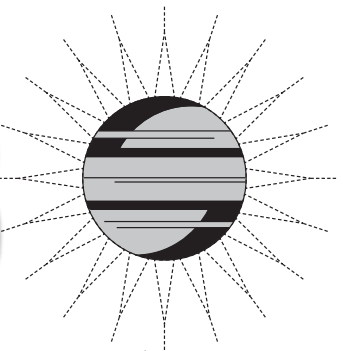


FEBRUARY 2019 SUNSHINE NEWS



Telephone
712-255-1729

Number
489

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: Creative Writing



This month, The Program Spotlight is being shared by our Knitting & Crocheting and Open Craft Time program groups who will be hosting the February 11th birthday party.

The Knitting & Crocheting group keeps busy making scarves, hats, and mittens to donate to the community. Knitting & Crocheting and Open Craft Time groups, in the past, have raffled their projects, with the proceeds going to the Center. The groups have an average of 9-10 members that are from around the Siouxland area. Both groups enjoy Knitting & Crocheting and doing all different

kinds of crafts. For example, one member is making wreaths, one is making scrubbies to use to wash your dishes with. She is also crocheting hangers onto hand towels, while another is making Catholic Rosaries. People have different interests, so feel free to bring what you would like to do, and maybe we will learn something new from one another. If you like to knit and crochet, craft, learn new things, mingle and make new friends, then come and join us. Studies have shown knitting, crocheting and crafting lead to a higher level of happiness. We'll have lots of fun! Stop in and learn more about the programs. We'll show you how to get started and help you find another hidden talent. Knitting & Crocheting is 10 a.m. Mondays, and Open Craft is 12:30 on Fridays.

Meet the New Executive Director

We are pleased to announce that Siouxland Center for Active Generations Board of Directors has named Patrick Tomscha of Sioux City as the new Executive Director.

Mr. Tomscha has served the Siouxland Senior Community for 27 years as an executive in long-term care. "Leading and guiding quality programs and expansion of services in his past positions, Mr. Tomscha has demonstrated his commitment to service of seniors in Sioux City. And, we look forward to him continuing his leadership for our organization." stated Ben Oberle, Board President. Roger Friessen, SCAG board member stated, "It was clear from our executive search process that Mr. Tomscha's compassion for service, friendliness and vision aligned with the direction we want to pursue."

Mr. Tomscha is a native of Madison, South Dakota, and 1985 graduate of Augustana University. He and his wife, Sara, have raised their five children in Sioux City, they currently have four grandchildren. "I am anxious to serve, facilitate and promote the great programs, services and friendships that the Siouxland Center has developed throughout its 46 year history."



***Join Pat, Monday, February 4th at 10:00 a.m. for a "Meet & Greet" at the Centers.**



The Siouxland Center for Active Generations has a Facebook page! Our page is updated regularly with photos and announcements. You can find our page by clicking the link at www.siouxlandseniorcenter.com

facebook.com/SiouxlandSeniorCenter

the Sunshine News

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

Board of Directors

- Joseph Donovan*
- Roger Friessen - Co - Chair*
- Lt. Cregg Getman*
- Melanie Berte-Hickey - Member*
- Joel Jarman - Member*
- Nolan Lubarkski - Member*
- Ben Oberle - Chair*
- Malinda Pflanz - Member*
- Steve Pohlman*
- Barney Pottebaum - Member*
- Andrea Rathgeber - Treasurer*
- Ronald Rohlena*
- Judy Seaman*
- Hannah Vellinga*

Executive Director

Patrick Tomscha

Program Coordinator

Michelle Laffin

Membership Coordinator

Jan Green

Editor

Judy Seaman
Carol Gall



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.

Politics' with Pat

Join our Executive Director, Pat for discussions on Local and National current events. Starting February, on Tuesdays at 3:00 p.m.

Valentine's Dance... Free Will Donation

The Siouxland Center for Active Generations will be hosting a Valentine's Dance on Friday, February 8th, at 1:00. Music will be provided by Ron McKewon and Triple Threat, for this free will donation dance. Couples and singles are both invited to attend. Barbara's Florals & Gifts will be providing roses and a boutonniere and Floyd Place will be providing chocolates to the couple married the longest. We will also be selling raffle tickets up until the drawing taking place at the dance. Tickets are on sale for 1 ticket for \$1.00 or 6 tickets for \$5.00, with a Pot of Gold drawing for \$100.00. (Must be present to win.)

Touchstone Cooking Class

The Touchstone sponsored cooking class will be making the following for February. Thank you, Touchstone Healthcare Community, for your partnership, we appreciate your support!

- February 5th: Chocolate and Vanilla Dessert Gnocchi
 - February 19th Baked Southwest Egg Rolls.
- The class begins at 6:00 p.m. The limit for attendance is 25. If you plan on attending, please sign up at the activity table.



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Active Generations
Wish List

- Cleaning cloths and dusting supplies
- Light weight 8 foot tables
- Step exercisers
- Tread Mills

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 December. We thank them for their thoughtfulness.

- | | | |
|-------------------|-------------------|----------------------------|
| Alice Reeg | Janette Linden | Peggy Foulk |
| Anna Kounas | Jannette Domayer | Ramon Sundquist |
| Barb Willis | John Kollman | Ron McKewon |
| Carol Gall | Judy Rehurek | Sally Kimball |
| Carolyn Bauer | Karen Bourne | Sharon Hanneman |
| Clark Kleinberg | Ken Dvorak | Sharon Murphy |
| Dee Richter | Kyongae Hanshaw | Siouxland Duplicate Bridge |
| Diana Howard | Linda Beeson | Sonnie Robbins |
| Diane Taylor | Lisa Cox | Sue Jones |
| Donna Thiele | Lola Anderson | Toots Pittman |
| Elaine Waskow | Lola Balstad | Valerie Conway-Cote |
| George Polak | Lorae Nieuwendorp | Verla Haack |
| Gerry Fitzpatrick | Lynda Martin | Vicki Jacobs |
| Helen Bundy | Marilyn Haller | Vicki Porter |
| Irene Pyle | Michelle Laffin | Wayne Burnham |
| Jane Olson | Miriam Clayton | |

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

Accura Health	Countryside Health	Regency Square
Bickford Cottages	Care Center	Stoney Brook Suites
Brookdale	Floyd Place	Touchstone
Care Initiatives Hospice	Heritage Northern Hills	Wendy Beavers - Mercy
Casa De Paz	Holy Spirit Retirement	Whispering Creek
	HyVee - Hamilton	

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.

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.

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

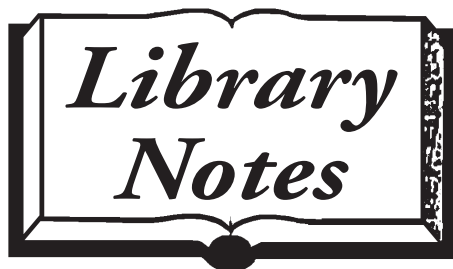
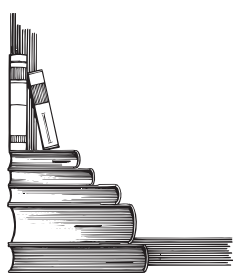
Name _____

Address _____

Sit and Sip Coffee Shop News

I am glad that holidays are over. Since Christmas & New Year's came on Tuesdays, it seems like I had a lot of Mondays. As I write this, I am looking forward to the regular routine we have at the coffee shop. December was a busy month as I had a bake sale at Northern Hills and it did good, as it usually does. I avoided the ice storm we had after Christmas by staying home, but I am glad to be back at the Center. As always, we had a good month in the coffee shop thanks to all you folks!

Marilyn Haller



We thank you so much for your donations. We can always use topics such as fiction, non-fiction and mystery books. Unfortunately, we cannot use self-help or spiritual books. Donations of VHS/DVD movies are also accepted. We hope to see you in the library. Come check out a book, movie or see what puzzle we are working on.

Our book club will be meeting on February 7th at 10:00.

News From the Bridge Room

The bad news is that our snowbirds are fleeing the coop. The good news is that classes & games will continue except when the weather keeps us house-bound. Several people play on their computers when there is no game scheduled at the Center. We had to cancel our New Year party and game when the weather looked bad. We won't be able to have a class for beginners until Spring, but anyone who already knows how to play bridge can join us to upgrade and improve their game. Our only class until spring is at 9:30 Thursday mornings in the Card Room..

We Be Jammin'

Refreshing entertainment can be found here at AG every day. 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.

Chair Yoga with Kaye

Chair Yoga with Kaye began in January and the first class had 8 attendees. Way to go Kaye! The classes will continue Fridays from 10:00-10:45 a.m. in the exercise room. Chair yoga helps improve strength, improves flexibility, reduces stress, helps with pain management, and so much more. It also offers the opportunity to meet people and socialize. Please come and join us!

Hello from the Line Dancers!

We all had a great holiday vacation with two weeks off over Christmas and New Year's. Everyone is back except for a couple of snowbirds. We are working to review many dances and bring some of our newer people up to date with dances that many of us have been doing for years, yet we still enjoy dancing them.

January has come and gone, and we are hoping we can get 5-7 people that are interested in joining us to learn the steps. We will start a beginner class in March or April. If you are interested see one of us or Michelle and sign up, so that we can make arrangement to get you started.

We will soon be starting our dances for the Fall Follies, which we look forward to every Fall.

Come join our family of line dancers, learn all the steps and get lots of experience while having fun doing it. We welcome you!

-Sally, Arlene & Lila



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Thank you to Lennea Clark & Sioux City Symphony

Thank you to Lennea Clark with the Sioux City Symphony for coming and entertaining us with her cello on Wednesday, December 12th. Everyone enjoyed listening to her perform and chatting with her! Also, thank you to Travis Morgan with Sioux City Symphony for organizing it. We appreciate all your support!



See you in the Gift Shoppe

Throws, scarves, slippers, jewelry, linens and miscellaneous household items...that is what you will find at the gift shop!

Donate, shop or just stop in to visit for a bit. We love your patronage!

Thanks to you all, our sales have been great and help support the Center.

~Your Friends at the Gift Shoppe

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.

Wii Bowling

Wii Bowling is every Monday and Friday morning at 9:30 a.m. in the Floyd Place Senior Living Sponsored Room (AKA- Game/Bingo Room.) Feel free to stop by. We welcome new members.




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February Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of February, 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 ADKINS | BART ENRIGHT | CAROL HUGHES | MARLYS MAURER | LARRY SHAVER |
| JEB ARCHER | SONJA KAY ERICKSON | SARAH IMIG | PAUL MAURER | GLORIA STINTON |
| JAN ASHMORE | CARLOTTA FOX | DEANNA LEE JACOBS | PAMELA MEARS | SHARON STROM |
| CONSTANCE BEAN | SHARON GEORGESON | THOMAS JACOBS | JAN MILLER | JERRY SWARTZ |
| HOPE BENTON | JOHN GIBSON | TERESA JOHNSON | JEANNIE MYCKA | MICHAEL TEW |
| KAY BEYERINK | PAT HAGEN | PAT JORGENSON | SHAHID NAQVI | DUANE THOMPSON |
| LYNN BLOMBERG | MAUREEN HALEY | JAN KAMM | GILBERT NELSON | MARIA TIMOTHY |
| DELORES BOGENRIEF | BOOTS HALL | DONALD KELSEY | DONALD PARSONS | DENNIS USHER |
| RICKY BORG | VIRGINIA HARGROVE | LINDA KING | JUDITH PIERCE | BARBARA VERSCHOOR |
| THOMAS BRUNKAN | BETTY HARRISON | SHARLENE | DON PINKSTON | GEORGE VINSON |
| MARY BURKE | B.J. HEITZMAN | KRUSEMARK | ANNETTE POSS | JAMES WALSH |
| THOMAS BUTLER | DICK HEITZMAN | WILLIAM KRUSEMARK | DAN RAPACKI | DON WALTERS |
| JERRY CROSSLAND | LILA HENKE | SANDRA KUNTZ | SUE RAPACKI | PHYLLIS WALTERS |
| JEAN DARNELL | CATHY HERRIG | DOUG LAFLEUR | ANDREW ROBAK | LORI RENAE WATTS |
| RAYMOND DEABLER | JUANITA HIGHBERGER | DOUGLAS LEHMAN | PAT ROBERTSON | GARY WENELL |
| KATHLEEN | THOMAS HILDEBRAND | PHYLLIS LEWIS | LOYD ROHMILLER | CARMEN WHITE |
| DETERMANN | MIKE HOBART | PAMELA LONG | ROY SAMPSON | JENNIFER WILSON |
| CYNTHIA ELDRIDGE | SHARON HOBART | DENNIS MARTIN | MARY JANE | NICK ZARKOS |
| ROGER ELDRIDGE | SHIRLEY HOF | ANDREA MARTIN | SHANAHAN | |



February 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:

- Febr. 5th.....What Scares You?
- Febr. 12th...Write About An Heirloom of the Past!
- Febr. 19th...What Are Some Benefits of Laughter?
- Febr. 26th...What Are Some Bad Habits You Acquired?
- Alternate Themes:
- 1. Were You Ever Caught Red-Handed?
- 2. How Would You Face A Sudden Large Expense?

Facts about the month of January:

1. Ground Hog Day came about because of a German superstition. If an animal saw a shadow on February 2nd, winter would last 6 more weeks. If the animal saw no shadow, there would be an early Spring.

2. February is the most misspelled of all the months.
3. Valentine is the patron saint of beekeepers and epilepsy.
4. February is the American Heart month.
5. Chinese New Year, is in February.
6. President's Day is in February.
7. Marti Gras and Ash Wednesday are in February.
8. Black History Month is in February

FEBRUARY POEM

I have a Valentine for you,
It's made of ribbon and lace
I hope when you read "I love you"
It will put a smile on your face. (Childcraft)

"Without Valentine's Day, February would be.... well, January."

- Alice Reeg, Creative Writing

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.

Movies for February: Siouxland Hearing Healthcare Room. See the Calendar for Titles

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.

Thank you to Noah's Hope

Thank you to Noah's Hope, and all their wonderful volunteers, for taking time out of their busy day to come and host a meet & greet here at the Center on Monday, Dec 10th! Our members had a great time seeing the animals that were waiting to find their forever homes. Also, thanks to this event, Connie and Cody were blessed as Cody found his forever home with his Mommy Connie. Connie picked up Cody, her Christmas Miracle on December 20th. Congratulations on your new family member, Connie!



Crafts with Anna from Floyd Place

The Floyd Place sponsored craft class is offering Pour Painting on Canvas for the February 27th class. This craft is a little more in depth, therefore, there will be a limit of 10 crafters. Thank you, Floyd Place Senior Living for your partnership, we appreciate your support!

If you are interested in attending, please sign up at the activities table.



Penny Bingo in the Floyd Place Room

I would like to welcome everyone back from the holidays. We are having a Sweet Treat Day on Valentine's Day, February 14th. We play bingo on Tuesdays and Thursdays 8:30-11:30 a.m. and 12:30 p.m. to 2:30 p.m. New members are always welcome. Come on in and bring a friend for fun & games. 1 cent up to 6 cards.

~Lola Balstad



Dollar Per Day Club	Jim & Helen Anderson Thomas & Carol Houchins Farrell's Heating & AC	Marc & Ellen Christofferson Richard Boyle Star Lawn Care	Meyer Brothers Funeral Homes Lite-Form Technologies
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February 2019

Questions? Call (712) 255-1729 OPEN: Mon.-Thurs. 8:00 am-8:00 pm Friday 8:00-4:30

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</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- St. Luke's (1st) 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</p> <p><i>Featuring "Jerry Odell's - Country Flavor Band"</i></p>
<p>4</p> <p><i>10:00 a.m. Meet & Greet, Pat Tomscha (Our New Executive Director)</i></p> <p>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 Movie " Shall We Dance" 1:00 pm Jazz Dancercise 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm Open -Card Games/Board Games</p>	<p>5</p> <p><i>3:00 p.m. Politics with Pat (Our Executive Director)</i></p> <p>8:30 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, 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 6:00 pm Touchstone -Chocolate & Vanilla Dessert Gnocchi " (1st & 3rd Tuesday's)</p>	<p>6</p> <p><i>10:30 a.m. Talk Show with Pat Wojcik "The History & 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 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 off 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</p>	<p>7</p> <p><i>1:00-2:00 p.m. Open Door Time with Pat (in the Finance Office)</i></p> <p>8:30 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:30 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. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am German-Beginner 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group, Woodcarving 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</p>	<p>8</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- 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</p> <p><i>Featuring "Ron McKewon with Triple Threat" Free Will Donation -Valentines Dance</i></p>
<p>11</p> <p><i>9:30 am Grief Support (2nd Monday of the month)</i></p> <p><i>1:00 pm Birthday Party Hosted by -Knitting & Crocheting and Open Craft Time</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Tap Class</p>	<p>12</p> <p><i>10:30-11:30 a.m. Understanding & Responding to Dementia-Related Behavior</i></p> <p><i>2:30 p.m. Homemade Sugar Scrub with Kim from Brookdale</i></p> <p><i>3:00 p.m. Politics with Pat (Our Executive Director)</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga</p>	<p>13</p> <p><i>10:30 a.m. Talk Show with Siera from Humana " Topic to be Determined"</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</p>	<p>14</p> <p><i>1:00-2:00 p.m. Open Door Time with Pat (in the Finance Office)</i></p> <p>8:30 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:30 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. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am German-Beginner 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group, Woodcarving 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</p>	<p>15</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</p>

<p>9:30 am Wii Bowling 9:45 am Intern. 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 1:00 pm Jazz Dancercise 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm Open -Card Games/Board Games</p>	<p>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</p>	<p>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 off the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board 5:00 pm Belly Dancing Class</p>	<p>11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am German-Beginner 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 1:00 pm Woodcarving 2:00 pm Ping Pong 4:00 pm- Open -Card Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>9:30 am Get Fit With Lee 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</p> <p style="text-align: center;"><i>Featuring "Country Brew"</i></p>
<p>18</p> <p>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 Intern. 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 Movie " Many Rivers To Cross" 1:00 pm Jazz Dancercise 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm Open -Card Games/Board Games</p>	<p>19</p> <p style="text-align: center;">3:00 p.m. <i>Politics with Pat</i> <i>(Our Executive Director)</i></p> <p style="text-align: center;">4:00 p.m. <i>Alzheimer's Support Group</i> <i>(3rd Tuesday of month)</i></p> <p>8:30 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, 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 6:00 pm Touchstone -Baked Southwest Egg Rolls (1st & 3rd Tuesday's)</p>	<p>20</p> <p style="text-align: center;">10:30 a.m. Talk Show with Anna from Floyd Place "Train Your Brain" & Brain Healthy Blueberry Smoothies</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 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 off the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board 5:00 pm Belly Dancing Class</p>	<p>21</p> <p style="text-align: center;">1:00-2:00 p.m. Open Door Time with Pat (in the Finance Office)</p> <p>8:30 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:30 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. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am German-Beginner 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, 12:30 pm Penny Bingo 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 1:00 pm Woodcarving 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>22</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-Mercy (4th) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 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</p> <p style="text-align: center;"><i>Featuring "Shirley's Big Band"</i> <i>Free Dance-Sponsored by George Polak's Family. (Come celebrate George's 95th birthday with him.)</i></p>
<p>25</p> <p style="text-align: center;">1:00 p.m. <i>Parkinson's Support Group</i> <i>(4th Monday of month)</i></p> <p>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 Intern. 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 Movie " Guilty Conscience" 1:00 pm Jazz Dancercise 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm Open -Card Games/Board Games</p>	<p>26</p> <p style="text-align: center;">10:30-11:30 a.m. Dementia Conversations</p> <p style="text-align: center;">3:00 p.m. Politics with Pat (Our Executive Director)</p> <p>8:30 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, 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</p>	<p>27</p> <p style="text-align: center;">10:30 a.m. Talk Show with Judy Rehurek " A Believer's Journey to Israel"</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 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 Floyd Place Craft Class— Four Painting on Canvas -4th Wednesday 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p>	<p>28</p> <p style="text-align: center;">1:00-2:00 p.m. Open Door Time with Pat (in the Finance Office)</p> <p>8:30 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:30 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. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am German-Beginner 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, 12:30 pm Penny Bingo 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 1:00 pm Woodcarving 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	

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

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Philly Steak Sandwich Onion Rings Dessert
4 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	5 Meatloaf Baked Potato Vegetable Dessert	6 Chicken Noodle Soup Chicken Salad Sandwich Dessert	7 Broasted Chicken Cheesy Potatoes Vegetable Dessert	8 Tuna and Noodles Vegetable Dessert
11 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	12 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	13 Goulash Garlic Bread Cinnamon Roll	14 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	15 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert
18 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	19 Baked Chicken Hindquarter Mashed Potatoes & Gravy Vegetable Dessert	20 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	21 Parmesan Chicken Breast Mashed Potatoes & Gravy Vegetable Dessert	22 Tavern French Fries Dessert
25 Spaghetti with meat Sauce Garlic Bread Dessert	26 Chicken and Noodles Mashed Potatoes Vegetable Dessert	27 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert	28 Pork loin Mashed Potatoes & Gravy Vegetable Dessert	March 1 Beef Stroganoff 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 see Pat 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 Michelle 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: Although Pat will always be available to hear new suggestions on programs and concerns anytime; he will formally open the Finance office on Thursdays in February from 1:00-2:00 p.m. Please feel free to stop in and express your ideas how to enhance our center.

PLEASE NOTE:

No Parking in South Three (3) Rows: The south three (3) rows of parking are reserved for Hospice of Siouxland employee. 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: Graduation, Birthday Party, Family Reunion, OR even a BRIDGE TOURNAMENT! 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.

Alzheimer's Association

Amanda Brophy with Alzheimer's Association will be here presenting on the below topics. These classes are being held the 2nd and 4th Tuesdays at 10:30-11:30 a.m. during the month of February and March. These are open to the public. If you would like to attend, please sign up at the activities table or call the Center at 712-255-1729 and we can sign you up.

February 12 - Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

February 26 - Dementia Conversations

This program is designed to help you talk with your entire

family, including the person with signs of dementia, about some challenging and often uncomfortable topics related to Alzheimer's and dementia. These conversations include going to the doctor to get a diagnosis or medical care, deciding when it is necessary to stop driving, and making plans for managing finances and legal documents to be sure the person's wishes are carried out and the costs of future care are covered.

March 12 - Living with Alzheimer's:

For Early-Stage Caregivers- Part 1

March 26 - Living with Alzheimer's:

For Early-Stage Caregivers- Part 2

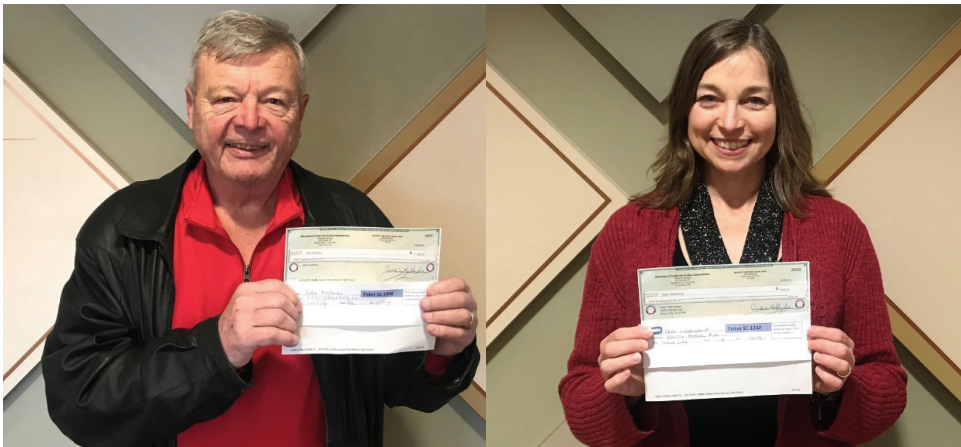
In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this 2-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

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.

Congratulations to The NFL Raffle Winners!

The Grand Prize Winner for \$1,000.00 was John Kollman. John picked up his check on Friday, January 4th and donated 10 % back to the Center. Thank you, John! The Low Score Winner for \$500.00 was Debi Oldenkamp. Thanks to all who participated, we appreciate your support of the Siouxland Center for Active Generations!



Winter Fun Quilt Magic Kit - 12"X12"
\$21.55

I was asked if someone would be interested in leading a Quilt Magic program here. If you don't know what Quilt Magic is, see the attached picture. There are many kits that can be purchased at Walmart. If anyone is interested in starting or being a part of a Quilt Magic program here, please let Michelle know.



Here For You

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

Make Regency Square your place to live and be happy.

Regency Square

The Health Services campus

402.494.4273 | regencysquareliving.com

Painting Classes

If you have always wanted to experience the Joy of Painting, now is your chance! You don't have to be an accomplished artist to join Ron's Painting Class. Beginners are always welcomed and encouraged to come! Painting classes are scheduled Tuesdays at 9:30 a.m. & 1:00 p.m. and Wednesdays at 9:30 a.m. As much as Ron enjoys helping others and guiding them with painting, this class is not just about painting, if you like to socialize, meet new friends & experience the Joy of Painting then you will fit right in. If you are interested in finding out more about this activity, please feel free to stop by or call Ron McKewon at 712-444-3993.

Ron guides you through painting class including:

- Mixing colors and color values
- Different types of painting surfaces
- How to prime and prepare canvas, wood panel and watercolor paper
- Demonstrations on painting techniques (how to paint trees, grass, skies, water, hills and shadows.)
- The importance of framing and matting



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Enter 95



1924 ...U.S.

Army's first around the world flight, Ellis Island closed, the first Winter Olympics, and George Richard Polak was born and blessed this world with his presence in New York City. Raised on Staten Island, he graduated from high school then joined the Army/Air Corps. While

stationed at the Sioux City Airbase for a short time in 1943, he met his future wife Helen Maxine Maxon, the love of his life, at a dance at the Skylon Ballroom. It must have been true love, because exactly 6 months later, they were married in Columbia, Missouri and they shared 68 wonderful years together! After his honorable discharge from the service, they lived in New York for 4 years before settling back to Sioux City where they raised a family of 4 children, which expanded to grandchildren and great grandchildren.

Over the years, George has been involved in many activities, including scouting, coaching, fastpitch, softball, church, Meals on Wheels and the Sioux City Welcome Center. He has been a member of the Barbershop Chorus since the early 80's and sings with the Siouxland Center Chorus.

He was a hard worker, but always, found time for his family and friends. The family enjoyed a lot of traveling over the years, and after George retired in 1984 from the Post Office and the Army National Guard, he and Maxine continued their love of seeing the country. They also bought a fifth-wheel and joined two camping groups.

George and Maxine were incredibly close, so after she passed away in 2012, George has spent a lot more time at the Center, citing that his friends and the activities here at the Center have helped him through the transition from husband to widower. He enjoys volunteering at the Center, along with walking, exercise classes, painting classes and other activities. George can be found at the Center Monday through Friday, especially for dinner so he doesn't have to cook (although he is a good cook) but enjoys eating and chatting with others.

Come and help George celebrate his 95th birthday on February 22nd at the free dance that is being sponsored by his family. And enjoy the entertainment from Shirley's Big Band beginning at 1:00 p.m.

Members of the Siouxland Center
for Active Generations —

We are extremely grateful for your generous donation of the hats, gloves, and scarves. We cannot imagine the time that went into creating each piece. They will be amazing additions for our clients. Once again, we cannot thank you enough for thinking of our organization!
Best wishes,

the Mary J. Treglia Community House Staff



Brookdale Senior Living Solutions is hosting a
Homemade Sugar Scrub Class here on
Tuesday, February 12th.

There is no charge to the members
as Brookdale is sponsoring the class.

If you are interested in attending, please sign up
at the activities table as the limit is 20.



Please Join Kim Audino for a Homemade Sugar Scrub Class

When: Tuesday February 12

Time: 2:30-3:30

Sign up now as Class sizes are Limited to 20.



Sugar scrubs can quickly heal blemishes, absorb dirt and oil from pores, and balance the natural oils in the skin. Sometimes just using soap to cleanse skin is not enough to remove all the excess oil and dead skin cells. That's where sugar scrub can be extremely useful.

FEBRUARY BIRTHDAYS

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

Lani Aitaoto
 Judy Ashley
 Betty Lou Baker
 Colleen Baker
 Karen Balstad
 Kathryn Beacom
 Lawrence Benne
PHYLLIS BENNETT
 Clarissa Benson
 Deanna Bower
 Robert Brewer
 Lois Brownlee
 Ramon Choquette
BETTY CHURCH
 Barbara Davis
 Mike Dolphin
AGNES DONOVAN
 Richard Duerksen
 Pat Ann Ellis
 Eleanor Fetterman
 Helen Foix
 Jan Foster
 Dennis Fowler
 Jim France
 Adam Frisch
 Eleanor Gibson
 Gary Grause
 Gordon Hansen
 Wayne Harrison
 Arlene Held

Thomas Hendricks
 Cathy Herrig
 Sharon Hobart
 Rose Hobbs
 Anna Hoover
 Daniel Hudek
 Jeanita Husted
 Jack Jansen
 Wesley Jaynes
DON JENSEN
 Katherine Johnson
 Sharon Junge
 Jan Kamm
 Roger Kann
 Rhonda Klave
 Paula Kolbet
 Sandra Kuntz
 Carla Leibrich
 Doris Lohry
 Mary Madden
 Marlys Maurer
ARMAND
MENARD JR
IRENE MOLDEN
 Judy Mullen
 Ray Nanek
 Preston Nason
GEORGE POLAK
 Dan Rapacki
 Annette Rasmussen

Sandi Rasmussen
 Susan Robe
 Lloyd Rohmiller
 Lillie Rundall
 Evelyn Schademan
 Doris Schiltz
LUVERNE
SCHROEDER
 Ronald Schuetz
 Mary Ann Schulte
 Carol Shimitz
 William Sievers
 Jennifer Simants
 Rev Judy Smith
 Joan Stephens
 Julie Stewart
 Richard Storm
 Paul Swanson
 Donna Thiele
 Anita Towns
 Stephen Vanderburgh
 Toby Varvais
 Marilyn Vollmecke
 Ronald Wendt
 Gary Wenell
 Dawn Wiebelhaus
 Karen Wilcoxon
 June Wilhelm

NEW MEMBERS

LISA (MARY) COX
 DANNY DEAVULT
 JANNETTE DOMAYER
 DONALD FRIEDRICHSEN
 CAROL GALL
 ANDY GALL
 KAREN GLOVER
 PATRICK HALLIGAN
 BETH HARMS
 CHRIS JENSEN
 DON KUMM
 BARB MEIER
 KARLIE MOBLEY



OVERACTIVE BLADDER?

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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

December

These persons offer additional assistance each month for the ongoing operation of the Siouxland Center for Active Generations. We thank them for their extra support.

- | | | |
|----------------------|-----------------|--------------------|
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