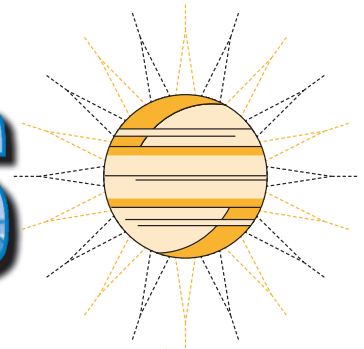


# JANUARY 2018 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
476

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 Jeanie Dunbar



Member Jeanie Dunbar has been chosen January Volunteer of the Month. Jeanie joined the Center in 2006 upon retirement from the Sioux City Community School District, because she wanted to keep busy and not "sit". Once inside the doors, she found volunteering to her liking - first stop, assisting at the front desk. Next stop for Jeanie was joining Active Generations Chorus' alto section, where she continues to be involved.

Knowing music was her "bag", Jeanie began playing the piano at age three and moved on to the saxophone, which she continues to enjoy. We witnessed her sax talents when she accompanied Donabelle's Band, playing for numerous Friday dances at the Center.

In Jeanie's spare time, she frequents the gift shop as a shopper and a supplier! Join Jeanie, Jan. 8, 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 Party Recognition

Monday, December 4, 165 members enjoyed the 2017 Christmas Party. I would like to thank the following businesses for their donations of treats: Accura Health Care, Casa De Paz, Brookdale, Heritage at Northern Hills, Mills Shellhammer Puetz, Recover Health, Regency Square Care Center and Whispering Creek, also Bickford Cottage for the donated goody bags distributed by Santa and Mrs. Claus. Door prizes were provided by Johnnie Mars Restaurant, Center member Leonard Kurtz, M's on 4th, Sandy Welch of our meal site, Palmer Candy and Texas Roadhouse. It was great to have Santa Claus a.k.a. Larry Harrington and Mrs. Claus a.k.a. Rita Potter with us, as well as those who entertained: Center member Joey Hartshorn, Delaine Krager and Jessica Krager, and the Active Generations Chorus.

*\*Special thanks to members who volunteered...Bev Hall for table decorations and our other event volunteers...without you, activities such as this would not be possible. Thank you for always helping when needed; you are greatly appreciated.*

*-Kerry Ruehle, Program Director*



## Center Closed for New Year's Holiday

The Siouxland Center for Active Generations will also be closed Monday, Jan. 1, and Tuesday, Jan. 2, for the New Year's Holiday.

*We wish all members of the Center, a Happy 2018.*

# 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 — \$52 per Person

Contact us about advertising  
in the Sunshine News

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



Hello All,

I sure hope you are having a wonderful holiday season. I know there has been a lot of celebration here at Active Generations. It is fitting to give Kerry a big “shout-out” for all she has done to make this Holiday Season fun and inviting for all our members. Thank you Kerry! It is also a bitter sweet thank you, as Kerry has decided to resign her position here at Active Generations effective December 29th.

Since joining Active Generations eleven years ago, Kerry has been a valuable member of the team. Her contributions have been essential to the success of your Center. Although she will be sincerely missed as a staff member, she is still a member, and a dear friend to many. The good thing is, she is planning more time with family, AND we will still be seeing her here at the Center to share good times with life-long friends! We all wish her the best in future endeavors.

~Cheryl

*“The Center members will always be special in my heart”*

~Kerry

## Thank You Volunteers

A sincere thank you to our many Center volunteers for all you did during 2017. Those who instruct our classes, work in our coffee or gift shops, library or meal site, sit at the front desk, help at special events, care for the beautiful plants and facility itself, contribute to the monthly publication of the Sunshine News, serve on our Board of Directors or assist in any other capacity here at the Siouxland Center for Active Generations...thank you for your help and support. Active Generations would not be the great place it is without your help...*you are the heart of our “home” and may you be blessed for all that you do.*

~Kerry Ruehle,  
Program Director

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

Bickford Cottage	Sam's Club	Taco John's - Hamilton
Heritage at Northern Hills	American Popcorn	McDonalds-North Sioux
Regency Square	Company	Culver's-Hamilton
Whispering Creek	Accura	Fareway - Indian Hills
Floyd Place	Casa De Paz	Avery Brothers Signs
Countryside	Texas Roadhouse	
Walmart	Palmer Candy	



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](http://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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& 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 November. We thank them for their thoughtfulness.

- |                      |                  |                  |                  |
|----------------------|------------------|------------------|------------------|
| KATHY ANDERS         | CONNIE GAGNON    | MARTHA MILHAN    | BARB STEFFE      |
| JANE ASHMORE         | VERLA HAACK      | VIVIAN MILLER    | PAUL SWANSON     |
| LOLA BALSTAD         | SHARON HANNEMAN  | ANNE MRLA        | DIANE TAYLOR     |
| KRIS BERGSTROM       | KYONG AE HANSHAW | SHARON MURPHY    | MIKE & KAREN TEW |
| LIZ BLACHNIK         | JEANETTE HANSON  | JAN NELSON       | EVEY THOMPSON    |
| JUDY BOCIAN-PIERCE   | CARL HARTMAN     | KAREN NELSON     | MARILYN THOMPSON |
| GARY BOGENREIF       | GRACE HAWKINS    | DON NIEUENDORP   | JAN TINDEN       |
| PAT BORNHOFT         | JANE HENDERSEN   | MERLIN OLSON     | LYLE TODD        |
| MARY BROWNING        | ROSALIE HORSTED  | NORMA PETERSEN   | SHERRI ULHRICH   |
| BARB CARLSON         | NORMAGENE HUGHES | JOANNE PETERSEN  | NORMA ULMER      |
| DONNA CASTLE         | PAT ISAACSON     | GEORGE POLAK     | NANCY VAN METER  |
| MIRIAM CLAYTON       | DEANNA JACOBS    | JANE POLLARD     | GRACE WAGONER    |
| VALERIE CONAWAY-COTE | TOM JACOBS       | JACKIE POZNANSKI | JON WAGONER      |
| LINDA DEABLER        | VIKKI JACOBS     | RICHARD PUHL     | HELEN WEDMORE    |
| KATHLEENDETERMANN    | SALLY KIMBALL    | ALICE REEG       | CARMEN WHITE     |
| MARTHA DIRKS         | DONNA MARSH      | JUDY REHUREK     | B.DAMON WILLIAMS |
| BARB DOREN           | RICHARD MCARTHUR | ALICE SAILOR     | ROBERT ZEDIKER   |
| JEANIE DUNBAR        | ELAINE MCCUDDEN  | JULIE SEMPLE     |                  |
| AUDRY ERCOLINI       | BARB MCKENNY     | MARGE SICOKAN    |                  |
| SANDY FRAVEL         | JUDY MEYERS      | BOB STEFFE       |                  |

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## Financial Support for YMCA Enhance Fitness Classes

We thank the Noon Lions Club and Shopko Stores for their recent grant donations. These monies help offset instructor costs for the YMCA Enhance Fitness Classes. Remind friends to attend these classes-\$1 for members, \$3 for nonmembers.



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**PRESTIGE**  
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**Funeral Homes**

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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.

*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 \_\_\_\_\_

# Annual Campaign

We have reached 10% of the goal for the Annual Campaign! If you have already donated, thank you; if not, read below and see what a donation entitles you to:

*GIVE	AND GET...
ANY \$	Tour of Tyson Event Center
\$25 or more	Tour and FREE buffet at Hardrock
\$50 or more	Tour, Buffet and Active Generations T-Shirt
\$100 or more	Tour, Buffet and Active Generations Sweatshirt
\$200 or more	Tour, Buffet, T-Shirt, Sweatshirt, and a gift bag
\$500 or more	ALL of the above and recognition in the Dollar a Day Club
\$1000 or more	ALL of the above and recognition on the Wall of Donors

\*Donation must be received by March 1st, 2018 to be eligible for gifts

GOAL

66%

Please Support Your Active Generations Family

## Bridge News

Duplicate bridge group had a great holiday party with fantastic food and 11 tables of bridge. Many of the new students and players attended the party which was held early before the snow birders left for the winter. We also enjoyed our annual New Year's party--again with good food and more bridge playing. What better way to greet the New Year!

The novice group on Wednesday morning continues to attract new players, which helps our bridge group grow. The enthusiasm is contagious. We always welcome new players in our games and classes. Consult the center calendar for days and times. Ruth Chancey needs at least four people interested in learning bridge to make a new class for beginners successful; stop in during bridge to let us know if you would like to be one of those students. It looks like we are headed for a "bridgeful" New Year.

~Audrey Ercolini



## February Birthday Party Drawing

Attend the February Birthday Party and your name will be entered in a drawing to win a quilt made by our Knitting & Crocheting and Open Craft Groups. Thanks ladies for this generous donation of time and talent!



# January 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:*

- Jan. 9** - Another Year Already
- Jan. 16** - Winter Blankets
- Jan. 23** - Winter Winds Blow
- Jan. 30** - Winter Soups or Modern Times

Resolutions for 2018:

1. Make time for exercise.
2. Stop worrying about your kids constantly.
3. Stop eating fast foods.
4. Read more.
5. Give money to a worthy cause.
6. Be kind to yourself.

This popular well-known poem, was written in 1788 by Robert Burns:

**Auld Lang Syne**

Should auld acquaintance be forgot,  
and never brought to mind?  
Should auld acquaintance be forgot,  
and days of auld lang syne?

Chorus: For auld lang syne, my jo,  
for auld lang syne,  
we'll tak' a cup o' kindness yet,  
for auld lang syne.

- Alice Reeg, Creative Writing

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Michael Sloniker,  
M.S., CCC-A

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405 Wesley Parkway • 712.258.7790  
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## Grief Support Program

The Grief Support Program for members is Monday, Jan. 8, 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.

**COFFEE Sit Sip SHOP**

First and foremost, I want to thank Santa for a donation of vanilla from Mexico. I have found this brand to be among the best on the market!

November baking was busy for me: a bake sale at Northern Hills, where I sold all items except three pies, with proceeds benefitting the Center. I also bake for residents at Northern Hills-there's no baking as good as homemade!

Please continue to sit and sip with us at the Coffee Shop-we love to see you!

- Marilyn Haller

## Rent the Center

Yet another benefit to being a Center member... Did you know that as an ActiveGenerations member-you can rent parts of the building? Rent a meeting room during the day and even rent the building after hours. Contact Cheryl at (712) 255-1729 for more details.

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Whispering Creek  
ACTIVE RETIREMENT COMMUNITY

# January Yearly Membership Anniversaries

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

JIM ANDERSON  
ANGELA ARRINGTON  
MARY ANN AUDINO  
MAE BARRON  
DEBORAH BELL  
VICKY BENTSON  
CLAUDIA BLENDERMAN  
DONALD BOURRET  
MARY LOU BURNS  
LEE CHAMBERLAIN  
MARILYN CHAMBERLAIN  
ELVERA (LOIS) CHARTIER  
LOWELL CHELLEW  
WANDA COAN  
KATE A (CATHERINE) CODINA  
DARLENE COULSON  
JOHN COWLEY  
JUDITH COWLEY  
JOANNE CRAIG  
SHERRY CRAIG  
DOROTHY CRIM  
LINDA CUMPTON  
BARBARA DAVIS  
BOB DAVIS  
MARILYN DERMIT  
GLENDA DRENNEN  
MARGO ELZEINI

ALICE ENGLAND  
DEAN (MARLIN) ENGLAND  
GARY FARLEY  
HERBERT FISCHER  
KIRK FLAMMANG  
NANCY FLAMMANG  
JOHN FOURNIER  
DENNIS FOWLER  
MADELINE (MOLLY) M FOWLER  
DEBRA FRAZEE  
GARY GRAUSE  
SUSIE GREEN  
WARREN GRIEVE  
ALICE GROSS  
LYNN GROSS  
HAROLD HEIDEN  
JANE HENDERSON  
MARILYN HOBERG  
BRUCE HUNKINS  
ARVIN LEE JACOBSMA  
PAT JACOBSMA  
CATHERINE (CATHY) JENNINGS  
BETTY ANN JOHNSON  
GARY JOHNSON  
LAVONNE KELEHER  
ELIZABETH MAE KOSINSKI  
DARRELL KROMMENHOEK

LEONARD EMIL KURTZ  
KATHY SUE KVALE  
JOAN LEE  
JODI LIEBER  
RICHARD LILLY  
DORIS LOHRY  
ROY LOVE  
BILL LYLE  
MURIEL LYLE  
JERRY MADISON  
NEIL MAGNUSSON  
LAUREL MCFARLIN  
JOHN MEYER  
JOAN MIZE  
MICHAEL MONTGOMERY  
DAVID MOOK  
EDWARD MORAN III  
JENNIE MURTHA  
ROGER MURTHA  
DEWAYNE NICOLLS  
ED OAKLEY  
CAROLE PERRIN  
JEFFREY POSS  
JACKIE POZNANSKI  
IRENE PRINCE  
SHERYL PRINS  
ANNETTE RASMUSSEN

ORRIN RASMUSSEN  
DOROTHY ANNE RIETZ  
ARLENE RODEEN  
SANDRA ROL  
JOHN SCHERRMAN  
HELEN SCOTT  
STEVE SHADLE  
MARY HELEN SIEVERS  
WILLIAM SIEVERS  
JUDY A (REV DR) SMITH  
MICHAEL A REV SMITH  
CHARLES SMOLEY  
DEAN STOLL  
MARGARET E (MARG) SWANSON  
ROBERT F (BOB) SWANSON  
WILMA THOMPSON  
DELORES TOWNLY  
DONALD TUDEHOPE  
EDNA M (EDDIE) TUDEHOPE  
MARY UNDERWOOD  
NANCY VAN METER  
JAMES VELDHUIZEN  
EVELYN WALDING  
KEN WALSH  
JUDY WARD  
KATHY WATKINS  
SHARON WEBER

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# CENTER STAGE TAPPERS and Merry Go Rounders

We hope everyone had a Merry Christmas, and is heading into an even happier Happy New Year!

The tappers had an amazing Christmas party at Lori Watt's, ending with a southern winter sendoff for Jane Hunkins. We always wish her best, but also wish her back in Sioux City! Jane works hard to leave us new routines to learn and a little extra time to polish the old ones. Upon Jane's return, she would love to see some new "tap faces," please stop in and see what you have been missing. You'll never learn any younger!

*Take a chance and dance!  
Nothing is impossible; the word itself says, I'm possible!*

- BJ Heitzman

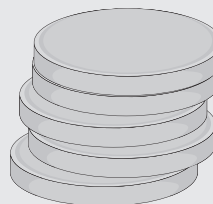


Illness, weather and travel take quite a toll on our small dance group. Therefore, our practices will go week to week depending on who is able to join us. We continue to recruit anyone who would like to try round dancing; just check in with Dick and BJ Heitzman on Wednesdays at 1 p.m., in the Exercise Room.

We encourage you to keep dance a top 2018 priority for fun, exercise and good health!

- BJ Heitzman

## Penny Bingo Games & Food



On Jan. 2, we will host a \$5 special and hope you will join us:

- You may play four, six, or nine cards for \$5
- Half of the winnings will go to the players
- Half of the winnings will go to the Center to purchase a new camera

-Bill Merritt

*As shown in the picture, Bingo players were very generous with the food collection this year.*



### 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](http://siouxcityfirst.com)).

## 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!



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

# JANUARY 2018

**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  
9:30 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  
"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  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
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

**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 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

**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 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 Beginner 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"

**8** ~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  
10:00 am Pinky's Music Practice  
11:00 am American Mah Jong  
11:30 am-12:30 pm Lunch  
12:00 pm ACBL Duplicate Bridge  
12:30 pm Woodcarving  
1:00 pm Birthday Party  
Entertainment: Joey Hartshorn  
Hosts: Creative Writing  
Volunteer of the Month: Jeanie Dunbar  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly

**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 Penny Bingo  
12:30 pm Pitch  
1:00 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 Talk 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 Lunch  
11:30 am Jam Session  
12:00 pm Choreographed Ballroom  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm 1 Mile Walk Warm Up  
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**12**

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9:00 am Mixed Media Art Class/Vivian Miller  
9:30 am Wii Bowling  
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 Beginner 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"  
**FREE DANCE...**  
Sponsored by Briar Cliff University

**15**

8:00 am Scrapbooking

**16**

8:00 am Penny Bingo

**17** ~8 Ball Open Tournament 9 a.m.~

8:30 am Enhance Fitness w/YMCA Instr.

**18**

8:00 am Penny Bingo

**19**

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  
 10:00 am Pinky's Music Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Ballroom Lessons  
 12:30 pm **Movie**  
 "The Wedding Planner"  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds  
 2:30 pm Fitness with Kelly



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 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

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  
 "American's w/Disabilities Act: Community Members' Rights & Businesses' Obligations"  
 ~Kathryn Hayden, Asst. U.S. Attorney, Northern District of IA  
 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  
 12:30 pm Scrabble  
 1:00 pm Phase 10  
 1:00 pm Coloring Corner  
 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  
 10:00 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

9:00 am Mixed Media Art Class/Vivian Miller  
 9:30 am Wii Bowling  
 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 Beginner 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"



**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 Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Pinky's Music Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Ballroom Lessons  
 12:30 pm **Movie**  
 "Little Miss Sunshine"  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off 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 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  
 "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-12:30 pm Lunch  
 11:30 am Jam Session  
 12:00 pm Choreographed Ballroom  
 12:30 pm Scrabble  
 1:00 pm Phase 10  
 1:00 pm Coloring Corner  
 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

**25**

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 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

**26**

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 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 Women's Club  
 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"

**FREE DANCE...**  
 Sponsored by Sally Kimball,  
 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 Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Pinky's Music Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Ballroom Lessons  
 12:30 pm **Movie**  
 "Notting Hill"  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 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 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 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

**31**

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  
 "What to Expect When Buying or Selling Real Estate"  
 ~Rachel Carlson, United Real Estate Agent  
 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  
 12:30 pm Scrabble  
 1:00 pm Phase 10  
 1:00 pm Coloring Corner  
 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

January Opportunities Health/Fun:  
Jan. 1 & 2...Closed  
Jan. 8...Grief Support Program  
Jan. 8...Jan. Birthday Party  
Jan. 9, 10, 11, 12...Briar Cliff University Nursing  
 Students assisting in Fitness Room; available to answer questions 8:15-11:30 a.m.  
Jan. 12...FREE dance sponsored by Briar Cliff University  
Jan. 17...Pool Tournament sponsored by Family Health Care of Siouxland & Dr. Danner; Pre-register in the Pool Room  
Jan. 26...FREE dance sponsored by Sally Kimball in celebration of her 90th birthday  
 \*Schedule Computer Classes; 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.m.-9:30 a.m., in the Multi-Purpose Room.*



**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**



# JANUARY 2018

Mon	Tue	Wed	Thu	Fri
1 <b>CLOSED... HAPPY NEW YEAR TO ALL...</b>	2 <b>CLOSED... WE WILL REOPEN AT 8 A.M. WEDNESDAY...</b>	3 Chicken Fried Chicken Mashed Potatoes/ Country Gravy Vegetable      Dessert	4 Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert	5 Baked Chicken Hind Quarter Mashed Potatoes/Gravy Vegetable      Dessert
8 Chicken Noodle Soup Grilled Cheese Sandwich Dessert	9 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	10 Vegetable Beef Soup Ham Sandwich Dessert	11 Broasted Chicken Cheesy Potatoes Vegetable Dessert	12 Baked Ham Mashed Potatoes/Gravy Vegetable Dessert
15 Goulash Garlic Bread Dessert	16 Chicken Breast Rice Pilaf Vegetable Dessert	17 BBQ Baby Back Ribs Baked Potato Vegetable Dessert	18 Pork Loin Mashed Potatoes/Gravy Vegetable Dessert	19 Meatloaf Mashed Potatoes/Gravy Vegetable Dessert
22 Country Fried Steak Mashed Potatoes/ Country Gravy Vegetable      Dessert	23 Hot Beef Sandwich Mashed Potatoes/Gravy Vegetable Dessert	24 Homemade Chicken & Noodles Mashed Potatoes Vegetable      Dessert	25 Hamburger Steak Mashed Potatoes/Gravy Vegetable Dessert	26 Tavern Onion Rings Vegetable Dessert
29 Beef Stroganoff Homemade Bun Dessert	30 Roast Beef Mashed Potatoes/Gravy Vegetable Dessert	31 Lasagna Garlic Bread Dessert	<u>February 1</u> Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert	<u>February 2</u> Hot Pork Sandwich Mashed Potatoes/Gravy Vegetable Dessert

# Young at Heart Line Dancers

What a wonderful December: line dancing to Christmas music, the annual line dancers' Christmas buffet luncheon (which always proves we can cook and dance!), and the "icing on the cake" - a surprise 90th birthday party provided by dancers in celebration of my Dec. 26 birthday! I enjoyed spending part of the two-week holiday dance break in Colorado with my son and his family, but look forward to the Jan. 4 return of line dance.

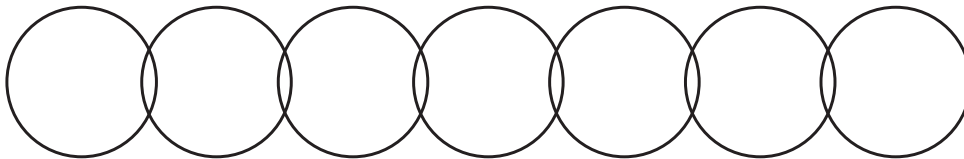
We have had several requests to start a Beginner's Line Dance class. If interested, please call the Center and leave your name and phone number. We would like at least five people to start this class, so talk it up with friends, get your names on the list and meet us at 9 a.m., Thursday, Jan. 2. Not only do we have fun, we also socialize and get in a great workout! We are proof that dancing keeps you young and I have 90 years' experience to back that up!

SAVE THE DATE: I hope to see all of you on Jan. 26, when I sponsor the 1 p.m. dance with music by Shirley's Big Band.

~Sally Kimball

# Silver Sensations Hoopla

This small, fun group, needs additional members and would love to have you join. We meet Tuesdays, 12:15 p.m. in the Multi-Purpose Room. Did I mention we are fun, and would love to have you join?



### 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

402.494.4275 | regencysquareliving.com

## Live Well at Floyd Place.

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



**Floyd Place**  
Senior Living [enlivant.com](http://enlivant.com) 

403 C. Street, Sergeant Bluff.

## Wednesday Morning Talk Show Programs at 10:30 A.M.

### Wednesday, Jan. 3

“Protect Yourself Against Identity Theft”

Speaker: Lori Scott,  
Center for Siouxland

### Wednesday, Jan. 10

“Interacting with Alzheimer’s & Dementia Clients”

Speaker: Ann Myers,  
Hospice of Siouxland

### Wednesday, Jan. 17

“Americans with Disabilities Act; Community Members’ Rights & Businesses’ Obligations”

Speaker: Kathryn Hayden,  
Asst. U.S. Attorney,  
Northern District of IA

### Wednesday, Jan. 24

“Come Feel What You’ve Been Missing with the Sioux City Symphony”

Speaker: Travis Morgan,  
CEO, Sioux City Symphony

### Wednesday, Jan. 31

“What to Expect When Buying or Selling Real Estate”

Speaker: Rachel Carlson,  
United Real Estate Agent

*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!

## Thank You for the Donations

We would like to thank those who generously donated to the food drive this year. Nonperishable items were donated to First Lutheran (South Sioux City) Food Pantry for distribution in the tri state area.



## Center Policy on Adverse Winter Weather Conditions

When Sioux City public schools announce closings due to adverse winter weather conditions, the Siouxland Center for Active Generations also will close. When Sioux City schools have winter weather-related late starts, the Center will open at the same late start time as the schools. Stay tuned to Sioux City TV and radio stations for the latest winter weather-related closures..



## Briar Cliff University Fitness Room Assistance

BCU nursing students will assist in the Fitness Room, Jan. 9, 10, 11 and 12, between the hours of 8:15-11:30 a.m. Stop by-to have any equipment or exercise questions answered.

*Thanks, Briar Cliff University!*

## Who Can Benefit from a Will?

Did you know that if you are 70 ½ years old or older, you can give through your IRA with no tax consequences?

Siouxland Center for Active Generations is pleased to announce that we have joined *Leave a Message Siouxland*, a local awareness campaign focused on the positive impact planned giving can have on local non-profit organizations. We are proud to be part of this volunteer-led awareness effort which provides resources, training and support to local nonprofits like ours to advance our mission. Please visit [www.leaveamessagesiouxland.org](http://www.leaveamessagesiouxland.org) to learn more. If you have any questions about planned giving and how you can have a lasting impact on the success of Siouxland Center for Active Generations, please contact me at 712-255-1729 or [chansen@cablone.net](mailto:chansen@cablone.net). Better yet, stop in and we can talk about the options! See you soon!

*~Cheryl Hansen, Executive Director*

## Testimonial Request

You are invited to share your *Center Story* with us. What brought you to the Center? How has joining benefitted your life? Why does the Center for Active Generations matter to our community, etc. Testimonials can be transcribed by our staff or written and dropped off in the office. We would appreciate using your name with your testimonial, confirming we are able to publish your story, but will withhold your name if preferred.

# January Sponsored Dances

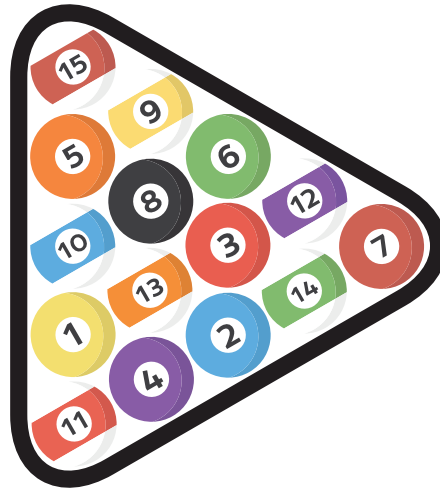
- Friday, Jan. 12, Briar Cliff University will sponsor the dance
- Friday, Jan. 26, Sally Kimball will sponsor the dance in celebration of her 90th birthday, and asks that all in attendance dress up

*\*Both dances are free, open to the public, and music will be provided by Shirley's Big Band.*

## 8 BALL POOL TOURNAMENT

Sponsored by: Family Health Care of Siouxland & Kristine T. Danner, M.D.

- Wednesday, Jan. 17, 9 a.m.
- \$5 entry fee, pre-register in Pool Room
- Open to men and women, no membership required
- Prizes awarded: 1st Place, \$25; 2nd Place, \$15; 3rd Place, \$10
- Call Center member Wes Jaynes with questions at (712) 203-8721



### LEWIS ELECTRIC CO.

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 North Sioux City, SD 57049  
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**Ph. 252-2785**

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Duct Cleaning

FREE Estimates

24 Hour Service

### LENNOX

Call 252-3007 or visit us online at [www.cwsuter.com](http://www.cwsuter.com)

### Sioux Body Shop

Body & Frame Repair

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

### Keeping Others Warm

We thank Center members Martha Milhan, Nancy Means (shown in photo) and Elaine McCuddin for donating 153 handmade knitted and crocheted hats, mittens, scarves, afghans and headbands to Jackson Recovery, Radiant Life Church and The Warming Shelter.



# 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.

# Special Events on Mondays in January

Monday, Jan. 1 – CLOSED

Monday, Jan. 8 – 1 p.m. – January Birthday Party

Hosts: Creative Writing

Entertainment: Joey Hartshorn

Volunteer of the Month: Jeanie Dunbar

Monday, Jan. 15 – 12:30 p.m. – Movie – “The Wedding Planner”

Monday, Jan. 22 – 12:30 p.m. – Movie – “Little Miss Sunshine”

Monday, Jan. 29 – 12:30 p.m. – Movie – “Notting Hill”

\*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*



## 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](http://sanfordhealth.org)  
Keyword: Bladder Health

BE STRONG. BE HEALTHY. BE YOU.

**SANFORD**  
WOMEN'S

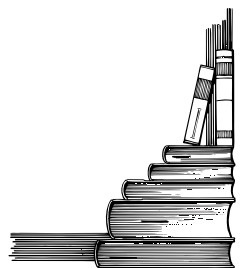
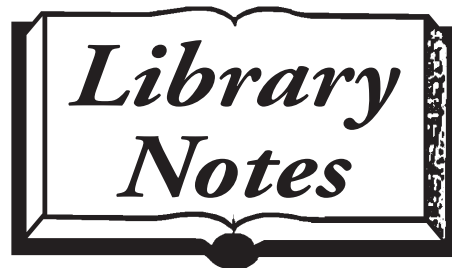
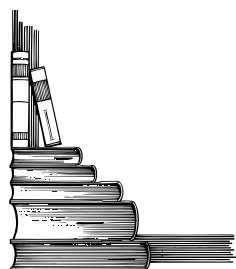
015001-00620 Rev. 11/17

## Gift Shop

- Afghans
- Knitted caps
- Knitted slippers
- Jig saw puzzles

These are excellent *snuggle up* items for winter! See you in the gift shop, for all your cold weather needs!

*-Miriam Clayton*



A warm 2018 welcome to the library! We would like to thank our friend-Linda Beeson-for her decorating talents in the library each month. It's so nice to have a change of scenery.

Please note that Book Club will not meet until February. See you then!

*-Helen Eriksen*

# Attention New Members

New members attending the monthly birthday parties, beginning January 8, 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!*



## 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.’*

# JANUARY BIRTHDAYS

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

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Jane Davis, Paul Crandell, Lauris Dudgeon, Bonnie West, Neil Magnusson, Donna Thurow</p> <p>2 VIVIAN AMLUND, Bernice Finzen</p> <p>3 Madonna Nitzke, Joan Mize, Marlis Friesner</p> <p>4 Marlan Hill, Jeff Pilgrim, Charlie Zook, Janice Painter, Richard Brown, Karen Oleson</p> <p>5 Mary Cummings, Homer DeWitt, Betty Pierce, Coral Carnes, Karen Young, Rita Nelson, Lou Hansen, Suzanne Haltli</p> <p>6 John Gibson</p> <p>7</p> <p>8 Julie Kollman, Gary Heineman, Carol Ratcliff, Lynn Doxtad, Teresa Johnson, Norma Ulmer</p> <p>9 Helen Wedmore, Catherine Nicolas</p> <p>10 Mary Marx, Sandy Fravel, Benita Rae Leff, Elizabeth Levi, Jan Determan, Cheryl Crandell</p> <p>11 Clark Kleinberg</p> <p>12 Judy Peters, Terry McArthur</p> <p>13 Harold Ward</p> <p>14 Roberta O'Dell, Vikki Jacobs</p> <p>15 Carol A Perrin, Rita Nelson, Bernie Bowman</p> <p>16 Linda Cumpston, Barb Highman, Marcia Goeden, Dale Voss</p> <p>17 Darlene Burson, Ellen Christofferson, John Fournier, Suzy Gordon, Dianna Pike</p> | <p>18 GLAD HILL, Sarah James, Judith Pierce, Paul Smith</p> <p>19 Mary Pope, Judy Keith, Sandra Rol</p> <p>20 Jim Duggan, Gary Lipshutz</p> <p>21 Donna Foxhoven, Ed Oakley</p> <p>22 Michael Brandhagen, Mary Lou Nicolls, John Hendrix, Ralph Thomas, Karen Fry, Linda Beeson, Linda Glorfield</p> <p>23 Dixie Gors, Carol Hardy</p> <p>24 Jeanette Wendt, Harold Hodges, Carolyn Ramsaran</p> <p>25 Janet Burkett, Shirley Hendersen</p> <p>26 Debbie Kappes, Shirley Haahr, Sharon Murphy, Craig McNaughton, Jeannette Johnson, Thomas Hildebrand, Barbara Gill, Marilyn Dermit</p> <p>27 Frank Audin, Bayne Linden, Jean Orr, CORA STOLTZE</p> <p>28 Marjorie Anderson, Richard Cook, Carol Goulette, Linda Schlotman</p> <p>29 Ruth Chancey, Jean Closter, Ray Deabler, Diane Feilen, CONNIE SPAIN, Patricia Simon, Colleen Bochmann</p> <p>30 Jan Masteller, Bill Mrla, Lu Lunning</p> <p>31 Linda Prescott, Vern Ramesbotham, Elvin Rasmussen</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## January Birthday Party at 1 p.m.

The January Birthday Party is Monday, Jan. 8, in the Multi-Purpose Room. Hosted by Creative Writing, party entertainment is Center member, Joey Hartshorn. Our Volunteer of the Month is Jeanie Dunbar. 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

TIMOTHY ALLEN

LEANNA ANDREWS

ARLENE BARKER

KATHLEEN BREWER

HAROLD BREWSTER

LARRY CARVER

VALERIE COTE-CONAWAY

SUSAN DANILSON

CAROLE FOSTER

SHEILA GRASZ

STEVEN GROVE

DEBBIE HARDGRAVES

JOEY HARTSHORN

SANDI KIMPSON

SHIRLEY NELSON

BRENDA REICKS

KAY REYNOLDS

RON ROHLENA

STEVE ROTHE

JIM SHELLEY

MARY ELLEN SILVERBERG

ESTHER SORENSON

## WE REMEMBER

RAYMOND KEUCK

## MEMORIALS

*For: Dick Jonas*

from: John & Linda Beeson

Kindness is like a boomerang.

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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**

**December**

*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
- Novaline Bliven, Deanna Bower
- Brenda Chapman, Miriam Clayton
- Valerie Conaway-Cote, Kathleen Determan
- Carlotta Fox, Rose Gilson
- John Graser, Sandy Graser
- Susie Green, Virginia Gries
- Michele Haitz, Marilyn Haller
- Don Hartman, Jana Hartshorn
- Dick Hayes, Arlene Held
- Steve Hoberg, Vernon Hughes
- Bonnie Jonas, Sally Kimball
- Clark Kleinberg, Mindy Krause

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- Rosemary O'Kane, Joanne Peters
- Betty Pierce, George Polak
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- Angela Storm, Marilyn M Thompson
- Bill Utter, Toby Varvais
- Jon Wagoner, Claryce Welch
- Bob Wolf, Carolyn Wolf
- Gayle Zeman