

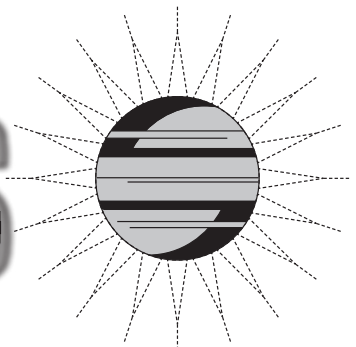
SUNSHINE NEWS

OCTOBER 2026

Telephone
712-255-1729

Number
574

Published
Monthly



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.

Fall Follies 2026: Fabulous through the Decades



Join us for an effervescent display of talent as the Siouxland Center for Active Generations celebrates forty years of showcasing the great skills of our performing arts groups. From early in the history of the Center, the Fall Follies have been a method to highlight the best aspects of our organization. Showing off that your senior years can be a time to focus on activities that make you happy, finding a sense of purpose in working towards a goal with others, and demonstrating that older people can be active and vibrant are all positive demonstrations of what the Siouxland Center for Active Generations has to offer.



The Follies have given us years of great entertainment with a variety of musical performances, skits, magic shows, singing, and dancing with themes like Saturday Night Fever, Hooray for Hollywood, Some Enchanted Evening, and Nifty Fifties. The twenty second Fall Follies in 2007 had the theme of "The Wild, Wild West" and featured "Cornfield Humor" from the Curtains Up Drama group, as well as an entertaining rendition of "You're the Reason Our Kids Are Ugly." The following year the theme was "An Evening of Romance" and the Happy Hoofers tap dance group performed to "Singing in the Rain," while a musical

group called the Silvertones performed popular songs such as "Mr. Sandman."



The earliest Fall Follies article that can be found in our Sunshine News archive in the library is from 1993. Just like the show we have planned thirty-three years later, it included tap dancers, line dancers, singers, and musicians. "The Roving Reporter" described another notable act: "The Nutcrackers' Ballet by the Drama Group was different. As they came trooping on the stage, peering and glancing around, their blue tutus flounced and bounced. Never mind if they missed a step or got carried away occasionally; they were excellent." Later in the show, "The Geritol Dancers proved that Geritol isn't just for teenagers as they did the "Geritol Rap."

Members of the Silver Steppers ballroom dance group have performed for several years in Fall Follies programs and have fond memories from the shows. Jon Wagoner's favorite act to participate in was a ballroom round dance with a leader cueing what steps to perform. He enjoyed seeing Lynda Lee Deabler's



continued on p.2

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. - 2:30 p.m.
Friday
8 a.m. - 3:30 p.m.

www.siouxlandcenterforactivegenerations.com

Board of Directors

Barney Pottebaum - Chair

Ted Massey - Member

Joel Jarman - Member

Colby Lessmann

Courtney Ott

Alicia Nyreen

Cortni Krusemark

Judy Turner

Rachel Byrne

Anthony Nelson

Executive Director

Patrick Tomscha

Activities Coordinator

Kristina Yezdimer

Membership Coordinator

Faith Cosier

Annual Dues – \$75 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.

continued from p.1

husband, Ray, dance with their daughter in this number. Bruce Hunkins' favorite performance was when he and his wife Jane danced a solo rhumba together on the stage at the Betty Strong Encounter Center in 2024. Jane Hunkins, who has performed in twenty-three Fall Follies, most enjoyed performing as a drill team to the theme from Bridge Over the River Kwai (Colonel Bogey March) in camouflage outfits.

As we reminisce about forty years of excellent entertainment from our skilled SCAG members, our Fall Follies 2026 theme will be "Fabulous Through the Decades." Travel through time as we celebrate the notable eras of our lives. You can expect wonderful performances from the many talented groups that call the Center home. The Center Stage Tappers will show off their fancy footwork. Tai chi's performances always delight. The coordination of the Young at Heart Line Dancers to jaunty music is sure to bring a smile. Enjoy the beautiful music and harmony of the Active Generations Choir. The Belly Dancers will shimmy and undulate across the stage, and the Silver Steppers will impress with their skillful ballroom moves. A reception with cookies and coffee will be held in the theater lobby after the show.

We invite you to come and enjoy the show! Bring your family and friends; the proceeds will help to fund the Siouxland Center for Generations so that we can continue to operate in the decades ahead. **Tickets are \$10 and can be purchased at the front desk or at the door of the performance. The 2026 Fall Follies will take place on Saturday, October 17, 2 p.m. at the Sioux City Community Theater, 1401 Riverside Blvd.**

Also, please join us for the Fall Follies After Party at the Saturday night dance party featuring the Oklahoma Dan band from 7-10 p.m. Doors will open at the Siouxland Center for Active Generations at 5 p.m. and the cafe will serve a dinner for \$7.

Have a Jolly Olde Time at Riverssance

Don't miss the fun of Sioux City's Renaissance festival held on the first weekend of October! Come out to Riverside Park and join the entourage of the Siouxland Center for Active Generations' (AKA the Kingdom of Elderland) six senior royals who will be attired in royal garb. Enjoy joust performances, demonstrations of the Birds of Prey, turkey legs, costumed characters, delightful merchants, and lots more entertainment! Discount tickets are available at the Center for \$12 (\$3 off regular admission). See Kristina in the Activities Coordinator office to purchase them. **The Kingdom of Riverssance festival will be held in Riverside Park from 10 a.m. to 7 p.m. on Saturday, October 3 and 10 a.m. to 5 p.m. on Sunday, October 4.**





Connecting Daily

**Providing your senior
care needs:**

Independent Living, Assisted Living, Nursing
Care, Memory Care, & Rehabilitation Services.

Call today for more information
(712) 276-3821
5501 Gordon Drive, Sioux City



**SECURITY
NATIONAL
BANK**

EVERYTHING MATTERS

T 712.277.6500 • SNBOnline.com

"Where Quality Counts"

PRESTIGE
Collision Repair Centers

Two Locations:

508 West 7th 3929 Prestige Blvd.
Sioux City, IA 51103 Sioux City, IA
712-258-1653 712-234-1975

LEWIS ELECTRIC CO.

508 S Flynn St.
North Sioux City, SD 57049

Estimates Gladly Given

Ph. 252-2785

★ ★ ★ ★ ★
AMERICAN

Home Health Care Co.

"Products you need, from the people you know."

SALES • RENTALS • REPAIRS
Free Delivery & Set-Up

- Hospital Beds • Ostomy supplies • Bath equipment
- Wheelchairs • Oxygen • Diabetic shoes
- 3-wheel scooters • Breast prosthesis • Electric beds
- Patient lift chairs • Commodes • Much more

214 W. 7th Street • 800-217-2275

712-277-2273

Answered 24 hours a day

Friday Dances

Please join us for lively fun at our Friday Dances! They are scheduled every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see Kristina in the Activities Coordinator Office.

October 2: The Embers

October 9: 4 on the Road

October 16: NO DANCE this week due to Fall Follies dress rehearsal

October 23: Roy King and the Rusty Buckets

October 30: Country Brew--Halloween Costume Party. Prizes for the best costumes sponsored by Continental Springs.



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 _____

Gift Shop, Library & Kitchen 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 recently. We thank them for their thoughtfulness.

Alice Reeg	Diane Workman	Marilyn Chamberlain
Anna Kounas	Elaine Waskow	Mary Lou Burns
Jon & Grace Wagoner	Jackie Biggerstaff	Nicole DeLay
Arlene Imray	Jane Henderson	Pam McQuillen
Audrey Ercolini	Karen Balstad	Phylliss McMillen
Carla Leibrich	Kathy Lillie	Teresa Johnson
Vikki Jacobs	Ken Dvorak	Julie Stienhart
Kay Reynolds	Linda Sydow	Carolyn Wendt

Donations

Bruce Hunkins	Bill Merritt	Bob Steffe
Vivian Miller	Kurt Riemen	Marta Samuel
Larry Bower	Pharyce Eslick	Marianne Meister
Dan DeMarest	Arlene Imray	Dean & Donna Lovell
Vertus Kluver	Diana Howard	Audrey Ercolini
Maryanne Farrell	Jeff Zoelle	Jon & Grace Wagoner
Judy Peters	Lee & Marilyn	Bill Merritt
Dean & Donna Marsh	Chamberlain	
Anna Hoover	Donnette Hatch	

New Sliding Automatic Doors Installed at the Center

Thanks to generous donations and a grant from Missouri River Historic Development, the Siouxland Center for Active Generations was able to install new automatic sliding doors. We are excited for this needed improvement to our building and grateful that our building entrance is accessible to all again. It has been enjoyable to listen to our members comment on the efficiency of the new doors as they experience them while entering the building. The plan is to use the new doors for both entrance and exit.



MediGold

MERCYONE

Medicare Plan

Iowa State Office:
1449 NW 128th St.,
Suite 210 Clive, IA
Joe Evans, Sales Manager - Iowa
JOE-EVANS@medigold.com

FOULK BROS.

PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

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

Bruce Hunkins
Live Well Home Care

Corporate Sponsors

Charter Senior Living
Seniors Helping Seniors
St. Croix Hospice
StoneyBrook Suites
Sunburst Memorials
Visiting Angels
Westwood Nursing/Rehab
Whispering Creek
Care Initiatives Hospice

Business Donations

Bruce Hunkins
Live Well Home Care
T-Mobile



**Care
Initiatives
Hospice**

4301 Sergeant Rd.,
Suite 100
Sioux City, IA

**Providing Compassionate Care in
Siouxland in Northwest Iowa and
Union County, South Dakota**



(712) 239-1226

www.CareInitiativesHospice.org



WHERE WE HELP YOU LIVE WELL

402-494-9171

**In-Home Care &
Transportation
You can count on!**

Android Phone Classes with B



Technology instructor B will teach two Android phone classes in October. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes. **B's classes will be held on Wednesdays at 9:30 a.m. in the Conference Room.**

October 14: Learning to Text: Learn about messaging apps and texting etiquette.

October 21: Scams and Spam--Phone: Find out how to recognize scam phone calls and how to receive fewer unwanted calls.

Sioux City Police Department Fraud Prevention Class



Sioux City Police Department officer Sgt. Zach Lewis, Crimes Against Property Supervisor, will share insight about the latest scams and fraud schemes targeting people in Siouxland and across the country. The FBI estimates that senior citizens lose more than three billion dollars each year to financial scams, including romance scams, lottery, and sweepstakes scams. Older adults are nearly six times more likely than younger consumers to report losing money due to a tech support scam.

Don't be a victim! Come to the class to learn how you can recognize and protect yourself from people who want to steal from you. **Tuesday, October 6, 10 a.m. in the Conference Room.**

Health Effects of Tobacco and Nicotine with Siouxland District Health

Are you concerned about the effects of smoking or vaping on yourself or your loved ones? Siouxland District Health Department will offer a presentation providing participants with easy to understand information about tobacco and nicotine, including the health effects of smoking, vaping, and secondhand smoke/aerosol. It will cover how nicotine addiction works, common myths about vaping, and practical tips for reducing or quitting tobacco use. Attendees will have the opportunity to ask questions, learn about cessation resources, and take home educational materials to support healthier choices. **Wednesday, October 28, 9:30 a.m. in the Conference Room.**



WHISPERING CREEK
DIAL SENIOR LIVING

Walk-In Tours
Welcome!

712.204.3524

**Siouxland
HEARING
Healthcare, P.L.C.**

2916 Hamilton Blvd.
(712) 258-3332
www.sioxlandhearing.com

Michael Sloniker,
M.S., CCC-A

Palmer's
Old Time
Candy Shoppe

Hours: Mon. - Sat. 10 am - 5 pm
405 Wesley Parkway • 712.258.7790
www.palmercandy.com

COLBY M. LESSMANN
Attorney at Law

Practicing Primarily In:
Wills ♦ Trusts
Estate Planning ♦ Probate

613 Pierce Street, Sioux City, IA 51101
(712) 252-3226

OPEN DOOR CHAPEL
SERVICES: SUNDAY 10:45
PASTORS REV. MIKE & REV. JUDY
712-258-9248
601 FLOYD BLVD – SIOUX CITY, IA

**Live Well. Plan Well.
Leave Well.**

MEYER BROTHERS
FUNERAL HOMES

Call 712-255-0131 or 712-276-1921
to schedule an appointment
with one of our Family Service Counselors today.

**Experienced local senior care
for your peace of mind.**

Visiting Angels
LIVING ASSISTANCE SERVICES

712-212-9246 • 3133 Floyd Blvd
www.visitingangels.com/siouxland

October Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of October with possible dues due this month. Please stop in my office and we can check your due date.

Thanks! Faith Cosier, Membership Coordinator

Shelly Bird
Robert Holsinger
Denise Meyers
Rojean Scott
Brenda Reicks
Maggie Brockman
Wendell Brockman

Julie Cardwell
Gerald Murray
Mary Ruth Schrank
Charlotte Thoma
David Coad
Pamela Coad
Joseph Moos

Russell Movall
Wesley Iseminger
Steve Shults
Stephanie Jeschke
Chris Flanagan
Carolynn Sue Miller
Pharyce Eslick
Linda Vandiver

Beverly Weseman
Roger Kann
Dennis Derochie
Dale Gernhart
John Graser
Sandra Graser
Marsha Pasker
Martin Pasker

Jill Pickinpaugh
William Thompson
Duane Sorenson
Esther Sorenson
Sheila Gernhart
Pat Rooney
Larry Beeson
Bev Lynott

Susan Sudtelgte
Theresa Card
Barbara Orzechowski
Kathryn Sitzmann
Kathleen Graham
Marsha Jarman
Arelene Simon
Joyce Dean

ST. CROIX[®]

HOSPICE

*There when you
need us the most.*



St. Croix Hospice brings expert care to patients, families and facilities across the Midwest.

855-278-2764
stcroixhospice.com

**volunteer,
join the RSVP
team today.**

STOP BY THE FRONT DESK TO
LEARN MORE

<https://iowaaging.gov/rsvp>
1-800-532-3213



AmeriCorps
Seniors

Gift Shop Donations Wanted!

We're always grateful for donations to the SCAG Gift Shop! Your gently used items help support our mission and are appreciated by our shoppers.

We gladly accept clean, gently used items in good working condition, including:

- Seasonal décor
- Home décor and interior items
- Cookware and bakeware
- Jewelry
- Small household gift items

Please do not donate:

- Clothing
- Large electronics
- Items that are broken, dirty, or missing parts
- Items you are unsure how to use or what they are

Thank you for helping us keep our Gift Shop organized, inviting, and full of quality items our community can enjoy. Your generosity truly makes a difference!

Premier Independent Living & Residential Care Community



Charter
SENIOR LIVING
of Northpark Place

2562 Pierce Street - Sioux City, IA 51104- 712-255-1200

**FOUR...
SEASONS**
APARTMENTS

INDEPENDENT SENIOR LIVING

COMMUNITY EVENTS
QUIET NEIGHBORHOOD
FRIENDLY NEIGHBORS
55+ COMMUNITY



FOURSEASONSSIUXCITY.COM / (712) 501-4780



Anna Leake – Sales Manager

1315 Zenith Drive Suite A
Sioux City, IA 51103
712-252-2772

www.sunburstmemorials.com

JONES PEST CONTROL

JAMES W. JONES SERVING SIOUXLAND SINCE 1980

CALL WEEKDAYS, NIGHTS & SATURDAYS



712-274-2846

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:

Oct. 6th....Write about the changes that happen in the fall season.

Oct. 13th....Write about looking 'Outside My Window'.

Oct. 20th...Write about what you were like as a kid.

Oct. 27th....Write about Halloween when you were a kid.

FACTS ABOUT OCTOBER

1. October is the 10th month with 31 days.
2. The Great Chicago Fire destroyed the city in October 1871.
3. A warm October means a cold February!
4. October has 2 full moons--Harvest Moon & Hunter Moon.
5. October has 2 zodiac symbols—Libra, until Oct. 22, and Scorpio.

HALLOWEEN NIGHT

The chilly nights begin tonight
The haunted houses bring the fright.
The warm bonfires have the flames.
See the leaves rustle through the window frames.
The wind is rising and the air is wild with leaves.
We've had our summer evenings, now October eves! (Wolfe)

TRICK OR TREAT:

Dressed up little creatures on a dark October night,
Run from door to door giving everyone a fright.
They come and ring your doorbell before they retreat.
They beg you for some candy, yelling, "Trick or Treat."

WAKE ME UP

by Kay Reynolds
Open my eyes please
To see the beauty all around;
Open my ears too
To hear the good spread about.

Open my head-keep it wide
To take in the glimpse of the path ahead;
Open my mouth wide
To proclaim the wonders that can be found.

But most of all-open my HEART
To realize all the things I've been given;
Then to share with others and give aid
In any way that I see I can provide.

Give me the feeling of close relationships with others
Keeping peace welcome in our minds;
Watching over each day I live
Doing positives and then guide.
Let me each day leave a little behind
In an attempt to better the world;
Using my steps to be a beacon
To follow and then leave a trail.

Together we are a powerful band
What WONDERS can be done;
The work we do will make a difference
That's my motto-can it be YOURS?

Old Age is H-E-Double L

The body gets stiff,
You get cramps in your legs
Corns on your feet
As big as hen eggs.

Gas on your stomach
Elimination is poor
Take ExLax at night
And then you're not sure.

You soak in the tub
Or your body will smell
It's like I said folks
Old age is hell.

Your teeth start decaying
Your eyesight is poor
Hair falling out
All over the floor.

Sex life is shot
It's a thing of the past
Don't kid yourself friend
Even that doesn't last.

Can't go to parties
Don't dance any more
Just to put things mildly
You're a heck of a bore.

Liquor is out
Can't take a chance
Your bladder is weak
Might wet your pants.

Nothing to plan for
Nothing to expect
Just the mailman coming
With your Security check.

Now be sure your affairs are in order
And your will is made out right
Or on the way to the graveyard
There will be a hell of a fight.

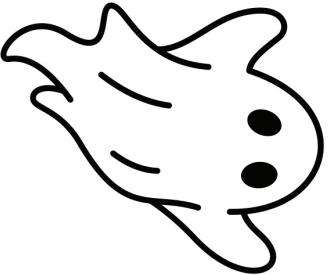
You feel pretty good
You look fairly well
Thank God you're alive
Old Age is sure hell!

	9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate	9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am 12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	9:00 am Rock Steady Boxing (fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	11:30 am Open Bridge Group 11:30 am Card/ Board Game Group
19	11:30 am--3:30 pm AARP Safe Driving Course 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	20 1-3 Jukebox Dance Party 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class	21 9:30 Android Phone Class with B: Scams and Spam- Phone 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am 12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	22 11:15 am Briarcliff Exercise 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	23 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am Open Bridge Group 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance
	<i>Featuring</i> <i>Roy King and the Rusty Buckets</i>	11:30 am Open Bridge Group 11:30 am Card/ Board Game Group	2 PM FALL FOLLIES 7-10 PM Dance Party: Okahoma Dan		
26	1 pm Parkinson's Support Group 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	27 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	28 9:30 am Tobacco Talk 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am 12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	29 11:15 am Briarcliff Exercise 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	30 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am 12:30 pm Full lunch 11:30 am Open Bridge Group 1:00—3:30 pm Friday Dance
	<i>Featuring</i> <i>Country Brew</i> <i>Halloween Costume Contest</i>				

October 2026

Questions? Call (712) 255-1729 OPEN: Monday–Thursday 8 a.m.-2:30 p.m. Friday 8:00 a.m.-3:30 p.m.

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:15 am Briarcliff Exercise 10 am Book Discussion Group 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	2 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:00 pm Bunco-\$1 entry 1:00—3:30 pm Friday Dance <i>Featuring The Embers Sat and Sun: Kingdom of Riversance Festival</i>
5 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class 9:00 am Senior Yoga (CD) 9:30 am Senior Companion Meeting 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	6 10:00 am SCPD Fraud Prevention Presentation 10 am to 1 pm Hy-Yee Vaccination Clinic 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:30 pm Bingo, Tap Dance, Painting 1:00 pm Ping Pong	7 9:30 am Senior Planet: iPhone 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	8 11:15 am Briarcliff Exercise 1 pm Karaoke 5 pm SCPC Potluck Dinner 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	9 10 am to 12 pm Hy-Yee Vaccination Clinic 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 1:00—3:30 pm Friday Dance <i>Featuring 4 on the Road</i>
12 1 pm Oct Birthday Party Belly Dancers Cake sponsored by Hospice of the Midwest 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class	13 1:00 pm Craft with Bickford 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee)	14 9:30 am Android Phone Class with B: Learning to Text 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga	15 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee)	16 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group

Traiblazers Walking Club



Congratulations to the Trailblazers for walking 2829 laps around the building last month as they gazed upon the sandy shores and shrimp boats of Biloxi, MS. That distance is around 226 miles, which is equal to traversing Biloxi's 26 miles of Coastal Mississippi about eight and a half times!

For our October adventure, the Trailblazers will take a trip to a fall festival ranked as one of the most fun in the United States. More than 700,000 people descend on downtown Cincinnati each year for the country's largest Oktoberfest, called "Oktoberfest Zinzinnati." Since its humble beginning as a block party in 1976, celebrating Cincinnati's deep German heritage, the event has grown to be recognized as a s

N o r t h America's largest Oktoberfest, and is second only to the original in Munich, as a n n u a l l y decreed by the mayor of Munich. Now occupying six city blocks near the banks of the Ohio River, this free

festival typically features fun such as the Running of the Wieners, where around 100 dachshunds race each other in hot dog costumes. Other entertaining activities include the World's Largest Chicken Dance, where in 1994 the Crown Prince of Bavaria participated, along with more than 48,000 people, and set a Guinness World Record.

After working up an appetite visit one of the 80 food booths serving authentic German food, beer, wine, soft drinks, and souvenirs. Major stages and large tents feature live entertainment, from big bands and accordion players to German folk dancers, performing throughout the weekend. For the kids, there are amusement rides and interactive games.

Where else can you get 87,542 metts; 80,500 bratwursts; 64,000 sauerkraut balls; 56,250 sausages; 24,640 potato pancakes; 23,004 soft pretzels; 16,002 strudel; 3,600 pounds of sauerkraut; 1,875 pounds of German potato salad; 702 pounds of Limburger cheese; 700 pounds of pigtales and 400 pounds of pickled pigs' feet? As you stroll through a swirling sea of lederhosen, polka beats, and the irresistible aroma of sizzling bratwurst, remember the Trailblazers' motto, "Walk, Talk, Get Fit!"

If you walk at the Center and would like to add your laps to the Trailblazers' total monthly distance, write down how many laps you walk on one of the slips of paper on the Trailblazers table and place it in the basket. **Do you have photos from a fabulous vacation that you would like to share with SCAG members on the Trailblazers monitor? Please see Kristina in the Activities Coordinator office.**



In-Home Care Services for Seniors by Seniors

- Companionship
- Shopping & Errands
- Personal Care
- Meal Preparation
- Transportation
- Pet Care & More!

605 • 540 • 0266

siouxlandshs.com

info@siouxlandshs.com



ACCEPTING APPLICATIONS

MARTIN TOWER APTS-SIOUX CITY

1-BEDROOM INCOME BASED
FOR SENIORS & DISABLED

712-255-3665 OR
877-521-8750

Leasing@oakleafpm.com



Medicare Advantage and Supplement Plans

Affiliated with ten different insurance companies.



**One on One
Help with Bruce!**

Bruce Hunkins

Independent Agent

Iowa, Nebraska,
and South Dakota

402-709-7314 TTY 711

bahunkins@yahoo.com

- | | | |
|------------------------|------------------------|--------------------|
| • Medicare Supplements | • Life Insurance | • Cancer |
| • Medicare Advantage | • Part D Drug Coverage | • Heart and Stroke |
| • Hospital Indemnity | • Dental Insurance | • Home Health Care |

Choir News

The Active Generations Choir is back in session and diligently working on the music for the Fall Follies--always a joy to perform. We look forward to sharing good music with all. Gradually we are also getting new members to our family, which we truly appreciate. The more the merrier. **WE WELCOME NEW MEMBERS AT ANY TIME.** Come, see, and join...it's fun! One of our directors, Karen Bourne, and her husband have been on a mission trip to the British Isles. What an experience to visit a different country and share work with them, so rewarding. Where has the year gone to--beautiful fall is coming on already. Be sure to experience the beauty all around. Wish all joy in song now. **The Active Generations Choir meets Wednesdays at 11 a.m. in the Music Room.** All are welcome to come and sing along!



Bridge News

A huge thank you goes out to Sue Miller and her daughter who owns Aggies' for the delicious fish fry lunch. And off they go for another fishing excursion. Leon Koster's Thursday morning class continues to draw new players and more of them are braving the open games on Monday and Thursday afternoons. There is always a big group at the Wednesday morning novice game. Diana Howard's Thursday morning class is for players interested in improving their game. Just let them know at the front desk if you are ready to play some bridge as weather keeps us in. Sad news is the death of Monica Hudson who joined us as a beginner and became one of our bridge family.

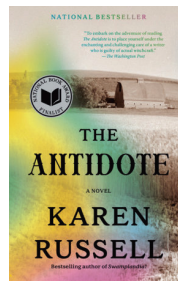
Celebrate October Birthdays with a Belly Dance Performance

Everyone is invited to an exciting and exotic performance by the SCAG Belly Dancers at the October birthday party. Belly dance is rich in symbolism, with each movement and costume element carrying deep meaning. The undulating motions often represent natural phenomena like waves and the cycle of life. Traditional costumes, adorned with coins and intricate beadwork, are not just decorative but signify the dancer's prosperity and skill. Belly dance is traditionally performed at weddings, festivals, and rites of passage, celebrating life's milestones with joy and reverence. You don't have to have an October birthday to join in on the celebration! There will be birthday cake for all donated by Hospice of the Midwest. **Monday, October 12, 1 p.m. in the Multipurpose Room.**



Book Discussion Group

Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



October 1:

The Antidote by Karen Russell

A severe dust storm devastates a Nebraska town already suffering due to the burdens of its dark past and the Great Depression. Narrated by a teen basketball star, a Polish farmer, a scarecrow, a prairie witch who keeps memories, and a New Deal photographer with a time-bending camera, this award-winning book weaves the supernatural to the historical.



November 5: Don't Let Me Go by Catharine Ryan Hyde

A heart-breaking, funny, and life-affirming story about a neglected 10-year-old girl named Grace and her agoraphobic neighbor, a former Broadway dancer named Billy Shine. They forge an unlikely bond, and together with their apartment building community, try to save Grace's mother from drug addiction and keep Grace out of foster care.



FREE LUNCH WITH THE ADMINISTRATOR
Please call to set up a date and time.

SB Stoney Brook SUITES
Assisted Living

SAMANTHA VOISINE - Administrator
Samantha.Voisine@StoneyBrookSuites.com
(712) 259-3179

301 Dakota Dunes Blvd., Dakota Dunes, SD 57049
www.stoneybrooksuites.com

"Life is Sweet in Stoney Brook Suites!"

Your next move deserves careful attention.

Whether you're selling a longtime home, looking for something smaller, or just exploring options, I offer honest guidance and personal service you can trust.

Reach out today!

ASHLEY LEWIS
REALTOR®
Licensed in IA, SD, NE



712-898-6671
ashleykaelewis@kw.com

KW SIOUXLAND
KELLER WILLIAMS

Each office is independently owned & operated.

Meet A Member: Joanne Patterson

Joanne M. Kuhlers Patterson came into the world in Pomona, California in 1943. She was born the youngest in her family with two older brothers and two older sisters. Her family moved to the Riverside area of Sioux City when she was only about a month old. For her schooling, she attended Riverview grade school and Hawthorne Leeds High but quit in the 10th grade. She later continued her education, earned her high school diploma, and went to Western Iowa Tech for nursing. She dedicated herself to motherhood when raising her four children, two boys and two girls, then worked as a nurse when they were all in school. Joanne's family has expanded to fourteen grandchildren and eight great-grandchildren, and she loves them all. Joanne also notes that "I gave my life to Christ at age seven years old in 1950. I love the Lord very much."

Joanne married her first husband, Richard Kuhlers, in 1961. They farmed in Central Iowa for about four years on his family farm, then moved back to Sioux City. Richard passed away in 2022. Two years later she met John Patterson in church, and things started to sparkle. They married on June 14, 2024, and made their home in Dakota City, Nebraska. Together they minister to incarcerated people. "Doing jail ministry is a blessing that God put in my heart." During her nursing career, Joanne worked at St. Luke's for one year but decided that working in a hospital was not what she liked. Then, "the Lord sent me to the nursing home." She worked at a facility in Sioux City for a couple of years, then moved to Texas and worked



at a very large nursing home in Lubbock for twenty years as a charge nurse and for one year as the treatment nurse. She then returned to Sioux City and worked as a nurse for Greenville Pharmacy, selling medical equipment for nearly twenty years. She retired at the age of eighty. She was asked if she would

like to continue working there part time, but she declined as she wanted to enjoy her grandchildren and her new husband.

For hobbies, Joanne is an avid crocheter and loves doing crafts. While living in Texas she had a ceramics shop and taught others how to do ceramics. At one time she belonged to a bowling league. Since joining the Siouxland Center for Active Generations she has learned to play pool and has "met many wonderful people." Joanne considers herself to be a people person and loves to help others. She says, "I'm very shy at first but when you get to know me, I would be a very good friend and talk up a storm."

The words of wisdom Joanne would like to share are "Trust in the Lord. Don't worry about anything. God puts a smile on my face. Always put a smile on your face. Let God direct your life." She adds, "I thank the Lord for the Senior Center. Love you all."

AARP Safe Driving Course



Enhance your driving skills with this refresher course sponsored by AARP. You will improve your driving skills, help reduce accidents, and possibly lower your insurance premiums! Additionally, in this four-hour course you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age related physical changes and how to adjust your driving to compensate.

Please register with Faith Cosier in the Membership Coordinator office. The cost for the course is \$20 for AARP members and \$25 for non-members of AARP. Your AARP membership card must be presented to receive the discount. **Monday, October 19, 11:30 a.m. to 3:30 p.m. in the Board Room.**

HyVee Vaccination Clinics



Hy-Vee Pharmacy will be returning to the Center for immunization clinics this fall. Vaccinations offered will be flu shots, the Covid-19 vaccine, shingles, tetanus, pneumonia and RSV. Bring your red, white and blue Medicare card and/or your Part D prescription card and take an important step to protect your health. **Tuesday, October 6 from 10 a.m. to 1 p.m. and Friday, October 9 from 10 a.m. to noon in the Board Room.**

HyVee
pharmacy

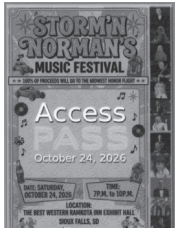
Oklahoma Dan to Perform at the Saturday Night Dance Party



October's Saturday night dance party, and Fall Follies After Party, will feature the band Oklahoma Dan playing your favorite rock and country hits. Oklahoma Dan consists of Robert Singer on the drums, Bob Rolfes on slide steel guitar and vocals, Ron Alley on Keyboard and vocals, Scott Hall on lead guitar and vocals, and Rick Singer (who also plays with The Embers and the Singer Family Band) on bass guitar and vocals. Admission will be \$10 in advance for members or \$15 at the door. The cafe will be open for food and nonalcoholic drinks before the performance. **Saturday, October 17, 7-10 p.m.**

Tickets Available for Storm'n Norman's Music Festival for Midwest Honor Flight

The Siouxland Center for Active Generations is a ticket sale location for advance tickets for the Storm'n Norman's Tribute Music Festival, a fundraiser for Midwest Honor Flights. Richie Lee and the Fabulous 50's will be joined by twelve other performers including John Mogen, Dennis Gale, Pam Hoffman, Bob Merchant & the Shadows, Lizzy Hofer, John Grosz, Emma Sue, John Tempo, Audrea Schlosser, Ray Pearson, Doug Uecker, Chris Borchardt, Todd Gerdes, Gavin Wigg, and Nick Carda. Every ticket purchased helps Midwest Honor Flight continue their mission of taking America's Veterans to Washington, D.C., to visit the memorials built in their honor. The show will be on Saturday, October 24 at the Ramkota Exhibit Hall in Sioux Falls. Tickets are \$25 in advance and will be \$30 at the door. Please talk to Kristina in the Activities Coordinator office to purchase them. One free pass to the festival will be given away by drawing each week at the Friday dance leading up to the event. There is no cost to enter the drawing.



Make a Thanksgiving Craft with Bickford



Deb from Bickford Senior Living will help you make a Thanksgiving project during this enjoyable craft hour. All materials will be provided. The class is limited to ten participants. Please sign up in the Activities Book if you

would like to join in the fun. **Tuesday, October 13, 1 p.m. in the Dining Room.**



Stellar Tap Dance Performance at the August Birthday Party



Feeling the spirit of Aloha for the Blue Hawaii Jukebox Party.



The New Horizons Band performed pops music at the September Birthday Party. September Birthday Party.



CARDINAL PHYSICAL THERAPY
MOVEMENT HEALS
402-404-8005

601 W 29th St. Suite B South Sioux City, NE 68776

Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee Café	St John's Lutheran	United Lutheran
4th Thursday	28th & Jackson	315 Hamilton Blvd
of each	1st Thursday of	3rd Thursday of each
month 7:00 PM	each month 6:30 PM	month at 7:00PM

Technology Classes to Expand to iPhone Instruction and More



SENIOR PLANET

FROM AARP

The Siouxland Center for Active Generations will now be offering more technology classes, including iPhone instruction classes, through a program called Senior Planet, sponsored by AARP. The mission of Senior Planet is to help older adults learn and use technology so they can live better in the digital age. Senior Planet partners with organizations that serve seniors all over the country to offer training and course materials for technology instruction on a wide variety of topics. Pam Wurster from Connections Area Agency on Aging is a certified Senior Planet instructor, known as a “trainer” and has been teaching technology classes at the Center once a month. We’ve also been fortunate to have B Oliver teach Android phone instruction classes. Due to the popularity of B’s classes, the Center has received requests for similar classes for iPhone users.

Through a partnership with Connections Area Agency on Aging, Activities Coordinator Kristina Yezdimer recently completed the Senior Planet “Train the Trainer” certification and is now authorized to use the Senior Planet course materials for instruction at the Siouxland Center for Active Generations. Kristina first became involved with SCAG as a volunteer technology instructor and enjoys helping older adults learn to use devices and applications. However, she found it difficult to find the time to put together class presentations and materials in addition to her many duties as Activities Coordinator. Having access to the prepared lectures and workshops from Senior Planet will allow Kristina to more easily offer additional classes. The Center now plans to offer an instructional or informative workshop every Wednesday at 9:30 a.m. in the Conference Room.

An experienced iPhone user and instructor, Kristina will teach a “Getting to Know Your iPhone” class on **October 7 at 9:30 am** in the Conference Room. During this hands-on workshop, we’ll explore some of the

common features of iPhones. You’ll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings. We’ll also cover some tips and best practices for securing and maintaining your device. If you’re interested in attending, please bring your own iPhone to class. Note that this workshop focuses on some specific iPhone features and will not cover every iPhone question.

Senior Planet also offers a number of useful resources that anyone can access. Seniorplanet.org features free online technology courses that you can watch and participate in from the comfort of your home. Another feature of the website is Tech Tips, short instructional videos on a variety of popular topics such as “Turn Off AI Inbox in Gmail,” “Set Up an Emergency Contact on Android,” and “How to Delete Browser Cookies and Clear Your Cache in the Chrome Browser.” Senior Planet also offers a hotline staffed with patient volunteers who can answer your tech questions such as setting up email or guidance on what to look for when buying a new computer. They’ll even set up a virtual 1-on-1 tech tutoring session over Zoom with you to offer personalized help. The number for the Senior Planet Hotline is 888-713-3495. We hope you’ll take advantage of some of these wonderful resources to assist you with the challenges of keeping up with this technological era.



OCTOBER BIRTHDAYS

Kathy Addison	Michael Grote	Thomas Montang
Joseph Allen	Anne Hackett	Myra Morris
Bill Ames	Audrey Hansel	Michael Muckey
Judie Bauman	Rosalie Marie Hansen	Lois Navrkal
Carol Beiswenger	Lila Henke	Mary Nelson
Hope Benton	Online Herbst	Earl Oleson
Sandy Berger	Mary Hettinger	Scott Olsen
Patti A Bies	Myrna Hodges	Maria Perez
Diane Bjorkman	Diana Howard	Carl Peters
Liz Blachnik	Mary Hubbart	Delores Phillips
Mike Blanchard	Sally Ivy	Marilyn Prescott
Rita Boulware	Robert Keegan	Dee Richter
Jean Bumsted	Carolyn Kessler	Leroy Sands
Jackie Busch	Cheryl Kilberg	Jeanie Schneider
Linda Camarigg	Debra Kirchner	Mary Beth Schubauer
Clarence Carver	Vertus Kluver Dolores	Marcia Singer
Lee Chamberlain	Kounas	Lori L. Smith
Judith Cowley	Larry Laird	Mary Sorenesen
Hong Dang	Beth Lehman	Velura Stilwell
Ruben DeLa Cruz	Doris Lindgren	Beth Ann Thiele
Susan Dittman	Richard Mace	William Thompson
Georgia Dohrman	Gloria Magana	Mary Trout
Jeanne Emmons	Leslie L. Marshall	Bonnie Vore
Pamela Ericson Kathryn	Lisa Martindale	Norman Washburn
Flinn	Sharen Massey	Christine Weise
Fred Forney	Terrence Mcallister	Verna Welte
Donna Fredrickson	David McDevitt	Carolyn Wendte
Kenneth Fredrickson	Barbara McKenney	Gregory Wetz
Tom Freeman	Ron McKewon	Constance Wetz
Diane Gardner	Beverly Miers	Toni G Wheat
Lizzie Godfrey	Sophie Milbrodt	Dianne Wickstrom
Carla Granstrom	Stephen Mitchem	Robert Zediker
Mary Grause	Patricia A Mohr	

Welcome NEW Members

Robbi Codina
Sue Ellsworth
Patty Evjen
Tina Finch
Sharon Halsted
Deborah Harper-McGee
Carol Hawes
Lloyd L Hawes
Deborah Krager
Cheri Kurtz
Gary Kurtz
Tori Lux
Evelyn Marsh
Ernest McGee
Mary Morley
Patricia Nelson
Seldon Nelson
Eva Schrunk
Matt Sypersma
Lisa Ray
Cathy A Washburn
Norman Washburn
Sherry Wunder

Memorials

Linda Beeson for John M Beeson

In Business Since 1921!

KALINS
INDOOR COMFORT

HEATING & AIR CONDITIONING

Heating • Cooling • Fireplaces

Call 712-252-2000
 kalinsindoor.com

The **Heritage**
 at Northern Hills

4000/4002 Teton Trace
 Sioux City, IA 51104



Winner!

Voted the Best
 ASSISTED LIVING/
 SENIOR LIVING
 in the 2018, 2019 & 2021
 Siouxland's Choice Awards.

Call (712) 239-9400 for more information!



Larry's Steinbrecher
 Stump grinding
 712-204-5811

★ Stump Grinding ★

For You

Free Estimates-Quick Service

Large & small-We grind them all

Record Printing
 1117 Villa Ave • Sioux City, IA 51103
 (712) 252-0563 • (712) 252-0100
 www.recordprinting.com

Ja! Coins & Collectibles
 Buying & Selling Coins, Currency,
 Postcards, Stamps, Antiques, Precious Metals
 We Do Appraisals!
 712-274-9195 901 S. Cecelia
 800-397-9053 Sioux City, IA 51106

10 am - 6 pm Collectibles
Peters Park Flea Market
 Sioux City, Ia
 3438 Transit Ave. 276-7000
 Booths Available
 7 Days a Week Furniture

Drilling Pharmacy 4010 Morningside Ave
 Where You're Part Of The Family
Free Delivery **276-4621**
 Hours: Mon-Fri 9-8
 Sat 9-5 • Sun 9-1

1, 2, 3 BR Luxury Apt. Homes
 FREE Heat, Appliances Furnished, incl. W/D
Dakota Pointe Apartments
 208 E. 39th St. • South Sioux City, NE
 402-494-8210 • www.vbclink.com

GRAHAM
TIRE & AUTOMOTIVE SERVICE
 3480 Gordon • Sioux City, IA • 712-274-2024

ROTO-ROOTER Pat Brown
 SEWER-DRAIN SERVICE
 Senior citizens discount \$5 off any service call.
 712.276.7329

YOUR ONE STOP SHOP
 bomgaars
 TWO SIOUX CITY LOCATIONS TO SERVE YOU!
 1732 HAMILTON BLVD. & 5901 GORDON DR

TRUGREEN
 601 Main Street • Sioux City, IA 51103
 712-279-9553 • 888-356-4664
 An Independently Licensed Franchise

The **Sunshine News** is published by the:

Siouxland Center for Active Generations
 313 Cook Street
 Sioux City, Iowa 51103
 TELEPHONE 712-255-1729

Non-Profit Organization
 U.S. Postage
PAID
 Sioux City, Iowa
 Permit No. 138

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.
- The Activities Book is located on the Activities Table next to the Multipurpose Room. Use it to sign up for activities and volunteer opportunities.

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

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.

Dale Gernhart	Graser	Pam Mears	Fred Forney
Dorothy Swanson	Kristine Bergstrom	Pat Johnson	Judy Peters
Franklin Gilbert	Maizie Johnson	Sally Kimball	Tom & Gail Brown
John & Sandra	Normajean Hughes	Ted & Kathy Massey	Ellen Livingston

Dollar-A-Day for a YEAR

Cindy Houlihan	Foundation	Larry Armbricht	Ted & Kathy Massey
Darlene Coulson	James & Helen Anderson	Marsha Jarman	Marsha Pasker
David Young	Jerry Levay	Pam Mears	Normajean Hughes
Don & Rosalie Horsted	Jon & Grace Wagoner	Robert Steffe	Dorine Levine
Donald & Ruth Kingery	Kenneth Dvorak	Rolene Beauvais	Caroline O'Kane Sands
Gerald & Kathleen Weiner	Kristine & Todd Bergstrom	Russell Movall	