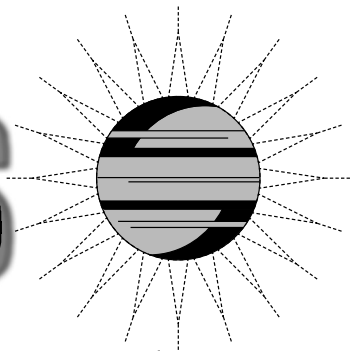


# SEPTEMBER 2018 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
484

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

## Program Spotlight: Get Fit With Lee



Exercising is the most popular activity at AG. Members enjoy working out in the fitness room, and they especially enjoy the instructor led classes and groups. One such group is *Get Fit with Lee*. The leader of the group, Lee Chamberlain, has been a member since 2009. He has been the lead of *Get Fit With Lee* since November of 2017. Members who attend the activity say this is a

great morning class. They use weights, they stretch, and over all they work out their muscles. The members enjoy working with Lee. They say he is very down to earth as well as encouraging and always enthusiastic. They say he makes class a lot of fun! Lee leads with exercises that work for seniors, and yet he always manages to change up the routine to keep it fresh and never boring. Members say this is a wonderful group of people; they are very supportive of each other, and have a fantastic spirit of fellowship. New members are welcome. Please stop in to *Get Fit With Lee* on Fridays at 9:30-10:30 a.m.

## Fitness Tip from Kelly

**Muscles – A Key to Fall Prevention** “Reduced endurance and weakness quickly lead to inactivity and the muscle wasting process of sarcopenia,” says Dr. Nair. “Our research shows that sarcopenia is very involved in activating the aging process.” It sets off a vicious cycle of reduced physical activity, sedentary lifestyle, slowed muscle metabolism, less efficient burning of calories, weight gain, inability to metabolize sugar, cardiovascular problems, poor balance and falls.” Strong muscles do more than help prevent falls, maintain stronger bones and better balance. According to Mayo Clinic researchers, strong muscles also prevent chronic illness, weight gain, general frailty and even mental decline. Studies show that starting a weight training program at any age can significantly improve muscle mass.

The need to exercise - Exercise is one of the most important ways to reduce falls. Muscles that get moderate, regular workouts, Dr. Nair says. He adds that three types of exercise are important for strength: flexing and stretching, weight lifting and aerobic exercise. Flexing joints and stretching exercises are important to maintain flexibility. Weight lifting, or resistance exercises help to maintain muscle mass. Aerobic exercises, such as walking, running or

swimming, are essential for muscle metabolism and cardiovascular health. “There are no substitutes to exercise,” says Dr. Nair.

### Four ways to prevent falls:

1. **Begin a regular exercise program.**
2. **Make your home safer.** About half of all falls happen at home. Remove small rugs that might cause you to trip. Use grab bars and non-slip mats in the bathtub or shower. Use brighter light bulbs. Have handrails and lights installed in all staircases.
3. **Review all your medications annually with your doctor or pharmacist.** Age changes the way medicines work in your body. Some medicines or combinations of medicines cause drowsiness or dizziness that can lead to a fall
4. **Have your vision checked.** You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chance of falling.

For more information on reducing your risk for falls, visit Mayo Clinic.com and type “Falls: Reduce Your Risk” in the search box.



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)

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

# 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 - Thursday  
8 a.m. - 8 p.m.  
Friday  
8 a.m. - 4:30 p.m.

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

## Board of Directors

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## Membership Coordinator

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## Editor

*Judy Seaman*



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.

## Executive Director Update

Hello All,

I bet you are wondering what all the pounding, sawing and drilling is about. First a little history... The Senior Center first opened in 1975 on Douglas Street. After that, it was moved to Pierce Street. That location is where Famous Dave's and Stoney Creek are now. Then came the move to our current location. When this building was purchased, it was agreed that the other side of the building would be owned by Health Inc. We were still set to maintain it, and oversee the building itself, but it was technically owned by Health Inc. At the time of purchase, it was also agreed that after ten years, Health Inc. could take over their side of the building. In May of 2018 that ten years was up. Health Inc has decided to move Hospice of Siouxland into that space. The inside spaces will be separate, but we will share the parking lot.

We are no stranger to new neighbors. As many of you know, PACE was our neighbor when we first moved into this building. After PACE moved to their new location, the Cancer Center moved in to do their billing from this location. Well, now, our new neighbors will be Hospice of Siouxland. They plan to be finished with the remodel and addition to the building in September. We are excited to have them as neighbors. Please welcome our new neighbors as they settle into the new space and the new neighborhood. AND... when you get the chance, invite our new friends to join you in your favorite activities at AG. Be well

~Cheryl

## Nursing Students Hangin' Out

We love meeting new friends here at AG. On Tuesday, September 25th and Thursday, September 27th we will have the opportunity to make some new friends! The 1st year nursing students from Morningside College and their professor will be coming to hang out and participate in activities here at the Center. They will be here from 8:00 am until about 10:45. So welcome them and invite them to join you in your favorite activities.

## Bridge News

July was a busy month for bridge players. We hosted a week-long Regional Tournament at Stoney Brook Convention Center. It was truly an international tournament with players from at least 6 foreign countries. The 2 women from Canada camped in South Sioux and walked back & forth every day with their dog. Good players too! Indonesia sent 24 of their best players to represent their country at the Nationals in Atlanta following their week here. We had a going-away party for Sarah Imig who is moving to Arizona. She is our top pointed player & her smiling helpful presence will be missed. August brought the annual Sunday game in Aurelia where awards are given for high point winners in many categories for year 2017. Sioux City was well represented. Please join us for any of the bridge events here at AG. If you have any questions about bridge, feel free to stop in or email me at [audreylund@aol.com](mailto:audreylund@aol.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!

**Countryside Senior Living**  
6120 Morningside Ave. Sioux City, IA 51106

**712-276-3000**

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## 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 about 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.

# 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 July. We thank them for their thoughtfulness.

- |                   |                    |                  |                          |
|-------------------|--------------------|------------------|--------------------------|
| Alice Reeg        | Deanna Jacobs      | Judy Rehurek     | Miriam Clayton           |
| Arlene Rodeen     | Donna Vitzthum     | Kathy Hibma      | Normagene Hughes         |
| Audrey Ercolini   | Elaine Waskow      | Kathy Kobernus   | Rose Gilson              |
| Barb Doren        | Evey Thompson      | Kathy Watkins    | Sandy Fravel             |
| Barb Frey         | George Polak       | Kelly Ryder      | Sharlene Krusemark       |
| Bev Hall          | Gloria Barnum      | Ken Dvorak       | Siouxland Duplicate Club |
| Carla Liebrich    | Ibu Nooney         | Larry Rowenhous  | Terry Gallagher          |
| Carol Kelzer      | Jane Henderson     | LaVonne Lundgren | Toots Pittman            |
| Charles Persinger | Jim Chancey        | Liz Blachnik     | Verla Haack              |
| Clark Kleinberg   | Joanie Stephens    | Margaret McKenna | Vikki Jacobs             |
| Darlene Burson    | Joyce Vanderlinden | Michelle Laffin  |                          |

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

- |                               |                                  |                       |
|-------------------------------|----------------------------------|-----------------------|
| Accura                        | Palmer's Candy Shop              | Chesterman            |
| Bomgaars                      | Regency Square                   | Austad's              |
| Bickford Cottage              | Smithfield Foods                 | Baird                 |
| Casa De Paz                   | Touchstone                       | Security Bank         |
| Avery Brothers                | United Healthcare                | Steve Pohlman         |
| Countryside Healthcare Center | Welcov                           | Sioux City Musketeers |
| Heritage at Northern Hills    | Wendy Beavers-                   | Hilton Garden Inn     |
| Hy Vee                        | Mercy Home Health                | L & L Builders        |
| Iris's Pastry Parlor          | Whispering Creek                 | KRP & CO              |
| Sugar Shack Bakery            | Connections Area Agency on Aging | Foulk Bros. Plumbing  |



## PRINT RAFFLE

Our own Ron McKewon has donated one of his original prints for raffle. Don't miss out on your chance to choose which one you want to take home. The winner will be drawn at the Friday dance on October 26th. Tickets are \$1.00 each or 6 FOR \$5.00.

## 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 \_\_\_\_\_

## BIG Thanks to Hilton Garden Inn



As you know we are a non-profit. We do not get financial support from our city, our county, or our state. Because we want to keep our membership fee low, we must continually fund raise and we have to depend on the kindness and generosity of others to keep up with the demands of business and to keep striving for excellence in all that we do. Hilton Garden Inn had donated truck load after truck load of items that we were able to sell at our rummage and in the gift shop. They also donated many items we have here now at the Center. Pictured are the wonderful chairs they donated for our dining area. Thank you, Hilton Garden Inn, for supporting our Center, and helping us to fulfill our mission! YOU ROCK!!

## Crafts With Anna

Have you had the pleasure of meeting Anna? Anna comes to us from Floyd Place. She has volunteered at AG for many events. Once again Anna is supporting AG by offering to



host a craft class monthly. Please join Crafts with Anna on Wednesday, September 26th at 1:00 in the lunch area here at the Center. The September class will be doing Wine Cork Pumpkins. Floyd place will be supplying anything needed for the crafts, and the attendance is limited to 35. If you are interested in attending, please sign up at the activities table. Anna would like to invite you to join her monthly for this class. The class will be scheduled the 4th Wednesday of each month.

## Movies for September: Siouxland Hearing Healthcare Room

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. Movies courtesy of our movie vault and Accura Health Care of Sioux City. What would you like to see? We are taking requests.

# Shredtastic

Save the Date:

Sept 21, 2018 11:00-1:00

Siouxland Center for Active Generations 313 Cook St

### Prevent Identity Theft!

A one-stop event, free for seniors, to discard paperwork containing personal info. Your choice: Drive thru or park and watch! Shredding is done on-site courtesy of Document Depot.

Donations gladly accepted



## Center Policy on Adverse Weather Conditions

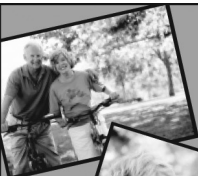
With summer storm warnings, we will do our best to keep you up to date with conditions.

## Active Generations Wish List

- Paint and painting materials – time to spruce up the place
- Light weight 8 foot tables
- A bigger weight bench for the fitness room
- Step exercisers
- Rowing machine

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# September 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:*

- Sept. 4th ..... First School Memories
- Sept 11th..... Describe Your City
- ..... Over The Past 50 Years
- Sept 18th ..... Signs of Fall
- Sept 25th ..... A Man's Best Friend

Facts about September:

1. President Taft is the only president to have a birthday in September.
2. In America we celebrate National Grandparents Day in September.
3. In September we see a full moon and some call it "Harvest Moon" as its

light shines the entire night right up to sunrise.

4. A favorite poem called "30 days has September"...is stated by school children in September. (Bryan)

### Autumn:

It's autumn time, leaves on the roof, leaves on the tree, leaves on the green grass, but not on me. (unknown)

*- Alice Reeg, Creative Writing*

## Volunteer Opportunities

**Gift Shop Volunteer:** Join our small and friendly team sorting donations, pricing, and counting change. Please see Barb in the gift shop. The crew will be happy to show you around.

**Grant Writer:** Have you written grants before or business plans or proposals? We need someone to volunteer for just a few hours each month. Together we will identify and write grants to support programs and activities here at Active Generations. Please see Cheryl if you are Interested in helping Active Generations build a sustainable future.

### Visit Our Website:

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

Our website has gone through many changes over the last year. We have added so many features and so much information. All of it is just a few clicks away. View current/upcoming events, read the SSN, enjoy an Active Generations photo album, and check the lunch menu. These are just a few of the things you can do on the site. Visit us on the web today. Let us know what else you would like to see there.

### Pick up Your Copy of the SSN or Read It on the Web

We never want you to miss a copy of the Sunshine News, but did you know that we get the latest version of the SSN here at the Center before you get it in the mail? Let's put our dollars to better use by letting us know that you would like an electronic copy or that you will pick up your copy here at AG. Or better yet, let us know that you will be reading an electronic copy on our website ([www.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com)).

### Rent the Center

Graduation, Birthday Party, Family Reunion, OR even a BRIDGE TOURNAMENT! 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. Hurry and book your event before the calendar fills up! Contact Michelle at (712) 255-1729 for more details.

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 Call Anna at 712-943-7025 to schedule a personalized tour and complimentary lunch at our remarkable senior living community.  
  
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 Call **(800) 618-3329** to schedule an appointment.  
[sanfordhealth.org](http://sanfordhealth.org),  
 keyword: Bladder Health  
 015001-00620 Rev. 6/18  
**SANFORD**  
 WOMEN'S

# September Yearly Membership Anniversaries

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

MARSHA ADAMS	AGGIE GAGNON	RITA IVERSEN	ANNETTE PETERSON
MARY AESOPH	SUE GRIFFITH	ROSIE KUEHNE	LYNNE REDDEN
JADE BARRETT	SUZANNE HALTLI	ELLA MCDERMOTT	ELIZABETH (BETSY) RIDDELL
CANDICE COFFIN	NORENE HAMMAN	THOMAS MCKENNA	MARCIA SCHNEIDERMAN
BOBBI COLLINS	ROBERT HAMMOND	CRAIG MCNAUGHTON	JUDY SEAMAN
PAUL CRANDELL	THERESA HAMMOND	PATRICIA MUSTAIN	DAVID SMITH
PAULA CRANDELL	GORDON HANSEN	CATHERINE NICOLAS	PATRICIA SMITH
MARCIA CRAYNE	ROBERT HANUS	JOSEPH NICOLAS	KAREN TEW
LEON DOXTAD	EILEEN HARTNETT	PAT NIEWOHNER	DIANA TWIDWELL
LYNN DOXTAD	NADINE HOLST	SCOTT OLSEN	EUGENE ULMER
MARGARET ENGSTRAND	ROSALIE HORSTED	DON OLSON	CHRIS VERSTEEG
MARY FERRARI	JAMES INGENTHON	DONNA OLSON	DALE VOSS
JOYCE FOSTER	GERALD IVERSEN	CAROL PATNAUD	

## Congratulations Lap Dawgs "Walkin' to New Orleans" 1112 Miles

Lap Dawgs YOU MADE IT!!! You walked to New Orleans!

The names of all the participants will be entered in a drawing for a Grand Prize!!!

### Alzheimer's Education in September

**2nd Tuesday in September: Sept 11th at 10:30-11:30 a.m. with  
10 Ways to Love Your Brain**

Research is still evolving, but evidence is strong that people can reduce their risk of developing Alzheimer's by making key lifestyle changes, including participating in regular physical activity and maintaining good heart health. Based on this research, the Alzheimer's Association offers 10 Ways to Love Your Brain, a collection of tips that can reduce the risk of cognitive decline.

**4th Tuesday in September: Sept 25th at 10:30-11:30 with  
Effective Communication Strategies**

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

### Brunch and Learn

Please join us for a Brookdale Senior Living Brunch and Learn on Tuesday Sept 18 at 9:30 a.m. They will discuss programs, like their signature B-Fit exercise program as well as *Brookdale Celebrates*. *Brookdale Celebrates* combines inspired culinary and educational offerings that come together with themed experiences, special events and group activities spotlighting different cultures and cuisines. If you would like to attend, Please sign up at the activities table by Friday, September 14th.

### FREE Athletic Passes — FOOTBALL SEASON!

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  
Presents...  
**Our 35th Annual**  
**VARIETY SHOW**  
Coming in September

**TICKETS**  
Only \$5.00

Music  
Drama  
Dance  
and ...SO MUCH MORE!

Please join us to support the performing groups from the Siouxland Center for Active Generations. Purchase Tickets at Siouxland Center for Active Generations 313 Cook Street Sioux City, 712-255-1729 visit us on the web at [www.siouxlandseniorcenter.com](http://www.siouxlandseniorcenter.com)

## Fall Follies — Coming Soon

Our 35th Annual Fall Follies Variety Show will be Saturday, Sept 8th at East High School. Show begins at 2:00 p.m. with doors opening at 1:15 p.m. Tickets are on sale at the front desk. In support of the Fall Follies, Ron is donating one of his own paintings to raffle. Take a look at the selections when you visit the Center. Get your raffle tickets for a chance to own the painting of your choice.

## Sit and Sip

Pickles, Pickles, and Pickles! I was hoping to get some cucumbers to make my refrigeration pickles and everyone has come through with cucumbers for me. I can't thank everyone enough for all the donations of cucumbers! It has kept me busy, but I couldn't let any go to waste. Has anyone been in the coffee shop since we got our new chairs? It makes quite an improvement! Lastly, as always, we have had a good month because you folks have come to the coffee shop. Thanks a lot,

~ Marilyn

## To Our Volunteers...

Thank you for all that you give to Active Generations! You make this place great! Please make sure you are recording your volunteer hours. It is important for funding and another great way for us to brag about how wonderful all of you are. Remember, as a volunteer, you are invited to join us for coffee and conversation in the lunch area on the first Wednesday of the month from 10:00 – 10:30. This is a great time to talk about upcoming events, and to let us know what we can do to support you.

## Grief Support Program

Losing someone or something you love is very painful. After a loss, we experience all kinds of difficult and surprising emotions. While these feelings can be frightening and overwhelming, they are also normal. Accepting them as part of the grieving process and allowing yourself to feel what you feel is necessary to heal. Let us help you through this difficult time. The Grief Support Program for members will be held the second Monday of each month. 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. No matter where you are in the grieving process, they will be there to reinforce you, encourage you, and help you understand. They welcome all.

## 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.

## Welcome to the Library

Our book club will meet on September 6th. We will be reading "The Great Alone" by Kristen Hannah. Summer is a good time to relax with a good book. During my trip to Okoboji, I read a couple of books I would like to recommend. One is "The Address" by Fiona Davis, the other is "The Senator's Wife" by Sue Miller. For other recommendations or to check out a book or movie, see us in the library!

~Helen

# Dollar Per Day Club

Jim Anderson  
Meyer Bros. Funeral Home  
Bill Foulk

Cheryl Hansen  
Phyllis Lewis

# September 2018

Questions? Call (712) 255-1729

OPEN: Mon.-Thurs. 8:00 am-8:00 pm Friday 8:00-4:30 p.m.

## Monday Tuesday Wednesday Thursday Friday

Reminder:  
35 Annual Fall Follies "Variety Show".  
Is Saturday, September 8th at  
East High School Auditorium  
5011 Mayhew Avenue  
Sioux City, IA 51106



**Siouxland Center**  
for Active Generations  
Presents... our 35th Annual  
**Fall Follies**  
**VARIETY SHOW**  
**September 8th, 2018**  
at...**Sioux City East High School**  
Doors Open at 1:15 Show Begins at 2:00

**TICKETS**  
Only \$5.00

Music  
Dance  
Dance  
and... SO MUCH MORE!

Please join us to support the performing groups from the Siouxland Center for Active Generations.  
Purchase Tickets at Siouxland Center for Active Generations 313 Cook Street or at the door day of the event. For more  
info, please call (712) 255-1729. Visit us on the web at www.siouxlandcenter.com.

Reminder:  
Raffle Tickets are on  
sale for Ron McKewon's  
Paintings, 1 for \$1.00 or  
6 for \$5.00. The drawing  
will be held on Friday,  
Oct 26th. ( 1 Winner  
only and the winner will  
get to chose 1 of the 4  
paintings.) >>>>>>>>




### Shredtastic

Save the Date:  
Sept 21, 2018 11:00-1:00  
Siouxland Center for Active  
Generations 313 Cook St

**Prevent Identity Theft!**  
A one-stop event, free for seniors, to  
discard paperwork containing personal  
info. Your choice: Drive thru or park and  
watch! Shredding is done on-site  
courtesy of Document Depot.

Donations gladly accepted



### Siouxland Center for Active Generations

2018 \*\*\*\*\*  
**FOOTBALL**  
**RAFFLE**  
**EXTRAVAGANZA**

\*\*\*\*\*

- \$20 per Card
- 17 Week Season
- Weekly Winners
- Grand Prize at Season End (High - \$1,000 & Low - \$500)

Purchase Tickets at  
Siouxland Center for  
Active Generations  
313 Cook St.  
Sioux City, IA 51103  
or Call 712-255-1729

**3**

## The Center is closed for Labor Day

**Enjoy your Holiday!**

**See you all Tuesday ;)**

**4**

8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr  
9:00 am Senior Yoga  
9:30 am Fitness w/ Dixie from Regency Square  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:30 pm Hoopla  
12:30 pm Penny Bingo  
12:30 pm Pitch  
1:00 pm Mexican Train  
1:00 pm Painting Class  
1:00 pm Tap Class  
2:00 pm Ping Pong  
4:00-8:00 pm Cards- \$500  
5:00 pm Exercise with Courtney/ Strength  
6:00 pm Meditation with Courtney  
6:00- 7:00 pm Ballroom Dance Lessons with Jane - Suggested \$5.00 a night /\$20.00 monthly donation  
6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate

**5**

**10:30 a.m. Talk Show**  
**Deb Poss with**  
**Care Initiatives Hospice**  
**"Celebrating the Journey of Life"**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square  
9:00 am Open Novice Dup. Bridge Game  
9:00 am Chorus  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session  
11:00 am Jazzercise  
11:30 am-12:30 pm Lunch  
12:00 pm Choreographed Ballroom  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm Walking of the Pounds  
3:00 pm Fitness with Kelly  
6:00 pm ACBL Duplicate Bridge  
6:00 pm Penny Bingo  
6:00 -7:30 pm Cooking / Baking with Touchstone -1st & 3rd Wednesday of month ( Making -" Football Weenies to gear up for all those Sunday afternoon football parties ")

**6**

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 Intermediate German  
11:00 am Advanced Line Dance  
11:30 am Beginner German  
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  
4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
5:00 pm Exercise with Courtney/ Strength  
6:00 pm Meditation with Courtney

**7**

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 Get Fit With Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures  
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 - weekly drawing for a special table treat

*Featuring "Jerry O'Dell Country Flavor Band"*

**10** 9:30 am Grief Support (2nd Monday of the month)  
1:00 pm Birthday Party  
Hosted by Get Fit With Lee  
Entertainment- Penny Bingo  
8:00 am Scrapbooking  
8:30 am Yoga with Amanda  
8:30 am Exercise Plus 50  
9:30 am Interm Duplicate Bridge Class

**11**

8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Fitness w/ Dixie from Regency Square  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Belly Dancing  
10:30 am "10 Ways to Love your Brain" Alzheimer's Association - 2nd & 4th Tuesday of

**12**

**10:30 a.m. Talk Show**  
**"Fruits & Vegetables: "Color Yourself Healthy" With Siera from Humana ( free smoothie)**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square

**13**

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 Intermediate German

**14**

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 Get Fit With Lee



<p>9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting &amp; Crocheting 10:00 am Open Guitar 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 1:00 pm Jazz Dance 1:00 pm Pinochle 2:00 pm Walking Off Pounds- 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.</p>	<p><b>Alzheimer's Association- 2nd &amp; 4th Tuesday of month</b> 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Hoopla 1:00 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 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 7:00 pm Ballroom Dance Lessons with Jane - Suggested \$5.00 a night /\$20.00 monthly donation 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm 500 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 6:00 pm ACBL Duplicate Bridge 6:00 pm Penny Bingo</p>	<p>11:00 am Intermediate German 11:00 am Advanced Line Dance 11:30 am Beginner German 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 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney</p>	<p>9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 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 - weekly drawing for a special table treat</p> <p><i>Featuring "Country Brew"</i></p>
<p><b>17</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 Intermediate Tai Chi 10:00 am Knitting &amp; Crocheting 10:00 am Open Guitar 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 -"Solitary Man" 1:00 pm Jazz Dance 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise room 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.</p>	<p><b>18</b></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 9:30 am Brookdale Senior Living Brunch &amp; Learn 10:00 am Creative Writing 10:00 am Belly Dancing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 am Hoopla 1:00 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 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 7:00 pm Ballroom Dance Lessons with Jane - Suggested \$5.00 a night /\$20.00 monthly donation 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p><b>19</b> 10:30 a.m. Talk Show with Travis from "Sioux City Symphony"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10 1:00 pm Coloring Corner 1:00 pm 500 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 6:00 pm ACBL Duplicate Bridge 6:00 pm Penny Bingo 6:00 -7:30 pm Cooking / Baking with Touchstone -1st &amp; 3rd Wednesday of month ( Making -" Apple Tarts with fresh from the orchard applies.")</p>	<p><b>20</b> 10:00 a.m-1:00 p.m. Hyvee here for FLU SHOTS</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 Intermediate German 11:00 am Advanced Line Dance 11:30 am Beginner German 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 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney</p>	<p><b>21</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 Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 11:00 am SHREADTASTIC &amp; DRUC TAKE BACK 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 - weekly drawing for a special table treat</p> <p><i>Featuring "Shirley's Big Band"</i></p>
<p><b>24</b> 1:00 p.m. - Parkinson's Support Group (4th Monday of month)</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 Intermediate Tai Chi 10:00 am Knitting &amp; Crocheting 10:00 am Open Guitar 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 -"A Little Game "" 1:00 pm Jazz Dance 1:00 pm Pinochle 2:00 pm Walking Off Pounds--exercise room 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.</p>	<p><b>25</b> 8:00 a.m—10:45 a.m. Morningside Nursing Students Visit</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Senior Yoga 9:30 am Fitness w/ Dixie from Regency Square 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Belly Dancing 10:30 am "Effective Communication Strategies" -Alzheimer's Association- 2nd &amp; 4th Tuesday of month 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 am Hoopla 1:00 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 4:00-8:00 pm Cards- "500" 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney 6:00- 7:00 pm Ballroom Dance Lessons with Jane - Suggested \$5.00 a night /\$20.00 monthly donation 6:00- 8:00 pm Women to the Rescue—Las</p>	<p><b>26</b> 10:30 a.m. Talk Show Dorothy Pecaut Nature Center "Live Owl Presentation"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus 9:30 am Painting Class 10:00 am Chess Group 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazzercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm Scrabble 1:00 pm Phase 10 1:00 pm Crafts with Anna from Floyd Place (4th Wednesday of the month) 1:00 pm Coloring Corner 1:00 pm 500 2:30 pm Walking of the Pounds 6:00 pm Meditation w/ Courtney 6:00 pm ACBL Duplicate Bridge 6:00 pm Penny Bingo</p>	<p><b>27</b> 8:00 a.m—10:45 a.m. Morningside Nursing Students Visit</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. 10:30 am Intermediate German 11:30 am Beginner German 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 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 5:00 pm Exercise with Courtney/ Strength 6:00 pm Meditation with Courtney</p>	<p><b>28</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 Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures 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 - weekly drawing for a special table treat</p> <p><i>Featuring "Ed Tyron"</i></p>

# 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

# September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED Happy Labor Day	4 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	5 Sheppard's Pie Dessert	6 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	7 Tavern French Fries Vegetable Dessert
10 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert	11 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert	12 Liver OR Polish Sausage Mashed Potatoes & Gravy Vegetable Dessert	13 Goulash Garlic Bread Dessert	14 Beef Stroganoff Vegetable Dessert
17 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	18 Meatloaf Baked Potato Vegetable Dessert	19 Cabbage Casserole Dessert	20 Broasted Chicken Cheesy Potatoes Vegetable Dessert	21 Cheese Burger French Fries Vegetable Dessert
24 Country Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	25 Taverns Onion Rings Vegetable Dessert	26 BBQ Ribs Baked Potato Vegetable Dessert	27 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	28 Tuna And Noodles Vegetable Dessert

**Sioux City Lions Club Pancake Days! October 5th from 5-7 pm & 6th from 7 am -Noon**  
**Held at Siouland Center for Active Generations**  
**313 Cook Street, Sioux City, IA**  
**Adults \$7, under 2 years free**



Pancakes



Sausages



Scrambled Eggs

(Extra eggs or sausage .25 cents)



Coffee

and



OR



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College Scholarships  
Charity Grants



If questions call Timothy Jacobs 712-251-2436. Or e-mail: [siouxcitylions@gmail.com](mailto:siouxcitylions@gmail.com)

## Cooking Class



Join us and Touchstone as we cook up a storm here at Active Generations. You don't have to bring anything except a smile. Please come and enjoy the fun in the Touchstone Cooking Class on the 1st and 3rd Wednesdays of the month from 6:00-7:30 p.m. If you are interested in attending, please sign up at the activities table. September 5th we will be making Football Weenies to gear up for all those Sunday afternoon football parties! September 19th we will be celebrating apple season with learning how to make apple tarts. What a yummy way to use some fruit fresh from the orchard!



## Talent Abounds

Congratulations to our member Linda Popken from Ron McKewon's painting class on her grand champion Ribbon from the Plymouth County Fair! Her painting titled "At Rest" not only received a ribbon, the Judge also commented "Wonderful! Very natural grouping of country memories. Warm color choices add to the complete feelings. Awesome." Way to go Linda!

**GET YOUR FLU SHOT!**

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## Immutable Laws

- Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
- Law of gravity-any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.
- Law of Probability -The probability of being watched is directly proportional to the stupidity of your act.
- Law of Random Numbers - If you dial a wrong number, you never get a busy signal; someone always answers.
- Variation Law -If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
- Law of the Bath - When the body is fully immersed in water, the telephone will ring.
- Law of Close Encounters - The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.
- Law of the Result —When you try to prove to someone that a machine won't work, IT WILL!!!
- Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
- Law of the Theaters & Sports Arenas - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.
- The Coffee Law -As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
- Law of Physical Surfaces —The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.
- Law of Logical Argument -Anything is possible IF you don't know what you are talking about.
- Law of Physical Appearance —If the clothes fit, they're ugly.
- Law of Commercial Marketing Strategy- As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!
- Doctors' Law -If you don't feel well, make an appointment to go to the doctor. By the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.
- "Not all those who wander are lost" J. R. R. Tolkien

## Testimonial Request - Surveys

You are invited to share your *Center Story* with us. What brought you to the Center? How has joining benefited 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.



## New Programs

We know you have many talents, skills, and passions. Wouldn't it be fun to share your talents, skills and interests with others? Who would like to champion a new group or club? Who would like to organize a new group? The possibilities are endless!

## D.I.Y. — Do It Yourself

We would like to add a D.I.Y. section in the SSN each month. Please submit your “do-it-yourself” ideas and your “life hacks” to share with other members.

## HUGE RUMMAGE SALE

Sept 13th thru Sept 15th

Thursday, Sept 13 4pm - 8 pm  
Friday, Sept 14th 8 am - 6 pm  
Saturday, Sept 15th 8 am - NOON

Furniture	Dishes	Lamps	Bedding
Clothing	Seasonal	Carpet	Misc.

Whitfield United Methodist Church  
1319 West 5th Street

## HyVee

HyVee will be here on Thursday, Sept 20th from 10:00 a.m. -1:00 p.m. to give flu ,pneumonia, and tetanus shots. HyVee will set up in the Siouxland Hearing Healthcare Room. Please bring your insurance card and/or prescription cards (Medicare or other).



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**ADULT BIBLE STUDY:**  
 Thursday 6:30 pm - 8 pm

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



Information for adults 65 and older

**Influenza (the flu) is a serious illness, especially for older adults.**

*FACT: People 65 years and older are at high risk of serious flu-related complications.*

People's immune systems become weaker with age placing people 65 years and older at high risk of serious, flu-related complications. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. It's estimated that between about 70 percent and 85 percent of seasonal flu-related deaths in the United States have occurred among people 65 years and older. For seasonal flu-related hospitalizations, people 65 and older account for between about 50 percent and 70 percent of the estimated total.

**An annual flu shot is the best protection against the flu.**

*FACT: While flu vaccine can vary in how well it works, vaccination is the first and most important step in protecting against the flu.*

Annual flu vaccination is recommended for all people 6 months and older. Vaccination is especially important for people 65 years and older because of their high risk status.

Studies have shown that flu vaccination can prevent flu illness and flu hospitalization. Also, vaccination can make your illness milder if you do get sick.

People 65 years and older can get any flu shot that is approved for use in that age group. There also are two vaccine options available for people 65 years and older that are designed specifically for them, to promote a stronger immune response.

People 65 years and older can get any flu shot that is approved for use in that age group. That includes some traditional, regular-dose flu shots, recombinant flu shots and two other flu shots designed specifically for people 65 and older.

- A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
- An adjuvanted vaccine** (FLUAD™) is standard dose flu vaccine with an added adjuvant. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.



**Siouxland Center for Active Generations**

2018  
**FOOTBALL RAFFLE EXTRAVAGANZA**

**BIG GIVE for ALL**

10.9.18

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[siouxlandbiggive.org](http://siouxlandbiggive.org)



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TALKING ABOUT  
BRAIN HEALTH & AGING

THE BASICS

Aging well depends on your genes, lifestyle choices, and environment. Even if you're healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, which can be important for maintaining our independence.

PROTECTING YOUR BRAIN HEALTH

Good overall health may help to maintain good brain health. These tips may help you stay active and healthy, physically and mentally.

- Eat or drink less sugar, salt, and solid fat
- Eat more fruits, vegetables, and whole grains
- Choose lean meats, fish, or poultry
- Control portion sizes
- Choose low- or non-fat dairy
- Drink adequate fluids
- Make physical activity a part of your routine
- Seek exercise guidance from a health care provider
- Join programs that teach exercise safety
- Volunteer or work
- Join a social club or gather with friends
- Try programs at local community centers
- Get 7-8 hours of sleep every night

A HEALTHY DIET MAY PROMOTE BRAIN HEALTH NOW, AND IN THE YEARS TO COME.



BRAIN HEALTH RISKS

Genetic risks to brain health are inherited, but the lifestyle and environmental factors you control may be changed to help overcome some of these risks and help maintain brain health.

Accidents

**THE RISK:** As we get older, the risk of falls and other accidents that can cause brain injury increases.

**REDUCE IT:** Exercise to improve balance, wear safety belts and helmets, get an eye exam, make sure your home is safe, and get enough sleep.

Alcohol

**THE RISK:** Consuming alcohol can impair communication among brain cells and affect your balance, coordination, memory, and emotions.

**REDUCE IT:** Older adults should be especially careful because medicines can interact with alcohol. Either don't consume it or follow the Dietary Guidelines for Americans 2015-2020, which describes "moderation" as up to one drink per day for women and two drinks per day for men.

Smoking and Related Risks

**THE RISK:** Smoking and other pollutants can affect your health, including your heart and lungs.

**REDUCE IT:** If you smoke, quit. Consider how to limit your exposure to air pollution from fires (including fireplaces and candles), vehicles, and industrial areas.

Medicines

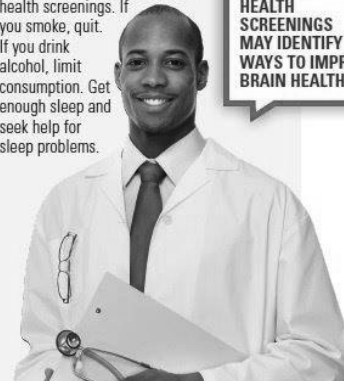
**THE RISK:** Some medicines—on their own or when combined with other things—can affect the way your brain functions.

**REDUCE IT:** Talk to your health care providers about all prescription and over-the-counter drugs you take. Follow instructions and take medicines safely.

Health Conditions

**THE RISK:** Conditions like heart disease, stroke, high blood pressure, diabetes, and sleep problems can affect brain health.

**REDUCE IT:** Manage your cholesterol and blood pressure, exercise, eat healthily, and get recommended health screenings. If you smoke, quit. If you drink alcohol, limit consumption. Get enough sleep and seek help for sleep problems.



REGULAR HEALTH SCREENINGS MAY IDENTIFY WAYS TO IMPROVE BRAIN HEALTH.



WHERE TO BEGIN

There are many things that can affect brain health. Start with one small step in the right direction:

- Schedule a health screening or physical exam
- Review your medicines with your health care provider
- Add one daily serving of vegetables to your diet
- Start a food, activity, or health journal
- Find your community center's activity schedule
- If you are a Medicare beneficiary, schedule an Annual Wellness Visit

# NFL Football Raffle Extravaganza

A FUNDRAISER BENEFIT FOR THE  
**Siouxland Center**  
*for Active Generations*  
313 COOK ST. • SIOUX CITY, IA 51103

**PLAY FOR \$20 OVER \$4,000 IN PRIZES**

**GRAND PRIZES:**

- Highest Score for the Season - \$1,000
- Lowest Score for the Season - \$500

**WEEKLY PRIZES:**

- High Score - \$50
- 2nd Highest Score - \$30
- 3rd Highest Score - \$25
- 4th Highest Score - \$20
- Low Score - \$25

**The rules!** Your game card contains a three-team combination for each week of the regular NFL season, each combination is randomly generated and randomly assigned to the 17 weeks of the 2018 pro football season, scheduled to begin on 9/6/2018. -- Prizes are awarded each week to 4 game cards whose teams score the most total combined points relative to all other cards that week. The card that scores the least total points also receives a prize. Grand Prizes are awarded to the one card with the most, and one card with the least, total combined points scored over all 17 weeks -- if two or more cards are tied with the same score, the first tiebreaker will be total net yards for the three teams. The second tie breaker (if necessary) will be total passing yards for the three teams. For the lowest score, a tie breaker would be the lowest net yards or passing yards. -- Football teams that do not play (have a bye) in a given week are assigned that team's score from the previous week. Follow the fun by checking weekly postings in the Sioux City Journal, at [siouxlandcenterforactivegenerations.com](http://siouxlandcenterforactivegenerations.com), or posted on-site at Active Generations.

Contact the Siouxland Center for Active Generations for more information at: **712-255-1729**

PURCHASE TICKETS AT:

- Artisian Home Builders
- Bergies Bar
- Blue Ribbon Tap
- Bob Roes N End
- Bob Roes Point After
- Brass Rail
- Bull and Bear
- Century 21
- Half Moon Bar and Grill
- Hawkeye Bar
- Icky Nickle
- Mile Inn
- One Eyed Jacks
- Pearls Wine and Bar
- Siouxland Center for Active Generations
- Steinbecks
- Uncle Dave's



# SEPTEMBER BIRTHDAYS

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

Bridget Agriopoulos  
 Theresa Ann Ambrose  
 Walter Anderson  
 Ida Mae Backhaus  
 Amelia Bertrand  
 Larry Bledsoe Sr.  
 Patricia Boggs  
 Shar K (Sharlene) Bonnema  
 Clara Branch  
 Jacque Brentlinger  
 Joann Breyfogle  
 Carla Brown  
 James Brown  
 Thomas Brunkan  
 Vickie Carroll  
 Ron Chapman  
 Patricia Collins  
 Valerie (Lyn) Courey  
 Susan Danilson  
 Joel Davis  
 Kay Dunn  
 Audrey Ercolini  
 Sonja Kay Erickson  
 Helen Eriksen  
 Gary Farley  
 Joyce Foster  
 Carole Foster  
 Peggy Foulk  
 Roger Friessen  
 Virginia Gries  
 Sue Griffith  
 ADRIAN HANSON SR.  
 Betty Harrison

Kathy Hartman  
 Robert Henderson  
 Mavis Holman  
 Jeanie Carol Huff  
 Normagene Hughes  
 Richard Husted  
 Lowell Johnson  
 Pamela Johnson  
 Donna Johnston  
 Pat Jorgenson  
 Dorinda Klapprodt  
 Joan Kober  
 Daniel Kohn  
 Paula Kohn  
 Mindy Krause  
 Sharlene Krusemark  
 WILLIAM KRUSEMARK  
 Robert Lee  
 Mary Litzenberger  
 Dolores Livengood  
 Ellen Livingston  
 Valerie Lockwood  
 Betty Lomeli Gonzalez  
 Pamela Long  
 Lavonne Joan Lundgren  
 Dean Marsh  
 Don McCulley  
 Ella McDermott  
 Nancy Means  
 Vivian Miller  
 Peg Mitchell  
 Kris Mueller  
 Don Nieuwendorp

Kathy Noble  
 Annette Peterson  
 Ed Porter  
 Madeline Prescott  
 Judy Ramirez  
 Alice Ann Reeg  
 Dorothy Anne Rietz  
 J Douglas Robbins  
 Marna Samuel  
 Ray Sanders  
 Glenda Schulze  
 Mary Jane Shanahan  
 Donna Sharp  
 Mary Helen Sievers  
 Terry Joe Smith  
 Ruth Snyder  
 Sharon Strom  
 Robert F (Bob) Swanson  
 Diane Taylor  
 Anita Tevis  
 Cathryn Thompson  
 Barb Uhl  
 Teresa Valdez  
 Dorothy Vanderweil  
 George Vinson  
 Lois Walsh  
 Richard Eugene Waskow  
 Kathy Watkins  
 Lori Renae Watts  
 Dick (Charles) Wheelen  
 DELORIS WHITEHILL  
 Jennifer Wilson

## NEW MEMBERS

LINDA BAKER  
 KAREN BOURNE  
 TERRY (TC) COLE  
 LINDA DONNELLY  
 MARY HOLLENBECK  
 DON JENSEN  
 JERRY JOHNSON  
 EMMETT MCGHEE  
 STEPHEN MITCHEM  
 NEW PERSPECTIVES  
 ED PORTER  
 GENE ROSE  
 DIANNA SALISBURY  
 DOUG SCHINZING  
 WILLIAM WITZKA

## MEMORIALS

For: Gloria Thompson  
 From: Margaret Neely



**Enter 90 Articles** - If you would like to have your birthday highlighted as an Enter 90 article, please fill out the form mailed to you, and return it to us before the 10th of the month so it can be featured in the next months SSN. If you would rather, you can come chat with us and we can fill out the form together.

## Attention New Members

New members attending the monthly birthday parties will receive a FREE admittance coupon to attend a Friday dance. Please attend, make new friends, be recognized, and receive your *free coupon!*

*The* **Heritage**  
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Sioux City, IA 51104



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The *Sunshine News* is published by the:

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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

## August

*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    | John Graser    | Clark Kleinberg    | George Polak       |
| Lola Anderson        | Sandy Graser   | Mindy Krause       | Annette Rasmussen  |
| Eugene Anderson      | Virginia Gries | Carla Leibrich     | Dee Sachau         |
| Clarence Backer      | Michele Haitz  | Janette Linden     | Don Schultz        |
| Novaline Bliven      | Jana Hartshorn | Terry McArthur     | Marilyn M Thompson |
| Deanna Bower         | Dick Hayes     | Pamela Mears       | Bill Utter         |
| Miriam Clayton       | Arlene Held    | Bill Merritt       | Toby Varvais       |
| Valerie Conaway-Cote | Steve Hoberg   | Kerwin Meyer       | Claryce Welch      |
| Darlene Coulsen      | Vernon Hughes  | Michael Montgomery | Bob Wolf           |
| Cheryl Crandell      | Bonnie Jonas   | Joanne Peters      | Carolyn Wolf       |
| Shirley Hodges       | Sally Kimball  | Betty Pierce       |                    |