and Other Electronic Devices

Our computer instructor, Kristina Yezdimer, offers One-on-One Computer Classes. (She also can answer your iPad or cell phone questions.) These are one-hour sessions at \$10 per person (for members). To schedule a class, call the Center at (712) 255-1729. We require all classes to be prepaid. Thanks to Kristina for her continued support of the Siouxland Center for Active Generations.

# Coloring Corner

Join the Coloring Corner, Wednesdays at 1 p.m., for conversation, relaxation and coloring. No experience, no coloring book and no colors necessary; we only need you!

See you in color!

~Miriam Clayton

# Attention New Members

New members attending the monthly birthday parties, beginning Oct. 9, will receive a coupon to attend a Friday dance at no cost. Please attend at 1 p.m., be recognized, and receive that *free coupon!*

~Miriam Clayton

# Special Events on Mondays in October

Monday, Oct. 2 – 12:30 p.m. – “Dear John”

Monday, Oct. 9 – 1 p.m. – October Birthday Party

Hosts: Men’s Club, Men’s & Women’s Social and Wii Bowling

Entertainment: Brian Quach, Pianist

Volunteer of the Month: Vivian Miller

*\*Drawing for Dorothy Rietz’ Herky Hawkeye Pillow takes place during the Birthday Party*

Monday, Oct. 16 – 12:30 p.m. – Movie – “Radio”

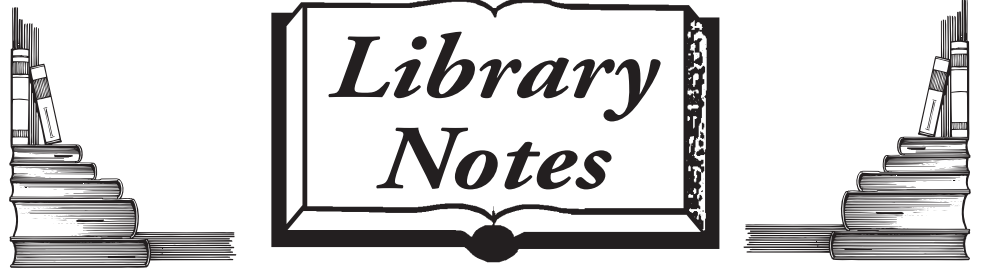
Monday, Oct. 23 – 12:30 p.m. – Movie – “The Notebook”

Monday, Oct. 30 – 12:30 p.m. – Movie – “Hocus Pocus”

*\*Every attempt is made to share a great movie experience with our members. We suggest you plan ahead to review content and nature of the movies that will be shown on the dates above*

*Movies Courtesy of Accura Health Care of Sioux City*

*Movie Popcorn Courtesy of Bickford Senior Living*



Book Club reunited for fall and our second meeting is scheduled for Thursday, Oct. 5, 10 a.m., with *Cross Justice* by James Patterson, as the subject.

Books of interest by author Paulette Jiles include:

- *The Color of Lightning*
- *Enemy Women*

I welcome a library visit during normal hours or at the Book Sale Oct. 6 and 7, during the Lion’s Club Pancake Days.

~Helen Eriksen

# GIFT SHOP

As fall approaches, let’s think of fall favorites: cook books, lap robes and crafts. As we prepare for the season, it’s also time to “cozy up” with a good book or movie... head down the hall to the library to make your shopping complete!

~Miriam Clayton

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*‘Providing for others what we expect for ourselves.’*



# OCTOBER BIRTHDAYS

Capitalized names are the specially honored 90 years and above birthday group.

- |   |  |
|---|--|
| 1 Mike Beeson   | Lori Smith, Trish Smith  |
| 2 Dale Anderson, Rosalie Marie Hansen, Gloria Ryan, Mary C Smith Jim Moyle, James Ingenthron, Tom Vakulskas | 17 David Smith, Mary DeRoos  |
| 3 Phyllis Banta, Keith Towns  | 18 Gilbert Persinger   |
| 4 <b>PAT BARRETT</b> , Bob Sorensen Jane Morrissey, Patricia Calvillo, Raymond Schroer                      | 19 Jane Breen, Harvey Viken, Dianne Wickstrom  |
| 5 <b>FRANCIS FOLEY</b> , Virginia Feenstra, Maria Timothy, Julie Semple, Jeanne Emmons, Alfred Zaleta       | 20 Toni Olson  |
| 6 Orline Herbst, Stacey Petersen Carole J Perrin, Angela Storm  | 21 Diana Howard, Velura Stilwell, Andrea Bean  |
| 7 Gloria Caskey   | 22 Helen Scott, Diana Hejhal, Sophie Milbrodt, Cheryl Schrunk                              |
| 8 Linda Camarigg, Barbara McKenney, Ken Biggerstaff   | 23 Verna Welte, Lila Henke, Claire Miethke, Roberta Rozell, Lee Brennan                    |
| 9 Myrna Hodges  | 24 Elizabeth Blachnik, William P Thompson  |
| 11 Jean Groves, Eddie Tudehope, Lynda Martin  | 25 Portia Bruning  |
| 12 Mary Forney, Phebe Treiber, Julie Dorn   | 26 Sarah Imig, Nancy Nelson, Jill Brouwer  |
| 13 Lee Chamberlain  | 27 David Somsky, Sandra Berger   |
| 14 Hope Benton, Judith Crane, Allen Oster, Roy Sampson, Kirk Flammang, Lewis Baber                          | 28 Carroll Baker, Kathleen Hawkins, Scott Olsen  |
| 15 Paula Van Roekel, Earl Pratt III   | 29 Dean England, Dee Richter, Joan Trometer  |
| 16 Jerry Crossland, Elwin Loker,  | 30 Margaret Jean White   |
|   | 31 Jackie Busch, Judy Cowley, Earl Oleson, Kris Kruithoff, Lorraine Jaminet, Carol Newburn |

## NEW MEMBERS

- JUDY RAMIREZ  
 FRANK ROBAK  
**STEPHEN DOUGHERTY**  
 CAROL KUNKEL  
 MARY DEROOS  
 RANDY GINGISS  
 TERRY GALLAGHER  
 DIANNE MCCALL  
 GEORGE EASTMAN  
**KENNETH HAYWARD**  
 TONI OLSON  
 LORI SMITH  
 BARB UHL  
 CARLA BROWN

## WE REMEMBER

- NORMAN W. LIAS**  
**FREDERICK A. HILL**

## Silver Sensations Hoopla

Oct. 3 is the start date for a new dance class at the Center. Hoopla will make its debut in the Multi-Purpose Room, 12:30-1 p.m. every Tuesday. Dance instructor Amy Lahrs explains Hoopla in this manner, "A style of dance that focuses on the prop of streamers on hoop rings. Hoopla maneuvers are very visual. This type of dance has more arm movement than leg, but uses different formations for eye appeal. Ripples and contagions are very effective." If you have any questions, call Amy at (712) 944-5158 and leave a message.

### October Birthday Party at 1 p.m.

The October Birthday Party is Monday, Oct. 9, in the Multi-Purpose Room. Hosted by Men's Club, Men's & Women's Social and Wii Bowling, party entertainment is pianist Brian Quach. Our Volunteer of the Month is Vivian Miller. We thank Accura Health Care and Casa De Paz for refreshments, Iris Hammer of the Pastry Parlor for Volunteer of the Month cake and Palmer Candy for Volunteer of the Month gift certificate. We encourage and invite ALL MEMBERS to attend!



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**DEADLINE: Please turn items in on or before the 8th of each month, so they can be included in the next issue of the Sunshine News.**

**Membership Information**

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.

**Refund Information**

- If a class, activity or trip is cancelled by a Center staff member, a full refund will be given to those who have registered.
- If a participant cancels a class or activity after it begins, NO refund will be given. Please keep this in mind when registering for classes and activities. If you are unsure if a class is appropriate for you, please contact a Center staff member to answer any questions.
- If a member cancels their registration for a trip, a full refund will only be given if the Center is notified seven business days in advance.
- Trips co-sponsored by the Center or booked by other travel organizations may have different refund policies than those listed above. Please check at the time of trip registration.

**DOLLAR A MONTH CLUB**

**August**

*These persons offer additional assistance each month for the ongoing operation of the Siouxland Center for Active Generations. We thank them for their extra support.*

- Marjorie Anderson, Clarence Backer
- Don & Cathy Berg, Kris Bergstrom
- Brenda Chapman, Miriam Clayton
- Kathleen Determan, Carlotta Fox
- Rose Gilson, John Graser
- Sandy Graser, Susie Green
- Virginia Gries, Marilyn Haller
- Don Hartman, Dick Hayes
- Arlene Held, Steve Hoberg
- Vernon Hughes, Sally Kimball
- Clark Kleinberg, Janette Linden
- Lois Mahr, Pamela Mears

- Bill Merritt, Kerwin Meyer
- Pat Mitchell, Michael Montgomery
- Rosemary O'Kane, Joanne Peters
- Betty Pierce, George Polak
- Annette Rasmussen, Sonnie Robbins
- Gloria Ryan, Dee Sachau
- Don Schultz, Steve Shadle
- Bill Sievers, Mary Ann Sievers
- Angela Storm, Marilyn M Thompson
- Bill Utter, Jon Wagoner
- Claryce Welch, Gayle Zeman