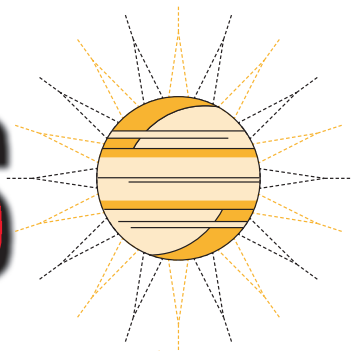


DECEMBER 2017 SUNSHINE NEWS



Telephone
712-255-1729

Number
475

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 Linda Deabler



Congratulations to Linda Deabler, December Volunteer of the Month. Linda joined the Center in 1998, and has become involved in many volunteer areas including: the meal site, book sales, and her favorite... the library, since reading is one of Linda's favorite pastimes. When not volunteering, she can be found at the Friday dances, Men's & Women's Social, Walking Off Pounds, Balance Class and Book Club. Linda feels a strong connection to the Center, since she is a social person from a large family. According to Linda, "It's easy to make friends at the Center!" Join us in congratulating Linda, Monday, Dec. 11, 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.

Christmas "Kid Fun" at the Center

Enjoy two ways to share fun with the kiddos over their holiday break:

- Wednesday, Dec. 27, join us in the Multi-Purpose Room at 9:30 a.m., for DoGo (Donuts & Bingo). Games, prizes, donuts and juice!
- Thursday, Dec. 28, the semi-annual kid's movie will show in the Conference Room. Enjoy "Beauty and the Beast," as you and your little friend/friends feast on popcorn and treats.

*Both events have an admission price of at least one grandchild or special friend and require preregistration in the office. Come and enjoy!

Christmas Party & Ugly Sweater Contest

Reminder... Our Annual Christmas Party will begin at 1 p.m. on Monday, Dec. 4, in our Multi-Purpose Room. We will have treats, door prizes, our Annual Ugly Sweater Contest (optional) and a visit from Mr. and Mrs. Claus.

*To attend, members are required to pre-register in the office and pay \$3.



Memoir Maker

Sometimes, all it takes to make the holiday season magical is reminiscing Christmases past, like these whimsical stories capturing childhood innocence that Center member Jan Ashmore shared with her twin sister, Janice.

"The Farm Set"

by Jan Ashmore

Santa knew just how much my twin sister, Janice, and I wanted a farm set so the Christmas we were six years old, he brought us one. It had a metal barn and silo, hard plastic animals and white fences, and a red tractor that pulled a yellow wagon. *Continued on p. 4*

Center Closed for Christmas & New Year's Holidays

The Siouxland Center for Active Generations will close at 1 p.m., Friday, Dec. 22, and will remain closed Monday, Dec. 25, and Tuesday, Dec. 26, in recognition of the Christmas Holiday. We will also be closed Monday, Jan. 1, and Tuesday, Jan. 2, for the New Year's Holiday.

Our staff wishes members of the Center a blessed Christmas season and Happy 2018. May you all have good health and happiness in the New Year.

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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\$13 per column inch

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



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 collection 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

Free Lunch & Learn with Meridian Clinical Research

- Learn how you can be part of a clinical research study and be compensated for time and travel
- Thursday, Dec. 14, 11:30 a.m.
- Siouxland Center for Active Generations
- Pre-registration required by Dec. 8

Free Lunch & Learn with Mahmoud Sharaf, M.D.

- Interventional Cardiologist, Dr. Mahmoud Sharaf FACC, FRCPC, St. Luke's Unity Point CVA
- Tuesday, Dec. 19, 11:30 a.m.
- Siouxland Center for Active Generations
- Pre-registration required by Dec. 15

Interventional Cardiologist, Dr. Sharaf, will discuss the link between Cardiovascular Disease (CVD) and Diabetes.

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

Bickford Cottage	Sam's Club	Hamilton Touchless Car Wash
Heritage at Northern Hills	American Popcorn Company	Rocket Car Wash
Regency Square	O'Reilly Auto Parts	Accura
Whispering Creek	Knoepfler Chevrolet	Casa De Paz
Floyd Place	CarQuest Auto Stores	Texas Roadhouse
Countryside	Advanced Auto Parts	
Walmart		

 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!

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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 October. We thank them for their thoughtfulness.

KATHY ANDERS	KEN DVORAK	KATHY JOHNSON	GEORGE POLAK
LOLA ANDERSON	AUDRY ERCOLINI	BETTY JOHNSON	ANNETTE RASMUSSEN
GENE ANDERSON	GINNY FEENSTRA	CLARK KLEINBERG	ALICE REEG
LORENZO AVILA	DONNA FLAMMANG	BENITA LEFF	JUDY REHUREK
GLORIA BARNUM	CONNIE GAGNON	ELLEN LIVINGSTON	ALICE SAILOR
LINDA BEESON	SHARON GEORGESON	LAVONNE LUNDGREN	RONDA SCHULTZ
KRIS BERGSTROM	ELLY GIBSON	FRANCES MADISON	WILLARD SNYDER
LIZ BLACHNIK	SUSIE GREEN	LYNDA MARTIN	JUDY STIER
NOVALINE BLIVEN	V L GRIES	MARGARET MCKENNA	CENTER STAGE TAPPERS
JUDY BOCIAN-PIERCE	VERLA HAACK	KERWIN FRITZ MEYER	DIANE TAYLOR
DANITA BOTUS	KYONG AE HANSHAW	CLAIRE MIETHKE	MIKE & KAREN TEW
CHRIS BROWN	JAMES HANSON	MARGARET MOSS	DONNA THUROW
GLORIA BURNA	JANE HENDERSEN	MARGARET NEELY	LYLE TODD
DONNA CARSTENSEN	DON HORSTED	JANE NELSON	NORMAGENE ULMER
DEAN CHAPMAN	VERNON HUGHES	PAT NIEWAHER	SHARON VOLK
BRIDGE CLUB	NORMAGENE HUGHES	MERLIN OLSON	PAT WINDESHAUSEN
CHARLOTTE COLLINS	PAT ISAACSON	DORIS PARSONS	
JOAN COPPLE	DEANNA JACOBS	NORMA PETERSEN	
LINDA DEABLER	TIM JACOBS	TOOTS PITTMAN	

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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, Dec. 6

“Medicaid 2018”

**Speaker: John Donovan,
United Healthcare**

Wednesday, Dec. 13

*“Positive Thinking
and Affirmations”*

**Speaker: Gretchen Wheelock,
ARNP, Briar Cliff University**

Wednesday, Dec. 20

NO TALK SHOW

Wednesday, Dec. 27

NO TALK SHOW

Young at Heart Line Dancers

It has been fun pulling out some older dances to perform for recent events. This has also helped our line dancers, mostly Lila Henke, who “stepped up” as instructor as I recuperated from a recent surgery. I could attend the classes, but dancing was too strenuous for two weeks.

Looking forward, line dancers will kick-off the holidays at the Dec. 14 Christmas Potluck, followed by our annual two-week winter vacation, with a Jan. 4 return to the dance floor.

Happy Holidays to all...

~Sally Kimball

“The Farm Set,” continued from p. 1

That wonderful gift opened up a new world of fun and imagination for us. Hour after hour we played with it. Before long, we began to add to the set. Toothpaste caps made perfect milking stools and Easter grass became hay for the horses.

No downtown shopping trip was complete without stopping at Woolworth's to buy another tiny animal or a one-inch rubber doll that sold for five cents each. (We called them our “dinky” dolls.)

We took very good care of our farm set and all of its accessories. Until a few years ago, it stood at our parents' house for their grandchildren to enjoy.

Many Christmases have come and gone since then, but the year we received the farm set will always have a special place in my heart. (Thank you, Santa!)



Today, Center member
Jan (Fletcher) Ashmore and her
twin sister, **Janice (Fletcher) Kamp**.

“The Christmas Surprise” by Jan Ashmore

When I was growing up in Sioux City, we lived next door to a family who had three little girls, one boy and a 20-inch bike. The summer my twin sister, Janice, and I were seven years old, we learned how to ride on their bike.

That Christmas, we asked Santa Claus to bring us each a bike. Being the accommodating old sort that he was, Santa left us two brand new bikes in our living room on Christmas morning, but they were 26-inch bikes, much too large for us to handle.

Somehow, our parents contacted Santa and told him that we needed 24-inch bikes. Being true believers in Santa Claus, we were convinced by what our parents told us: the bikes could be exchanged at our local Montgomery Ward store.

So a few days after Christmas, my sis and I were proud owners of two bright blue and white 24-inch bikes.

The next spring, Dad got a new job as a manager of a drive-in restaurant in the small town of Merville, Iowa. Since we didn't have door-to-door mail service, we had to pick up our mail at the Post Office each day.

Dad equipped our bikes with baskets in the front, so we could easily carry the mail.

We had a lot of fun with those bikes and enjoyed them for years, riding all over town, sometimes with friends.

I'll always remember that Christmas of the bikes.



When they were little girls, **Jan (Fletcher) Ashmore** and her twin sister, **Janice (Fletcher) Kamp**, enjoyed many hours of outdoor play at their home in Sioux City.

December 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:

- Dec. 5 - Pearl Harbor
- Dec. 12 - Christmas To Do List
- Dec. 19 - Memories of Christmas Past
- Dec. 26 - CLOSED

Thoughts about Christmas:

1. The song, "White Christmas" by Irving Berlin, holds credit as the highest selling Christmas single of all time. American troops were overseas during World War II, and the song was played over and over to remind them of home.

2. Austria was the first country to issue a Christmas postage stamp.
3. Eggnog, a popular Christmas drink, was an American discovery.
4. American, Ralph E. Morris, invented Christmas lights.
5. Canada is the largest exporter of Christmas trees.

- Alice Reeg, Creative Writing

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 www.palmercandy.com

Grief Support Program

The Grief Support Program for members is Monday, Dec. 11, 9:30 a.m. 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.

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.

COFFEE Sit Sip SHOP

I survived my 91st birthday, my driver's license renewal, and am ready and rarin' for winter; well, kind of! I admit, if the weather gets too treacherous or cold, I might be home, snuggled under a blanket. Remember, Thursday Soup



Day - stop and see me! Wishing all a Happy Holidays- with some well-deserved time off from work- for myself and other volunteers!

- Marilyn Haller

Produce Sales

From July through November- the Center raised \$491.25 from produce sales. We thank Ken Dvorak for initiating the idea, as well as others who donated this past summer and fall.



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ACTIVE RETIREMENT COMMUNITY

December Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of December, 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

DALE ANDERSON
KATHY BATES
DONALD BEALS
JOHN MIKE BEESON
LINDA BEESON
PHYLLIS BENNETT
DIANNE BERTRAND
JOHN BODEN
MARGARET BODEN
MICHAEL BRANDHAGEN
JULIE BROWN
RICHARD BROWN
ROBERT BURWELL JR
JOHN CHASE
HARLEY ENGELDINGER
ROGER FRIESEN

JUDY GIBSON
ANN HAND
MICHAEL HAND
VIVIAN HARDER
WAYNE HARRISON
SHIRLEY HENDERSON
STEVE HOBERG
CARLA JOHNSON
JERRY JORGENSEN
PHYLLIS KELLEY
DONALD KINGERY
RUTH KINGERY
DANIEL KOHN
PAULA KOHN
MINDY KRAUSE
JUDY LANGUS

ROBERT LEE
SUZANNE LUNDGREN
GENE MAGDEN
LYNN MARTIN
TERRY MCARTHUR
DON MCCULLEY
JOAN MCDERMOTT
LORENE MOYSE
NANCY NELSON
RITA NELSON
CAROL NEWBURN
DON NIEUWENDORP
LINDA PRESCOTT
LAWRANCE P RUBIS
BERNARD SCHILTZ
MARY JEAN SCHNEIDERS

HELEN SIGANOS
PAUL SMITH
ROBERT STEFFE
DARRELL STRONG
CLIFFORD TAGUE
CHARLOTTE THOMA
ROBERT THOMA
ELAINE MARY WASKOW
RICHARD EUGENE WASKOW
CLARYCE ANN WELCH
JENNIFER WILSON
DAVID ZIRPEL

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CENTER STAGE TAPPERS and Merry Go Rounders



We shared our love of dancing, performing BJ's Variety Show at the November Birthday Party and Holy Spirit Retirement Home; it's always a pleasure! We welcome Sharon *back* to our group and Elaine as a *newbie*! Now's the time to learn tap dance, as we are starting the 2018 Fall Follies numbers.

We hope everyone had a great Thanksgiving and are ready to enjoy holiday festivities!

- BJ Heitzman



Also performing at the November Birthday Party, the Merry Go Rounders' willingness to entertain and spread the benefits of round dancing is truly appreciated. Round dancing is an all-around workout, exercising our minds, and our bodies, in this amazing synchronized exercise!

- BJ Heitzman

"Life is a dance of balance.

Life is creative falling.

Life is half spent getting back up.

Life is learning to dance with a partner-
and learning to dance without a partner,
and letting go enough to dance in the crowd.

Life is a freestyle jig.

Life is a twirl and a bow.

Life is the best dance you've ever danced.

And Death is your dancing soul returning to the heavens."

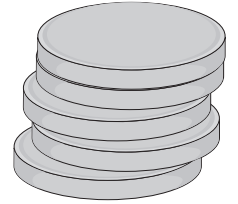
- Terri Guillemets, "Sessile," 1989

Introducing Alan P. Scheffer

Center member Alan Parker Scheffer wants to share his photography talents with us! An avid photographer, Alan will be taking random snap shots at the Center and sharing those pictures with us at the Center. Check out Alan's bio and photos on his website: alanparkerscheffer.com

In the meantime, keep smiling, you never know when Alan may be around the corner!

Penny Bingo



Games & Food

To encourage new players to join the fun, we will be hosting our Christmas Bingo Potluck at 11 a.m. on Tuesday, Dec. 19. Stop by for good food, fun and games! Bingo cards cost a penny per card with a limit of four cards per game; however, that can change depending on the game played and the time of day we are playing. Consult the Center's activity calendar for Bingo hours on Tuesdays and Thursdays.

-Bill Merritt

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!

Attention New Members

New members attending the monthly birthday parties- will receive a FREE admittance coupon to attend a Friday dance. Please attend at 1 p.m., be recognized and receive your *free coupon!*

Women's Club

Women's Club will meet Thursdays, 10 a.m., in the Class Room, beginning Dec. 7. We will be meeting at the same time but a different location from the Men's Club, so let's see who can get higher attendance!

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).



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

DECEMBER 2017

Monday Tuesday Wednesday Thursday Friday

LUNCH OPTIONS...

~ALWAYS KEEP IN MIND THE LUNCH OPTIONS AT THE SIOUXLAND CENTER FOR ACTIVE GENERATIONS...

~COFFEE SHOP IS OPEN SERVING DAILY ALA CARTE OPTIONS

~MEAL SITE SERVES COMPLETE MEALS 11:30-12:30; SEE MENU ON BACK OF CALENDAR

~EITHER MEAL OPTION IS OPEN TO THE PUBLIC; MEMBER OR NON MEMBER

~LUNCH TO GO

December Opportunities Health/Fun:
Dec. 4...Christmas Party ...Pre-register in Office

Dec. 5...Coffee Talk with Cheryl

Dec. 11...Grief Support Program

Dec. 11...Dec. Birthday Party

Dec. 14...Lunch & Learn w/Meridian Clinical Research...Pre-register in Office

Dec. 19...Lunch & Learn about Diabetes & Cardiovascular Disease...Pre-register in Office

Dec. 22...Closing at 1 p.m.

Dec. 25 & 26...Closed

Dec. 27...Donuts & Bingo for Members/Kids


Dec. 28...Beauty & the Beast for Members/Kids

**Schedule Computer Classes: days/time vary*

YMCA Enhance Fitness Classes are now open to all...

Members will pay \$1 per class, while the public will pay \$3 per class. This fee pays the Instructor cost.

Spread the word and invite friends to join you, Tuesdays, Wednesdays & Fridays, 8:30 a.m.-9:30 a.m., in the Multi-Purpose Room.



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
10:00 am Women'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

1


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 Open Bridge Group
12:30 pm Open Craft Time
1:00 pm Open Bridge
1:00 pm 500
1:00 pm Friday Dance
"Terry & Three on the Road"



4 ~Christmas Party 1 p.m. (pre-register)

8:00 am Scrapbooking
8:30 am Yoga with Amanda
9:30 am Interm. Duplicate Bridge Class
9:30 am Wii Bowling
10:00 am Knitting & Crocheting
11:00 am American Mah Jong
11:30 am-12:30 pm Lunch
12:00 pm ACBL Duplicate Bridge
1:00 pm Christmas Party
1:00 pm Ballet Exercise & Jazz
1:00 pm Pinochle
1:00 pm Woodcarving

DUE TO THE CHRISTMAS PARTY TODAY... MANY ACTIVITIES ARE CANCELLED...



5 ~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 Knitting & Crocheting
10:00 am Walking Off Pounds
10:15 am Belly Dancing
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 Painting Class
1:00 pm Pitch
2:00 pm Ping Pong

6

8:30 am Enhance Fitness w/YMCA Instr.
9:00 am Yoga w/Dixie of Recover Health
9:00 am Open 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 "Medicaid 2018"
John Donovan, United Healthcare
10:45 am Guitar Practice
11:00 am Ballet Exercise & Jazz
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

7

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
10:00 am Women'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

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 Open Bridge Group
12:30 pm Open Craft Time
1:00 pm Open Bridge
1:00 pm 500
1:00 pm Friday Dance
"Shirley's Big Band"



11 ~Grief Support Program 9:30 a.m.-
8:00 am Scrapbooking

12
8:30 am Enhance Fitness w/YMCA Instr.

13
8:30 am Enhance Fitness w/YMCA Instr.

14 ~Lunch & Learn w/ Meridian Clinical Research~

15
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 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
 11:00 am American Mah Jong
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 1:00 pm Birthday Party
 Entertainment: Kevin Blossch
 Hosts: 500, Coloring Corner & Mexican Train
 Volunteer of the Month: Linda Deabler
 1:00 pm Ballet Exercise & Jazz
 1:00 pm Pinochle
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



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 Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

9:00 am Yoga w/Dixie of Recover Health
 9:00 am Open 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
 "Positive Thinking & Affirmations"
 ~Gretchen Wheelock, ARNP, Briar Cliff University
 10:45 am Guitar Practice
 11:00 am Ballet Exercise & Jazz
 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

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
 10:00 am Women'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 Open Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Open Bridge
 1:00 pm 500
 1:00 pm Friday Dance
 "Jerry O'Dell & His Country Flavor Band"



18
 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
 11:00 am American Mah Jong
 11:30 am-12:30 pm Lunch
 12:00 pm ACBL Duplicate Bridge
 12:30 pm Movie
 "The Nutcracker"
 1:00 pm Ballet Exercise & Jazz
 1:00 pm Pinochle
 1:00 pm Woodcarving
 2:00 pm Walking Off Pounds
 2:30 pm Fitness with Kelly



19 ~Lunch & Learn about Diabetes & Cardiovascular Disease~
 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 Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

20
 8:30 am Enhance Fitness w/YMCA Instr.
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Open 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
 11:30 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

21
 8:30 am Penny Bingo
 9:00 am Yoga
 10:00 am Beginning Bridge (Howard/ Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:00 am Women'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 Cribbage
 2:00 pm Ping Pong

22
 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

WE WILL BE CLOSING
 AT 1:00 P.M. TODAY...
 MANY ACTIVITIES
 ARE CANCELLED...



25
 CLOSED FOR CHRISTMAS...
 WISHING YOU HAPPINESS
 AT THIS MAGICAL TIME OF THE YEAR



26
 WE ARE CLOSED DUE TO CHRISTMAS...
 WE WILL REOPEN WEDNESDAY AT 8:00 A.M.
 WE WISH YOU ALL A BLESSED HOLIDAY SEASON



27 ~Donuts & Bingo for Members & Grandchild or Special Little Friend~
 8:30 am Enhance Fitness w/YMCA Instr.
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Open 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
 11:30 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

28 ~"Beauty & the Beast" Movie for Members & Grandchild or Special Little Friend~
 8:30 am Penny Bingo
 9:00 am Yoga
 10:00 am Beginning Bridge (Howard/ Ercolini)
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:00 am Women'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 Cribbage
 2:00 pm Ping Pong

29
 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 Open Bridge Group
 12:30 pm Open Craft Time
 1:00 pm Open Bridge
 1:00 pm 500
 1:00 pm Friday Dance
 "Country Brew"



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

DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
<i>Meals are open to the public... treat a friend for only \$5.25!</i>	<i>Happy Holidays from Sandy Welch, Meal Site Chef, & thanks for your patronage!</i>	<i>Enjoy a meal & conversation at the Center...a great way to meet new friends!</i>		1 Hot Meatloaf Sandwich Mashed Potatoes/Gravy Vegetable Dessert
4 Chicken Fried Chicken Mashed Potatoes/ Country Gravy Vegetable Dessert	5 Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert	6 Lasagna Soup Grilled Cheese Sandwich Dessert	7 Country Fried Steak Mashed Potatoes/ Country Gravy Vegetable Dessert	8 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert
11 Vegetable Soup Ham Sandwich Dessert	12 Meatloaf Baked Potato Vegetable Dessert	13 Liver & Onions <u>or</u> Ham Mashed Potatoes/Gravy Vegetable Dessert	14 Broasted Chicken Cheesy Potatoes Vegetable Dessert	15 Taverns French Fries Vegetable Dessert
18 Chicken Breast Riced Pilaf Vegetable Dessert	19 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	20 Ham & Bean Soup Ham Sandwich Dessert	21 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	22 Chicken Spaghetti Dinner Roll Broccoli Dessert
25 CHRISTMAS DAY... <u>CLOSED!</u>	26 <u>CLOSED...</u>FOR THE HOLIDAY!	27 Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert	28 Goulash Garlic Bread Dessert	29 Baked Ham Mashed Potatoes/Gravy Vegetable Dessert

Enter 90

If you want to know the secret to turning 90 years old, just ask Sally Kimball, who attributes her longevity to “good genes,” staying active, and keeping busy with the things you love. Words of advice from this 90-year-old: “Always enjoy what you are doing for as long as you can. Keep busy.”

Sally, who turns 90 on Dec. 26, was born at her grandparent’s home in James, Iowa, and grew up with one brother and one half-sister. After starting kindergarten at age 4, she moved to Leeds, Iowa, when she was 5, attending Hawthorne School until graduating at age 17 from Leeds High School in 1945. With family still in James, she marvels at how the town had grown over the years.

She was office manager at Bostwick’s until 1980, and then took a manager’s position at Stevenson’s until 1986, both in Sioux City.

On Jan. 6, 1946, Sally married Gene Kimball. The couple has three children, six grandchildren and 12 great-grandchildren. She describes the year she got married as the best year of her life.

“Having children and a great marriage are the accomplishments I am most proud of, along with teaching line dance.”

Her first loves are Ballroom Dancing and, of course, Line Dancing. At an early age, while standing on her Dad’s dancing feet, Sally’s love for the pastime was sparked. She also learned to tap dance as a child, and later took up piano and organ as a young adult.

An avid league bowler, she volunteers at the Center, where she teaches morning and afternoon line dancing classes every Thursday. She was also a Hospice volunteer after the death of her husband in 1989.

Being the wonderful, giving person Sally is, she is celebrating her 90th birthday by sponsoring a dance at the Center and a party with her Line dancers. She also plans to visit her son, grandchildren, and great grandchildren in Colorado.

“I feel so truly blessed to have such a great family and wonderful friends!” she reflected. “Most of all to have had good health and the ability and desire to do everything I love for so many years!”

The Center truly is blessed by Sally and all she brings to our members. Here’s wishing her a Happy 90th Birthday and many more to come.

Watch the mail for your Annual Campaign letter and don't miss out on perks you can receive...

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Thrivent Financial Message

If you are a senior citizen and Thrivent Financial member who is interested in attending a meeting on how Thrivent could help the Center leave a message with Kerry (712-255-1729, Ext. 14).

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.

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BINGO

Wednesday, December 20th • 1:30 to 3:00 pm
(in our Independent Living Building)
Pick up at Senior Center (Sign up Minimum 3 People) Pick up at 12:30 p.m. return by 3:30 p.m.

Last Black-Out \$50

Call 712-239-9402 for more information!

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Call Anna at 712-943-7025 to schedule a personalized tour and complimentary lunch at our remarkable senior living community.

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- **Healthy Adult Influenza Study** -
- 50 to 64 years
- **C-Diff Vaccine (clostridium difficile)**
- 50 + years
- **Migraine Headaches** - 18 + years
- **Fibromyalgia** - 18 + years
- **RSV Vaccine** - 50+ years



To learn more about Meridian Clinical Research and how you can get involved in a clinical research study, visit our website at meridianclinicalresearch.com. You can also call us at **605.232.9000** for more information.

CONTACT US: **605.232.9000** • meridianclinicalresearch.com



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Words from the Woodcarvers

The carvers lost a dear friend- with the November passing of fellow carver, Dick Jonas. He is greatly missed.

We kept busy demonstrating woodcarving at the Lions Pancake Breakfast and the O'Conner Open House in Homer, NE. We welcome beginning carvers and the opportunity to get you started. Come in and meet the group, Mondays and Thursdays, 1-3 p.m.

~John M. Beeson



Pictured above: Center members Darlene Burson (left) and John Beeson (right) at the O'Connor House.

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.

Chorus News

Following our entertainment at the Dec. 4 Christmas Party, we will put away our music until winter months are over- and pull it back out in April. We always anticipate the spring return of our friends and enjoy good singing and lots of fun; special thanks to our director, Colleen Mahoney, and accompanist, Sandy Call, for their dedication.

We wish everyone a happy and healthy New Year.

~Virginia Livermore

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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.) Class 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.



OVERACTIVE BLADDER?

NO MORE DENIAL

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.

Call (800) 618-3329 to schedule an appointment.

To learn more, visit sanfordhealth.org
Keyword: Bladder Health

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WOMEN'S

015001-00620 Rev. 11/17

Enhance Fitness Classes Open to All

The YMCA Advance Fitness Classes, (8:30-9:30 a.m., Tues., Wed., Fri.), Multi-Purpose Room, are open to the public for a \$3 fee per person, per class. Center members pay \$1 per person, per class. Bring your friends and family!

Special Events on Mondays in December

Monday, Dec. 4 – 1 p.m. – Christmas Party (must pre-register)

Monday, Dec. 11 – 1 p.m. – December Birthday Party

Hosts: 500, Coloring Corner & Mexican Train

Entertainment: Kevin Blosch

Volunteer of the Month: Linda Deabler

Monday, Dec. 18 – 12:30 p.m. – Movie – “The Nutcracker”

Monday, Dec. 25 – CLOSED FOR THE HOLIDAY

*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*

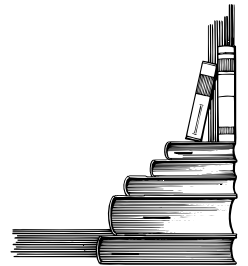
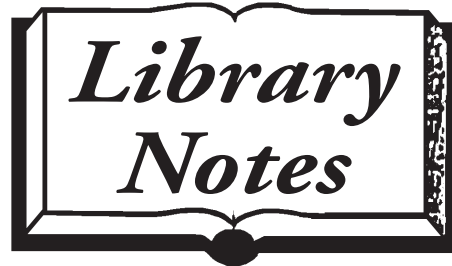
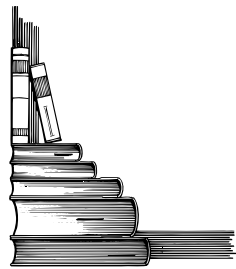
Gift Shop

We are proud to call ourselves, “Your Christmas shopping headquarters”! We can do this, because of the massive quantity of items we stock:

- Outside Christmas lights
- Tree decorations
- Linens
- Christmas cards @ \$.05 each

**FYI...40# of batteries were donated for recycle in October.*

-Miriam Clayton



Current books I am reading and recommending include- *The 100-Year-Old Man Who Climbed Out the Window and Disappeared*– by Swedish author, Jonas Jonasson and *The Memory Thief* by Emily Colin.

December Book Club has chosen, *The Target*- by David Baldacci. Join us Thursday, Dec. 7, at 10 a.m. We won't meet in January, but look forward to a February visit from you!

-Helen Eriksen



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DECEMBER BIRTHDAYS

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

- | | |
|--|--|
| 1 Linda Deabler, Donna Westbrook | 17 Connie Bean, Phyllis Jordan,
Patricia Hansen |
| 2 Marvin Engelhart, Richard Brown,
Dianne McCall, Jackie Poznanski | 18 |
| 3 Donald Ries | 19 Mary Ann Petty, Mary Jo Phipps, Cal
Hartman, Alice Speraw |
| 4 | 20 Delores Bogenrief, Ken Dvorak,
Cathy Jennings, Ruth Mueller,
Sue Gunther |
| 5 Christy Kingdom-Knoepfler,
Ruth Lebowich | 21 Jeanine Newton, Walt Niebaum,
Anne Cowley |
| 6 Pam McDermott, Shirley Sherman,
Pam Crabb,
Joseph Nicolas | 22 Doreen Schoonover, Barbara Uehling,
Joan Ratley |
| 7 Mary J Abraham, Pat Bornhoft, Linda
Peete-Flom, Phyllis Todd, Ruth
Koster, Michael Tew | 23 Carol Krumwiede,
Harley Engeldinger |
| 8 Carmen White, Larry Rowenhorst | 24 Jackie Bland, Elaine Waskow,
Betty Prosser |
| 9 Marvin Berenstein, Wayne Johnson,
Susan Wollesen | 25 JOSEPH HORAK,
Rodney Kuchta |
| 10 Wanda Coan, Vesta Gilbertson,
Martha Dirks,
MICKEY DARROUGH | 26 GRACE HAWKINS, SALLY
KIMBALL, Lyle Hughes, Gary
Johnson, Morris Rasmussen |
| 11 Carol Patnaud, Frank Peters | 27 James Sands, Dennis Usher, Charles
Smoley, Jane Henderson, Susan Jones |
| 12 Alice Card, Patricia Windeshausen,
Carolyn Keleher, Dennis Magden | 28 Don Scott, Mike Hobart |
| 13 Mavis Hill | 29 Daryl Engraf, Ruth Harvey, Elizabeth
Kosinski, Gilbert Nelson, Joan Lee |
| 14 DOROTHY BOS, Judy Seaman,
Karen Koch, Gerald Schulte,
Lorae Nieuwendorp | 30 Sandra Graser |
| 15 Kathryn Schroer, Vivian Harder,
Gilbert Persinger, Eric Johansen | 31 Shirley Barth, Patricia Isaacson, Betty
Sampson, Linda White |
| 16 Scottie Poskevich, Wes Ratcliff | |

Adverse Weather Conditions

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

December Birthday Party at 1 p.m.

The December Birthday Party is Monday, Dec. 11, in the Multi-Purpose Room. Hosted by the 500 Card Group, Coloring Corner and Mexican Train, party entertainment is Kevin Bloesch, Executive Director of Floyd Place. Our Volunteer of the Month is Linda Deabler. 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!



NEW MEMBERS

Brenda Brown
Sally Bjork
Thomas Bjork
James Hanson
Barbara Gill
Leah Haafke
Ramon Sundquist
Jacqui Booth
Douglas Robbins
Lou Hanson
Pati Hansen
Dick Brown
Wendil Hackneil
Sue Jones
Michele Haitz
Ester Girard
Ellen Ryan
Donna Westbrook

WE REMEMBER

Glen Johnson
Margaret Brady
Margaret White
Richard (Dick) Jonas
Howard Swieter
Alberta Spaulding

MEMORIALS

For: Maxine Polak
from: George Polak

For: Glen Johnson
from: Miriam Clayton

For: Dick Jonas
from: Marilyn Haller
Sally Paterni
Mayre Hilton
Sandy and Keith Welcher
Shawn Godfrey
Craig Burhoop
Betty and Marvin Still

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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

October

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
Deanna Bower, Brenda Chapman
Miriam Clayton, Kathleen Determan
Carlotta Fox, Rose Gilson
John Graser, Sandy Graser
Susie Green, Virginia Gries
Michele Hartz, Marilyn Haller
Don Hartman, Dick Hayes
Arlene Held, Steve Hoberg
Vernon Hughes, Dick Jonas
Sally Kimball, Clark Kleinberg
Janette Linden, Lois Mahr

Pamela Mears, Bill Merritt
Kerwin Meyer, Pat Mitchell
Michael Montgomery, Ann Mrla
Bill Mrla, 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, Bil Utter
Jon Wagoner, Claryce Welch
Gayle Zeman