

JANUARY 2018

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

	JILIN			
Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED TODAY HAPPY 2018 TO ALL!	2 CLOSED TODAY WE WILL REOPEN AT 8 A.M. WEDNESDAY	3 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 Scay & Fit after 40 10:30 am Talk Show "Protect Yourself Against Identity Theft" Lori Scott, Center for Siouxland 10:30 am Guitar Practice 11:00 am Ballet Exercise & Jazz 11:30 am-12:30 pm Lunch 11:30 am Jam Session 12:00 pm Choreographed Ballroom 12:00 pm Choreographed Ballroom 12:00 pm Scrabble 19:00 pm Phase 10 19:00 pm Phase 10 19:00 pm Finess with Kelly, sponsord by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge	4 8:00 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 Women'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	5 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 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 Beginner Tap 12:30 pm Open Bridge Group 12:30 pm Open Bridge 1:00 pm Friday Dance "Country Brew"
 8 -Grief Support Program 9:30 a.m.~ 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Yoga with Amanda 8:30 am Max Strain Strain	9 8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 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 12:15 am Hoopla 12:30 pm Tap Class 12:30 pm Pinch 12:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong	10 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 Taik Show "Interacting with Alzheimer's & Dementia Clients" Ann Myers, Hospice of Siouxland 10:30 am Guitar Practice 11:00 am Ballet Exercise & Jazz 11:30 am-12:30 pm Luch 11:30 am Jam Session 12:00 pm Choreographed Ballroom 12:30 pm Scrabble 11:00 pm Phase 10 11:00 pm Coloring Corner 11:00 pm Storeo State 11:00 pm Storeo State 3:00 pm Finess with Kelly, sponsored by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge	 8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Walking off the Pounds 10:00 am Walking off the Pounds 10:00 am Women's Club 10:00 am Momen's Club 10:30 am Balance Class w/YMCA Instr. 11:30 am Advanced Line Dance 11:30 am L2:30 pm Lunch 12:30 pm Canasta 12:30 pm Canasta 12:30 pm Canasta 12:30 pm Canasta 10:00 pm ACBL Duplicate Bridge 1:00 pm Arcls L Duplicate Bridge 1:00 pm Cribbage 2:00 pm Ping Pong 	12 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wi Bowling 9:30 am Wimen's Pool Shooting Class 10:00 am Blood Pressures/Mercy 11:30 am-12:30 pm Lunch 12:00 pm Beginner Tap 12:00 pm Open Bridge Group 12:30 pm Open Bridge 1:00 pm Open Bridge 1:00 pm Friday Dance "Shirley's Big Band" <i>EREE DANCE</i> Sponsored by Briar Cliff University
15 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 Wil Bowling 9:30 am Tap Class 9:45 am Review Tai Chi Class 10:00 am Knitting & Crocheting 10:00 am Knitting & Crocheting 10:00 am American Mah Jong 11:30 am American Mah Jong 11:30 am Anerican Mah Jong 11:30 am McMark Crocheting 11:30 am Marking Crocheting 2:30 pm Ballroon Lessons 12:30 pm Molking Off Pounds 2:30 pm Fitness with Kelly	16 8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 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 12:15 am Hoopla 12:30 pm Penny Bingo 12:30 pm Penny Bingo 12:30 pm Pinch 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong	 17 ~8 Ball Open Tournament 9 a.m.~ 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 Kens Group 10:00 am Sexy & Fit after 40 10:30 am Taik Show "American's w/Disabilities Act; Community Members' Rights & Businesses' Obligations" -Kathryn Hayden, Asst. U.S. Attorney, Northern District of IA 10:30 am Califar Fitness with Second Baller Exercise & Jazz 11:30 am Ballet Exercise & Jazz 11:30 am Session 12:30 pm Choreographed Ballroom 12:30 pm Scabble 1:00 pm Phase 10 1:00 pm Storeble 1:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge 	18 8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginning Bridge (Howard/ Ercolini) 10:00 am Walking off the Pounds 10:00 am Men's Club 10:00 am Advanced Line Dance 11:30 am-12:30 pm Lunch 12:30 pm Canasta 12:30 pm Canasta 12:30 pm Canasta 12:30 pm Moodcarving 1:00 pm McOba Publicate Bridge 1:00 pm Men's & Women's Social Group 1:00 pm Cribbage 2:00 pm Ping Pong	19 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wi Bowling 9:30 am Fitness w/ Dixie of Recover Health 9:30 am Blood Pressures/St. Luke's 11:30 am-12:30 pm Lunch 12:00 pm Beginner Tap 12:00 pm Open Bridge Group 12:30 pm Open Bridge Group 12:30 pm Open Bridge Bridge 1:00 pm Open Bridge 1:00 pm Stol 1:00 pm Friday Dance "Jerry O'Dell & His Country Flavor Band"
22 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 Wil Bowling 9:30 am Tay Class 9:45 am Review Tai Chi Class 10:00 am Knitting & Crocheting 10:00 am Minky's Music Practice 11:00 am American Mah Jong 11:00 am American Mah Jong 11:00 am American Mah Jong 11:00 am American Mah Jong 12:00 pm ACBL Duplicate Bridge 12:30 pm Moodearving 12:30 pm Moodearving 12:30 pm Balleot Lexeroise & Jazz 12:30 pm Movie "Little Miss Sunshine" 1:00 pm Ballet Exercise & Jazz 1:00 pm Ballet Exercise & Jazz 1:00 pm Ballet Exercise & Jazz 1:00 pm Ballet Diff Pounds 2:30 pm Fitness with Kelly	23 8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 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 12:15 am Hoopla 12:30 pm Tap Class 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong	24 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie of Recover Health 9:00 am Yoga w/Dixie of Recover Health 9:00 am Chen Novice Dup. Bridge Game 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Tail Show "Come Feel What You've Been Missing with the Sioux City Symphony" -Travis Morgan, CEO, Sioux City Symphony 10:30 am Guitar Practice 11:00 am Ballet Exercise & Jazz 11:30 am Jam Session 12:00 pm Choreographed Ballroom 12:00 pm Choreographed Ballroom 12:00 pm Phase 10 1:00 pm Phase 10 1:00 pm Phase 10 1:00 pm Boso 2:30 pm J Mile Walk Warm Up 3:30 pm I Mile Walk Warm Up 3:30 pm I Mile Walk Warm Up 3:30 pm ACBL Duplicate Bridge	25 8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Beginner 2 Line Dance 10:00 am Walking off the Pounds 10:00 am Walking off the Pounds 11:30 am-12:30 pu Lunch 12:30 pm Canasta 12:30 pm Canasta 12:30 pm Menory Bingo 12:30 pm Moodcarving 1:00 pm ACBL Duplicate Bridge 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong	26 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wi Bowling 9:30 am Fitness w/ Dixie of Recover Health 9:30 am Women's Pool Shooting Class 10:00 am Blood Presuvers/Mercy 11:30 am-12:30 pm Lunch 12:00 pm Bolod Presuvers/Mercy 12:30 pm Open Bridge Group 12:30 pm Open Bridge Group 12:30 pm Open Bridge Group 12:30 pm Open Bridge 10:00 pm Friday Dance "Shrley's Big Band" <i>IEEE DANCE</i> Sponsored by Sally Kimbalt, in Celebration of Sally's 90th Birthday
29 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 Wil Bowling 9:30 am Tap Class 9:45 am Review Tai Chi Class 10:00 am Knitting & Crocheting 10:00 am Minkty's Music Practice 11:00 am American Mah Jong 11:30 am Maritan & Crocheting 11:30 am Anterican Mah Jong 11:30 am AcBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movdearving 12:30 pm Molicate Bridge 12:30 pm Mole Lessons 12:30 pm Ballroon Lessons 12:30 pm Ballet Exercise & Jazz 1:00 pm Pincohle 2:00 pm Walking Off Pounds 2:30 pm Fitness with Kelly	30 8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Valking Off Pounds 10:15 am Belly Dancing 10:45 am Belly Dancing 10:45 am Belginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:15 am Hoopla 12:30 pm Penny Bingo 12:30 pm Penny Bingo 12:30 pm Mexican Train 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong	31 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie of Recover Health 9:00 am Yoen Novice Dup. Bridge Game 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy & Fit after 40 10:30 am Tail Show "What to Expect When Buying or Selling Real Extate" -Rachel Carlson, United Real Estate Agent 10:30 am Guitar Practice 11:30 am Jank Session 11:30 am Jank Session 11:30 am Jank Session 11:30 pm Choreographed Ballroom 11:30 pm Scrabble 11:00 pm Phase 10 11:00 pm Coloring Corner 11:00 pm S00 2:30 pm I Mile Walk Warm Up 3:00 pm Finness with Kelly, sponsord by The Heritage of Northern Hills 6:00 pm ACBL Duplicate Bridge	January Opportunities Health/Fun: Jan. 1 & 2Closed Jan. 8Grief Support Program Jan. 8Jan. Birthday Party Jan. 9. 10, 11, 12Briar Cliff University Nursing Students assisting in Fitness Room; available to answer questions 8:15-11:30 a.m. Jan. 12FREE dance sponsored by Briar Cliff University Jan. 17Pool Tournament sponsored by Family Health Care of Siouxland & Dr. Danner; Pre-register in the Pool Room Jan. 26FREE dance sponsored by Sally Kimball in celebration of her 90th birthday *Schedule <u>Computer Classes</u> ; days/time vary	YMCA Enhance Fitness Classes are now open to all Members pay \$1 per class, while the public pays \$3 per class. This fee pays the Instructor cost. Spread the word and invite friends to join you, Tuesdays, Wednesdays & Fridays, 8:30 a.m9:30 a.m., in the Multi-Purpose Room.