

## JANUARY 2018

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

|  | JILIN   |   |   |   |
|--|---|---|---|---|
| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
| 1<br>CLOSED<br>TODAY<br>HAPPY 2018<br>TO ALL!  | 2<br>CLOSED<br>TODAY<br>WE WILL<br>REOPEN AT<br>8 A.M.<br>WEDNESDAY   | <b>3</b><br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Yoga w/Dixie of Recover Health<br>9:00 am Open Novice Dup. Bridge Game<br>9:30 am Painting Class<br>10:00 am Scay & Fit after 40<br>10:30 am Talk Show<br>"Protect Yourself Against Identity Theft"<br>Lori Scott, Center for Siouxland<br>10:30 am Guitar Practice<br>11:00 am Ballet Exercise & Jazz<br>11:30 am-12:30 pm Lunch<br>11:30 am Jam Session<br>12:00 pm Choreographed Ballroom<br>12:00 pm Choreographed Ballroom<br>12:00 pm Scrabble<br>19:00 pm Phase 10<br>19:00 pm Phase 10<br>19:00 pm Finess with Kelly, sponsord by<br>The Heritage of Northern Hills<br>6:00 pm ACBL Duplicate Bridge   | 4<br>8:00 am Penny Bingo<br>9:00 am Yoga<br>9:00 am Beginner 2 Line Dance<br>10:00 am Beginning Bridge (Howard/<br>Ercolini)<br>10:00 am Walking off the Pounds<br>10:00 am Women's Club<br>10:00 am Women's Club<br>10:30 am Balance Class w/YMCA Instr.<br>11:00 am Advanced Line Dance<br>11:30 am-12:30 pm Lunch<br>12:30 pm Canasta<br>12:30 pm Penny Bingo<br>12:30 pm Woodcarving<br>1:00 pm ACBL Duplicate Bridge<br>1:00 pm Men's & Women's Social Group<br>1:00 pm Inter. Line Dance<br>1:00 pm Cribbage<br>2:00 pm Ping Pong   | 5<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Mixed Media Art Class/Vivian Miller<br>9:30 am Wii Bowling<br>9:30 am Women's Pool Shooting Class<br>10:00 am Blood Pressures/St Luke's<br>11:30 am-12:30 pm Lunch<br>12:00 pm Beginner Tap<br>12:30 pm Open Bridge Group<br>12:30 pm Open Bridge<br>1:00 pm Friday Dance<br>"Country Brew"   |
| <ul> <li>8 -Grief Support Program 9:30 a.m.~</li> <li>8:00 am Scrapbooking</li> <li>8:30 am Yoga with Amanda</li> <li>8:30 am Yoga with Amanda</li> <li>8:30 am Max Strain Strain</li></ul> | 9<br>8:00 am Penny Bingo<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Senior Yoga<br>9:30 am Painting Class<br>10:00 am Creative Writing<br>10:00 am Walking Off Pounds<br>10:15 am Belly Dancing<br>10:30 am Crafts with Betty<br>10:45 am Beginning Tai Chi Class<br>11:30 am-12:30 pm Lunch<br>12:15 am Hoopla<br>12:30 pm Tap Class<br>12:30 pm Pinch<br>12:00 pm Mexican Train<br>1:00 pm Painting Class<br>2:00 pm Ping Pong                         | 10<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Yoga w/Dixie of Recover Health<br>9:00 am Open Novice Dup. Bridge Game<br>9:30 am Painting Class<br>10:00 am Chess Group<br>10:00 am Sexy & Fit after 40<br>10:30 am Taik Show<br>"Interacting with Alzheimer's & Dementia<br>Clients"<br>Ann Myers, Hospice of Siouxland<br>10:30 am Guitar Practice<br>11:00 am Ballet Exercise & Jazz<br>11:30 am-12:30 pm Luch<br>11:30 am Jam Session<br>12:00 pm Choreographed Ballroom<br>12:30 pm Scrabble<br>11:00 pm Phase 10<br>11:00 pm Coloring Corner<br>11:00 pm Storeo State<br>11:00 pm Storeo State<br>3:00 pm Finess with Kelly, sponsored by<br>The Heritage of Northern Hills<br>6:00 pm ACBL Duplicate Bridge  | <ul> <li>8:00 am Penny Bingo</li> <li>9:00 am Yoga</li> <li>9:00 am Beginner 2 Line Dance</li> <li>10:00 am Walking off the Pounds</li> <li>10:00 am Walking off the Pounds</li> <li>10:00 am Women's Club</li> <li>10:00 am Momen's Club</li> <li>10:30 am Balance Class w/YMCA Instr.</li> <li>11:30 am Advanced Line Dance</li> <li>11:30 am L2:30 pm Lunch</li> <li>12:30 pm Canasta</li> <li>12:30 pm Canasta</li> <li>12:30 pm Canasta</li> <li>12:30 pm Canasta</li> <li>10:00 pm ACBL Duplicate Bridge</li> <li>1:00 pm Arcls L Duplicate Bridge</li> <li>1:00 pm Cribbage</li> <li>2:00 pm Ping Pong</li> </ul>        | <b>12</b><br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Mixed Media Art Class/Vivian Miller<br>9:30 am Wi Bowling<br>9:30 am Wimen's Pool Shooting Class<br>10:00 am Blood Pressures/Mercy<br>11:30 am-12:30 pm Lunch<br>12:00 pm Beginner Tap<br>12:00 pm Open Bridge Group<br>12:30 pm Open Bridge<br>1:00 pm Open Bridge<br>1:00 pm Friday Dance<br>"Shirley's Big Band"<br><i>EREE DANCE</i><br>Sponsored by Briar Cliff University   |
| 15<br>8:00 am Scrapbooking<br>8:30 am Yoga with Amanda<br>8:30 am Exercise Plus 50<br>9:30 am Intern. Duplicate Bridge Class<br>9:30 am Wil Bowling<br>9:30 am Tap Class<br>9:45 am Review Tai Chi Class<br>10:00 am Knitting & Crocheting<br>10:00 am Knitting & Crocheting<br>10:00 am American Mah Jong<br>11:30 am American Mah Jong<br>11:30 am Anerican Mah Jong<br>11:30 am McMark Crocheting<br>11:30 am Marking Crocheting<br>2:30 pm Ballroon Lessons<br>12:30 pm Molking Off Pounds<br>2:30 pm Fitness with Kelly   | 16<br>8:00 am Penny Bingo<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Senior Yoga<br>9:30 am Painting Class<br>10:00 am Creative Writing<br>10:00 am Walking Off Pounds<br>10:15 am Belly Dancing<br>10:45 am Beginning Tai Chi Class<br>11:30 am-12:30 pm Lunch<br>12:15 am Hoopla<br>12:30 pm Penny Bingo<br>12:30 pm Penny Bingo<br>12:30 pm Pinch<br>1:00 pm Mexican Train<br>1:00 pm Painting Class<br>2:00 pm Ping Pong                             | <ul> <li>17 ~8 Ball Open Tournament 9 a.m.~</li> <li>8:30 am Enhance Fitness w/YMCA Instr.</li> <li>9:00 am Yoga w/Dixie of Recover Health</li> <li>9:00 am Open Novice Dup. Bridge Game</li> <li>9:30 am Painting Class</li> <li>10:00 am Kens Group</li> <li>10:00 am Sexy &amp; Fit after 40</li> <li>10:30 am Taik Show</li> <li>"American's w/Disabilities Act; Community</li> <li>Members' Rights &amp; Businesses' Obligations"</li> <li>-Kathryn Hayden, Asst. U.S. Attorney, Northern</li> <li>District of IA</li> <li>10:30 am Califar Fitness with Second Baller Exercise &amp; Jazz</li> <li>11:30 am Ballet Exercise &amp; Jazz</li> <li>11:30 am Session</li> <li>12:30 pm Choreographed Ballroom</li> <li>12:30 pm Scabble</li> <li>1:00 pm Phase 10</li> <li>1:00 pm Storeble</li> <li>1:00 pm Fitness with Kelly, sponsored by</li> <li>The Heritage of Northern Hills</li> <li>6:00 pm ACBL Duplicate Bridge</li> </ul> | 18<br>8:00 am Penny Bingo<br>9:00 am Yoga<br>9:00 am Beginning Bridge (Howard/<br>Ercolini)<br>10:00 am Walking off the Pounds<br>10:00 am Men's Club<br>10:00 am Advanced Line Dance<br>11:30 am-12:30 pm Lunch<br>12:30 pm Canasta<br>12:30 pm Canasta<br>12:30 pm Canasta<br>12:30 pm Moodcarving<br>1:00 pm McOba Publicate Bridge<br>1:00 pm Men's & Women's Social Group<br>1:00 pm Cribbage<br>2:00 pm Ping Pong   | <b>19</b><br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Mixed Media Art Class/Vivian Miller<br>9:30 am Wi Bowling<br>9:30 am Fitness w/ Dixie of Recover Health<br>9:30 am Blood Pressures/St. Luke's<br>11:30 am-12:30 pm Lunch<br>12:00 pm Beginner Tap<br>12:00 pm Open Bridge Group<br>12:30 pm Open Bridge Group<br>12:30 pm Open Bridge Bridge<br>1:00 pm Open Bridge<br>1:00 pm Stol<br>1:00 pm Friday Dance<br>"Jerry O'Dell & His Country Flavor Band"   |
| 22<br>8:00 am Scrapbooking<br>8:30 am Yoga with Amanda<br>8:30 am Exercise Plus 50<br>9:30 am Interm. Duplicate Bridge Class<br>9:30 am Wil Bowling<br>9:30 am Tay Class<br>9:45 am Review Tai Chi Class<br>10:00 am Knitting & Crocheting<br>10:00 am Minky's Music Practice<br>11:00 am American Mah Jong<br>11:00 am American Mah Jong<br>11:00 am American Mah Jong<br>11:00 am American Mah Jong<br>12:00 pm ACBL Duplicate Bridge<br>12:30 pm Moodearving<br>12:30 pm Moodearving<br>12:30 pm Balleot Lexeroise & Jazz<br>12:30 pm Movie<br>"Little Miss Sunshine"<br>1:00 pm Ballet Exercise & Jazz<br>1:00 pm Ballet Exercise & Jazz<br>1:00 pm Ballet Exercise & Jazz<br>1:00 pm Ballet Diff Pounds<br>2:30 pm Fitness with Kelly   | 23<br>8:00 am Penny Bingo<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Senior Yoga<br>9:30 am Painting Class<br>10:00 am Creative Writing<br>10:00 am Walking Off Pounds<br>10:15 am Belly Dancing<br>10:30 am Crafts with Betty<br>10:45 am Beginning Tai Chi Class<br>11:30 am-12:30 pm Lunch<br>12:15 am Hoopla<br>12:30 pm Tap Class<br>12:30 pm Penny Bingo<br>12:30 pm Pitch<br>1:00 pm Mexican Train<br>1:00 pm Painting Class<br>2:00 pm Ping Pong | 24<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Yoga w/Dixie of Recover Health<br>9:00 am Yoga w/Dixie of Recover Health<br>9:00 am Chen Novice Dup. Bridge Game<br>9:30 am Painting Class<br>10:00 am Chess Group<br>10:00 am Sexy & Fit after 40<br>10:30 am Tail Show<br>"Come Feel What You've Been Missing with the<br>Sioux City Symphony"<br>-Travis Morgan, CEO, Sioux City Symphony<br>10:30 am Guitar Practice<br>11:00 am Ballet Exercise & Jazz<br>11:30 am Jam Session<br>12:00 pm Choreographed Ballroom<br>12:00 pm Choreographed Ballroom<br>12:00 pm Phase 10<br>1:00 pm Phase 10<br>1:00 pm Phase 10<br>1:00 pm Boso<br>2:30 pm J Mile Walk Warm Up<br>3:30 pm I Mile Walk Warm Up<br>3:30 pm I Mile Walk Warm Up<br>3:30 pm ACBL Duplicate Bridge   | 25<br>8:00 am Penny Bingo<br>9:00 am Yoga<br>9:00 am Beginner 2 Line Dance<br>10:00 am Beginner 2 Line Dance<br>10:00 am Walking off the Pounds<br>10:00 am Walking off the Pounds<br>11:30 am-12:30 pu Lunch<br>12:30 pm Canasta<br>12:30 pm Canasta<br>12:30 pm Menory Bingo<br>12:30 pm Moodcarving<br>1:00 pm ACBL Duplicate Bridge<br>1:00 pm Inter. Line Dance<br>1:00 pm Cribbage<br>2:00 pm Ping Pong | 26<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Mixed Media Art Class/Vivian Miller<br>9:30 am Wi Bowling<br>9:30 am Fitness w/ Dixie of Recover Health<br>9:30 am Women's Pool Shooting Class<br>10:00 am Blood Presuvers/Mercy<br>11:30 am-12:30 pm Lunch<br>12:00 pm Bolod Presuvers/Mercy<br>12:30 pm Open Bridge Group<br>12:30 pm Open Bridge Group<br>12:30 pm Open Bridge Group<br>12:30 pm Open Bridge<br>10:00 pm Friday Dance<br>"Shrley's Big Band"<br><i>IEEE DANCE</i><br>Sponsored by Sally Kimbalt,<br>in Celebration of Sally's 90th Birthday |
| 29<br>8:00 am Scrapbooking<br>8:30 am Yoga with Amanda<br>8:30 am Exercise Plus 50<br>9:30 am Interm. Duplicate Bridge Class<br>9:30 am Wil Bowling<br>9:30 am Tap Class<br>9:45 am Review Tai Chi Class<br>10:00 am Knitting & Crocheting<br>10:00 am Minkty's Music Practice<br>11:00 am American Mah Jong<br>11:30 am Maritan & Crocheting<br>11:30 am Anterican Mah Jong<br>11:30 am AcBL Duplicate Bridge<br>12:30 pm Woodcarving<br>12:30 pm Movdearving<br>12:30 pm Molicate Bridge<br>12:30 pm Mole Lessons<br>12:30 pm Ballroon Lessons<br>12:30 pm Ballet Exercise & Jazz<br>1:00 pm Pincohle<br>2:00 pm Walking Off Pounds<br>2:30 pm Fitness with Kelly  | 30<br>8:00 am Penny Bingo<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Senior Yoga<br>9:30 am Painting Class<br>10:00 am Valking Off Pounds<br>10:15 am Belly Dancing<br>10:45 am Belly Dancing<br>10:45 am Belginning Tai Chi Class<br>11:30 am-12:30 pm Lunch<br>12:15 am Hoopla<br>12:30 pm Penny Bingo<br>12:30 pm Penny Bingo<br>12:30 pm Mexican Train<br>1:00 pm Mexican Train<br>1:00 pm Painting Class<br>2:00 pm Ping Pong                       | 31<br>8:30 am Enhance Fitness w/YMCA Instr.<br>9:00 am Yoga w/Dixie of Recover Health<br>9:00 am Yoen Novice Dup. Bridge Game<br>9:30 am Painting Class<br>10:00 am Chess Group<br>10:00 am Sexy & Fit after 40<br>10:30 am Tail Show<br>"What to Expect When Buying or Selling Real<br>Extate"<br>-Rachel Carlson, United Real Estate Agent<br>10:30 am Guitar Practice<br>11:30 am Jank Session<br>11:30 am Jank Session<br>11:30 am Jank Session<br>11:30 pm Choreographed Ballroom<br>11:30 pm Scrabble<br>11:00 pm Phase 10<br>11:00 pm Coloring Corner<br>11:00 pm S00<br>2:30 pm I Mile Walk Warm Up<br>3:00 pm Finness with Kelly, sponsord by<br>The Heritage of Northern Hills<br>6:00 pm ACBL Duplicate Bridge   | January Opportunities Health/Fun:<br>Jan. 1 & 2Closed<br>Jan. 8Grief Support Program<br>Jan. 8Jan. Birthday Party<br>Jan. 9. 10, 11, 12Briar Cliff University Nursing<br>Students assisting in Fitness Room; available to<br>answer questions 8:15-11:30 a.m.<br>Jan. 12FREE dance sponsored by Briar Cliff<br>University<br>Jan. 17Pool Tournament sponsored by Family<br>Health Care of Siouxland & Dr. Danner;<br>Pre-register in the Pool Room<br>Jan. 26FREE dance sponsored by Sally<br>Kimball in celebration of her 90th birthday<br>*Schedule <u>Computer Classes</u> ; days/time vary                                 | YMCA Enhance Fitness Classes<br>are now open to all<br>Members pay \$1 per class, while<br>the public pays \$3 per class.<br>This fee pays the Instructor cost.<br>Spread the word and invite<br>friends to join you,<br>Tuesdays, Wednesdays<br>& Fridays, 8:30 a.m9:30 a.m.,<br>in the Multi-Purpose Room.  |