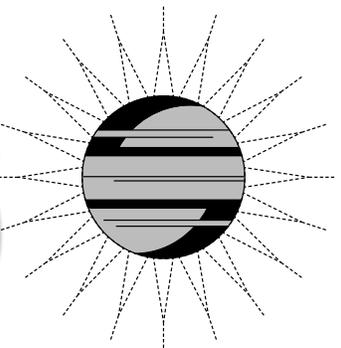


NOVEMBER 2018 SUNSHINE NEWS



Telephone
712-255-1729

Number
486

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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: Ron's Painting Class



Ron McKewon became a member of AG in October, 1999. A co-worker told him about The Center needing a painting instructor and the rest is history. Ron enjoys the time he spends in his painting class. He has met a lot of wonderfully interesting people. He has enjoyed helping others, and guiding them, and finds the experience rewarding and fulfilling. The members in Ron's painting class shared that they see Ron as upbeat, knowledgeable in his profession, friendly, always encouraging and insightful, and honest with his feedback. One member says that she doesn't make any doctor appointments during the painting class time because she never wants to miss a class. The members and Ron all echo the same sentiment about their painting class, saying it is therapeutic. They like to have fun, laugh a lot, and they are all very supportive of one another, all while enjoying their passion of painting!

You don't have to be an accomplished artist to join Ron's Painting Class. Beginners are welcome and encouraged to come! Painting classes are scheduled Tuesdays at 9:30 a.m. & 1:00 p.m. and Wednesdays at 9:30 a.m. If you are interested in finding out more about this activity, please stop by and see Ron.

"If you hear a voice within you say you cannot paint, then by all means paint and that voice will be silenced."

– Vincent Willem van Gogh

Can We Talk?

Briar Cliff University social work department is pleased to continue its partnership and tradition of providing special interest/topic intergenerational groups at Siouxland Active Generations this November. Each group will be led by senior social work majors who have been trained in individual and group techniques and supervised by their instructor, Heidi Kammer-Hodge MSW, LISW, LICSW, LADC. This initiative helps Briar Cliff University social work students practice group skills. **Please attend the following intergenerational groups with Briar Cliff University social work students. Please sign up at the activities table. Refreshments will be provided.**

Wednesday, 11/7/18, 2:00-3:00pm

Family Traditions: Symbols of who we are

Facilitated by: Esperance (Hope) Namahoro and Laura Malcolm

*Participants are encouraged to bring a symbol of their family traditions to this group, such as a photo, recipe, or heirloom.

Wednesday, 11/14/18, 2:00-3:00pm

Staying Active- Socially & Physically

Facilitated by: Olga Guevara and Kitty Washburn

Monday, 11/19/18, 2:00pm-3:00pm

Entertainment Jeopardy (music, tv, movies)

Facilitated by: Lanye Favors Manley and Emily Nguyen

Wednesday, 11/28/18, 2:00pm-3:00pm

Charades for integrating mind and body wellness

Facilitated by: David Heim, Kaylee Mateo, Aleda Price

All group sessions will be held at Siouxland Active Generations. For Questions, please contact: Heidi Kammer-Hodge MSW, LISW, LICSW, LADC at heidi.kammer-hodge@briarcliff.edu or 612-804-3417.



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

facebook.com/SiouxlandSeniorCenter

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

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in the Sunshine News

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

Ho Ho Ho! Give the Gift that Keeps on Giving

Looking for that perfect gift for that hard to buy for adult? Don't know what to get your parents for Christmas? What do you give someone who has everything? You can give them all the gift of fitness, education, socialization and fun by giving your friends and loved ones an Active Generations membership. Membership certificates are now on sale! See Jan for details.

Get Creative with the Art Center



The Sioux City Art Center will be having a community outreach workshop for our members here on Wednesday, November 14th at 1:30 p.m. The art project that will be taught is Chihuly inspired holiday ornaments (see attachment). Students will be creating these ornaments using melted plastic, glass paint, glitter and metallic markers. Deb

with Art Center said she knows everyone will enjoy this creative project because it is so much fun to make! **There is only a 20-person limit, so please sign up at the activities table.**

Medicare Open Enrollment

On Thursday, November 15th at 2:15 p.m. SHIIP will be holding an informational talk on "MEDICARE PART D OPEN ENROLLMENT." This is open to the public.

Bridge News

One thing we can always count on is change. The duplicate bridge group is changing some game times. We've had problems with attendance at Wednesday evening games with snow-birds leaving for winter, lake-birds gone during summer, and unpredictable weather in winter. We voted heavily to change to Wednesday afternoon. To make our schedule less confusing, we decided to start both Monday & Thursday games at 12:30. The Wednesday game will start at 1 p.m. as the novice group in the morning usually ends at about noon. We need lunch to keep our brains working. Diane Howard's intermediate class continues to add students & many of them are playing in regular games. We all learn by playing (like children). We lost one of our active novice players when Father Don Ries died recently. Not only was he a good bridge player, but he gave of his time to conduct a special mass during our tournaments when there wasn't enough time to get away to a church. If you have any questions about bridge, feel free to stop in or email me at audreylund@aol.com



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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 September. We thank them for their thoughtfulness.

- | | | |
|-------------------|--------------------|---------------------|
| Alice Reeg | Elaine Waskow | Lorene Moyse |
| Alice Sailors | Evey Thompson | Mae Barron |
| Ann Mrla | George Polak | Mary Lou Burns |
| Bev Hall | Jan Kamm | Miriam Clayton |
| Bryan Hamann | Jane Henderson | Normagene Hughes |
| Carol & Robert | Jean Closter | Rita Swanson |
| Krumwiede | Jeanne Dunbar | Sally Kimball |
| Carol Kelzer | Jeff Keil | Sandy Kuntz |
| Carol Krumweide | Judy Rehurek | Sharon Hanneman |
| Carolyn Wolf | Karen Balstad | Shirley Henderson |
| Cathy Herring | Kathleen Determann | Siouxland Duplicate |
| Charlotte Collins | Kathy Johnson | Bridge Club |
| Deanna Jacobs | Ken Dvorak | Sonnie Robbins |
| Don Nieuwendorp | Kristine Shults | Tom Jacobs |
| Donnette Hatch | Lillie Rundall | Toots Pittman |
| Doreen Schoonover | Linda Beeson | Vikki Jacobs |
| Doris Parsons | Lola Anderson | |

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

- | | | |
|--------------------------|--------------------|-------------------------|
| Cost Cutters | Touchstone | Fareway - Indian Hills |
| Master Cuts | Wendy Beavers | Chestermans |
| Caribou Coffee | Westwood | Pepsi-Cola of Siouxland |
| Bickford Cottages | Whispering Creek | Jolly Time Popcorn |
| Care Initiatives Hospice | Accura Health | Sam's Club |
| Casa De Paz | Bomgaars | Walmart |
| Countryside Health Care | United Way | Knoepfler Chevrolet |
| Center | Elevate Church | Auto Zone |
| Floyd Place | HyVee - Hamilton | Discount Tire |
| Heritage Northern Hills | Palmer Candy | Sioux City Ford |
| Regency Square | Perkins Restaurant | Woodhouse - Sioux City |
| Stoney Brook Suites | | |



The Center will be closing at 4:30 p.m. on Wednesday, November 21st. We will be closed on Thanksgiving- November 22nd & Friday, November 23rd. We will open back up on Monday, November 26th.

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 _____

Cooking Class



Join Touchstone and us as we cook up a storm here at Active Generations. You don't have to bring anything except a smile. Of course, we want you to come and enjoy the fun, but we ask that you sign up first (see activity table). Yum!

What a Crafty Bunch!

What fun our members had creating these festive pumpkins. Thanks, Floyd Place for bringing this fun event to AG members.



Whoooooo Came to Visit



Thank You Dorothy Pecaut Nature Center for bringing Harlan (injured owl found in Harlan, IA) to visit us at AG. We love our talk shows!

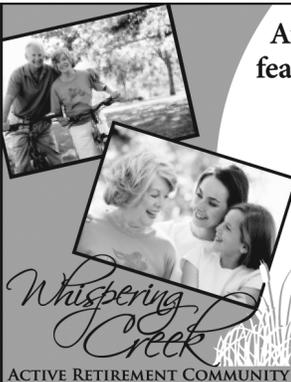
\$\$ Couponing with Heidi \$\$

Need a little more cash for your holiday shopping? Want to learn how to save at the checkout all year long? If you are interested in learning how to save money on personal care items and toiletries, plan to attend Heidi's class scheduled for November 13th at 10:30 a.m. Heidi will be teaching couponing basics, discussing smartphone apps, and pointing out websites where you can print coupons and get digital coupons. Heidi will also be bringing you coupons that she wants to share to get you started.

D.I.Y. – Do It Yourself

Looking for a nice treat that looks good on your thanksgiving table? Visit the activities table at AG and get the instructions to make a candy filled turkey favor that everyone is sure to enjoy! While you are there, sign up for one or more of the activities that Michelle has set up for you!

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Active Generations Wish List

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



November 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:

- Nov. 6th.....Immigration: Who Should Stay?**
- Nov. 13th...Describe Your Personality Traits.**
- Nov. 20th...Choose a News Story.**
- Nov. 27th...Thoughts About The Gettysburg Address**

A November English Folksong:
 "Over the river and through the woods,
 trot fast my dapple gray.
 Spring over the ground like a hunting
 hound,
 On this Thanksgiving Day, Over the
 river and through the woods,
 Now Grandmother's face I spy. Hurrah
 for the fun,
 Is the pudding done? Hurrah for the
 pumpkin pie."

THOUGHTS ABOUT NOVEMBER;

1. Abraham Lincoln gave his Gettysburg Address on November 19, 1863
2. The US and Canada celebrated the end of WW1 every year on November 11th.
3. John F Kennedy was assassinated on November 22, 1963.
4. Veteran's Day honors those who have served in the US Armed Forces, on November 11th.

November comes and November goes with
 the last red berries
 And the first white snow....
 (Elizabeth Coatsworth)

If the only prayer you said in your whole
 life was "Thank You", That would suffice.
 (Meister Eckhart)

- Alice Reeg, Creative Writing

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Crafts with Anna with Floyd Place



Crafts with Anna from Floyd Place is scheduled for Wednesday, November 28th at 1:00 p.m. Join her and your

friends as you create a lovely holiday keepsake. Another clever idea from Anna. Don't miss out! Sign up now!

Hello Lap Dawgs!!

Check this out – Between September 11th and October 1st, the Dawgs walked over 4000 laps! Incredible! Remember, if you are walking other places, such as the mall, or the city trails, bring those miles and record them here. We will convert them to our laps. Walk here; walk in the community; walk with friends; just keep walking.

Are you ready for our next adventure? Well, Dawgs, how about a virtual walking trip across Iowa? Stay tuned for details on the first ever Dawgbri – walk across Iowa!

~ Leader of the Pack, Ken


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November Yearly Membership Anniversaries

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

TIMOTHY ALLEN	MURIEL COOPER	DEE LILLIE	ESTHER SORENSON
JUDY ALVIS	SUSAN DANILSON	BAYNE LINDEN	ALICE SPERAW
CLARENCE BACKER	GARY DEHOFF	BARBARA MCKENNEY	LARRY STEINBRECHER
ARLENE BARKER	AGNES DONOVAN	SOPHIE MILBRODT	JULIE STEWART
LAWRENCE BENNE	MICHAEL DONOVAN	MARION MOORE	CHARLES SWANSON
JOHN BERGER	CAROLE FOSTER	SHIRLEY NELSON	DOROTHY SWANSON
SAUNDRA BERGER	JAN GRAMM	JOANNE OLSON	DON TORGERSON
COLLEEN BOCHMANN	SHEILA GRASZ	BETTY PIERCE	TONI TSCHANN
SHAR K (SHARLENE) BONNEMA	JAN GREEN	BARBARA PITTS	SHARYN VOLK
GARY BOWMAN	SHIRLEY GREEN	BRENDA REICKS	LOIS WARD
JACK BREEN	MARCELLA HAMM	KAY REYNOLDS	CAROL WASSMUTH
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HAROLD BREWSTER	ANDREA HOLDEN	STEVE ROTHE	PATRICIA WINDESHAUSEN
LINDA BRINKERHOFF	JOHN IVERSEN	JAMES SHELLEY	BOB WOLF
JAMES BROWNLEE	MILDRED JENSEN	MARY ELLEN SILVERBERG	LOIS ZUNKER
LARRY CARVER	(LAVONNE) BONNIE L JOHNSON	DENNIS LEE SMITH	
PINKY CATRON	SHARON ELAINE JUNGE	O'NEAL SMITH	
VALERIE CONAWAY COTE	SANDI KIMPSON	RUTH SNYDER	

SHARE THIS HOLIDAY SEASON

HATS, GLOVES, MITTENS, SCARVES FOR CHILDREN - Keep the children warm. We are accepting donations of new hats, gloves, mittens and scarves for children. Some families simply can't afford them. You may put your donation on the tree outside Michelle's office. If you know anyone that would like to knit or crochet these items, please see Michelle. Thank you! Stay warm!

CANNED FOOD DRIVE - Feed the hungry...Every year AG has collected and donated canned and other non-perishable food items for the holiday season. We will be collecting again this year. Please bring your donations to AG and see Michelle. Thanks for sharing with those in need.

ANGEL TREE - Help keep the Christmas season magical for a child. What's an Angel? Every year the Salvation Army fills a toy shop with gifts for children of all ages. The Angels are not tied to specific children in our community, so instead, they allow parents to come pick out toys from the Salvation Army's toy shop to fulfill their child's needs. Thank you for sharing this season.

THE MIKE RUEHLE ANNUAL BEAR MEMORIAL - Kerry Ruehle was a team member at AG for almost 11 years. Her husband, Mike "Bear" Ruehle, passed away a few years ago. To honor his memory, Kerry has collected and given out teddy bears to adults and children experiencing life changing events. Dates of collection are: NOVEMBER 14TH - DECEMBER 14TH. Bears must be new. Thanks, donors, for your continued support!

Sit and Sip Coffee Shop News

Well I'm back making soup on Thursdays. I always try to make a different one each week so if you don't like the one I make then maybe the next week will be what you like. I've been busy making special order pies, keeping my 71-year-old rolling pin busy. Yes, I got the rolling pin for a wedding present back in 1947 and I have used it nearly every week. In fact, my husband had pie in his lunch bucket every day. My plans are to have a Bake Sale in November so that will move pies. I plan to have it on Friday, November 16th, so watch for it. Any donations of flour, sugar, eggs, pie fillings, etc. are always appreciated. As always, the coffee shop has been busy. Trying to have some new things so check us out.

Marilyn Haller

Did You Know...?

Did you Know...The biggest pumpkin on record weighed 1,140 pounds.

Did you Know...Cranberries are sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.

Did you Know...Roasted turkey with all the trimmings was the first meal eaten on the moon by astronauts Neil Armstrong and Buzz Aldrin.

Did you Know...The average person eats 18 pounds of turkey each year.

Did you Know...Only male turkeys gobble. Females make a clucking noise.

SCAM and FRAUD ALERT

Con artists frequently target investors aged 50 and older. Why? Because individuals in this age group may be likely to have investments, own a home, and maintain a good credit rating, all of which appeal to criminals. Here's the good news: Being a target of a scam does not mean you have to end up a victim. Steps you can take to protect yourself include thoroughly researching sizable purchases in advance and staying in control of your money as long as you are able to do so. In addition, watch out for salespeople who prey on your fears. When investing, for example, an investment may be appropriate for you if it complements your risk tolerance and time horizon. Fear of running out of money or a desire to make up for funds that have been lost typically are not good reasons to invest. It's an unfortunate fact that as you get older, you may also become a more attractive target for con artists. Taking steps to thwart them may help you preserve the assets you have worked a lifetime to accumulate.

COMMON SENIOR SCAMS

Certain forms of fraud, such as identity theft or credit card theft, can victimize people of any age. But other schemes are designed specifically with older people in mind. You may want to be aware of the following:

1. **MEDICARE FRAUD**-Manufacturers may offer free medical products in exchange for a consumer's Medicare number. A criminal can use the number to complete a form, obtain certification from an unauthorized doctor, and bill Medicare for reimbursement. **What you can do:** Never sign incomplete insurance forms or provide blanket authorization to a medical provider to bill for services. Carefully review benefit statements from insurance companies and call with any questions.
2. **IDENTITY THEFT**-According to the Federal Trade Commission (FTC), more than one third of recent complaints made by consumers aged 50 and older related to identity theft. Credit card fraud was the most common form of identity theft complaint, followed by bank fraud and phone or utilities fraud. **What you can do:** Shred bills, receipts, and other forms with personal information before tossing. When shopping online, look for evidence that a merchant provides encryption or other forms of Internet security. Check your credit report for errors. You may obtain a free credit report once a year from each of the three reporting agencies.
3. **TELEMARKETING FRAUD**- Dishonest telemarketers often maintain lists of potential victims and a sizable majority of the names on those lists are likely to be people aged 50 and older. Common tactics may include asking for Social Security or bank account numbers over the phone, pressuring you to make an immediate purchase, and offering phony prizes. **What you can do:** Do not purchase anything over the phone unless you initiate the contact. Sign up for the FTC's National Do Not Call Registry to reduce unwanted calls.
4. **FAMILY FRAUD**- Unscrupulous relatives may try to convince an older family member to give them legal authority to manage the family member's financial affairs. Relatives may spend money, sell assets, and leave the family member impoverished. **What you can do:** Retain control of your assets as long as you are able to manage them. If it becomes necessary for a child or other heir to step in, create an accountability system where your designee reports periodically to your attorney or someone else.
5. **INVESTMENT FRAUD**- Dishonest sales people may try to convince retirees to make investments that are not appropriate given their risk tolerance and time horizon. Warning signs may include offers from people who are not licensed to sell securities, guarantees of high returns, or unregistered investments. **What you can do:** Avoid promises of high returns or so-called risk-free investments. Contact the federal Securities and Exchange Commission to find out whether investment professionals are properly licensed.

HOW TO PROTECT YOURSELF FROM EXPLOITATION - Prevention and follow-up can help you avoid being ripped off. The North American Securities Administrators Association, Inc., provides these tips for senior citizens.

- **Don't be a "courtesy victim."** Scam artists often target people with good manners. Be on your guard with strangers or anyone looking for your money.
- **Take the time to research sizable purchases.** Decline offers from people who pressure you for an immediate decision.
- **Stay in charge of your money.** Resist appeals from people who want you to leave everything in their hands.
- **Don't be fooled by a professional appearance.** Criminals often know how to win someone's trust.
- **Watch out for salespeople who prey on your fears.** Don't invest or make purchases because you are afraid of running out of money or experiencing a costly illness.
- **Don't make rash decisions following a tragedy.** Con artists may prey on individuals who have lost a spouse or received an insurance settlement. If you find yourself in this situation, take the time to learn the basics of investing and how you can find a qualified financial advisor to work with you.
- **Monitor your investments and ask tough questions.** Demand a routine statement of your accounts. Responsible professionals are willing to hold themselves accountable.
- **Be suspicious if you have trouble retrieving your principal or cashing out profits.** Although some investments have restrictions on withdrawals, you must be told about this before making a purchase.
- **Report fraud or abuse to the authorities.** Many elderly victims of identity theft do not report their experience to the police. Yet this hesitation to admit being victimized gives a criminal time to scam someone else.
- **Beware of reload scams.** Don't give a con artist more money if he or she wants to make up for funds that have been lost.

While most people are honest, many criminals may be on the lookout for senior citizens, especially those who are affluent. Knowing what to recognize in con artists can help you stay on the lookout for them and avoid being scammed.

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Raffle for a Rug is starting in November:- \$1 for \$1.00 & 6 for \$5.00. Drawing is held on November 30th during dance.</p> 	<p style="text-align: center;"><i>Gratitude</i> can transform common days into <i>thanksgivings,</i> turn routine jobs into <i>joy,</i> and change ordinary opportunities into <i>blessings.</i></p> <p style="text-align: center;"><small>By William Arthur Ward</small></p> 	<p>1</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 10:00 am Diabetes Workshop offered by Connections Area Agency on Aging -Thursday's thru Nov 15th) 11:00 am Balance Class w/YMCA Instr. \$1.00 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 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>2</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 12:15 pm Quilting with Love- New Program 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 style="text-align: center;"><i>Featuring</i> "Jerry O'Dell's Country Flavor Band"</p>
<p>5</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 12:30 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie "The Princess Stallion" 1:00 pm Jazz Dancercise 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, Etc.</p>	<p>6</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train, Tap Class 1:00 pm Painting Class 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate 6:00 -7:30 pm Cooking / Baking with Touchstone -1st & 3rd Tuesday of month (Making—Thanksgiving Side Dish Taste Testing Party.")</p>	<p>7</p> <p style="text-align: center;"><i>10:30 a.m. Talk Show</i> "Fire Safety" with Lt. Joe Rodriguez from Sioux City Fire Rescue</p> <p style="text-align: center;"><i>2:00-3:00 p.m. Group Talks with BCU Social Work Students</i> "Family Traditions: Symbols of Who We Are"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10, Coloring Corner, 500 1:00 pm ACBL Duplicate Bridge 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games</p>	<p>8</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 10:00 am Diabetes Workshop offered by Connections Area Agency on Aging -Thursday's thru Nov 15th) 11:00 am Balance Class w/YMCA Instr. \$1.00 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 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>9</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 12:15 pm Quilting with Love- New Program 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 style="text-align: center;"><i>Featuring "4 on the Road"</i></p>
<p>12</p> <p style="text-align: center;"><i>9:30 am Grief Support</i> (2nd Monday of the month)</p> <p style="text-align: center;"><i>1:00 pm Birthday Party</i> Hosted by:-Ron's Painting Class Entertainment:-BJ's Variety Show</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50</p>	<p>13</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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</p>	<p>14</p> <p style="text-align: center;"><i>10:30 a.m. Talk Show with Lori. L Hayungs from Family Life</i> "Learn about Therapeutic activities that can be done in the home.." (Last class in the series)</p> <p style="text-align: center;"><i>2:00-3:00 p.m. Group Talks with BCU Social Work Students</i> "Staying Active: Socially & Physically"</p>	<p>15</p> <p style="text-align: center;"><i>2:15 p.m. Informational Talk on 'MEDICARE PART D OPEN ENROLLMENT" With SHIP.</i> This is open to the Public</p> <p>8:00 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 10:00 am Diabetes Workshop offered by Connections Area Agency on Aging -Thursday's thru Nov 15th)</p>	<p>16</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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</p>

<p>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 & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 1:00 pm Jazz Dancercise 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,</p>	<p>10:30 am Couponing with Heidi 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train, Tap Class 1:00 pm Painting Class 4:00 pm-? Open -Card Games/Board Games 4:00-6pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10, Coloring Corner, 500 1:00 pm ACBL Duplicate Bridge 1:30 pm Sioux City Art Center-- Chihuly inspired Holiday Ornaments 20 Person Limit 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games</p>	<p>-Thursdays thru Nov 15th) 11:00 am Balance Class w/YMCA Instr. \$1.00 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 2:00 pm 4:00 pm- Open -Card Games/Board Games 4:00-6pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>12:00 pm Open Bridge Group 12:15 pm Quilting with Love-- New Program 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 style="text-align: center;">Featuring "Country Brew"</p>
<p>19 2:00-3:00 p.m Group Talks with BCU Social Work Students "Entertainment Jeopardy: (Music, TV, Movies)</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 & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie -"Pay it Forward" 1:00 pm Jazz Dancercise 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, Etc.</p>	<p>20 4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train, Tap Class 1:00 pm Painting Class 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games 4:00-6pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate 6:00 -7:30 pm Cooking / Baking with Touchstone -1st & 3rd Tuesday of month (Making --" Fruit Pizza.) 25 Person Limit</p>	<p>21 NO TALK SHOW</p> <p style="text-align: center;"><u>CENTER IS CLOSING AT 4:30 P.M</u></p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm Phase 10, Coloring Corner, 500 1:00 pm ACBL Duplicate Bridge 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly CLOSED AT 4:30 P.M.</p>	<p>22 CLOSED</p> 	<p>23 CLOSED-SEE YOU ALL ON MONDAY. HAVE A GREAT HOLIDAY WEEKEND!!!</p> 
<p>26 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 & Crocheting 10:00 am Open Guitar Practice 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 12:30 pm Movie -"Somewhere in Time" 1:00 pm Jazz Dancercise 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, Etc.</p>	<p>27</p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train, Tap Class 1:00 pm Painting Class 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Etc. 4:00-6pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>28 10:30 a.m. Talk Show with Theresa Kruid, Naturalist from Dorothy Peacout Nature Center "Mammals"</p> <p>2:00-3:00 p.m Group Talks with BCU Social Work Students "Charades for Integrating Mind & Body Wellness"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm Scrabble 1:00 pm Phase 10, Coloring Corner, 500 1:00 pm ACBL Duplicate Bridge 1:00 pm Crafts with Anna from Floyd Place (4th Wednesday of the month) -Ribbon Christmas Tree Ornaments. 35 Person Limit 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm- Open -Card Games/Board Games</p>	<p>29</p> <p>8:00 am Penny Bingo 9:00 am Yoga , 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 11:00 am Balance Class w/YMCA Instr. \$1.00 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 & 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 4:00-6pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>30</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 10:00 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 12:15 pm Quilting with Love-- New Program 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 style="text-align: center;">Featuring "Ed Tryon "</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

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Burrito (Not Spicy) Refried Beans Dessert	2 Beef Stew Dinner Roll Dessert
5 Goulash Garlic Bread Dessert	6 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	7 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	8 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert	9 Tavern Onion Rings Macaroni & Cheese Dessert
12 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	13 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert	14 Turkey Dinner Mashed Potatoes & Gravy Vegetable Dessert	15 Chicken & Broccoli Casserole Dinner Roll Dessert	16 Spaghetti with Meat Sauce Garlic Bread Dessert
19 Chicken Breast Rice Pilaf Dessert	20 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	21 Goulash Garlic Bread Cinnamon Roll	22 CLOSED HAPPY THANKSGIVING	23 CLOSED
26 Vegetable Beef Soup Dinner Roll Dessert	27 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	28 BBQ Ribs Baked Potato Vegetable Dessert	29 Broasted Chicken Cheesy Potatoes Vegetable Dessert	30 Beef Tips Mashed Potatoes & Gravy Vegetable Dessert

Siouxland Center
for Active Generations

In Cooperation with ISU Presents:

**Understanding
Parkinson's Disease (PD)**

This interactive three-session program is designed to help participants recognize the symptoms of Parkinson's Disease (PD), to understand what causes PD, and how treatments work.

Session One: Wednesday, Oct 17th at 10:30 a.m.
"Recognize the Symptoms of Parkinson's Disease" (PD)

Session Two: Wednesday, Oct 31st at 10:30 a.m.
"Understand what causes PD and how treatments work."

Session Three: Wednesday, Nov 14th at 10:30 a.m.
"Learn about therapeutic activities can be done in the home."

At Siouxland Center for Active Generations
313 Cook Street Sioux City, IA

This educational series is open to the public, but pre-registration is requested. Register at Siouxland Center for Active Generations 313 Cook Street, email to michellelaffin@cablone.net, or call 712-255-1729

MEMBERS: Please sign up at the Activities Table

Siouxland Center *and...* Connections
for Active Generations from Agency on Aging

PRESENT

**Diabetes Self-Management Work
Shop**

October 11th at 10:00-11:30 a.m.
October 18th at 10:00-11:30 a.m.
October 25th at 10:00-11:30 a.m.
November 1st, at 10:00-11:30 a.m.
November 8th, at 10:00-11:30 a.m.
November 15th, at 10:00-11:30 a.m.

These are very interesting, interactive, and informative classes. The classes build on each other, so it is recommended that you plan to attend the entire series. Whether you are working to control your diabetes, caring for someone with the disease, or just want to learn more, this is the class for you! The classes are open to the public so tell your friends. If you do attend all sessions, you will receive a free Diabetes book valued at \$25.00.

Classes held at Siouxland Center for Active Generations
313 Cook Street Sioux City, IA

These classes are open to the public, but pre-registration is requested. Register at Siouxland Center for Active Generations 313 Cook Street, email to michellelaffin@cablone.net, or call 712-255-1729

Get Your Raffle Tickets Now!

We are starting Raffle for a Rug starting in November – Chances are \$1.00 each or 6 for \$5.00. The rug will be displayed at AG. Drawing will be held November 30th during the dance. You do not need to be present to win, but we would enjoy having you at the dance. Tickets may be purchased at the front desk.

Alzheimer's Support

The Alzheimer's support group is scheduled for the 3rd Tuesday of each month. This is open to the public. Alzheimer's isn't just difficult for the person who has the disease. Caregiving for a person with a form of dementia can be very taxing, but it can become easier with some physical and emotional nourishment. Support groups can ease the burden of Alzheimer's by offering guidance, hope, and shoulders to lean on. If you or someone you know is caring for someone with Alzheimer's, please invite them to join this group. Please sign up at the activities table.

Late Afternoon and Evening Fitness Classes

Not a morning person? Come work out when it works for you! Check out Courtney's fitness classes for November and December... Courtney is adding two new classes to her fitness schedule. Stay motivated!

- Balance Class with Courtney - Tuesdays at 4:00 p.m.
- Zumba with Courtney - Thursdays at 4:00 p.m.
- Strength with Courtney - Tuesdays & Thursdays at 5 p.m.
- Yoga/Meditation with Courtney – Tuesdays & Thursday 6 p.m.



Dollar Per Day Club

Jim Anderson
Meyer Bros. Funeral Home
Bill Foulk

Cheryl Hansen
Phyllis Lewis

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.



Movies for November:

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.

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

We would like to Thank Sharon Hanneman for taking care of the puzzles in the library! She is also helpful with the movies, wrapping silverware, and helping Marilyn with the dance treats and bake sales. We really appreciate everything Sharon does for us and all the ways she pitches in and helps!

We have a change in the book we are reading for November. The book is “A Man Called Ove” by Swedish Author Fredrik Backman. We will meet November 1st at 10:00 a.m. Hope you all can come.

Helen Eriksen

November Penny Bingo

Hello everyone! For the past four years Bill has called Bingo at AG. Now with him taking a much-needed break, we appreciate that other members have stepped up to volunteer in the fun. Bill, now you can come PLAY bingo with us! Remember, our potluck for Thanksgiving is November 13th. Bring your favorite dish to share with your bingo friends. We play Penny Bingo on Tuesday & Thursday from 8:30-11:30 a.m. & 12:30-2:30 p.m. One Penny per card. 2-10 cent. Blackouts in the a.m. and 2-10 cent and 1-25 cent Blackout in the p.m.

-Bill Merritt

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.



Here For You

Whether you need short-term rehabilitation to get you back on your feet or decide to call Regency Square home, we're here for you.

Make Regency Square your place to live and be happy.

Regency Square

at the Health Services campus

402.494.4273 | regencysquareseiorliving.com

Ping Pong Anyone?



A retired man has to take on some sport, by his doctor's orders, so he decides to play table tennis. After a couple of weeks his doctor asks him how he's doing. "It's going fine," the senior says. "When I'm playing and I see the ball speeding towards me, my brain immediately says, 'To the

corner! Back hand! To the net! Smash! Go back!'" "Really? What happens then?" the doctor asks. "Then my body says, 'Who? Me? You must be kidding!'"

Not so for these guys. This is where the action is. Join them for a challenging, but fun game of ping pong.

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.

Front Desk: Our front desk is staffed by friendly, helpful volunteers who welcome visitors, answer phones, and provide general information and assistance. Computer skills are helpful but not required. We are looking for afternoon support (12:00 – 4:30) and evening support on Tuesdays and Thursdays (5:00 – 8:00). We ask that you work a two hour block. Please see Deb for scheduling details and to get signed up

Decorating Committee: Help keep our Center alive with the colors of the season and festive with holiday decorations. If you have a knack for design, or just love special occasions, join this fun group and decide what goes up and what comes down for seasons and holidays. Please see Michelle and get on the list for one or all the occasions to decorate.

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!

Holiday Hours

Thursday, 11/22
we will be closed

Friday, 11/23
we will be closed

Friday, 12/21
we will be closing
at 1:00 (no band)

Monday, 12/24
we will be closed

Tuesday, 12/25
we will be closed

Monday, 21/31
we will close at 1:00

Tuesday, 1/1
we will be closed

Christmas Party December 3rd

Share the joy of Christmas and celebrate the season with your friends at Active Generations. The Christmas party will be Monday, December 3rd at 1:00 to 2:30 p.m. Admission is \$3.00 per person. Tickets will go on sale in November.

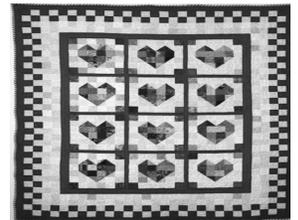
QUILTING WITH LOVE



Our new program, **QUILTING WITH LOVE** will be making quilts to donate to charities and those in need in the Sioux City area. Can't sew?

No worries, we still need lots of help with ironing, matching materials, cutting, and pinning. We would also love your company!

This new program will begin on Friday, November 2nd from 12:15 – 4:00



p.m. Our lead instructor Helen Foix would like to invite you to join her for the first class. We know you will want to keep attending every Friday!

The group is taking donations of new and/or prewashed 100 % cotton fabric, thread, sewing supplies, and sewing machines. If you would like to donate, please text or call Helen at 480-266-3535. Come join us to make new friends, to share some laughs, and to support a good cause. If you are interested in attending, please sign up at the activities table.

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 month's SSN. If you would rather, you can come chat with us and we can fill out the form together.

**FIGHT
THE FLU!**

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Research Study

- ✓ Flu
- ✓ RSV
- ✓ C. Diff
- ✓ And More!



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NOVEMBER BIRTHDAYS

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

Bonnie Achord
Corinne Alesch
EUGENE ANDERSON
Joan Atwood
Gloria Baldrige
Roger Bation
Rolene Beauvais
Danny Berg
Walter Boggs
Jacqueline Booth
Deborah Bos
Jacqueline Bradley
Clayton Britton
Thomas Butler
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DAN BURROWS
SANDY CARLSON
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ANNA KOUNIS
TIM MAHAL
SHELLY MERCER
PHYLLIS SCHINDEL
ANGELA SORENSEN

WE REMEMBER

Fr. Don Ries

MEMORIALS

For: Cathie Brende

From: Mary Abrham

Tim Brende

For: Fr. Don Ries

From: Ruth & James Chancey

Alice Gross

Siouxland Duplicate Bridge Group

For: Darel Pennington

From: Jon & Grace Wagoner

Rita Swanson

For: Madeline Fowler

From: Ann Mrla



Take the Bus Saturday December 1st to...

Lutefisk and Meatballs Dinner

St. Paul Lutheran Church Rural Elk Point, SD

Bus departs Siouxland Center for Active Generations at 3:30 p.m. Saturday, December 1st – Returns by 6:30 p.m.
Tickets for Bus/Dinner Combo: Adults- \$25 per person.
Children age 10 and under - \$10.

For tickets see Miriam Clayton at Active Generations

or call Glenn and Pat Olson at (712) 277- 4043 or 712-389-7165



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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

October

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.

- | | | | |
|----------------------|-----------------|--------------------|--------------------|
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| Lola Anderson | Virginia Gries | Janette Linden | Dee Sachau |
| Eugene Anderson | Jana Hartshorn | Terry McArthur | Don Schultz |
| Clarence Backer | Dick Hayes | Pamela Mears | Marilyn M Thompson |
| Novaline Bliven | Arlene Held | Bill Merritt | Bill Utter |
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| Valerie Conaway-Cote | Sally Kimball | Michael Montgomery | Claryce Welch |
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