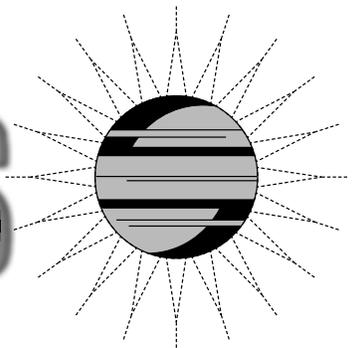


# DECEMBER 2018

# SUNSHINE NEWS



Telephone  
712-255-1729

Number  
487

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: Active Generations Staff



Hi Everyone! On behalf of the staff here at AG, I would like to say... HAPPY BIRTHDAY to all who are celebrating their birthdays in December. Come celebrate with us, as our staff will be hosting the December birthday party. We are so excited to be a part of all the wonderful that goes on everyday at AG, and it is an honor to serve the seniors of our community. We all work hard to make being at Active Generations the best part of your day.

Jan works hard to recruit new members and works even harder to take care of our current members. When she is not helping members, she is crunching numbers and handling the accounting activities for Active Generations. Stop and say Hi, as Jan loves to meet new friends. Michelle is here to make sure you have all you need for your favorite programs and services offered at AG. She works hard to bring in new programs and to offer new and exciting events and activities every month. If you are interested in volunteering, holding your event here at AG, or if you would like to see a new program offered here at AG, stop in and talk to Michelle. Her door is always open. Deb and Connie are running around working hard to cover the things staff doesn't have on their list. We are so blessed to have them here supporting our mission. When you see them, be sure to tell them thanks for all they do for our members. All of you who attend evening programming will see Ibu and Courtney keeping things hopping here at AG. Besides leading classes, they pick up administrative duties to support our members. Let them know if you need anything during your evening visits to Active Generations. Thank you all for being a part of AG. The staff will work hard and with tireless smiles to make being at Active Generations the best part of your day!

## 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. They held four sessions in November. Each group was led by senior social work majors. This initiative helped Briar Cliff University social work students practice group skills. Thank you to all who attended and thank you BC for your continued support.



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

*Joseph Donovan*

*Roger Friessen - Co - Chair*

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*Hannah Vellinga*

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*Cheryl Hansen*

## Program Coordinator

*Michelle Laffin*

## Membership Coordinator

*Jan Green*

## 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.

## 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.

## SHARE THIS HOLIDAY SEASON

Visit our Giving Corner. Pick your passion and share with those in need this holiday season. We are collecting:

- HATS, GLOVES, MITTENS, SCARVES FOR CHILDREN
- CANNED or NON PERISHABLE FOODS
- ANGEL TREE FOR TOYS
- STUFFED ANIMALS

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

## Touchstone Cooking Class



Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie. Fruits are also good. How about some cranberries, and bananas? Join Touchstone and your friends at AG as we cook up a holiday treat. 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). Class starts at 6:00 sharp. On December 4th, you will learn how

to make Turkey Cranberry Brie Braid and on December 18th, Red Velvet Banana Bread. Yum!



### Newly Remodeled!

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# Holiday Hours

**Friday December 21st**  
we will be closing at 1:00 (no band)

**Monday December 24th**  
we will be closed

**Tuesday December 25th**  
we will be closed

**Monday December 31st**  
we will be closed

**Tuesday January 1st**  
we will be closed

# 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 October. We thank them for their thoughtfulness.*

- |                       |                 |                   |
|-----------------------|-----------------|-------------------|
| Alice Card            | George Polak    | Lorae Nieuwendorp |
| Alice Reeg            | Jackie Busch    | Lorene Moyse      |
| Alice Sailors         | Jan Kamm        | Mary Lou Burns    |
| Anna Kounas           | Jane Henderson  | Michelle Laffin   |
| Audrey Ercolini       | Jean Peterson   | Nancy Means       |
| Bev Hall              | Jeanne Dunbar   | Norma Ulmer       |
| Bev Smith             | Jeff Keil       | Normagene Hughes  |
| Bill & Gloria Stewart | Jeff Pilgrim    | Pat Ellis         |
| Bonnie Jonas          | John Woods      | Pat Windeshausen  |
| Carol Kelzer          | Judy Peterson   | Sally Kimball     |
| Connie Wolfe          | Judy Rehurek    | Sandi Rasmussen   |
| Darlene Coulson       | Judy Schutt     | Sarah Imig        |
| Darlene Lueck         | Karen Balstad   | Sharon Georgeson  |
| Dean Stoll            | Kathie Kobernus | Sharon Hanneman   |
| Deanna Jacobs         | Kathy Johnson   | Sue Jones         |
| Donna Thurow          | Ken Dvorak      | Toots Pittman     |
| Doris Parsons         | Kristine Shults | Verla Haack       |
| Dorothy Swanson       | Linda Beeson    | Vikki Jacobs      |
| Elaine Waskow         | Lola Anderson   | Wayne Burnham     |
| Evey Thompson         | Lola Balstad    |                   |

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

- |                                |                  |                        |
|--------------------------------|------------------|------------------------|
| Bickford Cottages              | Wendy Beavers    | RTI                    |
| Care Initiatives Hospice       | Westwood         | Fareway - Indian Hills |
| Casa De Paz                    | Whispering Creek | Minervas               |
| Countryside Health Care Center | Accura Health    | Graham's Grill         |
| Floyd Place                    | Bomgaars         | Jolly Time Popcorn     |
| Heritage Northern Hills        | United Way       | Sam's Club             |
| Regency Square                 | Elevate Church   | Walmart                |
| Stoney Brook Suites            | HyVee - Hamilton | Koated Kernels         |
| Touchstone                     | Palmer Candy     | Winnavegas Casino      |

# 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 \_\_\_\_\_

# Evening Belly Dancing Classes are Available!

There is no reason to miss out! Join the belly dancers and shimmy your way to a healthier you. Classes are held on Wednesdays at 5:00 p.m.



# Sit and Sip Coffee Shop News

What a birthday I had. So many cards and flowers. I had hardly gotten to the coffee shop on my birthday and some one was singing Happy Birthday. I can not thank everyone enough! As I write this I am planning for a bake sale on November 16th. So, by the time this comes out it will be all over, but I feel it will be very successful. Now, let's hope the weather holds out!

*Marilyn Haller*



# NEW PROGRAM! QUILTING WITH LOVE

The Quilting With LOVE program got off to a good start. Thank you for all who participated, looking forward to others who join us soon. I would also like to thank all who donated. It was very much appreciated!

Can't sew? No worries, we still need lots of help with ironing, matching materials, cutting, and pinning. We would also love your company! Join us Fridays from 12:15 – 4:00 p.m. Come hang out for a while or for the whole afternoon. We know you will want to keep attending every Friday! The group is taking donations of 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.

# Welcome to the Library

Hello Everyone! Our book club will be reading Sweetness at the Bottom of the Pie by Alan Bradley. We meet December 6th at 10:00 a.m. in the library. We will not be meeting in January. I would like to wish you all a very Merry Christmas!

*Helen Eriksen*

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*Active Generations*

*Wish List*

- Cleaning cloths and dusting supplies
- Light weight 8 foot tables
- A bigger weight bench for the fitness room
- Step exercisers
- Rowing machine

## NEW PROGRAM – Chair Yoga with Kaye

Chair Yoga with Kaye will begin on Fridays starting January 11th from 10:00-10:45 a.m. in the exercise room. This is the class for you because chair yoga:

**Improves Strength** - This means you will be better able to continue with hobbies and daily activities independently for many more years to come. If you are unlucky enough to suffer a fall or injury, a strong body will be able to withstand this better and sustain fewer injuries.

**Improves Flexibility** - Chair yoga can help those with mobility issues to undertake activities that they have perhaps been unable to, such as reaching down to tie shoe laces or pick things up.

**Improves proprioception** - Proprioception is the skill of knowing where your body is in space and coordinating your movements accurately. This is particularly important for elderly people and can prevent falls. For people with disabilities or conditions such as MS, it may mean having greater control over your body and its movements.

**Reduces stress and improves mental clarity** - Chair yoga can lessen the impact of chronic illnesses and pain. For elderly people, it may also help them cope with feelings of isolation, if this is a problem. Being calmer and more relaxed inevitably leads to a greater feeling of happiness and well-being, which everyone can benefit from!

**Offers Opportunities to meet people and socialize** - Joining chair yoga classes for those with mobility issues and the elderly will also give them a venue to socialize and make friends. However, it's important that you choose an appropriate class so that the instructor will have specific knowledge about what is appropriate for you to do—they'll be able to suitably adapt the exercises.

**Improves stress and pain management** - Chair yoga (and yoga in general, really) includes breath work, which can help people not only with stress management but also for coping and managing pain. Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition you may suffer with.

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## 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.

## Ich spreche Deutsch. Sprechen Sie deutsch?

Beginning German will now be instructed by Gene Goergen. The class meets on Thursdays at 11:00 a.m. You don't need to speak German to come to the class. In the class, you can learn conversational German or practice your skills. Come mix it up, have fun learning, and make new friends. Es ist eine Freude, Sie zu treffen (English: It is a pleasure to meet you.).

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## OVERACTIVE BLADDER?

One in three women over the age of 35 suffer from an overactive bladder. Kevin Benson, MD, can provide you with relief through the latest treatment options right in Dakota Dunes.

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# December Yearly Membership Anniversaries

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

LYNDA ADAMS  
 DALE ANDERSON  
 HELEN ANDERSON  
 SANDI BARON  
 JOHN MIKE BEESON  
 LINDA BEESON  
 PHYLLIS BENNETT  
 DEE BERTRAM  
 DIANNE BERTRAND  
 MICHAEL BRANDHAGEN  
 JULIE BROWN  
 ROBERT BURWELL JR  
 SANDY CALL  
 JOHN CHASE  
 EVELYN CHRISTENSEN

WAYNE EHRET  
 JUANITA EHRET  
 HARLEY ENGELDINGER  
 PEGGY FOULK  
 ROGER FRIESSEN  
 BOBBIE FRIESSEN  
 JUDY GIBSON  
 WAYNE HARRISON  
 SHIRLEY HENDERSON  
 STEVE HOBERG  
 EDWIN HOHENSTEIN  
 WESLEY JAYNES  
 CARLA JOHNSON  
 JERRY JORGENSEN  
 DONALD KINGERY

RUTH KINGERY  
 DANIEL KOHN  
 PAULA KOHN  
 MINDY KRAUSE  
 ROBERT LEE  
 LAURIE LUKKEN  
 SUZANNE LUNDGREN  
 GENE MAGDEN  
 LYNN MARTIN  
 TERRY MCARTHUR  
 DON MCCULLEY  
 MARGARET MCKENNA  
 JULIE MILLER  
 LORENE MOYSE  
 NANCY NELSON

DON NIEUWENDORP  
 CHARLOTTE PATTEN  
 KURT RIEMER  
 MARY JEAN SCHNEIDERS  
 TERRY JOE SMITH  
 SHEILA SOGGE  
 ROBERT STEFFE  
 SHIRLEE STEVENSON  
 LINDA SYDOW  
 CLIFFORD TAGUE  
 ANITA TOWNS  
 ELAINE MARY WASKOW  
 RICHARD EUGENE WASKOW  
 BARBARA WEIER  
 CLARYCE ANN WELCH

Siouxland Center  
*for Active Generations*



## News From the Bridge Room

The Duplicate Bridge Club continues to attract new players and students. One brand new pair finished second in a big Thursday game. Another fairly new pair finished first. Congrats to Gerry, Cathy, Molly & Jan. It's fun to see the newbies beat the oldies. Our annual Christmas party is set for December 10 at noon and will be held at Aggies in Sergeant Bluff. This is always a good get-together. Plans for New Years Eve are still indefinite. Now let's hope the weather cooperates. Diane and Audrey have divided the beginning class into two groups again to better help a few who are coming back to bridge and want to update their bidding. Bridge classes will continue through the winter. Email Audrey for more information about playing or classes or stop in to kibitz.

### At Noah's Hope We...

educate against animal abuse; help rescue these abused and unwanted animals from being euthanized; provide proper veterinary care, plus spay and neuter; give them temporary homes; and work with other rescues to get these great animals forever homes with responsible people to share a high quality of life.

### MEMBERS:

Talk Show - Wednesday, December 5<sup>th</sup> 10:30 - 11:30 a.m.  
 Learn about **Noah's Hope** and the work they do

### MEMBERS and OUR COMMUNITY:

Meet-and Greet – Monday December 10<sup>th</sup> 4:00 – 6:00 p.m.  
 Come meet some of the animals waiting for their forever family.

Both events will be held at Siouxland Center for Active Generations  
 313 Cook Street Sioux City, IA

Questions? Email to [michellelaffin@cablone.net](mailto:michellelaffin@cablone.net), call 712-255-1729  
 or stop and see us at 313 Cook Street, Sioux City, IA





## The Iowa State University Extension Outreach is sponsoring, Stay Independent: A Healthy Aging Series: :

This is a five-part nutrition and wellness program for adults age 60+. Join Renee Sweers, dietitian and nutrition and wellness specialist, as she shares research-based nutrition and wellness information intended to help reduce nutritional risk and sarcopenia (age-related muscle wasting) risk. The sessions include hands-on activities, tastings, physical activity and fun! If you are interested in attending, please sign up at the activities table.

Wednesday, January 2nd 10:30-11:30 a.m. Stay Independent " Three meals a day"

Wednesday, January 9th 10:30-11:30 a.m. Stay Independent " Feast on Fruits and Vegetables"

Wednesday, January 16th 10:30-11:30 a.m. Stay Independent " Power Up with Protein"

Wednesday, January 23rd 10:30-11:30 a.m. Stay Independent " Exercise Your Independence"

Wednesday, January 30th 10:30-11:30 a.m. Stay Independent " Cooking for One or Two"

# December 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><b>3</b> <i>1:00 p.m-2:30 p.m. Christmas Party</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class, Wii Bowling, Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting &amp; Crocheting 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 Movie " A Song for the Season" 1:00 pm Jazz Dancercise, 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>4</b></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 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 &amp; 3rd Tuesday of month ( Making—"Turkey Cranberry Bric Braid .")</p>	<p><b>5</b> <i>10:30 a.m. Talk Show "History of Noah's Hope Animal Rescue and a Pet Visitor Too"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus, Chess 9:30 am Painting Class 10:00 am Sexy &amp; 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, ACBL Duplicate Bridge 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 5:00 pm Belly Dancing Class</p>	<p><b>6</b></p> <p>8:00 am Penny Bingo 9:00 am Yoga, Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance, Beginner German 11:30 am-12:30 pm Lunch 12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge 1:00 pm Men's &amp; Women's Social Group, Inter. Line Dance, Cribbage 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p><b>7</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 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-4:00 Quilting with Love- New Program, Stop in and go at your convenience 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>10</b> <i>9:30 am Grief Support (2nd Monday of the month)</i></p> <p><i>1:00 pm Birthday Party Hosted by Staff Entertainment- Gene Goergen</i></p> <p><i>4:00-6:00 p.m Noah's Hope Animal Rescue—Meet and Greet Pets that need Forever Homes</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class, Wii Bowling, Tap Class 9:45 am Intermediate Tai Chi 10:00 am Knitting &amp; Crocheting 11:00 am American Mah Jong 11:30 am-12:30 pm Lunch 12:00 pm ACBL Duplicate Bridge 12:30 pm Woodcarving 1:00 pm Jazz Dancercise, 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>11</b></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 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</p>	<p><b>12</b> <i>10:30 a.m. Talk Show with Amanda Brody from Alzheimer's Association "Alzheimer's Disease and the Holiday's)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus, Chess 9:30 am Painting Class 10:00 am Sexy &amp; 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, ACBL Duplicate Bridge 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 5:00 pm Belly Dancing Class</p>	<p><b>13</b></p> <p>8:00 am Penny Bingo 9:00 am Yoga, Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance, Beginner German 11:30 am-12:30 pm Lunch 12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge 1:00 pm Men's &amp; Women's Social Group, Inter. Line Dance, Cribbage 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect. 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p><b>14</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 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-4:00 Quilting with Love- New Program, Stop in and go at your convenience 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>17</b></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Interm. Duplicate Bridge Class, Wii Bowling, Tap Class 9:45 am Intermediate Tai Chi 9:00 am Knitting &amp; Crocheting</p>	<p><b>18</b> <i>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</i></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing</p>	<p><b>19</b> <i>10:30 a.m. Talk Show with Pat Wojcik will be here speaking on "The History &amp; Projects of Ho-Chunk"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chorus, Chess</p>	<p><b>20</b></p> <p>8:00 am Penny Bingo 9:00 am Yoga, Beginner 2 Line Dance 10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club</p>	<p><b>21</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 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</p>

10:00 am Knitting & Crocheting  
 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 Movie "The Olden Days Coat"  
 1:00 pm Jazz Dancercise, 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.

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  
 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  
 Touchstone -1st & 3rd Tuesday of month (Making—"Red Velvet Banana Bread")

9:30 am Painting Class  
 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, ACBL Duplicate Bridge  
 1:00 pm Crafts with Anna from Floyd Place (4th Wednesday of the month- Change to 3rd for December only) -Pine Cone Christmas Tree **35 Person Limit**  
 2:30 pm Walking of the Pounds  
 3:00 pm Fitness with Kelly  
 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 5:00 pm Belly Dancing Class

Club  
 11:00 am Balance Class w/YMCA Instr. **\$1.00**  
 11:00 am Advanced Line Dance, Beginner German  
 11:30 am-12:30 pm Lunch  
 12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge  
 1:00 pm Men's & Women's Social Group, Inter. Line Dance, Cribbage  
 2:00 pm Ping Pong  
 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 4:00-pm Zumba with Courtney  
 5:00 pm Exercise with Courtney/ Strength  
 6:00 pm Yoga/Meditation with Courtney

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-4:00 Quilting with Love- New Program, Stop in and go at your convenience  
 12:30 pm Open Craft Time  
 1:00 pm Open Bridge  
 1:00 pm 500

**NO BAND TODAY-CLOSING AT 1:00 P.M.**

**24 1:00 p.m.**  
**Parkinson's Support Group**  
**CANCELED FOR DEC.**  
 (4th Monday of month)- Next Class Meets on January 28th



**25 CENTER IS CLOSED FOR CHRISTMAS**



**26 NO-Talk Show**  
 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, Chess  
 9:30 am Painting Class  
 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, ACBL Duplicate Bridge  
 2:30 pm Walking of the Pounds  
 3:00 pm Fitness with Kelly  
 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 5:00 pm Belly Dancing Class

**27**  
 8:00 am Penny Bingo  
 9:00 am Yoga, Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club  
 11:00 am Balance Class w/YMCA Instr. **\$1.00**  
 11:00 am Advanced Line Dance, Beginner German  
 11:30 am-12:30 pm Lunch  
 12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge  
 1:00 pm Men's & Women's Social Group, Inter. Line Dance, Cribbage  
 2:00 pm Ping Pong  
 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 4:00-pm Zumba with Courtney  
 5:00 pm Exercise with Courtney/ Strength  
 6:00 pm Yoga/Meditation with Courtney

**28**  
 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-4:00 Quilting with Love- New Program, Stop in and go at your convenience  
 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 "4 On the Road" New Years Dance**

**31 CENTER IS CLOSED -HAPPY NEW YEAR. SEE YOU IN 2019**



# 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

# December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	4 Potato Soup Ham Sandwich Dessert	5 Parmesan Crusted Breast Mashed Potatoes & Gravy Vegetable Dessert	6 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	7 Tavern Onion Rings Macaroni & Cheese Dessert
10 Beef Noodle Soup Ham salad Sandwich Dessert	11 Meatloaf Baked Potato Vegetable Dessert	12 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	13 BBQ Ribs Potato logs Vegetable Dessert	14 Flat Bread Pizza Sausage and Pepperoni Dessert
17 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	18 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert	19 Lasagna Soup Grill Cheese Sandwich Dessert	20 Broasted Chicken Cheesy Potatoes Vegetable Dessert	21 Goulash Dessert
24 CLOSED  Happy Holidays	25 CLOSED  Merry Christmas	26 Parmesan Pork Chop Mashed Potatoes & Gravy Vegetable Dessert	27 Baked CK Hind Quarter Mashed Potatoes & Gravy Vegetable Dessert	28 Philly Steak Sandwich French Fries Dessert
31  CLOSED Happy Holidays	Jan. 1 2019  CLOSED Happy New Year			

# 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!

## PLEASE NOTE:

**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!

**Center Policy on Adverse Weather Conditions:** With winter storm warnings, we will do our best to keep you up to date with conditions. Remember, when the Sioux City Community School District cancels school we will be closed. If the School District has a late start, so do we.

**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.

**Visit Our Website:** [www.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com). Visit us on the web today. Let us know what else you would like to see there.

**FREE Athletic Passes** – Basketball season! Free Sioux City Community School athletic passes are available for anyone age 62+. Stop at the front desk, ask, and the pass is yours!

**Rent the Center:** Graduation, Birthday Party, Family Reunion, OR even a BRIDGE TOURNAMENT! Yet another benefit to being a Center member. . . Contact Michelle at (712) 255-1729 for more details.

**Testimonial Request – Surveys:** You are invited to share your Center Story with us. Testimonials can be transcribed by our staff or written and dropped off in the office.

**Information Center:** Be sure to check out the resources available in the information center located in the front of the building.

## alzheimer's disease and the holidays



### A workshop presented by the Alzheimer's Association®

Holidays can be meaningful times for both the person with dementia and their loved ones. Join us for tips on how to make the holidays less stressful and more meaningful.

**Time:** 10:30-11:30 a.m.

**Date:** Wednesday, December 12

**Location:** Siouxland Center for Active Generations  
313 Cook Street, Sioux City, IA 51103

Open to the public. Call (712) 255-1729 or email [michellelaffin@cableone.net](mailto:michellelaffin@cableone.net) to register.

# 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.



## Beginning Tai Chi Class Will Move to a Progressive Schedule

The Beginning Tai Chi class is a progressive class. That means that each class builds on the skills learned in the previous class. Because of this progression, it can be a challenge for new students to jump in at any time, and tough for current students to move forward while trying to help new students catch up. Although we would like you to join anytime you can start, we want you to know that because of this progressive activity cycle, you will need to start at the beginning to get the full benefits. New year, great time to start!

### Session 1

Starts January 8th at 10:45

### Session 2

Starts March 5th at 10:45

### Session 3

Starts May 7th at 10:45

## 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.



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 Pastors  
 Mike & Judy Smith  
 601 Floyd Blvd. • Sioux City, IA  
**712-258-9248**  
**SERVICES:**  
 Sunday 10:45 am  
**ADULT BIBLE STUDY:**  
 Thursday 6:30 pm - 8 pm

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

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

# Get Creative with the Art Center

The Sioux City Art Center held a workshop for our members. The art project was a Chihuly inspired holiday ornament. Members created beautiful works of art. Thank you, Art Center for sharing this with us!



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

# Trunk-or-Treat was a Success!

There is no better way to celebrate any season than to spend time with family, friends, and neighbors. Our annual Trunk-or-Treat was a success! Visit our Facebook page to see a whole album of pictures. We had face painting, a treat walk, free popcorn and drinks, bag decorating, picture props, lots of games with prizes, and 30 fantastic trunks that came out to support the event. We estimate that we had 1,000 people here to share in the fun. Thank you, Chesterman Co., Fareway (Outerbelt), Jolly Time, Palmer Candy, Perkins (5925 Gordon), Elevate Community Church, and Pepsi-Cola of Siouxland for donating. Auto Zone, Knoepfler Chevrolet, O'Reilly Auto Parts, and Woodhouse:

it was so awesome of you to donate the trunk prizes. To the Sioux City Police Department, the Sioux City Fire Department, and the Woodbury County Sheriff's department: thanks for being here, and thanks for all you do! A special shout out to all our members who donated items, baked, or donated their time to make this a HUGE success. You ALL ROCK!



## We Be Jammin'

Refreshing entertainment can be found here at AG everyday. This is especially true on Wednesdays. Join these talented musicians in the Meridian Room as they entertain members with song. You can join them on stage or just sit back and enjoy the show.



# DECEMBER BIRTHDAYS

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

Mary Abraham  
 Charlotte Adams  
 Helen Anderson  
 Constance Bean  
 Jackie Bland  
 Ron Bledsoe  
 Delores Bogenrief  
 Pat Bornhoft  
 Richard Burkhart  
 Dan Burrows  
 Maureen Camerer  
 Alice Mildred Card  
 Anne Cowley  
 Pamela Crabb  
 MICKEY  
 DARROUGH  
 Linda Lee Deabler  
 Gary Deurksen  
 Martha Dirks  
 Kenneth Dvorak  
 Harley Engeldinger  
 Marvin Engelhart  
 Vesta Gilbertson  
 Sandra Graser  
 Paul Gregory  
 Steven Grove  
 Colleen Guy  
 Cal Hartman  
 GRACE HAWKINS  
 Jane Henderson  
 Mavis Hill  
 Mike Hobart  
 JOSEPH HORAK  
 Lyle Dean Hughes

Patricia Isaacson  
 Eric Johansen  
 Wayne Ray Johnson  
 Susan Jones  
 Phyllis Jordan  
 Janet Kelly  
 SALLY KIMBALL  
 Christy  
 Kingdom-Knoepfler  
 Karen Koch  
 Elizabeth Mae  
 Kosinski  
 Ruth Koster  
 Carol Krumwiede  
 Rodney Kuchta  
 Doug LaFleur  
 Ruth Lebowich  
 Joan Lee  
 Leila Mathiason  
 Pam McDermott  
 EMMETT  
 MCGHEE  
 Marion Moore  
 Gilbert Nelson  
 Joseph Nicolas  
 Walt Niebaum  
 Lorae Nieuwendorp  
 Lillie Parrett  
 Charlotte Patten  
 Linda Peete-Flom  
 Frank Peters  
 Jackie Poznanski  
 Morey Rasmussen  
 Wes Ratcliff

Joan Ratley  
 Kurt Riemer  
 Larry Rowenhorst  
 Betty Sampson  
 James Sands  
 Phyllis Schindel  
 Doreen Kay S  
 choonover  
 GERRY SCHULTE  
 Judy Seaman  
 Larry Shaver  
 Shirley Sherman  
 Charles Smoley  
 Alice Speraw  
 Michael Tew  
 Phyllis Jean Todd  
 Connie Travis  
 Elaine Mary Waskow  
 Donna Westbrook  
 Carmen White  
 Linda White  
 Patricia  
 Windeshausen  
 Susan Jensen  
 Wollesen



## NEW MEMBERS

ALI AHUNA  
 LANI AITAOTO  
 MAUREEN CAMERER  
 RICK FETTERMAN  
 HELEN FOIX  
 HALEY GRIES  
 DENISE HAHN  
 BETTY INGALLS  
 DARLA MILLER  
 JUNE OLESON  
 MARSHA PASKER  
 MARTIN PASKER  
 PAT PORSCHE  
 VICKI PORTER  
 CHRISTINE PUGH  
 CARRIE RUSTIN  
 RICHELLE SIERRA  
 DUANE SORENSON  
 GLORIA STEWART  
 BILL STEWART  
 JULIE STINEHART  
 DAVID URBAN  
 ROBERTA VANDERLINDEN  
 MARILYNN VOLLMECKE

## WE REMEMBER

*George Finzen  
 Patsy Keller  
 Roger Batien*

## MEMORIALS

*For: Patsy Keller*  
 From: Mike & Mary Walsh  
 Pat & Janet Walsh  
 Lois & James Walsh  
  
*For: Madeline Fowler*  
 From: Barb Doren  
  
*For: Louise Blair*  
 From: Maralyn Grimoskas

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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

## November

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