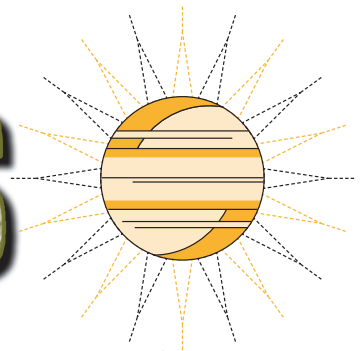


NOVEMBER 2017 SUNSHINE NEWS



Telephone
712-255-1729

Number
474

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 Jane Henderson



Member Jane Henderson has been chosen November Volunteer of the Month. Jane brings a variety of volunteering to the Siouxland Center for Active Generations and is one of those whose "duties" may go unrecognized, but much appreciated! During spring, summer and fall, she can be found in the fenced in garden area wearing a hat and gloves, with tools in hand, cleaning and clearing the area. She and husband, Bob, have donated homemade apple cider and apple butter for fundraisers at the Center. When we visited about this, Jane was quick to remind me, "We can always use more apples if anyone would like to donate to the cause!" The library and book sale along with many special events, have seen Jane's presence as well, but she also enjoys spending time in the fitness classes and an occasional line dance or two.

Join us in congratulating Jane, Monday, Nov. 13, 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.

Help Us Feed Those in Need

We will be collecting food for families in need. Please drop off canned, nonperishable items in the box at the Center entrance, during business hours now through Friday, Dec. 8. Any donated grocery gift certificates should be left with a staff member. Bless you for your generosity.

**Please make sure to check the expiration date on any food items brought in.*

Closed for Thanksgiving Holiday

The Siouxland Center for Active Generations will be closed Thursday, Nov. 23, and Friday, Nov. 24, for the Thanksgiving holiday. We will reopen on Monday, Nov. 27.

Our staff wishes the members of the Center a safe and special Thanksgiving. May you all be blessed.

It's Beginning to Look a Lot Like Christmas

Please join the Siouxland Center for Active Generations members and staff as we celebrate Christmas! Our annual Christmas Party will begin at 1 p.m. on Monday, Dec. 4 in our Multi-Purpose Room. Come share as we get the holidays off to a JOYOUS start with the sights and sounds of Christmas cheer! Enjoy the music of our Active Generations Chorus as they sing some of their Christmas favorites. Treats will be provided and door prizes awarded; we even expect a special visit from Santa and his beautiful wife, Mrs. Claus!

Back by popular demand- is the **Ugly Sweater Contest!** Come dressed appropriately if competing for the prize!

**Remember everyone must pre-register in the office by Monday, Nov. 27 and pay \$3 to attend. Space is limited, please sign up now. If you have any questions, call (712) 255-1729.*

Adverse Weather Conditions

In the event of public school closings, the Siouxland Center for Active Generations will be closed. If there is a weather related late school start, we also will be opening late. Please stay tuned to your local T.V. and radio stations for the latest information.

Briar Cliff University Health Screenings

- Friday, Nov. 10 & 17, 9:30-11 a.m.
- Wednesday, Nov. 15, 1-2:30 p.m.
- Screenings with the BCU Physical Therapy students
- Must pre-register before Nov. 3, by calling (712) 255-1729

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

**Chairperson,
Board of Directors**
Marc Christofferson

Executive Director
Cheryl Hansen

Program Director
Kerry Ruehle

Membership Coordinator
Jan Green

Administrative Assistant
Pat Bornhoft

Editor
Paula Bosco Damon



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.



Briar Cliff University Student Led Discussion Groups

Briar Cliff University social work students, under the direction of Dr. Tim Scott, will lead the following discussion groups, with dates and times listed below:

Holiday Play

Come play with Play-Doh while sharing your favorite holiday memories and traditions over the years.

When: Tuesday, Nov. 14, 10-11 a.m.

Where: Conference Room

Dating and Relationships Throughout the Ages

Join us in discussing the different and similar norms of dating and relationships across the generations.

When: Wednesday, Nov. 15, 2-3 p.m.

Where: Conference Room

The Evolution of Parenting

Join us in a group discussion between generations about how parenting styles have changed over the years.

When: Thursday, Nov. 16, 9-10 a.m.

Where: Conference Room

Free Lunch & Learn with Athletico & Electronic Caregiver

- Free meal and presentation by Athletico & Electronic Caregiver
- Tuesday, Nov. 28, 11:30 a.m.
- Siouxland Center for Active Generations
- Pre-registration required by Nov. 22

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

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



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

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!

Countryside Senior Living
6120 Morningside Ave. Sioux City, IA 51106
712-276-3000

FOUNTAIN
Assisted Living *VIEW*

*Less Worry,
More Living!*



SUNRISE
Senior Living Choices for You

712.276.3821 ext. 3100

*Ask About Our New Pricing
& Move-in Specials!*

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 September. We thank them for their thoughtfulness.

KATHY ANDERS	DON HORSTED	DORIS PARSONS	WILLARD SNYDER
LOLA ANDERSON	VERNON HUGHES	CHARLES PERSINGER	MAUREEN TAGUE
LOLA BALSTAD	NORMAGENE HUGHES	JOANNE PETERS	MIKE TEW
GLORIA BARNUM	JANE HUNKINS	EVELINE PINNEY	EVEY THOMPSON
KRIS BERGSTROM	DEANNA JACOBS	TOOTS PITTMAN	LYLE TODD
GLORIA BURNA	FLORENCE JOHNSON	GEORGE POLAK	PHYLISS TODD
RONI BURNS	KATHY JOHNSON	IRENE PYLE	NORMAGENE ULMER
BRIDGE CLUB	CAROL KELZER	ALICE REEG	JIM VAIL
WANDA COAN	DORIS LOHRY	JUDY REHUREK	BARBARA VALKULSKA
JAMES DUGGAN	BETHANY MANNING	SONNIE ROBBINS	DIANNE WIDNER
AUDRY ERCOLINI	RICHARD MCARTHUR	LILLY RUNDALL	JEWELIE WILSON
NANCY FLAMMANG	JEANINE NEWTON	GLORIA RYAN	KAREN YOUNG
KIRK FLAMMANG	DON NIEUWENDORP	CHARLES SCHOONOVER	
GRACE HAWKINS	JANE OLSON	SHERYL SEXTRO	
LILA HENKE	MERLIN OLSON	MARGE SKOKAN	

Serving Our Community
Since 1884



SECURITY NATIONAL BANK
SIOUX CITY • AKRON • MAPLETON • MOVILLE • LAWTON

712-277-6500 | www.snbonline.com

"Where Quality Counts"

PRESTIGE
Collision Repair Centers
Two Locations:

508 West 7th 3929 Prestige Blvd.
Sioux City, IA 51103 Sioux City, IA
712-258-1653 712-234-1975

Christy-Smith
Funeral Homes

712-276-7319

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, Nov. 1

“South Dakota Meet & Greet”

**Speaker: Bobbi Jo Leggett,
Trestle Advocacy**

Wednesday, Nov. 8

“Winter Weather”

**Speaker: T.J. Springer,
KTIV Meteorologist**

Wednesday, Nov. 15

**“Senior Job Training
Opportunities”**

**Speaker: Antoinette Green,
Community Action Agency
of Siouxland**

Wednesday, Nov. 22

NO TALK SHOW

Wednesday, Nov. 29

**“Telephone Solutions for
People with Hearing Loss”**

**Speaker: Lori Sporrer,
Outreach Project Manager,
Relay Iowa**

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!

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.

For the ones we do publish in the Sunshine News, contributors will be asked to sign a waiver. If you have a fond memory with these themes in mind to be considered for “Memoir Maker,” please contact Paula Bosco Damon at boscodamon.paula@gmail.com or leave your name and number on the “Memoir Maker” sign-up sheet at Center's main desk.

Young at Heart Line Dancers

In October, 25 eager and fast learning Morningside College nursing students joined us for class. We were also pleased to have Maria Timothy sing as we danced at the Royal Ball and to have Kerry ask us to perform for the Lion's Club Pancake Days. We have been busy, and enjoying every single minute of it! We love to show off!

~Sally Kimball

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

Bickford Cottage	Whispering Creek	Westwood
Heritage at Northern Hills	Floyd Place	Stoney Brook Suites
Humana	Brookdale	Countryside
Regency Square	Embassy	



At Whispering Creek, you will find a combination of features unmatched by any other community in the city:

- * Chef Prepared Meals
- * Restaurant Style Dining
- * Diverse Activities and Events
- * Housekeeping
- * Free Transportation
- * 24 Hour Emergency Response
- * Exceptionally Committed Staff
- * Secured Access

Whispering Creek offers Independent Living, Assisted Living and Alzheimer's Care apartments all within the convenience of one campus!

Call or stop by anytime for a personal tour & stay for lunch!
(712) 204-3524 • 2609 Nicklaus Blvd. -Sioux City, IA

One mile East of Morningside Ave. & Whispering Creek Drive • www.WhisperingCreekSeniorLiving.com

November 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:

- Nov. 7 - Change Clocks**
- Nov. 14 - Expressions We Use Daily**
- Nov. 21 - Thanksgiving**
- Nov. 28 - Better Late Than Never**

November

Thanksgiving poem by

Lydia Maria Child (circa 1844):

Over the river, and through the wood,
 To Grandfather's house we go;
 the horse knows the way to carry
 the sleigh
 through the white and drifted snow.
 Over the river, and through the wood,
 to Grandfather's house away!
 We would not stop for doll or top,
 for 'tis Thanksgiving Day.
 Over the river, and through
 the wood—
 oh, how the wind does blow!
 It stings the toes and bites the nose
 as over the ground we go.
 Over the river, and through
 the wood—

and straight through the barnyard gate,
 We seem to go extremely slow,
 it is so hard to wait!

November Joke

" I wondered why the baseball was
 getting bigger, and then it hit me. "

Author Unknown

Two hats were hanging on a hat rack.

One hat said to the other,

"You stay here...I'll go on a head."

Author Unknown

Alice's Thoughts:

Thanksgiving Day is traditionally a day
 for families and friends to get
 together for a special meal. This usually
 includes a turkey, stuffing,
 potatoes, cranberry sauce, gravy,
 vegetables, and pumpkin pie.

It is a time for people to give thanks for
 what they have.

- Alice Reeg, Creative Writing

R. PRESCOTT & SONS

Plumbing & Heating Co.

Commercial & Residential Repairing

NO JOB TOO SMALL

NO JOB TOO LARGE 276-7014

Siouxland HEARING Healthcare, P.L.C.

2916 Hamilton Blvd.

(712) 258-3332

www.siouxlandhearing.com

Michael Sloniker,
 M.S., CCC-A



Hours: Mon. - Sat. 10 am - 5 pm

405 Wesley Parkway • 712.258.7790

www.palmercandy.com

Grief Support Program

The Grief Support Program for members is Monday, Nov. 13, 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.

COFFEE Sit Sip SHOP

As the weather cools down, the (Thursday) soup will heat you up! Soup varieties will change week to week, just stop in and see what's on the menu.

Sit Sip



homemade goodies for the Bake Sale. Your thoughtfulness is always appreciated.

I want to thank all who donated time, baking ingredients and made

- Marilyn Haller



Wilma Thompson was the raffle winner of the Hawkeyes pillow donated by Dorothy Rietz. We thank you, Dorothy, for your generosity.



November Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of November, 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 ALVIS
CLARENCE BACKER
LAWRENCE BENNE
JOHN BERGER
SAUNDRA BERGER
COLLEEN BOCHMANN
GARY BOWMAN
JACK BREEN
LINDA BRINKERHOFF
JAMES BROWNLEE
GLORIA CASKEY
DAN CHAPMAN
MURIEL COOPER
GARY DEHOFF
AGNES DONOVAN
MICHAEL DONOVAN
GLEN (JUD) GARWOOD
JAN GRAMM
SHIRLEY GREEN

PATTY HANSON
ROGER HARDER
ANDREA HOLDEN
DON HORSTED
JOHN IVERSEN
(LAVONNE) BONNIE L JOHNSON
BONNIE JONAS
RICHARD JONAS
SHARON ELAINE JUNGE
MICHELLE KEENAN
LINDA KEMPERS
DEE LILLIE
BAYNE LINDEN
BARBARA MCKENNEY
DALE MILBRODT
SOPHIE MILBRODT
RUTH MUELLER
LARRY OWENS
BETTY PIERCE

BARBARA PITTS
EARL PRATT III
DENNIS LEE SMITH
O'NEAL SMITH
ALICE SPERAW
LARRY STEINBRECHER
JULIE STEWART
CHARLES SWANSON
DOROTHY SWANSON
DON TORGERSON
TONI TSCHANN
DONNA VITZTHUM
TERRY VITZTHUM
SHARYN VOLK
LOIS WARD
LINDA WHITE
BOB WOLF
LOIS ZUNKER

FOULK BROS. PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

The advertisement for Jones Eye Clinic features a background image of a rural landscape with rolling hills and a barn. In the foreground, there is a large portrait of a smiling man, Robert H., and a smaller inset photo showing two people in a clinical setting, likely an eye examination or surgery.

JONES
EYE CLINIC

- Cataract Surgery
- Cosmetic Surgery
- Glaucoma
- Retina Diagnosis

"Working without bifocal glasses is just a joy. I'm looking forward to golfing and hunting this summer." -Robert H.
Multi-focal Implant Patient

Eye Care Experts • www.joneseye.com • 712.239.3937 • 800.334.2015



CENTER STAGE TAPPERS and Merry Go Rounders



October saw some action for us; starting with entertaining at the Lions Club Pancake Days (fun for all) and ending with the Dakota City Methodist Church, where we “danced for our supper”!

Jane is pushing us hard with our next new number before she leaves for warmer weather. Meanwhile, I have been under the weather, and am thankful for the caring wishes and all the help from “my dance girls.” We welcome newcomers; now is the time to come join us, since I plan to do some teaching again.

Come see BJ's Variety Show at the November Birthday Party!

- BJ Heitzman



We will soon get back to dancing, now that I am healthy and able to be teach again. Jane and Dick have kept things going, until my return! Our first performance will be the November Birthday Party; we hope to have you seated around the floor on Nov. 13 at 1 p.m.

I am so lucky to be able to do what I love and have the support of so many.

- BJ Heitzman

"A dance teacher helps her students find the song in their hearts,
the beat in their feet and a passion for life."

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.

Women's Club

If interested in attending a Women's Club at the Center, please call Kerry at (712) 255-1729, Ext. 14, and leave your name and phone number. A suggestion was made for this new group – let's see if we can get it going!

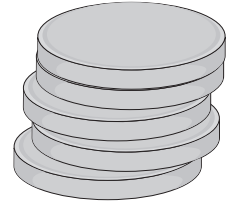
Where can I find a good Traditional Worship Service?



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).

Penny Bingo



Games & Food

Winter is around the corner, but remember if the Center is open and it is Bingo day, we will be here to play! Beginning Nov. 1, if you bring a canned food item to Bingo, you can play one card for free that day! Donated food items will be donated to families in need, within the community.

Tuesday, Nov. 14, is our Bingo Potluck...come, play and eat!

-Bill Merritt

500 Fun

The 500 Card Club is looking for additional avid 500 players to join us for fun and cards on Wednesdays and/or Fridays in the Meeting Room, 1 p.m. You have now received your personal invite and we hope to see you!

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!



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 Intern. 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 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

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

14 ~Lunch & Learn w/ Dr. Benson
~BCU Discussion Group 10-11 a.m.

15 ~BCU PT Screenings 1-2:30 p.m.
~BCU Discussion Group 2-3 p.m.

16 ~BCU Discussion Group 9-10 a.m.
8:30 am Penny Bingo

17~BCU PT Screenings 9:30-11 a.m.
8:30 am Enhance Fitness w/YMCA Instr.

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 Henderson
 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



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

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

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

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

23

WE ARE CLOSED...



24

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-12:30pm 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 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

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



NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
<i>Meals are open to the public... treat a friend for only \$5.25!</i>	<i>Enjoy a meal & conversation at the Center...a great way to meet new friends!</i>	1 Hamburger Steak Mashed Potatoes/ Mushroom Gravy Vegetable Dessert	2 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	3 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert
6 Chicken Fried Steak Mashed Potatoes/ Country Gravy Vegetable Dessert	7 Goulash Garlic Bread Dessert	8 Meatloaf Baked Potato Vegetable Dessert	9 Roasted Turkey Stuffing Mashed Potatoes/Gravy Green Bean Casserole Pumpkin Dessert	10 Tavern Onion Rings Vegetable Dessert
13 Chicken Breast Rice Pilaf Vegetable Dessert	14 Hot Beef Sandwich Mashed Potatoes/Gravy Vegetable Dessert	15 Chicken Fried Chicken Mashed Potatoes/ Country Gravy Vegetable	16 Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert	17 Chicken Noodle Soup Ham Sandwich Dessert
20 Hot Beef Sandwich Mashed Potatoes/Gravy Vegetable Dessert	21 Beef & Barley Soup Ham Salad Sandwich Dessert	22 Lasagna Garlic Bread Dessert	23 CLOSED... <i>Happy Thanksgiving!</i>	24 CLOSED
27 Smoked Sausage Macaroni & Cheese Vegetable Dessert	28 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	29 Potato Soup Egg Salad Sandwich Dessert	30 Cabbage Roll Casserole Homemade Bun Dessert	<u>Dec. 1</u> Hot Meatloaf Sandwich Mashed Potatoes/Gravy Vegetable Dessert

Part-time Office Assistant needed

- * Two mornings per week plus additional as needed
- * Basic computer ability and knowledge of office protocol
- * Good people skills and confidence to interact with customers with sincere, caring attitude
- * Hourly wage with potential to get training and earn commission with sales. Knowledgeable about Siouxland is helpful.



Rick Garvey

1315 Zenith Drive 712-252-2772

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.

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.

Coffee Talk with Cheryl

Here's the skinny:

- Monthly discussion groups with Cheryl Hansen, Executive Director
 - First Tuesday of every month, Nov. 7
 - 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!*

Bored? Try Board Games

If you're bored, it's always a good idea to try something new. Why not 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!

Silver Sensations Hoopla

Hoopla hit the Center with a bang! We began Oct. 3 and numbers are growing. If interested, join us in the Multi-Purpose Room, on Tuesdays, 12:30-1 p.m. 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.

The Heritage
at Northern Hills
4002 Teton Trace • Sioux City, IA 51104

**Independent Living,
Assisted Living.**
Meals, transportation,
housekeeping and
activities available.

Call (712) 239-9400 for more information!

Are You a Seenager?

I just discovered my age group! I am a Seenager. (Senior teenager)
 I have everything that I wanted as a teenager, only 50-60 years later.
 I don't have to go to school or work.
 I get an allowance every month.
 I have my own pad.
 I don't have a curfew.
 I have a driver's license and my own car.
 I have ID that gets me into bars and the wine store. I like the wine store best.
 The people I hang around with are not afraid of getting pregnant, they aren't afraid of anything, they have been blessed to live this long, why be afraid?
 And I don't have acne.
 Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.
 Brains of older people are slow because they know so much.
 People do not decline mentally with age, it just takes them longer to recall facts because they have more information crammed into their brains.
 Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.
 Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.
 It is **NOT** a memory problem, it is nature's way of making older people do more exercise.
SO THERE!



Take the bus December 2nd to
Lutefisk and Meatballs Dinner
 St. Paul Lutheran Church rural Elk Point, SD

Bus departs Siouxland Center for Active Generations at 3:30 p.m. Saturday, Dec. 2 – Returns by 6:30 p.m.
 Tickets for Bus/Dinner Combo: \$25 per person
 Children age 10 and under Bus/Dinner Combo: \$10
 For tickets, see Miriam Clayton at Siouxland Center for Active Generations or Glenn and Pat Olson at (712) 277-4043



Attention New Members

New members attending the monthly birthday parties, 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!*

Bridge News

We learned when we were very young, the only thing we could count on was change; the most recent change from Thursday evening games to afternoon games beginning at 12:30. Since majority rules, this also meant Thursday morning (formerly afternoon) classes needed to start at 9:30. Thursday morning classes will continue until Diana becomes a snowbird, then some of those students may decide to join Audrey's class during the winter.

Duplicate games are open to anyone who likes to play bridge. The Wednesday morning game is limited to novices with less than 300 NACBL points. Membership in the North American Bridge League is encouraged, though not required. With membership you receive an excellent monthly magazine and have fun accumulating points when you win games and travel to tournaments. Some say we are too serious and can't talk like at party bridge; our bidding and playing are quiet, but we have plenty of conversation between hands and before and after playing. We get to know each other that way. Ask any regular player if you have questions.

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 at (712)-255-1729 for more details.

LEWIS ELECTRIC CO.

508 S Flynn St.
North Sioux City, SD 57049
Estimates Gladly Given
Ph. 252-2785


AMERICAN

Home Health Care Co.

*"Products you need, from the people you know."***SALES • RENTALS • REPAIRS**
Free Delivery & Set-Up

- Hospital Beds
- Wheelchairs
- 3-wheel scooters
- Patient lift chairs
- Ostomy supplies
- Oxygen
- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
- Much more

214 W. 7th Street • 800-217-2275

712-277-2273

Answered 24 hours a day

SUTER**C.W. SUTER SERVICES**

Service that Suits You!

Heating & Cooling

Duct Cleaning

We Service All Makes

FREE Estimates

24 Hour Service

LENNOXCall 252-3007 or visit us online at www.cwsuter.comBody & Frame
Repair

Sioux
Body Shop

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

Words from the Woodcarvers

We enjoyed visiting with potential carvers during the Lions Club Pancake Days and hope to see more "potentials" at the O'Connor House, Homer, NE, Nov. 4-5 and Nov. 11-12. Peek your head inside the machine shed and you will find us. If you prefer, you can find us on Mondays and Thursdays at the Center, in the Craft Room, at 1 p.m. We are friendly, fun and helpful; give us a try!

~John M. Beeson

Chorus News

We enjoyed October sing-outs and look forward to more performances in November, where we will share our Sinatra medley music; familiar tunes, enjoyed among all ages. Following the Dec. 4 Christmas Party, Active Generations Chorus will be taking a few months off. For now, Happy Thanksgiving to all, see you at the Christmas Party!

~Virginia Livermore

Ballet Expressions & Jazz

Member Bridget Agriopoulos is introducing Ballet Expressions & Jazz to the Center, beginning Nov. 1. This twice a week class, is on Mondays (1 p.m.-2 p.m.) and Wednesdays (11 a.m.-noon)- in the Exercise Room. Comfortable clothes and shoes, along with a desire to learn and have fun- is all you need.

We are so fortunate to have Bridget, who was trained at the Royal Ballet School in London and in Paris, taught and choreographed in several states and produced many full-length ballets, instructing at the Center. These ballet stretches and basic ballet movements help with posture, coordination and balance. As jazz is introduced, you will experience music with a great beat to get you moving, jumping and having fun!

~Bridget Agriopoulos

March to Honor Lost Children

On Wednesday, Nov. 22, participants in the March to Honor Lost Children will be at the Siouxland Center for Active Generations. This special event, in memory of Native American children who have been lost in the child welfare system, is scheduled for 9:30 a.m. Some marchers may arrive as early as 9 a.m. and will be greeted with Native American flute music provided by Michael Murphy of Omaha. Please join us in the Multi-Purpose Room.

Stuffed Animal Drive for Kids

The Ruehle family will be collecting stuffed animals Dec. 1-31, to donate to children in the Siouxland area. This is the 5th year for this drive, in memory of Mike "Bear" Ruehle. Since 2014, we have collected 1900+ animals to donate to young children who are going through a crisis in their lives. Bears, along with other stuffed animals may be dropped off at the Siouxland Center for Active Generations.

****All items must be new and have the tags attached. This is required by the hospitals since many of these children have compromised immune systems.***

Thanks in advance for your generosity.

~Kerry Ruehle and Family

Classes for Computers and Other Electronic Devices

Our computer instructor, Kristina Yezdimer, offers One-on-One Computer Classes. (She also can answer your iPad, iPod or cell phone questions.) Days and times vary for the one-hour sessions, priced 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.

Special Events on Mondays in November

Monday, Nov. 6 – 12:30 p.m. – “The Sisterhood of the Traveling Pants”

Monday, Nov. 13 – 1 p.m. – November Birthday Party

Hosts: Painting Class

Entertainment: BJ’s Variety Show

Volunteer of the Month: Jane Henderson


Monday, Nov. 20 – 12:30 p.m. – Movie – “High Times on Lower 4th” & “The South Bottoms”

Monday, Nov. 27 – 12:30 p.m. – Movie – TBA

*Every attempt is made to share a great movie experience with our members. We suggest you plan 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*

Stop bladder problems
Free seminar November 14




Do you suffer with bladder problems? Leakage, infections, urination problems? Please join us for a discussion.

Kevin Benson, MD, of Sanford Female Pelvic Medicine and Reconstructive Surgery, will offer a free seminar for women to learn about the improved treatment options that can bring an end to bladder control problems.

When: Tuesday, November 14, 11:30 a.m.
Where: Center for Active Generations, Sioux City

Pre-registration is requested.
Please call (712) 255-1729 to register

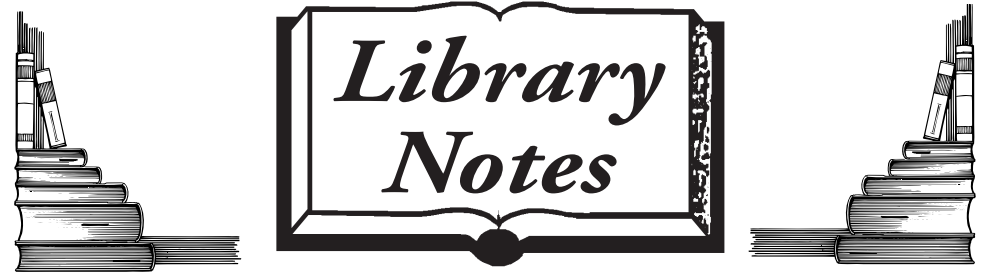


Kevin Benson, MD, MS, FACOG
Board Certified: Female Pelvic Medicine & Reconstructive Surgery

SCOPE CERTIFIED

SANFORD WOMEN'S

015000-00452 10/17



November Book Club choice by Michelle Hoover- is *Bottomland*, about two Germans who immigrate to the U.S. We meet Thursday, Nov. 2 at 10 a.m.-to discuss this book.

I recommend my current read, *Lilli de Jong*- by Janet Benton. The story is set in Philadelphia in 1883 and involves a Quaker girl.

Many thanks to volunteers who helped with our successful Book Sale and thank you to our members for visiting our library. It’s always good to see you.

-Helen Eriksen

Holiday Décor in the Gift Shop

If you are in the market (and even if you aren’t!) we have table cloths, place mats, ribbons, dishes and more to decorate your table and your home for the holidays! Don’t be left out, check it out before it’s too late.

-Miriam Clayton



Pleasant and Affordable Housing Communities for Elderly and Disabled
Call and Apply Today! Oakleaf Property Management Company strives to provide affordable housing for the elderly or the disabled with several Siouxland locations. Please ask about our Free Service Coordinator Programs.

 **Equal Opportunity Housing** & 

 **Oakleaf**
PROPERTY MANAGEMENT
1309 Nebraska Street • Sioux City Iowa
(712) 255-3665

“Providing for others what we expect for ourselves.”

NOVEMBER BIRTHDAYS

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

- | | |
|--|--|
| <p>1 Carlotta Fox,
MARILYN HALLER</p> <p>2 Jacqueline Booth</p> <p>3 Bonnie Jonas, Kathie Kobernus</p> <p>4 John Iversen, Maxine Meis</p> <p>5 Richard McArthur, Andrew Robak, Dennis Usher</p> <p>6 Marcia Crayne, Laurel McFarlin, James Tiefenbach, David Zirpel</p> <p>7 Corinne Alesch, Deborah Benson, Thomas Butler, Carol Harrington, Stephen Strain, Sonja Vovos, Lois Zunker</p> <p>8 Roger Batién, Carol Kunkel, Junior Law, Thelma Timmins</p> <p>9</p> <p>10</p> <p>11 Sharon Hanneman, Jon Olson, Lorraine Woodford</p> <p>12 Michael Donovan, Keith Rittscher, Michael Sydow</p> <p>13 Lynn Martin, Dennis Willis</p> <p>14 Cathy Berg, Marlene Frank, Marcella Hamm, Gerry Neuroth, Barbara Pitts</p> <p>15 Becky Ann Grinols, Sue Olson, Ronald Pettit, Irene Pyle</p> <p>16 Beverly Hall</p> | <p>17 Ronald Dirks, Mona R (Ramona) Kelly, Jo Ellen Nelson, Lawrance P Rubis</p> <p>18 Ellene Mendenhall, Connie Plueger</p> <p>19 Judy Ahler, Judy Abler, Roger Eldrige</p> <p>20 Russell Harvey, Lenore Lodge, M Donna Johnson, Annette Poss, Don Torgerson</p> <p>21 Dick Collins, Mary Hammack, Marilyn Jeannine Millage, Jane Schuldt</p> <p>22 Dorothy Crim, Laila Gray, Barb Vakulskas</p> <p>23 Clayton Britton, Kyongae Hanshaw</p> <p>24 Walter Boggs, Rhonda Capron, Shirley Green, David Mook</p> <p>25 Harland Cummings</p> <p>26 Glenn Drake, Dennis Johnson</p> <p>27 Eugene Anderson, Jan Gramm, Jerry Madison, Gregory Nooney</p> <p>29 Rose Bocian, Connie Kouris, Gerry (Gerald) Welch</p> <p>30 Bonnie Achord, Paula Damon, Mary Ferrari, Velma Harbeck, Dick Heitzman, Ione Schreck</p> |
|--|--|

NEW MEMBERS

MARGARET ENGSTRAND

DALE VOSS

CHRIS VER STEEG

JADE BARRETT

JUDY SEAMAN

JOYCE FOSTER

THOMAS MCKENNA

CRAIG MCNAUGHTON

ROSIE KUEHNE

TRISH SMITH

CANDI COFFIN

MARY AUSTIN

AGGIE GAGNON

WE REMEMBER

DOUGLAS BURKETT

SAM ZIMMERMAN

LILLIAN BRODKEY



November Birthday Party at 1 p.m.

The November Birthday Party is Monday, Nov. 13, in the Multi-Purpose Room. Hosted by the Painting Class, party entertainment is BJ's Variety Show. Our Volunteer of the Month is Jane Henderson. 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!



Here For You

Whether you need short-term rehabilitation to get you back on your feet or decide to call Regency Square home, we're here for you.

Make Regency Square your place to live and be happy.

Regency Square

Life Health Services campus

402.494.4273 | regencysquareeniorliving.com

Kindness is like a boomerang.

Record Printing

1117 Villa Ave • Sioux City, IA 51103
 (712) 252-0563 • (712) 252-0100
 www.recordprinting.com

1, 2, 3 BR Luxury Apt. Homes
 FREE Heat, Appliances Furnished, incl. W/D

Dakota Pointe Apartments

208 E. 39th St. • South Sioux City, NE
 402-494-8210 • www.vbclink.com

Mon-Fri 10-6p.m. Sat. 10-6p.m.

Peters Park Flea Market
 Sioux City, Ia

3938 Transit Ave. 276-7000

Sun. Noon - 5 p.m.

Collectibles
 Antiques
 Booths Available
 Furniture

Drilling Pharmacy 4010 Morningside Ave

Where You're Part Of The Family

Free Delivery 276-4621

Hours: Mon-Fri 9-8
 Sat 9-5 • Sun 9-1

JaJ Coins & Collectibles

Buying & Selling Coins, Currency,
 Postcards, Stamps, Antiques, Precious Metals
 We Do Appraisals!

712-274-9195 901 S. Cecelia
 800-397-9053 Sioux City, IA 51106

Now Open in South Sioux City

Four Generations of Serving
 Northeast Nebraska Since 1886

M. Mohr 1431 W. 29th St.
 S. Sioux City, NE
FUNERAL HOME 402-412-3131

GRAHAM

TIRE & AUTOMOTIVE SERVICE

3480 Gordon • Sioux City, IA • 712-274-2024

ROTO-ROOTER Pat Brown
 SEWER-DRAIN SERVICE

Senior citizens discount \$5 off any service call.
 712.276.7329

YOUR ONE STOP SHOP

TWO SIOUX CITY LOCATIONS TO SERVE YOU!
 1732 HAMILTON BLVD. & 5901 GORDON DR

TRUGREEN

601 Main Street • Sioux City, IA 51103
 712-279-9553 • 888-356-4664

An Independently Licensed Franchise

The *Sunshine News* is published by the:

Siouxland Center for Active Generations
 313 Cook Street
 Sioux City, Iowa 51103
 TELEPHONE 712-255-1729

Non-Profit Organization
 U.S. Postage
PAID
 Sioux City, Iowa
 Permit No. 138

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

September

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 | Bill Merritt, Kerwin Meyer |
| Don & Cathy Berg, Kris Bergstrom | Pat Mitchell, Michael Montgomery |
| Novaline Bliven, Brenda Chapman | Rosemary O'Kane, Joanne Peters |
| Miriam Clayton, Kathleen Determan | Betty Pierce, George Polak |
| Carlotta Fox, Rose Gilson | Annette Rasmussen, Sonnie Robbins |
| Susie Green, Virginia Gries | Gloria Ryan, Dee Sachau |
| Marilyn Haller, Don Hartman | Don Schultz, Steve Shadle |
| Dick Hayes, Arlene Held | Bill Sievers, Mary Ann Sievers |
| Steve Hoberg, Sally Kimball | Angela Storm, Marilyn M Thompson |
| Clark Kleinberg, Janette Linden | Bill Utter, Jon Wagoner |
| Lois Mahr, Pamela Mears | Claryce Welch, Gayle Zeman |