

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
<p>Reminder: 35 Annual Fall Follies "Variety Show". Is Saturday, September 8th at East High School Auditorium 5011 Mayhew Avenue Sioux City, IA 51106</p> 	<p>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.) >>>>>>>></p> 		 <p>Save the Date: Sept 21, 2018 11:00-1:00 Siouxland Center for Active Generations 313 Cook St</p> <p>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.</p> <p>Donations gladly accepted</p> 	
<p>3</p> <p>The Center is closed for Labor Day</p> <p>Enjoy your Holiday!</p> <p>See you all Tuesday ;)</p>	<p>4</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 10:45 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</p>	<p>5</p> <p>10:30 a.m. Talk Show Deb Poss with Care Initiatives Hospice "Celebrating the Journey of Life"</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 & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzie Dance 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 ")</p>	<p>6</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 & 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</p>	<p>7</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 "Jerry O'Dell Country Flavor Band"</i></p>
<p>10</p> <p>9:30 am Grief Support (2nd Monday of the month) 1:00 pm Birthday Party Hosted by Get Fit With Lee Entertainment- Penny Bingo</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Intern. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & 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 Jazzy Dance-NO CLASS 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 & Jokers, Ect.</p>	<p>11</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 "10 Ways to Love your Brain" Alzheimer's Association- 2nd & 4th Tuesday of month 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 Walking Off Pounds 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>12</p> <p>10:30 a.m. Talk Show "Fruits & Vegetables: "Color Yourself Healthy" With Siera from Humana (free smoothie)</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 & Fit after 40 10:30 am Open Jam Session 1:00 pm Jazzie Dance-NO CLASS 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>13</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 & 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</p>	<p>14</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 spec ial table treat</p> <p><i>Featuring "Country Brew"</i></p>
<p>17</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:30 am Intern. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & 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 Movie -"Solitary Man" 1:00 pm Jazzy Dance-NO CLASS 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 & Jokers, Ect.</p>	<p>18</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 10:45 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>19</p> <p>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 & Fit after 40 10:30 am Open Jam Session 1:00 pm Jazzie Dance-NO CLASS 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 -" Apple Tarts with fresh from the orchard applies.")</p>	<p>20</p> <p>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 & 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</p>	<p>21</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 SHREDTASTIC & DRUG 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>24</p> <p>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 Intern. Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & 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 Movie -"A Little Game "" 1:00 pm Jazzie Dance 1:00 pm Pinochle 2:00 pm Walking Off Pounds-exercise rm 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.</p>	<p>25</p> <p>8:00 a.m—10:45 a.m. Morningside Nursing Students Visit</p> <p>8:00 am Penny Bingo-NO 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 & 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 -NO 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>26</p> <p>10:30 a.m. Talk Show Dorothy Peacat 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 & Fit after 40 10:30 am Open Jam Session 11:00 am Jazzie Dance 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>27</p> <p>8:00 a.m—10:45 a.m. Morningside Nursing Students Visit</p> <p>8:00 am Penny Bingo-NO 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 11:15 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-NO 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</p>	<p>28</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>