JANUARY 2019

SUNSHINE NEWS

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United Way

Siouxland Center for Active Generations

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.

Program Spotlight: Creative Writing

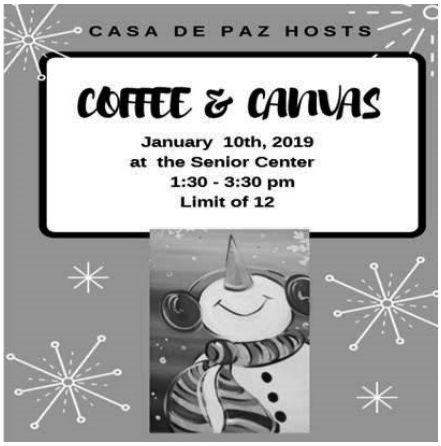
Creating Writing members will be hosting the January birthday party on Monday, January 14th at 1:00 p.m. The Creative Writing Program at the Siouxland Senior Center meets every Tuesday at 10:00 a.m. The program is for everyone with a story to tell. We have a diverse group that comes together and shares personal stories, local and world history events in their lives. We have poets and joke writers. It's not about a professional wanting to publish a book, but we certainly have a lot of fun! There is a theme each week that you may write about or just come and listen to the stories others have to share. New members are always welcome. If you are interested, please feel free to just stop by the class.

Raffle Drawing Info

We want to thank Ron McKewon for generously donating one of his limited edition prints to be raffled with proceeds going to the Center. Ron allowed one lucky winner the opportunity to choose one of the four prints shown. The winner was Jon Wagoner. Congratulations, Jon, and again, Thank You Ron.

Coffee & Canvas

Casa De Paz is hosting a Coffee & Canvas for our members here at Siouxland Center for Active Generations on January 10th from 1:30-3:30 p.m. (Members do not need to bring anything, as everything is provided by Casa De Paz and there is no cost to the members.) Members will be painting a Snowman Canvas and enjoying a cup of hot coffee. Because there is a 12-person limit, please sign up at the activities table. First come first served. (If there is a large interest and you are not able to attend this session, Casa De Paz will put on a 2nd class later for those that were unable to attend this one.)



Like us on Facebook

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

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the Sunshine News

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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

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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.

Crafts with Anna and Kaitlin

During the Floyd Place sponsored craft classes our members always enjoy their time making crafts with Anna and Kaitlin! The craft class scheduled on Wednesday, January 23rd at 1:00 will be making winter bird feeders. If you would like to attend, please sign up at the activities table.

Touchstone Cooking Class

The members had a wonderful time cooking with Shelby again in December and look forward to the next cooking class in January! At 6:00 p.m. on January 15th the class will be making Taco Turnovers. If you like to have fun and learn new recipes, you won't want to miss this class. If you plan on attending, please sign up at the activities table.

Balance Builder Workshop

Silver Sneakers is hosting a Balance Builder Workshop on Tuesday, January 15th from 10:00-11:00 a.m. here at the Center. Please feel free to share with friends and family as this event is open to the public. However, if you plan on attending please sign up at the activities table or call 712-255-1729 and we can sign you up.

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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 November We thank them for their thoughtfulness.

Alan Schetter
Alice Reeg
Alice Sailors
Ann Mrla
Anna Kounas
Barb Willis
Carol Wassmuth
Claryce Welch
Darlene Burson
Deanna Jacobs
Dennis Fowler
Diane Hartman
Donna Flammang
Doris Parsons
Ellen Livingston
Evey Thompson
George Polak
Helen Bundy
Ibu Nooney
Jan Gramm
Jane Henderson
Jane Olson
Jean Peterson
Jeanne Dunbar
Jeff Pilgrim
Joanne Peters
John Berger
Judy Pierce
Judy Rehurek
Kathie Kobernus
Kathleen Determann
Lisa Cox
Lois Albertson
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Lois Ward
Lorene Moyse
Lynda Martin
Lynn Johnson
Margaret McKenna
Marilyn Haller
Mary Lou Burns
Michelle Laffin
Miriam Clayton
Molly Twohig
Norma Ulmer
Normagene Hughes
Pat Windeshausen
Pat Wolf
Richard D. Michaelis
Rita Swanson
Ron McKewon
Sally Kimball
Sandy Kimpson
Sandy Kuntz
Sharen Kallhoff
Sharon Hanneman
Sonnie Robbins
Sue McDonald
Toni Wheat
Toots Pittman
Verla Haack
Vicki Porter
Wayne Burnham

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

Brookdale
Holy Spirit Retirement
Bickford Cottages
Care Initiatives Hospice
Casa De Paz
Countryside Health Care Center
Floyd Place
Heritage Northern Hills
Regency Square
Stoney Brook Suites
Touchstone
Wendy Beavers - Mercy
Sioux City Art Center
Whispering Creek
Accura Health
Chick-fil-A
1000 Degree's Pizza
Bob Roe's Point After
HyVee - Hamilton
Mills Shellhammer Puetz & Assoc.
RTI
King,Reinsch,Prosser & Co.
Minervas
Graham's Grill
Chili's
Culvers - Singing Hills
Famous Dave's
Fleet n Farm
Godfathers Pizza
HuHot
Ickey Nickel
Milwaukee Wiener House
Red Lobster
Sneaky's Chicken
Scooters - Hamilton
Pickermans

Active Generations Wish List

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

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_____

Sit and Sip Coffee Shop News

I'm running late again this month. When will I get my article in on time! The past month was a busy one with the Bake Sake, and as usual it was a success. Thanks to everyone who stopped by and bought something! One of the reasons I'm running late is because I have another bake sale at Northern Hills on December 15th, and I've been busy baking for that. Things have been going well in the coffee shop. I am having good results with my soup on Thursdays. Had a new one the other week, Beef Barley which went well. Now that it's getting colder some think I should have soup every day, but the day just doesn't have enough time for that! But I will keep on making soup on Thursdays. Hope you all had a nice Holiday and I will see you next year.

Marilyn Haller

Care Initiative Hospice's New Year's Celebration with Deb Poss

Deb Poss with Care Imitative Hospice would like to invite you to come and share some apple cider and cookies with her here at the Center on January 15th at 9:30 a.m. Share your New Year's resolutions with her and she will put them in a box. Then before she leaves she will pull three out. So, there will be 3 lucky winners that get a door prize.

Courtney's Fitness Classes

It's January and that means New Year resolutions are upon us! If you have been wanting to get in better shape or reach some fitness and wellness goals, now is a great time to do it. Make this your fittest year yet! But remember fitness isn't just a January fad, it's a lifestyle choice and should be carried out through the entire year. It's never too late to start or get back into it, so come warm up and get stronger at my strength class, offered Tuesdays and Thursdays at 5 p.m. As well, please feel free to join me at any of my scheduled classes. My schedule is listed below. New members are welcome. Hope to see you there!

Best and warmest wishes,
Courtney

Courtney's Schedule

Tuesdays: 4:00 p.m. Balance with Courtney
Thursdays: 4:00 p.m. Zumba with Courtney
Tuesdays and Thursday's 5:00 p.m. Exercise with Courtney/ Strength Class
Tuesdays and Thursday's 6:00 p.m. Yoga/Meditation with Courtney

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

Movies for January: Siouxland Hearing Healthcare Room

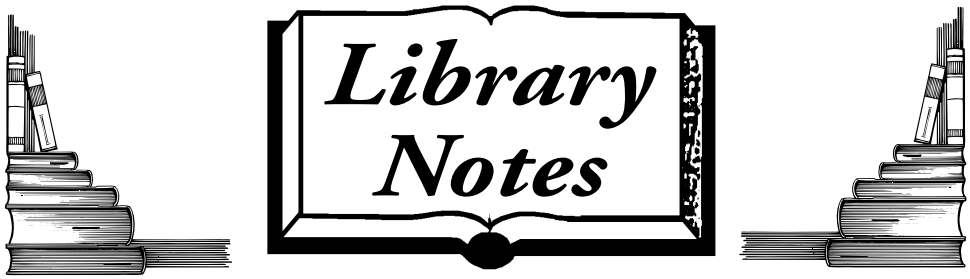
Every attempt is made to share a great movie experience with our members. We suggest you plan to review content and nature of the movies that will be shown. Movies are courtesy of our movie vault and Accura Health Care of Sioux City. What would you like to see? We are taking requests.

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.

Thank You for the Donations

We would like to thank those of you who generously donated to the food drive. Nonperishable items were donated to the Food Bank of Siouxland. Thank you to Marc Christofferson for taking time out of his busy day to take the items and drop them off. We also would like to thank those who took tags from our Salvation Army Angel Tree and purchased items for needy children of Siouxland. Thank you to everyone that knitted or purchased hats, gloves, mittens and scarfs. We have donated these items to CED of Iowa and Mary Treglia Community House for children in need. Kerry also would like to give a sincere thank you for all of the donations given for the Mike Ruehle bear drive. We appreciate you all!



Hope you all had a Merry Christmas and Happy New Year! We will not have a book club in January. If any of you would like to volunteer in the library, we could use some more helpers. Even if you could be on call that would be great. I am in the library on Wednesdays if you would like to stop in and see me and chat.

~Helen Eriksen

Siouxland Parkinson's Support Group

We have a support group every 4th Monday of each month at 1:00 p.m. It is available for our members and open to the public. All are welcome.

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.

Alzheimer's Support Group

This group is scheduled every 3rd Tuesday of the month at 4:00 p.m. here at the Center. All are welcome, as it is available for our members and open to the public.

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January Yearly Membership Anniversaries

*Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of January, with possible dues due this month. Please stop in my office and we can check your due date.* ***This is not a naughty list! To those of you on the list that have already paid, my apologies!!*** *Thanks! Jan Green, Membership Coordinator*

JIM ANDERSON
MARY ANN AUDINO
NANCY AUGUSTINE
MAE BARRON
VICKY BENTSON
RON BLEDSOE
CLAUDIA BLENDERMAN
JACQUELINE BRADLEY
JAMES BROWN
RICHARD BURKHART
MARY LOU BURNS
LEE CHAMBERLAIN
MARILYN CHAMBERLAIN
KATIE CODINA
DARLENE COULSON
JOHN COWLEY
JUDITH COWLEY
JOANNE CRAIG
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LINDA CUMPTON
DEAN DANILSON
BARBARA DAVIS

BOB DAVIS
MARILYN DERMIT
GARY DEURKSEN
MARGO ELZEINI
SHARON EMORY
LINDA ENGEL
DAVE EVANS
JAN EVANS
GARY FARLEY
HERBERT FISCHER
DENNIS FOWLER
DEBRA FRAZEE
ROZ GUERNERO
GARY GRAUSE
SUSIE GREEN
WARREN GRIEVE
ALICE GROSS
LONNIE GUSTAFSON
CHERYL HANSEN
RICHARD HAYES
HAROLD HEIDEN
ARLENE HELD
JANE HENDERSON

ROBERT HENDERSON
MARILYN HOBERG
PAMELA HODGINS
CAROL HOUCHINS
THOMAS HOUCHINS
BRUCE HUNKINS
ARVIN LEE JACOBSMA
BARBARA JACOBSON
ELIZABETH MAE KOSINSKI
DARRELL KROMMENHOEK
JAMES KUHL
LEONARD EMIL KURTZ
MARTHA LAFLEUR
JOAN LEE
JODI LIEBER
RODNEY LIEBER
DORIS LOHRY
BILL LYLE
MURIEL LYLE
JERRY MADISON
JOHN MEYER
JOAN MIZE
MICHAEL MONTGOMERY

DAVID MOOK
CONNIE NELSON
DEWAYNE NICOLLS
ED OAKLEY
JILL ONYEGBULE
CHARLES PARKER JR.
JEFFREY POSS
JACKIE POZNANSKI
IRENE PRINCE
LUCY REED
ORRIN RASMUSSEN
DOROTHY ANNE RIETZ
ARLENE RODEEN
MARY RUSCHMANN
TIM RUSK
STEVE SHADLE
CAROL SHIMITZ
JENNIFER SIMANTS
REV JUDY DR SMITH
REV MICHAEL SMITH
PAUL SMITH
JACKIE SMITH
ERNESTINE SMITH

CHARLES SMOLEY
DEAN STOLL
MARG SWANSON
BOB SWANSON
MICHAEL SYDOW
WILMA THOMPSON
PHYLLIS JEAN TODD
DELORES TOWNLY
JOAN TROMETER
DONALD TUDEHOPE
EDDIE TUDEHOPE
KEN PAUL UHL
MARY UNDERWOOD
NANCY VAN METER
STEPHEN VANDERBURGH
JAMES VELDHUIZEN
SUSAN VONMINDEN
TERRY (BEAR) WATCHORN
KATHY WATKINS
SHARON WEBER
VIRGINIA WELLS

January 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:

Jan 8th....Railroads and Trains
Jan 15th...The Unsent Letter
Jan 22nd...Winter Memories
Jan 29th... National Wonders

Facts about the month of January:

- January is National Soup Day in the US
- Jerry Rice has the most touchdowns in a Super Bowl, (8)
- In 1886, the first Tournament of Roses in Pasadena, California
- In 1908, the first New Year Ball drops at Time Square, NYC
- In 1971, Cigarette TV ads ceased.
- In 1977, President Carter pardoned most Vietnam War draft evaders.
- In 1980, The US Boycotted the 1980 Moscow Olympics.

NEW YEARS POEM,
BY ALFRED LORD TENNYSON:
Ring out the old, ring in the new,
Ring happy bells across the snow,
This year is going, let him go,
Ring out the false, ring in the new, ...

Sayings:
One kind word can warm 3 winter months.
Slow as molasses in January, (Folklore)

~ Alice Reeg, Creative Writing

Welcome Hospice of Siouxland

We would like to welcome Hospice of Siouxland who has moved into the office space next door to Siouxland Center for Active Generations. They were previously located at 4300 Hamilton Blvd and wanted to have a location in Sioux City that was more centrally located. Welcome our new neighbors if you see them. The south three parking rows are reserved for their employees.

SPONSORED DANCES IN JANUARY

FREE DANCE-
Sponsored by
Gary & Mary Heineman.

Gary & Mary Heineman will be sponsoring the dance on Friday, January 4th, 2019. Come celebrate Gary's 80th birthday with him. Enjoy the afternoon as you kick up your heels to tunes performed by Jerry O'Dell's Country Flavor Band.

FREE DANCE-
Sponsored by Briar Cliff

Briar Cliff University will be sponsoring the dance on Friday, January 11th, 2019. The Briar Cliff University service learning students from the CORE 101 (Franciscan Life) and their First-Year Academic Advisors: April Allen Voo and Alicia Harper will be here, so save a dance for them. Maybe you can teach each other a few steps. Enjoy the afternoon as you kick up your heels to tunes performed by The Country Brew Band.

Christmas Party Recognition

On Monday, December 3rd, we celebrated our annual Christmas Party. We would like to take this time to thank the following businesses for their donations of refreshments:
Brookdale, Care Initiatives Hospice, Casa De Paz, Floyd Place, The Heritage at Northern Hills, Holy Spirit, Mercy Home Care, Regency Square, Stoney Brook Suites, King, Reinsch, Prosser & Co., LLP. We thank Bickford for the donated goody bags distributed by Santa Claus. Thanks to Kim Audino of Brookdale, Wendy Beavers of Mercy Home Care, Dixie Gors of Regency Square, Anna Heller of Floyd Place, Chris Kuchta of Connections and Jeana Veach of The Heritage at Northern Hills for the assistance that day. Christmas gift prize donations were provided by 1000 Degree's Pizza, Bob Roes Point After-Transit Ave, Chili's, Culvers Singing Hills, Chick-fil-A, Famous Dave's, Fleet Farm, God Fathers Pizza, Grahams Grill & Pub, HuHot, Ickey Nickel Bar & Grill, Milwaukee Wiener House, Minerva's, Red Lobster, Sneaky's Chicken, Scooters Coffee and Pickermans. We would also like to thank Santa Claus a.k.a Larry Harrington for his visit and Active Generations Choir for the great entertainment

Thanks to the members that volunteered prior to the event and the day of the event. Thank you also for always helping when needed. You are all greatly appreciated! We appreciate every one that supported this event. Without your support, events such as this would not be possible.

News From the Bridge Room

A good time was had by all at our annual Christmas party. We had a record-breaking 13 tables of bridge players at the Center on December 10th. Afterwards, we went to Aggie's for dinner and cocktails. Spouses were invited to dinner, so we got to socialize with people we've heard about but never met. Great fun, and the weather cooperated! Now the snowbirds will be leaving for the winter months, reducing our number of players. Most of the snowbirds find duplicate bridge groups in the south so they can continue to play. There are also plenty of classes available in warmer climates, so the newbies will come back even smarter. Our classes and games will continue during the winter, so you are invited to join us when you want to get out of the house. All you need is a partner. If you don't have one, we can help you find one.

Thank you from the Staff

We would like to extend a sincere thank you to our many Center volunteers for all you have done for us in 2018. Those of you who instruct our classes, work in our coffee shop, gift shop, library or meal site, sit at the front desk, help out at our special events, care for the plants and help with the building itself, contribute to the Sunshine News, serve on our Board of Directors, our many Community Partners or to anyone that assists in any way here at Siouxland Center for Active Generations….we thank you very much for all your help and support. Without every one of you, Siouxland Center for Active Generations would not be able to offer what it does and be the wonderful place it is…….. We appreciate absolutely everything you all have done for us during the year! Happy New Year 2019 and Blessings to You All!

Michelle Laffin, Activities Coordinator
Jan Green, Membership Coordinator

9:45 am Interm. Duplicate Bridge Class **9:45 am** Intermediate Tai Chi **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 **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	**8:00 am** Penny Bingo **8:30 am** Enhance Fitness w/YMCA Instr. **$1.00** **9:00 am** Senior Yoga **9:30 am** Painting Class **9:30 am Care Initiatives Hospice New Year's Celebration with Deb Poss.** **10:00 am** Creative Writing **10:45 am** Beginning Tai Chi Class **11:30 am-12:30 pm** Lunch **12:30 pm** Penny Bingo, Pitch **1:00 pm** Mexican Train, Painting Class **1:00 pm** Tap **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 pm Touchstone -Taco Turnovers (1st & 3rd Tuesday of month)**	**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** ACBL Duplicate Bridge **1:00 pm** 500, Coloring Corner**,** Phase 10 **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	Bridge (Howard/Ercolini), **10:00 am** Beginner Line Dance **10:00 am** Men's Club, Women's Club **10:00 am** Walking off the Pounds **11:00 am** Balance Class w/YMCA Instr. **$1.00** **11:00 am** Advanced Line Dance **11:00 am** Beginner German **11:30 am-12:30 pm** Lunch **12:30 pm** ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving **1:00 pm** Cribbage, Inter. Line Dance, Men's & Women's Social Group **2:00 pm** Ping Pong **4:00 pm-** Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. **4:00-pm** Zumba with Courtney **5:00 pm** Exercise with Courtney/ Strength **6:00 pm** Yoga/Meditation with Courtney	**9:30 am** Women's Pool Shooting Class **10:00 am** Blood Pressures– St. Lukes (3rd) **10:00 am** Chair Yoga with Kaye **11:30 am-12:30 pm** Lunch **12:00 pm** Beginner Tap **12:00 pm** Open Bridge Group **12:30 pm** Open Craft Time **1:00 pm** 500 **1:00 pm Friday Dance -** weekly drawing for a special table treat ***Featuring "Shirley's Big Band"***
21 **8:00 am** Scrapbooking **8:30 am** Yoga with Amanda, Exercise Plus 50 **9:30 am** Tap Class **9:30 am** Wii Bowling **9:45 am** Interm. Duplicate Bridge Class **9:45 am** Intermediate Tai Chi **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 " Doc Martin"** **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	**22** **6:00-8:00** ***p.m.*** ***Diabetes Self-Management Workshop (3rd class of 6 week series Jan 8th-Feb 12th)*** **8:00 am** Penny Bingo **8:30 am** Enhance Fitness w/YMCA Instr. **$1.00** **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, Pitch **1:00 pm** Mexican Train, Painting Class **1:00 pm** Tap **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	**23** ***10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Exercise your Independence" Class 4*** **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** 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** ACBL Duplicate Bridge **1:00 pm** 500, Coloring Corner**,** Phase 10 **1:00 pm Floyd Place Craft Class– Winter Bird Feeders (4th Wednesday)** **2:30 pm** Walking of the Pounds **3:00 pm** Fitness with Kelly **4:00 pm-?** Open -Card Games/Board Games **5:00 pm** Belly Dancing Class	**24** **8:00 am** Penny Bingo **9:00 am** Yoga **9:00 am** Medium Beginner Line Dance **9:45 am** Beginning Bridge/Advanced Bridge (Howard/Ercolini), **10:00 am** Beginner Line Dance **10:00 am** Men's Club, Women's Club **10:00 am** Walking off the Pounds **11:00 am** Balance Class w/YMCA Instr. **$1.00** **11:00 am** Advanced Line Dance **11:00 am** Beginner German **11:30 am-12:30 pm** Lunch **12:30 pm** ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving **1:00 pm** Cribbage, Inter. Line Dance, Men's & Women's Social Group **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	**25** **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-Mercy (4th) **10:00 am** Chair Yoga with Kaye **11:30 am-12:30 pm** Lunch **12:00 pm** Beginner Tap **12:00 pm** Open Bridge Group **12:30 pm** Open Craft Time **1:00 pm** 500 **1:00 pm Friday Dance -** weekly drawing for a special table treat ***Featuring "4 on The Road"***
28 **1:00** ***p.m.*** ***Parkinson's Support Group (4th Monday of month)*** **8:00 am** Scrapbooking **8:30 am** Yoga with Amanda, Exercise Plus 50 **9:30 am** Tap Class **9:30 am** Wii Bowling **9:45 am** Interm. Duplicate Bridge Class **9:45 am** Intermediate Tai Chi **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 " Sea Biscuit"** **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	**29** **6:00-8:00** ***p.m.*** ***Diabetes Self-Management Workshop (4th class of 6 week series Jan 8th-Feb 12th)*** **8:00 am** Penny Bingo **8:30 am** Enhance Fitness w/YMCA Instr. **$1.00** **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, Pitch **1:00 pm** Mexican Train, Painting Class **1:00 pm** Tap **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	**30** ***10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Cooking for One or Two" Class 5*** **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** 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** ACBL Duplicate Bridge **1:00 pm** 500 **1:00 pm** Coloring Corner **1:00 pm** Phase 10 **2:30 pm** Walking of the Pounds **3:00 pm** Fitness with Kelly **4:00 pm-?** Open -Card Games/Board Games **5:00 pm** Belly Dancing Class	**31** **8:00 am** Penny Bingo **9:00 am** Yoga **9:00 am** Medium Beginner Line Dance **9:45 am** Beginning Bridge/Advanced Bridge (Howard/Ercolini), **10:00 am** Beginner Line Dance **10:00 am** Men's Club, Women's Club **10:00 am** Walking off the Pounds **11:00 am** Balance Class w/YMCA Instr. **$1.00** **11:00 am** Advanced Line Dance **11:00 am** Beginner German **11:30 am-12:30 pm** Lunch **12:30 pm** ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving **1:00 pm** Cribbage, Inter. Line Dance, Men's & Women's Social Group **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	

January 2019

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
	1 Closed- 	**2** ***10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Three Meals a Day" 5 week Session– Jan. 2nd –Jan 30th) Class 1*** **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** Chess **9:30 am** Painting Class **10:00 am** Sexy & Fit after 40 **10:00 am Volunteer Open Meeting** **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** ACBL Duplicate Bridge **1:00 pm** 500,Coloring Corner, Phase 10 **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	**3** **8:00 am** Penny Bingo **9:00 am** Yoga **9:00 am** Medium Beginner Line Dance **9:45 am** Beginning Bridge/Advanced Bridge (Howard/Ercolini), **10:00 am** Beginner Line Dance **10:00 am** Men's Club, Women's Club **10:00 am** Walking off the Pounds **11:00 am** Balance Class w/YMCA Instr. **$1.00** **11:00 am** Advanced Line Dance **11:00 am** Beginner German **11:30 am-12:30 pm** Lunch **12:30 pm** ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving **1:00 pm** Cribbage, Inter. Line Dance, Men's & Women's Social Group **2:00 pm** Ping Pong **4:00 pm-** Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. **4:00-pm** Zumba with Courtney **5:00 pm** Exercise with Courtney/ Strength **6:00 pm** Yoga/Meditation with Courtney	**4** **8:30 am** Enhance Fitness w/YMCA Instr. **$1.00** **9:00 am** Mixed Media Art Class/Vivian Miller **9:30 am** Get Fit With Lee **9:30 am** Wii Bowling **9:30 am** Women's Pool Shooting Class **10:00 am** Blood Pressures– St. Lukes (1st) **11:30 am-12:30 pm** Lunch **12:00 pm** Beginner Tap **12:00 pm** Open Bridge Group **12:30 pm** Open Craft Time **1:00 pm** 500 **1:00 pm Friday Dance -** weekly drawing for a special table treat ***Featuring "Jerry Odell's - Country Flavor Band" Free Dance-Sponsored by Gary & Mary Heineman - (Come celebrate Gary's 80th Birthday with him.)***
7 **8:00 am** Scrapbooking **8:30 am** Yoga with Amanda, Exercise Plus 50 **9:30 am** Tap Class **9:30 am** Wii Bowling **9:45 am** Interm. Duplicate Bridge Class **9:45 am** Intermediate Tai Chi **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 Black 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	**8** **6:00-8:00** ***p.m.*** ***Diabetes Self-Management Workshop (1st class of 6 week series Jan 8th-Feb 12th)*** **8:00 am** Penny Bingo **8:30 am** Enhance Fitness w/YMCA Instr. **$1.00** **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, Pitch **1:00 pm** Mexican Train, Painting Class **1:00 pm** Tap **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	**9** ***10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Feast on Fruits and Vegetables" Class 2*** **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** 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** ACBL Duplicate Bridge **1:00 pm** 500, Coloring Corner**,** Phase 10 **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	**10** ***1:30-3:30 Coffee & Canvas Hosted by Casa De Paz– please sign up at the activities table –limit of 12*** **8:00 am** Penny Bingo **9:00 am** Yoga **9:00 am** Medium Beginner Line Dance **9:45 am** Beginning Bridge/Advanced Bridge (Howard/Ercolini), **10:00 am** Beginner Line Dance **10:00 am** Men's Club, Women's Club **10:00 am** Walking off the Pounds **11:00 am** Balance Class w/YMCA Instr. **$1.00** **11:00 am** Advanced Line Dance **11:00 am** Beginner German **11:30 am-12:30 pm** Lunch **12:30 pm** ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving **1:00 pm** Cribbage, Inter. Line Dance, Men's & Women's Social Group **2:00 pm** Ping Pong **4:00 pm-** Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. **4:00-pm** Zumba with Courtney **5:00 pm** Exercise with Courtney/ Strength **6:00 pm** Yoga/Meditation with Courtney	**11** **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– Mercy (2nd) **10:00 am** Chair Yoga with Kaye **11:30 am-12:30 pm** Lunch **12:00 pm** Beginner Tap **12:00 pm** Open Bridge Group **12:30 pm** Open Craft Time **1:00 pm** 500 **1:00 pm Friday Dance -** weekly drawing for a special table treat ***Featuring "Country Brew" Free Dance-Sponsored by Briar Cliff– (Share a dance with the Service Learning Students.)***
14 ***9:30 am Grief Support (2nd Monday of the month)*** ***1:00 pm Birthday Party Hosted by -Creative Writing*** **8:00 am** Scrapbooking **8:30 am** Yoga with Amanda, Exercise Plus 50 **9:30 am** Tap Class **9:30 am** Wii Bowling	**15** **4:00** ***p.m.*** ***Alzheimer's Support Group (3rd Tuesday of month)*** ***10:00 a.m Balance Builder Workshop by Silver Sneakers*** **6:00-8:00** ***p.m.*** ***Diabetes Self-Management Workshop (2nd class of 6 week series Jan 8th-Feb 12th)***	**16** ***10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Exercise your Independence" Class 3*** **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** Chess	**17** **8:00 am** Penny Bingo **9:00 am** Yoga **9:00 am** Medium Beginner Line Dance **9:45 am** Beginning Bridge/Advanced	**18** **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

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

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
December 31 CLOSED Happy Holiday's	1 CLOSED Happy New Year	2 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	3 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	4 Tavern French Fries Dessert
7 Potato Soup Ham Salad Sandwich Dessert	8 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	9 Hot Turkey Sandwich Mashed Potatoes & Gravy Vegetable Dessert	10 Goulash Garlic bread Cinnamon Roll	11 Beef Stroganoff Dessert
14 Chicken Spaghetti Casserole Garlic Bread Dessert	15 Meatloaf Baked Potato Vegetable Dessert	16 Lasagna Garlic Bread Dessert	17 Broasted Chicken Cheesy Potatoes Vegetable Dessert	18 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert
21 Country fried Steak Mashed Potatoes & Gravy Vegetable Dessert	22 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert	23 BBQ Ribs Baked Potato Vegetable Dessert	24 Chicken Breast Rice Pilaf Vegetable Dessert	25 Beef Stew Dessert
28 Turkey Noodle Soup Ham Sandwich Dessert	29 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	30 Liver OR Ham Fried Potatoes Vegetable Dessert	31 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	February 1 Philly Steak Sandwich Onion Rings Dessert

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 let us know if you are Interested in helping Active Generations build a sustainable future.

Coffee Shop: We can always use extra help over the lunch hour in the coffee shop and cafeteria.

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.

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:

No Parking in South Three (3) Rows: The south three (3) rows of parking are reserved for Hospice of Siouxland employees. Thank you for your understanding.

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. Visit us on the web today. Let us know what else you would like to see there.

Rent the Center: Graduations, Birthday or Anniversary Party, Family Reunions, whatever the occasion, yet another benefit of 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.

Dollar Per Day Club

Jim Anderson
Thomas & Carol Houchins

Farrell's Heating & AC

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.

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.

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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January Penny Bingo

We all would like to thank Sonja and Lonnie for stepping up and taking over Bingo full time! I would also like to thank everyone who has helped to keep our Bingo going. We appreciate you all! Penny Bingo is Tuesdays & Thursdays from 8:30-11:30 a.m. & 12:30 -2:30 p.m.

You can play hard cards for 1 penny a card up to 6 cards. We now play a $1.00 paper card up to 2 cards at 10:00 a.m. and 1:00 p.m. Come join us, see old friends or make some new friends, we have lots of fun!

~Lola Balstad

QUILTING WITH LOVE

The Quilting With Love program will be taking a break for the winter months and starting back up in the spring. Thank you to all of you who participated and who donated. It is very much appreciated! Stay tuned. I look forward to seeing you in the spring. Happy New Year!

Thank you, Helen Foix

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(712) 255-7172

OPEN DOOR CHAPEL
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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
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Grocery • 239-0528
Meat • 239-0529

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"

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Enter 90

Marjorie Elaine Jacobs (Anderson) was born January 28, 1929 in Sioux City. She grew up on the Westside of Sioux City, attended Emerson Elementary School and graduated from Central High School. Marjorie married Clayton Willard Smith in 1945. They were blessed with 10 children, 5 boys and 5 girls. To date they now have 24 grandchildren, 11 great grandchildren, and 4 great great grandchildren.

Marjorie has worked various jobs throughout the years including upholstery, part-time reporter, Tupperware saleswoman and waitressing. She had a 25-year career in Swedish Massage Therapy, attending the first licensing massage school in Sioux City where she also trained others to become massage therapists before starting her own school. She set up workshops at colleges, hospitals and at the Women's YMCA camp in Lake Okoboji, Ia. She wanted to spread the knowledge of the benefits of using hands, not machines for some physical therapy for the body's benefit. Marjorie added "I believe God guided my life through doors to achieve things I never knew of".

Marjorie learned to line dance from Sally at The Center for Active Generations before teaching line dancing in LeMars for 25 years. She also started puzzle making at different Senior Centers and enjoyed helping with Wi-Bowling. Marjorie's optimistic personality has helped her to achieve all these wonderful goals at 90, along with her faith in God's plan for her. Here's wishing you a Happy Birthday and many Blessings in your 90th year.

This month we celebrate two special 90th Birthdays

The second being **Mr. Ralph Thomas** who was born on January 22, 1929 in Moville, Ia. Ralph married Janice Lange and was blessed with 3 children, 6 grandchildren, and 5 great grandchildren.

Ralph served as a heavy equipment operator in the Army, and now enjoys wood carving and dancing here at the Center. He has been an active volunteer at the Whitfield Methodist Church and the McCook Lake Ikes Club. All of us here at the center want to wish you a very Happy 90th Birthday!

Diabetes Self-Management Work Shop

AG will be hosting a 6-week Diabetes Workshop, brought to you by Connection Area Agency on Aging. This course of 6 classes will begin on Tuesday evenings starting January 8th through February 12th, 6:00-8:00 p.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! If you attend all sessions you will receive a free diabetes book and the CD's. The classes are open to the public so tell your friends. Register at the Activities Table or call 712-255-1729 and get registered.

Classes are each Thursday for 6 weeks beginning January 8th thru February 12th.

January 8th at 6:00-8:00 p.m.
January 15th at 6:00-8:00 p.m.
January 22nd at 6:00-8:00 p.m.
January 29th at 6:00-8:00 p.m.
February 5th at 6:00-8:00 p.m.
February 12th at 6:00-8:00 p.m.

JANUARY BIRTHDAYS

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

Frank Audino
Linda Beeson
Colleen Bochmann
Michael Brandhagen
Maggie Brockman
Richard Brown
Darlene Burson
Marie Calvert
Coral Carnes
Ruth Chancey
Evelyn Christensen
Ellen Christofferson
Jean Closter
Terry (TC) Cole
Cheryl Crandell
Linda Cumpton
Raymond Deabler
Marilyn Dermit
Homer Dewitt
Lynn Doxtad
Lauris Dudgeon
Maxine Eaton
Dave Evans
Donna Foxhoven
Sandy Fravel
Donald Friedrichsen
Marlis Friesner
Karen Fry
Roz Guernero
Carol Gall
Joshua Gaul
John Gibson
Dixie Kaye Gors
Carol Goulette
Beth Harms
Gary Heineman
Shirley Henderson
JOHN HENDRIX
Barb Highman
Thomas Hildebrand
Marlan Hill
Harold Hodges
Patty Houlihan
Vikki Jacobs
Jeannette Johnson
Teresa Johnson
Alvin Johnson
Debbie Kappes
Clark Kleinberg
Julie Kollman
Benita Rae Leff
Elizabeth Levi
Rodney Lieber
Bayne Linden
Neil Magnusson
Mary Marx
Jan Masteller
Terry McArthur
Julie Miller
Joan Mize
Bill Mrla
Sharon Murphy
Connie Nelson
Roberta O'Dell
Ed Oakley
Karen Oleson
Charles Parker Jr.
Carol Perrin
Judy Peters
Betty Pierce
Judith Pierce
Dianna Pike
Jeff Pilgrim
Pat Porsch
Christine Pugh
VERN RAMESBOTHAM
Carolyn Ramsaran
Elvin Rasmussen
Carol Ratcliff
Sandra Rol
Mary Ruschmann
Carrie Rustin
Linda Schlotman
Henrietta Scholten
Patricia Simon
Paul Smith
CONNIE SPAIN
CORA STOLTZE
Marcia Lee Tapper
RALPH THOMAS
Donna Thurow
Norma Ulmer
Linda Vandiver
Susan VonMinden
Dale Voss
Harold Ward
Helen Wedmore
Jeanette Wendt
Karen Young

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MIKE DOLPHIN
GERRY FITZPATRICK
JEFFREY HACKETT
RODNEY HOAAS
DORIS LINDGREN
GARY MASSEY
CONNIE MOELLER
BOB NAIRN
SUE SCHMEDINGHOFF
THERESA SKOW
HARVEY STOKES
CATHY VELLINGA
SHAREN KALLHOFF
MARY MARSH
DENNIS MILBRODT
MERLE TEUPEL

WE REMEMBER

Darrel Strong
Marge Skokan

MEMORIALS

For: Darrel Strong
From: Miriam Clayton

PHILADELPHIA IN APRIL with Pr. Paul, host, MLC

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- **Out of Sioux City...**
- **Many old city attractions**
- **3 full days...**
- **A day in the Amish Country...**
- **Sight & Sound Theatre...**
- **Travel to Atlantic City…**

Brochures available...

Contact 712-276-2511 by February 25

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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
Lola Anderson
Eugene Anderson
Clarence Backer
Miriam Clayton
Valerie Conaway-Cote
Cheryl Crandell
Shirley Hodges
Virginia Gries
Dick Hayes
Arlene Held
Steve Hoberg
Sally Kimball
Clark Kleinberg
Mindy Krause
Carla Leibrich
Janette Linden
Terry McArthur
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