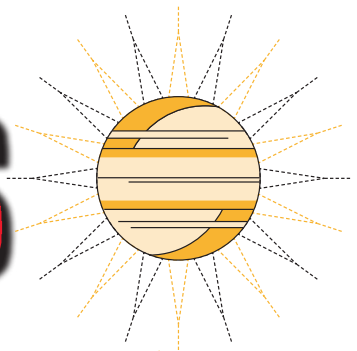


# SUNSHINE NEWS

FEBRUARY 2018



Telephone  
712-255-1729

Number  
478

Published  
Monthly



Our mission is to enrich the quality of life and support independence and vitality for our members.

Siouxland Center for Active Generations strives to be the foremost provider of diversified and affordable programs and services to help adults stay active, informed, and involved. This is done by meeting the recreational, educational, and social needs of our members in an environment which is fun, safe, inclusive, and courteous for all.

**Siouxland Center**  
for Active Generations

## Volunteer of the Month Bridget Agriopoulos



Our Volunteer of the Month has asked that we spotlight the program she teaches. Following her suggestion, Active Generations would like to spotlight our new Ballet Stretches and Jazz Program. The Ballet Stretches and Jazz Program may sound like participants would be training to be expert ballet dancers, which is rather intimidating to most of us. Actually, this program is an exercise program designed to improve balance, coordination, flexibility, and posture. It is open to both men and women. Part of the class time is devoted to the kinds of exercise ballet dancers do to stay in shape and part of the time is given to movement to jazz music.

The class is taught by Bridget Agriopoulos, who was a professional ballet dancer for many years in Europe after training at the World Ballet School in London. She volunteered to lead this program because she feels very strongly about the benefits of regular exercise for seniors. She also feels there is value in the discipline of the ballet exercises. Her motto is, "If you can, do it! Don't ever give up doing as much as you can. Find an exercise program that you love and keep moving."

If you are curious about the benefits of exercise in a new format and setting, you might want to try the Ballet Stretches and Jazz program. You will immediately see that Bridget has found a form of exercise that she feels passionate about.

## Dance Dance Dance

As you know Friday is a day for dancing here at Active Generations. January 12th was a special day for guests. Shirley's Big Band entertained for this Briar Cliff sponsored event. Students joined seniors and danced the afternoon away. We even had a special guest entertain us by showing off her clogging talents. 93 (almost 94 year old) Lucille Johnk showed us she still has the moves as she clogged effortlessly across the floor. We thank Briar Cliff, Shirley, Lucille, our volunteers, and the students for making this a fun-filled event for our guests.



## The NFL Raffle has ended. Thanks to all who participated



GRAND PRIZE  
WINNER of \$1,000.00...  
Ticket # 1728 Jesse Florke  
(Pictured Left)

LOW SCORE WINNER  
of \$500.00...Ticket # 1540  
Roger Friessen  
(Pictured Right)

Stay Tuned... for March Madness!

# 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.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com)

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**Executive Director**  
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*Jan Green*

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*Judy Seaman*



Annual Dues — \$52 per Person

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or language.



## Executive Director Report

Well, the holidays are over, and hopefully we all used January to recharge our batteries. Now, we are ready for a new year! We are excited to be moving into February with a vision of the future. So many exciting things are planned for Active Generations in the coming year, and we are excited to have you onboard as we embark on a year-long journey of growth and development.

Did you know that February is National Heart Health Awareness Month? This is a good time to check out a new heart healthy program here at the Center to see if it is right for you. On the lighter side, February is also the month in which we celebrate Valentine's Day. Valentine cards and gifts are traditionally sent to say "I love you." Of course, that would not be considered appropriate in the work place. So instead, how about verbally conveying sentiments such as:

- I appreciate your hard work
- I appreciate your talents
- OR... You matter.

Messages of this kind are always important to send to our staff, our valued members and our tireless volunteers. Unlike cards, candy and flowers, kind words and a warm smile don't cost a thing.

I know that no one at Active Generation pursues their work (both paid and volunteer) with a long face, rather, the team celebrates their work as an opportunity to make a difference in the lives of others. This team does what they do every day because their heart is in it. We might be proud and humbled to be working at or volunteering at Active Generations, but it sure doesn't hurt to take a few compliments along the way. Spread the positive.

One final thought... the great Vince Lombardi said, "The achievements of an organization are the combined results of the combined effort of each individual." Your hard work, and your big hearts are appreciated. Thank you for supporting our mission and helping us reach our goals! **We truly could not do it without each of you. Stay Warm, and Be Well!**



Like us on  
**Facebook**

[facebook.com/SiouxlandSeniorCenter](https://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*

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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 December. We thank them for their thoughtfulness.

- |                 |                  |                  |                       |
|-----------------|------------------|------------------|-----------------------|
| KATHY ANDERS    | VERLA HAACK      | JIM MOYLE        | BOB STEFFE            |
| LOLA ANDERSON   | KYONG AE         | SHARON MURPHY    | DONNA THIELE          |
| ARLENE BALDES   | HANSHAW          | CHRISTINE MURPHY | EVEY THOMPSON         |
| GLORIA BARNUM   | DONNETTE HATCH   | MURPHY           | MARILYN THOMPSON      |
| LINDA BEESON    | NADINE HOLST     | DON NIEUENDORP   | THOMPSON              |
| SANDY BERGER    | NORMAGENE HUGHES | MERLIN OLSON     | LYLE TODD             |
| KRIS BERGSTROM  | JANE HUNKINS     | JANICE PAINTER   | NORMA ULMER           |
| DONITA BRATVOLD | BRUCE HUNKINS    | DORIS PARSONS    | ELAINE WASKOW         |
| JERRY COLLINS   | PAT ISAACSON     | JEAN PETERSEN    | DIANE WICKSTROM       |
| JOANNE COPPLE   | VIKKI JACOBS     | JOANNE PETERSEN  | PATRICIA WINDESHAUSEN |
| KEN DVORAK      | PAT JOHNSON      | TOOTS PITTMAN    | JOHN WOODS            |
| AUDRY ERCOLINI  | BONNIE JONAS     | GEORGE POLAK     | PAM WOOLDRIDGE        |
| DEB FRAZEE      | DON KELSEY       | IRENE PYLE       | MARILYN WOOLDRIDGE    |
| BARBARA FREY    | SALLY KIMBALL    | JUDY REHUREK     |                       |
| CONNIE GAGNON   | LYNDA MARTIN     | ALICE SAILOR     |                       |
| BERT GILL       | CLAIRE MIEMIKE   | JANE SCHULDT     |                       |
| ROSE GILSON     |                  | WILLARD SNYDER   |                       |

## NEW Program

Come walk with us at Active Generations. The Lap Dawgs would like to invite you to join them and walk your way to a healthier you! This is a drop-in program and open all day. Just record your laps for a chance to win a gift certificate. January's winner is Vikki Jacobs

December Lap Dawgs recorded 91 laps! Way to go Lap Dawgs!



- December Dawgs:
- Miriam Clayton
  - Luann Graff
  - Vikki Jacobs
  - Ron McKewon
  - Ken Dvorak
  - Dianne Wickstom

## Information Center

Be sure to check out the resources available in the information center located in the front of the building. There you will find information on products and services offered by other organizations in our community. If you need supports or services and can't find the resources in the Information Center, be sure to let us help you find what you are looking for.

## 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 15% of the goal for the Annual Campaign! A big thank you goes out to all who have supported us in this campaign so far. Let's not stall. Keep up the momentum! It is not too late to participate in this fund raiser. Not only will giving to our annual campaign entitle you to several possible gifts and prizes, we are also adding "Pop-Up" raffle items for giving during certain periods of time. Congratulations to Darrell Sorensen – the winner of our first raffle. Watch for these at the Center. Hurry, don't miss out! The campaign ends March 1st!

*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

## Enter 90

February 2nd: In weather lore, a groundhog emerges from its burrow to tell us if winter is over or if we will have 6 more weeks of winter. February 2nd is also the day that Jean Lambert celebrates her birthday. This year she will celebrate her 90th. Happy Birthday!

Jean was born in 1928 in Chicago, Illinois on the northwest side of town. She has one brother and two sisters. In her Chicago neighborhood, she attended Harriet Beecher Stowe Elementary School. Jean shared that when she was a child one of her fond memories was swimming at the "tank" which was a water pumping station with a free pool. She also shared that there was no co-ed swimming there. Boys and girls had to swim on different days.

She continued her education at Washburn Trade School. In 1949, when she was 21, she married Warren H. Lambert who was from Vancouver, Washington. Jean spent her time raising her six children and working as a junior account for Montgomery Wards. Kids are grown, and so has the family. Jean now has 12 grandchildren, and 10 great grandchildren. In her spare time, Jean enjoys gardening.

When reflecting, Jean says the accomplishment she is most proud of is still being here. The secret to living to be 90 in Jean's opinion is simply being happy. One piece of wisdom Jean feels is important to share is to never tell a lie. Air travel with jet planes is the biggest change she has seen in her lifetime. And it is a good thing we have those jet planes because Jean would like to go back and visit the place she was married: Lake Coeur d' Alene, Idaho. Here's wishing you safe travels, and many more birthdays to celebrate. Happy 90th Birthday Jean!

## Bridge News

All the authorities say that playing bridge is good for our mental health. We weren't so sure on a recent Monday afternoon when one player had to leave for a health reason, and another player got bonked on the head and left to have stitches. Luckily, a retired nurse was able to ease the problems. Like the show, the bridge game must go on, even though we were short two players. Then the cold weather hit with a vengeance. We cancelled our annual New Year's party after much discussion. Christmas and New Year's Day were both on Monday, so we missed those two games. We were all having symptoms of withdrawal. Hopefully, our games and classes will get back on schedule. The good news is that the Wednesday morning novice game had six tables on January 3. Things can only get better in 2018. If you would like to work on your game, you are welcome to come to the class on Thursdays at 9:30.

~Audrey



# February 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:*

- Feb. 6.....** Ground Hog's Day  
(40 days after Christmas)
- Feb. 13...** Valentine's Day
- Feb. 20...** Person you would like to meet!
- Feb. 27...** Abraham Lincoln or Susan B. Anthony

## FACTS ABOUT THE MONTH OF FEBRUARY

1. Super Bowl Sunday is every first Sunday of February
2. Once every 6 years February is the only month with 4 full 7-day weeks
3. In leap years February is the only month that begins and ends on the same week day.
4. Valentine's Day and Ash Wednesday fall on the same day of February, 2018.

5. In February, Mardi Gras or Fat Tuesday occurs the day before Ash Wednesday.

### POEM:

I LIKE HEARTS, RED HEARTS,  
WHITE HEARTS, VIOLET  
HEARTS TOO.  
I LIKE YELLOW HEARTS,  
HOW ABOUT YOU?  
GREEN HEARTS,  
PURPLE HEARTS,  
BLUE HEARTS TOO.  
I LIKE RAINBOW HEARTS.  
HOW ABOUT YOU?  
(Nellie Edge)

*- Alice Reeg, Creative Writing*

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## Grief Support Program

The Grief Support Program for members will be held in February. Please contact Active Generations for the date and time. 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 SHOP

# Sit Sip

Brrr! I guess winter has arrived. As we were closed for Christmas and New Year's I didn't have to get out and go when it was so cold. We haven't been too busy but I'm glad that members don't get out when it is so dangerously cold.

As you probably all know, Bill has been out of commission. As I am writing this, the report on Bill is that all is well and he will be back at



the Center soon. You may see him back here at the center but he may not be doing much until he is fully recovered. So sit with him and enjoy a cup of coffee at the Sit & Sip.

Our days have been good even if it has been so cold. Thank you for coming into the coffee shop.

*- Marilyn Haller*

## 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? 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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# February 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

DIANE ANDERSON  
DOUGLAS ANDERSON  
JAN ASHMORE  
ROGER BATTEN  
SUSAN BATTEN  
HOPE BENTON  
TRUMAN BERTHUSEN  
LYNN BLOMBERG  
DELORES BOGENRIEF  
DANNY BREEN  
JANE BREEN  
LEE BRENNAN  
THOMAS BRUNKAN  
THOMAS BUTLER  
JEAN DARNELL  
BRENDA DAVIS  
RAYMOND DEABLER  
CYNTHIA ELDRIDGE  
ROGER ELDRIDGE  
SONJA KAY ERICKSON  
CARLOTTA FOX  
SHARON GEORGESON

JOHN GIBSON  
SUZY GORDON  
MILO HAGEN  
PAT HAGEN  
CARLOTTA (BOOTS) HALL  
MARY HAMMACK  
CAROL HARRINGTON  
CAROL HASLER  
RICHARD HAYES  
BJ HEITZMAN  
DICK HEITZMAN  
ARLENE HELD  
LILA HENKE  
CATHY HERRIG  
JUANITA HIGHBERGER  
THOMAS HILDEBRAND  
MIKE HOBART  
SHARON HOBART  
SHIRLEY HOF  
DEANNA LEE JACOBS  
THOMAS JACOBS  
VIBEKE JENSEN

TERESA JOHNSON  
JAN (JANICE) M KAMM  
DONALD KELSEY  
LINDA KING  
SHARLENE KRUSEMARK  
WILLIAM KRUSEMARK  
SANDRA KUNTZ  
DOUGLAS ALAN LEHMAN  
PHYLLIS LEWIS  
LOIS MAHR  
MARLYS MAURER  
PAUL MAURER  
KATIE MCCLINTOK  
CATHERINE MCKNIGHT  
PAMELA MEARS  
MARYJEAN (JEANNIE) MYCKA  
SHAHID NAQVI  
GILBERT NELSON  
DONALD PARSONS  
JUDITH PIERCE  
DON PINKSTON  
ANNETTE POSS

SHIRLEY RISK  
ANDREW ROBAK  
LLOYD ROHMILLER  
ROY SAMPSON  
DON SCHULTZ  
MARY JANE SHANAHAN  
JENNIFER SIMANTS  
DARRELL SORENSEN  
TERRI STOLPE  
KAREN STRAIN  
STEPHEN STRAIN  
MICHAEL TEW  
DUANE THOMPSON  
MARIA TIMOTHY  
CANDELARIO TOPETE  
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# CENTER STAGE TAPPERS and Merry Go Rounders

Come on in and join one of our dance groups. We are always welcoming new members. Check the calendar for dates and times.

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

*- BJ Heitzman*

## Painting Class

2017 was a great year for students in our painting class. Several artists were awarded ribbons for excellence at county fairs and art shows. Several also sold paintings and note cards.

At this time of year, we find ourselves missing some of our painting colleagues who are snow birds, spending the winter months in Florida, Arizona, and other warmer climes. However, in the last four months the Art Class has welcomed four new students, bringing our total to thirty participants.

Some people call it the joy of painting, others call it a relaxing social pastime. For me, it's all of the above. What a great way to spend time—creating something special and unique on canvas. We do it in a friendly and respectful environment surrounded by fellow artists with at least one thing in common—the love and pursuit of art.

Anyone interested in joining the painting class is welcome to contact the Siouxland Center for Active Generations to inquire: 712-255-1729.

PAINTING CLASSES ARE:  
Tuesday morning, 9:30—11:30  
Tuesday afternoon, 1:00—2:30  
Wednesday morning, 9:30—11:30

*-Ron McKewon, Art Instructor*

## Penny Bingo Games & Food



**FUN FACT:** Did you know that playing bingo can keep your brain in trim? According to Southampton University, bingo players are more mentally agile than non-bingo players. It is also suggested that social activities, such as playing bingo, is just as good for your health as doing physical exercise. Who would have thought...

Please join us for our potluck on Feb.6, 2018 for our Valentine's Day celebration. We play Bingo on Tuesday and Thursday from 8:30—11:30 and then from 12:30—2:30. We play 1 cent a card up to 4 cards and 2 cards at 10 cents Blackout in the morning. In the afternoon, we play 2 cards at 10 cents Blackout and one card at 25 cents Blackout. Join us for a fun morning or afternoon!

*-Bill Merritt*

## WOODCARVING

Hi, I am John Beeson – Chipmaker. I am not only a real nice guy, but I am also The Commander Of The Banana Slug Army, Releaser Of The Cracken, Restorer Of Superman's Power, Spiderman's Webmaster And Batman's Batsignal Operator and much more. Including the Gatekeeper of The Marshmallow Man from Ghostbusters. Like me, I bet you would like to try something challenging yet fun. Woodcarving can be combined with other hobbies like painting. The woodcarvers are friendly and fun. Stop in and see what's happening. We have several new carvers now and we will get you started and before long you will be helping other people. The woodcarvers meet on Monday and Thursday afternoons from 1-3.

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# Happy VALENTINE'S DAY

# February 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>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 12:30 pm ACBL Duplicate Bridge 1:00 pm Men's &amp; Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p><b>2</b></p> <p>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</p> 
<p><b>5</b></p> <p>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 &amp; 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 Ballet Exercise &amp; Jazz 1:00 pm Pinochle 2:00 pm Walking Off Pounds 2:30 pm Fitness with Kelly</p>	<p><b>6</b></p> <p>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</p> 	<p><b>7</b></p> <p>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 &amp; Fit after 40 10:30 am Talk Show "Positive Thinking and Affirmations" 10:30 am Guitar Practice 11:00 am Ballet Exercise &amp; 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</p>	<p><b>8</b></p> <p>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 12:30 pm ACBL Duplicate Bridge 1:00 pm Men's &amp; Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Cribbage 2:00 pm Ping Pong</p> 	<p><b>9</b></p> <p>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 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</p> 
<p><b>12</b></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class</p>	<p><b>13</b></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga 9:30 am Painting Class</p>	<p><b>14</b></p> <p>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</p>	<p><b>15</b></p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/</p>	<p><b>16</b></p> <p>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</p>



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**  
 1:00 pm Birthday Party  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds  
 2:30 pm Fitness with Kelly



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

10:00 am Chess Group  
 10:00 am Sexy & Fit after 40  
 10:30 am **Talk Show**  
 "Fall Prevention"  
 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



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  
 12:30 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

9:30 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



**19**

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**  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds  
 2:30 pm Fitness with Kelly



**20**

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

**21**

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**  
 "Why Listening is a Powerful way to  
 Relate to Veterans"  
 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



**22**

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  
 12:30 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



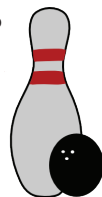
**23**

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



**26**

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**  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 1:00 pm Parkinson Support Group  
 2:00 pm Walking Off Pounds  
 2:30 pm Fitness with Kelly



**27**

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



**28**

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**  
 "Living with a Cochlear Implant, Help to  
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 10:30 am Guitar Practice  
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 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

Don't Forget  
 about our  
**DROP-IN**  
 Activities...

Do what you  
 love, when it  
 works for  
**YOU!**

*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 and salads

Serving from 11:30 – 12:30 Carry-out available

# February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Menu may change with the weather	Enjoy and meal and conversation at the <i>Active Generations...</i> A great way to meet new friends!		1 Salisbury Steak Mashed Potatoes and Gravy Veggies Dessert	2 Hot Pork Sandwich Mashed Potatoes and Gravy Veggies Dessert
5 Country Fried Steak Mashed Potatoes and Gravy Veggies Dessert	6 Vegetable Beef Soup Ham Sandwich Dessert	7 Roast Beef Mashed Potatoes and Gravy Veggies Dessert	8 Broasted Chicken Cheezy Potatoes Veggies Dessert	9 Hot Meatloaf Sandwich Mashed Potatoes and Gravy Veggies Dessert
12 Beef Noodle Soup Egg Salad Sandwich Dessert	13 Chicken Breast Rice Pilaf Veggies Dessert	14 Tuna and Noodles Veggies Dessert	15 Meatloaf Mashed Potatoes and Gravy Veggies Dessert	16 Tavern Onion Rings Veggies Dessert
19 Chicken Fried Chicken Mashed Potatoes and Gravy Veggies Dessert	20 Hot Beef Sandwich Mashed Potatoes and Gravy Veggies Dessert	21 Liver or Ham Mashed Potatoes and Gravy Veggies Dessert	22 Pork Loin Mashed Potatoes and Gravy Veggies Dessert	23 Goulash Garlic Bread Dessert
26 Salisbury Steak Mashed Potatoes and Gravy Veggies Dessert	27 Lasagna Soup Grilled Cheese Sandwich Dessert	28 Roast Beef Mashed Potatoes and Gravy Veggies Dessert	March 1 Chicken Noodle Soup Chicken Salad Sandwich Dessert	March 2 Cubed Beef over Mashed Potatoes Veggies Dessert

## Young at Heart Line Dancers

After enjoying a great December with all the holiday and birthday activities and our annual two week Christmas vacation, we have been reviewing many older routines and just having fun getting back with everyone. We still need three or four more people interested in learning line dance. So please leave your name and phone number at the office and if we fill the minimum number of five or six people I will start a beginning line dance class on Thursday, Feb. 8, 2018 at 9:00 a.m. Come join for fun and the exercise you get!

~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?

### New From the Pool Room

No, not swimming pool. Billiards! If you have not checked it out, Active Generations has several tables including a snooker table. Join us for this drop-in program. Our billiards players might be serious when they are focused on their shot, but they have a good time shootin pool together. Stop in and share a laugh or two. Be watching for the upcoming nine- ball tournament and the results of the eight-ball tournament.

## Volunteer Meeting Thursday February 8th at 10:00 in the Lunch Area

If you are a volunteer here at Active Generations, we would like to invite you to an informal meeting to talk about ways we can enhance your volunteer experience. We will also take this opportunity to share some of the exciting programming and organizational goals for the coming year. If you can't make it to the meeting, no worries, just stop by my office to chat whenever you can. I would also like to extend an earnest thank you to our many volunteers. Those who lead 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.

~Cheryl



### 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.

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a Life Health Services campus

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## 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.

## Question of the month...

In celebration of Valentine's Day...if you had one bit of advice to give to new sweethearts, what bit of advice would you give them?

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Turn in your answers and we will share your answer, NOT your name in the next issues of the Sunshine News. You can send us an email or drop your answers in jar at the front desk. Thanks for sharing!

*The* Heritage  
at Northern Hills  
4002 Teton Trace • Sioux City, IA 51104

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Assisted Living.**  
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Call (712) 239-9400 for more information!

## Create an Estate Plan Now

Did you know that if you are 70 ½ years old or older, you can give through your IRA with no tax consequences? We don't always know our options, and we are not all experts on tax laws, associated penalties, and fees that can be assessed. You worked hard for your money, and you should be the one deciding how your assets are passed on. An estate planner can help you sort through the process and ensure that your intentions live on, and that you are able to support the people and the organizations that you love. Seek counsel. There are plenty of good estate planners in our community. If you need help in finding out more about how to create your estate plan, contact Active Generations, and we will be happy to help you find the answers and resources you may need.

If you have any questions about 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@cableone.net](mailto:chansen@cableone.net). Better yet, stop in and we can talk about the options! See you soon!

~Cheryl Hansen, Executive Director

## Financial Support for YMCA Enhanced 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.



## 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. Please note that in questionable weather, programs or activities may cancel without notice even if the Center is open. Stay tuned to Sioux City TV and radio stations for the latest winter weather-related closures.

## 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.

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

**Wednesday, Feb. 7**

“Positive Thinking and Affirmations”

Speaker: Gretchen Wheelock, ARNP, Briar Cliff University

**Wednesday, Feb.14**

“Fall Prevention”

Speaker: Nancy Huseth, electronic caregiver and Andrea Wood, Athletico

**Wednesday, Feb.21**

“Why Listening is a Powerful Way to Relate to Veterans”

Speaker: Steve Shadle  
Member of the Center for Active Generations

**Wednesday, Feb. 28**

“Living With a Cochlear Implant, Help to the Hearing Impaired”

Speaker: Audrey Ercolini  
Member of the Center for Active Generations

**LEWIS ELECTRIC CO.**  
 508 S Flynn St.  
 North Sioux City, SD 57049  
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- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
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**(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

**FAREWAY**  
**ECONOMICAL FOOD STORES**

**4016 Indian Hills**  
 Grocery • 239-0528  
 Meat • 239-0529

# February Dances

Our February dances are set to be fun and entertaining. Dancing starts at 1:00 every Friday. On February 9th, we will be having a special Valentine's Day celebration. There will be a surprise for the sweethearts who have been together the longest, as well as special treats for all the guests. On February 2nd we will welcome Country Brew. Then on February 9th Ed Tryon will entertain us. Watch the announcement board for the rest of the February band lineup.

## Gift Shop

Holidays are over and our shelves have space. As you are making room for all those holiday gifts, box up those gently used items and donate to the gift shop. We are happy to make pickups as well.

Stop in and see all the bargains and unique items available in the shop. The gift shop is open to the public, so if you are not a member, while you are here to shop, take a tour. Plenty of vases, candles and cookbooks are available, perfect additions to any Valentine's Day gift. If you have something special you are looking for, feel free to email an inquiry, ask us on Facebook, or give us a call. We will be happy to check the shelves for you.

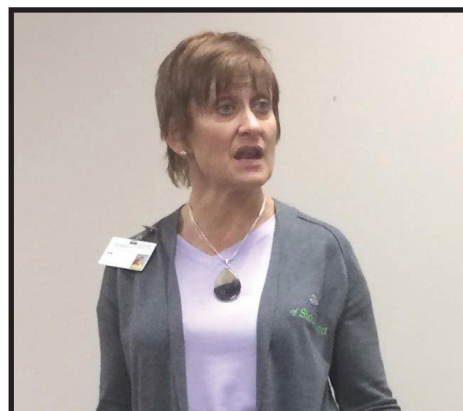
-Liz

## Program Spotlight – PingPong

*Do you want better memory, attention, motor learning and moods? Ping-Pong may seem like a simple sport, but it brings a lot to the table. Only a handful of sports allow everyone, regardless of age, fitness level, experience or strength to partake without risks or hitches. The need for agility, sharp thinking and focus, dynamic balance, and reflex coordination improves mental and physical ability. This low-impact sport stimulates many regions in the brain concurrently and renders a whole range of mental benefits. Attention is increasing, memory is increasing, you have a better mood and you're building motor circuits in your brain. Ping Pong improves your cardiovascular system, overall fitness, hand-eye coordination, soothes joints, enhances concentration and burns out calories at an incredible rate.*

If you played Ping Pong before, your skills will come back to you. Join us Tuesday and Thursday 2-4pm.

If you are a beginner, have fun learning a new skill Tuesday, 1pm



On January 10th, Ann Myers from Hospice of Siouxland presented valuable information on "Interacting with Alzheimers and Dementia Clients." Following the presentation, discussion, and answering questions, Ann recommended a book on the subject, "Creating Moments of Joy" by Jolene Brackey.

# 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.

## 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!



### 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

## Special Events on Mondays in February

\*Monday Movie – 12:30 p.m. every Monday except the 12th

Monday Feb 12th – 1:00 Birthday Party

Hosts: Open Craft, and Knitting/Crocheting programs

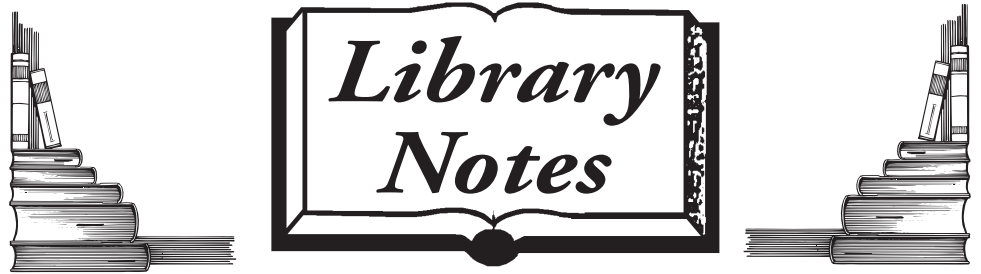
Join us for entertainment, a chance to meet new members, and to celebrate our Volunteer of the Month.

*\*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*

*Special thanks to Iris Hammer of the Pastry Parlor for the Volunteer of the Month cake and Palmer Candy for Volunteer of the Month gift certificate. We encourage and invite ALL MEMBERS to attend!*

## 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!*



We thank you so much for your donations. The books we can use are fiction and mystery. Unfortunately, we cannot use self-help or spiritual books. We can also use non-fiction books such as history. Our Book Club will meet March 1, 2018 at 10:00 a.m. The book we are reading is "When I'm Gone" by Emily Bleeker. My book suggestion is "The Lost and Found Girl" by Catherine King. One twin was raised in luxury, the other as a servant. See you in the library.

*-Helen Eriksen*



### 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.

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1309 Nebraska Street • Sioux City Iowa  
**(712) 255-3665**

*'Providing for others what we expect for ourselves.'*

# FEBRUARY BIRTHDAYS

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

- 1 Phyllis Bennett, Annette Rasmussen, Candelario Topete, Jennifer Simants, Adam Frisch
- 2 Jean Lambert, Betty Baker, Diane Anderson, Mary Ann Schulte, Ernest Olson, Katherine Johnson
- 3 DONNA KROHN, June Wilhelm
- 4 Ramon Choquette, Deanna Bower, Evelyn Schademan, Ray Nanek
- 5 Arlene Held
- 6 Jeanita Husted, Doris Lohry, DARLENE SMITH, Leanna Andrews
- 7 Kathryn Beacom
- 8 Jack Jansen, Julie Stewart, Catherine Herrig
- 9 Kenneth Keith, Lois Brownlee
- 10 Sharon Hobart, Bob Brewer, Betty Church, Mary Jo Rubis, Gloria Thompson, Larry Steinbrecher
- 11 Jay Bowman, LOIS MAHR, Donna Thiele
- 12 Michael Hand, Lester Sandquist, Lillie Rundall
- 13 Anita Towns, LUCILLE JOHNS, Richard Storm, Pat Ellis
- 14 Herb Poss, William Sievers, Armand Menard Jr., Patricia Scott
- 15 Eleanor Gilbson, Bruce Fey, Sharon Junge, Joan Stephens
- 16 Lloyd Rohmiller, Marlys Maurer, Doris Schiltz, Colleen Baker
- 17 Agnes Donovan, Robert Perrin, Ronald Schuetz, Gary Grause, Carla Leibrich, Phyllis Olson, Preston Nason
- 18 Rev. Judy Smith, Paula Kolbet, Sandra Kuntz
- 19 Lawrence Benne
- 20 Wesley Jaynes, Toby Varvais
- 21 Betty Dutcher, Ron Wendt
- 22 Georgia Braymen, Wayne Harrison, Mary Madden, GEORGE POLAK, Jan Kamm
- 23 Shirley Risk, LESTER SANDQUIST
- 24 Clarissa Benson, Barbara Davis, George Finzen, Dennis Fowler, Dan Hudek, Luverne Schroeder, Thomas Hendricks
- 25 ROBERT HANSEN, IRENE MOLDEN, Myrna Johnson
- 26 Sandi Rasmussen
- 27 Judy Ashley, Gordon Hansen, Ruth Hantla, Jan Foster, Margaret Engstrand
- 28 Anna Hoover, wPaul Swanson

## NEW MEMBERS

LYNDA ADAMS  
 UNA AKERS  
 DEE BERTRAND  
 SANDY CALL  
 EVELYN CHRISTENSEN  
 JUANITA EHRET  
 WAYNE EHRET  
 PEGGY FOULK  
 BOBBIE FRIESSEN  
 EDWIN HOHENSTEIN  
 LAURIE LUKKEN  
 JULIE MILLER  
 CHARLOTTE PATTEN  
 KURT REIMER  
 SHIRLEE STEVENSON  
 LINDA SYDOW  
 ANITA TOWNS  
 TOBY VARVAIS  
 BARBARA WEIER

## WE REMEMBER

HARLAN WOOLWORTH  
 EVELYN WALDING

### February Birthday Party at 1 p.m.

The February birthday party is on Monday the 12th. Hosted by Open Craft Time/ Knitting and Crocheting, party entertainment will be provided by the Conservatory of Music here in Sioux City. Our program of the month is Ballet, and the leader of that program is Bridget Agriopoulos. Thank you Accura Health Care for providing the treats, Iris Hammer of the Pastry Parlor for providing the cake for our Volunteer of the Month/Highlighted Program leader, and Palmer Candy for the gift certificate. Everyone is welcome. This is a FREE event. New members are encouraged to attend and receive a free dance pass as our thank you for joining Active Generations.



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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**

**January**

*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    | Sandy Graser    | Terry McArthur     | Gloria Ryan   |
| Clarence Backer      | Michele Haitz   | Pamela Mears       | Dee Sachau    |
| Don & Cathy Berg     | Marilyn Haller  | Bill Merritt       | Don Schultz   |
| Kris Bergstrom       | Don Hartman     | Kerwin Meyer       | Angela Storm  |
| Novaline Bliven      | Jana Hartshorn  | Pat Mitchell       | Marilyn M     |
| Deanna Bower         | Steve Hoberg    | Michael Montgomery | Thompson      |
| Brenda Chapman       | Vernon Hughes   | Rosemary O'Kane    | Bill Utter    |
| Miriam Clayton       | Bonnie Jonas    | Joanne Peters      | Toby Varvais  |
| Valerie Conaway-Cote | Sally Kimball   | Betty Pierce       | Claryce Welch |
| Kathleen Determan    | Clark Kleinberg | George Polak       | Bob Wolf      |
| Rose Gilson          | Mindy Krause    | Annette Rasmussen  | Carolyn Wolf  |
| John Graser          | Janette Linden  | Sonnie Robbins     | Gayle Zeman   |