



DECEMBER 2017

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

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 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

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

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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
12:00 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 Creative Writing
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

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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
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 Bloch
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



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

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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 "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

14 ~Lunch & Learn w/ Meridian

Clinical Research-
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

15
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
"Jerry O'Dell & His Country Flavor Band"



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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

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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...



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



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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
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.
11:30 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"

