

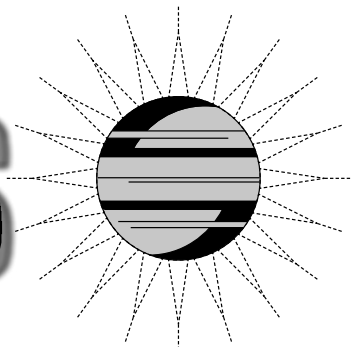
SUNSHINE NEWS

APRIL 2025

Telephone
712-255-1729

Number
555

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

Tips to Improve Your Happiness as You Age

An article by Margie Zable Fisher from Fortune Well



with advancing age. “Everybody still dreads aging, and they are always surprised to learn that older people are the happiest people,” says Katharine Esty, Ph.D., a former psychotherapist and author of *Eightysomethings: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness*.

Some of the increased happiness has to do with emotional wisdom, according to Laura Carstensen, professor of psychology and director of the Stanford Center on Longevity. “As we age, our time horizons grow shorter and our goals change. When we recognize that we don’t have all the time in the world, we see our priorities most clearly. We take less notice of trivial matters. We savor life. We’re more appreciative, more open to reconciliation. We invest in more emotionally important parts of life, and life gets better, so we’re happier day-to-day,” she says, in a TED Talk titled *Older People Are Happier*.

Experts say there are three key ways that older adults can cultivate happiness:

1. Choosing and fostering only “good relationships.”

The results of the longest study of human life point to the top factor that leads to happiness as we age: good relationships, says Dr. Robert Waldinger, director of the Harvard Study of Adult Development at Massachusetts General Hospital and coauthor of *The Good Life*, which explores the findings from the 85-year study. And friendships are more important than family relationships



for older adults, according to research from William Chopik, assistant professor of psychology at Michigan State University.

So what kind of friendships should we look for? First, think about how you feel when you’re with your friends, Esty suggests. Do they energize you or drain you? Are you excited to spend time with them, or dreading it? Consider spending more or all your time with those people who make you feel good.

Also, “it’s best to have a bouquet of friends,” says Esty. “Some older, some younger, some the same age. There’s pleasure in sharing memories and music you liked with people your own age, but there’s also joy in learning and experiences with older and younger friends.”

Other considerations: Good relationships have mutuality, or a give and take, says Waldinger, as well as authenticity. “You don’t want to be in a situation where you have to hide major aspects of who you are.”



How many friends do you need? Some experts say five close friends is optimal, but that can be difficult as we get older. Esty suggests that we all need three different types of friends to really thrive: Neighbors and others who provide practical help when we need it—driving us to the airport or picking up groceries when we’re sick, for example. Confidants whom we can talk honestly with about our feelings and explore what’s really going on. Friends who are fun to be with and whom we can do things with

2. Ask for help.

We’ve all heard the adage, “It’s better to give than to receive.” With friendships, both giving and receiving are important. “The best relationships are two-way—where we

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.

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give and receive help,” says Waldinger. Yet even in our personal relationships, giving help is often easier than accepting help. How to get started receiving help gracefully? Waldinger suggests saying, “Let’s do this together.” This is a way for the person asking to get their feet wet by asking for a little help, while still being a part of the process. For example, “Let’s make this meal together,” or “Let’s move this furniture together.”

For midlifers thinking about retirement, Esty suggests an activity that stems from her interviews of eightysomethings about what really matters—following your dreams. “But many people aren’t certain what they want to do with their lives after retirement. They need to have a sense of purpose,” she says. “It works well to form a small group of friends who meet on a regular basis to discuss the issues in their lives and talk about their dreams for the future.”

And sometimes people can’t see their own strengths and interests, Esty says. Talking with friends may unearth ideas you had never even considered, such as writing a memoir or working on a political campaign.

3. Take on responsibility.

I miss driving my kids to doctors’ appointments, making dinner for the whole family every night, and doing the laundry daily, said no parent, ever. One of the perks of growing older is fewer personal responsibilities, and, ultimately, fewer or no work duties. But there’s a fine line between too much responsibility and too little. One study of elderly nursing home residents showed that “more choices, more decision-making possibilities, and more responsibility raise the level of happiness in older people,” says Esty.

The key, she says, is to only take on responsibilities that you enjoy and to say no to other requests. For example, driving your kids to doctor appointments may have been a stressful activity when you were younger and working, but offering to pick up your grandkids from school once a week may be something you look forward to. If you enjoy an activity, like pickleball, you might find happiness in the responsibility of setting up a local pickleball tournament to benefit a charity.



The truth about happiness as we age

“We don’t want to sell the myth that if I do the ‘right thing,’ I’ll be happy all the time,” says Waldinger. Nobody is happy all the time, he says. “The key is to build a foundation of well-being,” he says. “That way you’re more likely to be happy.”

Bridge News

No April Fool! We celebrated Sue Miller's 90th birthday at Aggie's in March. She isn't our oldest player, but she's one of the best. Bridge is a fun game for all ages. We were thankful for online bridge during the pandemic, and now we have face to face bridge at the Center where we have social contact. This is our bridge family. We have novice bridge Wednesday mornings and open games Monday and Thursday afternoons. Leon Koster has beginning bridge class Thursday mornings. Diana Howard will shift her classes to the center April 21. We had players from Sioux Falls and Yankton in March. Don't miss out on the game. Come join us.

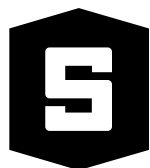


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Save the Date for the Senior Living Fair



Mark your calendars for Sioux City's premier event with information about businesses and services for seniors! **SCAG's 2025 Senior Living Fair will take place on Tuesday, May 20 from 1-3 p.m.** Past fairs have included a wide range of exhibitors representing the areas of medical care, health and fitness, senior

services, home care, insurance, recreation, financial planning, transportation, safety, travel, entertainment, volunteer opportunities, grief support, and much more. Our goal is to provide resources that will enrich the lives of seniors in the Sioux City area. If you know any vendors who may be interested in participating, please have them contact Kristina.

April Birthday Party: The Center Stage Tappers

Celebrate our members with April birthdays by attending a delightful performance by our very own Center Stage Tappers tap dancing club! Come hear the clickety-clacks of their fast moving tap shoes as they strut their stuff on our dance floor for your entertainment. Thank you to Charter Senior Living of Northpark Place for sponsoring the April birthday cake. Remember, it doesn't have to be your



birthday to attend the monthly birthday parties. On the second Monday of each month, come enjoy cake and camaraderie with your friends at the Center! **Monday, April 14, 1 p.m. in the Multipurpose Room**

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:

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Gift Shop & Library 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.

Arlene Imray	Sue Chartier	Janet Roach	Judy Peterson
Lila Henke	Vikki Jacobs	Lynn Nice	Paul Smith
Mary Marx	Sue Levay	Diane Gardner	
Dayla Brown	Anna Kounas	Madonna Moss	
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Donations

Larry Bower	Pam Houchins	Maizie Johnson
Diana Howard	Arlene Imray	Norma Schager
Jeffrey Zoelle	Mike Patten, Snr	
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Dance Party Benefit with the Burt Heithold Band

Enjoy easy listening and easy dancing to the light, rhythmic music of the Burt Heithold Band playing a variety of old standards for your listening enjoyment. Our favorite enthusiastic drummer Terry Durr from 4 on the Road is a member of this group. The event is a benefit for the Siouxland Center for Active Generations sponsored by



our ballroom dance club, the Silver Steppers. Support the Center by joining us for a lovely afternoon of danceable music and socialization. A potluck dinner will follow the dance. Buy tickets at the front desk or from ballroom dance club members. The cost is \$10 in advance or \$15 at the door.

Sunday, April 27, 2:30-5:00 p.m.

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Center Policy on Adverse Weather Conditions

If the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start. Please stay tuned to your local T.V. and radio stations or check Facebook for the latest information.

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Friday Dances

Please join us for lively fun at our Friday Dances! They are scheduled on 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 our front desk.

April 4: 4 on the Road

**April 11: Jerry O'Dell's
Country Flavor Band**

April 18: Ed Tryon

April 25: The Huckleberrys



Saturday Night Dance Party: Hold On

Des Moines based variety Rock and Roll band HOLD ON will be our April performers. With music spanning five decades of classic rock, Hold On brings all the elements of a great live performance together, making sure everyone has a great time. Listening to HOLD ON is like playing your favorite rock n' roll tunes off your playlist, your favorites that you love to get up and dance to, tap your feet to, and sing to!

Buy tickets at the front desk. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open at 5 p.m. for food and drinks before the performance. **Saturday, April 26, 7-10 p.m.**



Older Adult Technology Series with Pam from Connections: Staying Safe Online

This hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Pam from Connections Area Agency on Aging will show you how to recognize suspicious emails, tips for safe browsing, and best practices for online shopping. Sign up in the Activities Book to participate.

Wednesday, April 16, 10 a.m. in the Conference Room



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April Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of April 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! Faith Cosier, Membership Coordinator

Arlin Andal	Margo Elzeini	Barbara Kimmel	Sophie Milbrodt	Phillip Severson	Joan Ellen Tozier
Jim Anderson	Tim Engle	Erna Kirwan	Mary Nelson	Lisa Severson	Doug Uhl
Dennis Ard	Lucille Foster	Shirley Larson	Susanne Okane	Janet Skogman	Constance
Becky Atkinson	Marlis Friesner	Douglas Lehman	Charles Peterson	Theresa Skow	Wanderscheid
Elizabeth Barnett	Roger Friessen	Leonard Bradley	Bev Reed	Larry Steinbrecher	Richard
Judie Bauman	Richard Fritz	Molly Lokhorst	Elizabeth Riddell	Marguerite Stephens	Wanderscheid
Jonny Binkard	Karen Glover	Lois Lubben	Pat Ruge	Jerald Stewart	Paula Wiley
Laurie Blanchard	Lizzie Godfrey	Elaine Magstadt	Marna Samuel	Marvin Still	Elizabeth Wilson
Tammy Carter	Linda Groves	Joan Manning	Katherine Sanders	Betty Still	Jennifer Wilson
John Cole	John Guenther	Janice Marine	Gayla Saxton	Erv Strohbeen	Teresa Worrell
Rita Cooper	Connie Guenther	Dean Marsh	Henrietta Scholten	Dorothy Strohbeen	Karen Young
Kent Crandall	Anne Hackett	Donna Marsh	Dave Scholten	Louise Tadlock	
Zoralea Crowl	Barbara Heaton	Elizabeth Meis	Jane Schuldt	Connie Timmers	
Jean Darnell	James Heiling				
Dale Davenport	Don Horsted				
Carol De La Rosa	Carol Hughes				
Ruben DeLa Cruz	Mary Jansen				
Diana DeRocher	Judith Johnson				
Mike Dickson	Susan Jones				
Charlene Ellis	Marilyn Jorgensen				



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April Creative Writing Themes

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

Our Creative Writing story telling themes for the month:

**April 1st.....Write about a national park
& have you been to one?**

**April 8th.....Write on how Sioux City can improve on
citizens living here!**

April 15th.....Write on April Fools' Day.

April 22ndWrite about Earth Day or Arbor Day.

April 29th.....Write about "National Sibling Day!"

**EARTH DAY IS APRIL 22ND AND FOLLOWED
CLOSELY BY ARBOR DAY.**

WHAT'S YOUR SCORE?

by Kay Reynolds

Set your focus on the future

For today is soon gone.

The past was here to have learned
New knowledge now where to belong..

THIS day is the time one has

So MAKE it FULL and grow.

Preparing in ways to use and employ

Then advancement we can show.

If I jogged the wrong direction

No problem-move to a new vision.

Using the lesson learned to change then
Ideas to use to succeed with what's given.

Then, as the future comes into view

Check back on ALL you've done.

SAYING: "Spring would not be Spring without birds' songs".
(Chapman)

What's your score-did you raise the bar
In the game of life-have you WON?

FACTS ABOUT THE MONTH OF APRIL

1. April 1st is April Fools' Day!
2. National Arbor Day is celebrated every year on the last Friday in April; it is a civic holiday in Nebraska.
3. April's birthstone is the diamond. It refers to innocence!
4. Ford unveiled their first Mustang on April 1964, costing \$2,368.
5. The two zodiac signs of April are Aries until April 19th, then Taurus from April 20th on.
6. Two notable people born in April are Shakespeare & Queen Elizabeth II.

POEM---A REAL APRIL DAY

April for rainbows and for showers
April for a bright hint of lovely May flowers,
Best of all times is a real April Day. (Hetrick)

Shredtastic



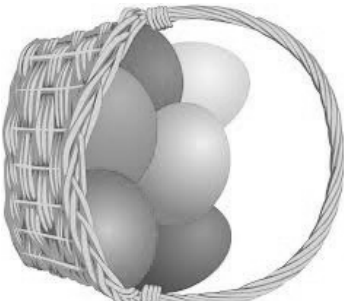
Do you have papers piling up at home that you need to get rid of? Bring them to Shredtastic! Credit card statements, old resumes, prescription information, pay stubs, tax records, medical bills, receipts, and anything with your account information are some of the many items that we will securely dispose of for you at our drive-through shredding event. Identity thieves are out there; don't let them get a hold of your personal identifying information. Shredtastic, sponsored by Connections Area Agency on Aging and Document Depot, is dedicated to protecting seniors from identity theft. Last year's Shredtastic event brought 196 cars to the parking lot of the Siouxland Center for Active Generations with 4.5 tons of documents to shred! Let's see how many

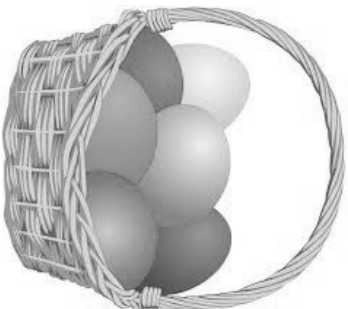
documents we can bring to our first 2025 event! Bring items to the Siouxland Center for Active Generations parking lot at the designated times. You may leave staples and paper clips in place. Please do not bring cardboard, plastic, spirals, metal binders, magazines or telephone books. Shredtastic is for personal papers only, no businesses, please. Limit to one trunk load of documents. Donations are welcome and appreciated. **Friday, May 2 in the parking lot from 11 a.m. to 1 p.m.**

<p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish 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 Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cornhole 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness</p>	<p>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 Dice Game 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Lent Service 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm Lent Service</p>
<p>21 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish 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 Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cornhole 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness</p>	<p>22 2-4 pm Earth Day Jukebox Dance Party 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 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 Dice Game 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting, 1:00 pm Ping Pong</p>	<p>23 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 9:30 am Chess 10:00 am Wii Bowling 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 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness</p>
<p>24 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 Line Dance Beginner 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 (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cornhole 12:00 pm Open Bridge 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>25 7:30 am—1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring The Huckleberrys</i> Saturday, April 26, 7-10 p.m. Saturday Night Dance Party featuring Hold On</p>	<p>12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Ed Tryon</i></p>
<p>28 1 pm Parkinson's Support Group (4th Monday) 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish 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 Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cornhole 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness</p>	<p>29 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 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 Dice Game 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>30 1:00 pm Sip and Paint with Amera Senior Living 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 Wii Bowling 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 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness</p>
<p>1 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 Line Dance Beginner 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 (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cornhole 12:00 pm Open Bridge 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>2 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring The Embers</i></p>	

April 2025

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

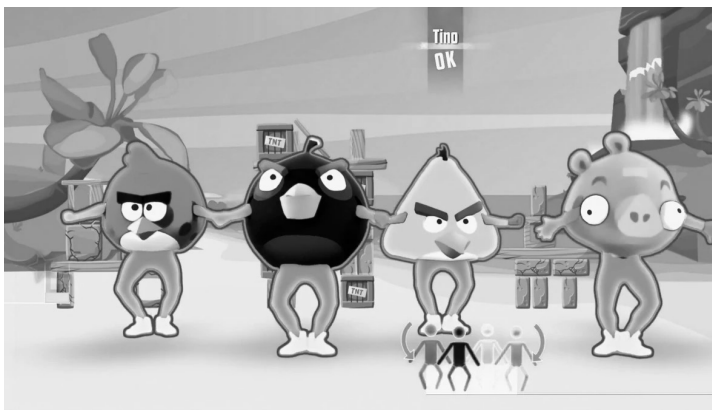
Monday	Tuesday	Wednesday	Thursday	Friday
<div></div>	<div>1 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing, Mah Jongg 11:30 am Jazz Dancercise 11:30 am Mexican Train, Unlucky 7 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong</div>	<div>2 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Senior Companion Meeting 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess, Wii Bowling 10:30 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 12:00 pm 500 Card Club, Bridge -Men 12:30 pm Lent Service 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm Lent Service</div>	<div>3 10 am Book Discussion Group 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 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 Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving, Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong, 1:00 pm Social Group</div>	<div>4 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring 4 on the Road</div>
<div>7 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish 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 Tens Card Game 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 1:00 pm SilverSneakers Chair Fitness</div>	<div>8 1 pm Mother's Day Craft with Bickford Senior Living 2-4 pm Humor Us Jukebox Dance Party 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 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, Unlucky 7 12:00 pm Spin Class 12:30 pm Penny Bingo, Tap Dance 12:30 pm Painting Class, 1:00 pm Ping</div>	<div>9 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 Wii Bowling 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 12:00 pm 500 Card Club 12:00 pm Bridge -Men 12:30 pm Lent Service 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm Lent Service</div>	<div>10 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 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 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 Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</div>	<div>11 10:00 am Genealogy Class 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring Jerry O'Dell's Country Flavor Band</div>
<div>14 1 pm Birthday Party (2nd Monday) Center Stage Tappers Cake sponsored by Charter Senior Living of Northpark Place</div>	<div>15 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 Painting Class 9:30 am Bible Study</div>	<div>16 10 am Technology Class: Staying Safe Online 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</div>	<div>17 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 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 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 Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</div>	<div>18 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</div>



Jukebox Parties

Dance to the music that you want to listen to while getting great exercise at our bi-monthly video Jukebox parties! Kristina will play music videos of your requests on the big screen in the Multipurpose Room. Dress up to the themes, bring your friends, and sashay the afternoon away!

April 8: Humor Us Party, 2-4 p.m.



Did you know that April is National Humor Month? We'll get into the spirit with unique, funny and crazy songs from multiple decades. Refuse to take this afternoon seriously as we dance to songs such as The Purple People Eater by Sheb Wooley, Rock Lobster by the B-52's and Convoy by C W McCall. We'll also enjoy some Just Dance videos with funny dance moves and routines. What's your favorite humorous song? Be sure to tell Kristina to get it onto the playlist!

Big Frig Raffle



Congratulations to David Blessing for winning the raffle for the Big Frig cooler! The proceeds for the raffle were \$52. Thank you to everyone who participated! David generously donated the cooler back to the Siouxland Center for Active Generations so we were able to raffle it off again and collect more money to benefit the Siouxland Center for Active Generations! The winner will be drawn at the April 26 Saturday night dance party.

April 22: Earth Day Party, 2-4 p.m.



April 22 is Earth Day, a day to celebrate and pledge to take care of the beautiful planet we all live upon. Channel your inner earthmother or father with your best hippie gear and dance to songs like Joy to the World by Three Dog Night, Age of Aquarius by the 5th Dimension, and Tall, Tall Trees by Alan Jackson.

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AARP Safe Driving Class



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:

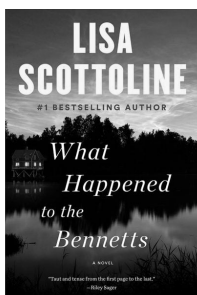
- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way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

Please register at the front desk. The cost for the course is \$20 for AARP members and \$25 for non-members of AARP.

Monday, April 21st, 12-4 p.m. in the Board 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.



April 3: What Happened to the Bennetts by Lisa Scottoline

Forced into the witness protection program after being caught in the crosshairs of a drug trafficking organization, Jason Bennett and his family, trapped in an unfamiliar life, start falling apart at the seams until Jason takes matters into his own hands after a shocking truth is revealed

May 1: Book to be announced!

Tai Chi for Seniors Health Benefits



A tai chi class might include these parts:

Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breath and body.

Instruction and practice of tai chi forms. Short forms — forms are sets of movements — may include a dozen or fewer movements; long forms may include hundreds. Different styles require smaller or larger movements. A short form with smaller, slower movements is usually recommended at the beginning, especially if you're older or not in good condition.

Qigong (or chi kung). Translated as "breath work" or "energy work," this consists of a few minutes of gentle breathing sometimes combined with movement. The idea is to help relax the mind and mobilize the body's energy. Qigong may be practiced standing, sitting, or lying down.

Tai Chi meets on Mondays at 10 a.m. in the Multipurpose Room for the advanced class and Tuesdays at 10 a.m. in the Fitness Classroom for beginners.

Interested in Playing Poker?



Would you like to play poker with friends at the Center? Add your name to the sign-up sheet in the Activities Book to indicate your interest and let us know when you're available to meet. Play may be for chips or penny-ante depending on the interest of the group.

Trailblazers



In March the Trailblazers journeyed around the Greek Isles to go along with the chosen destination for Cruise Ship Week 2025. Our many walkers completed 2774 laps around the building which is equal to 222 miles. That is about the distance of walking the coastlines of the Cyclades islands of Santorini, Mykonos, Naxos and Ios combined.

In April we'll visit some of Utah's national parks. The spring is a great time to travel to Utah because of the mild

weather and fewer crowds than peak season. In Arches National Park you will discover a landscape of contrasting colors, land forms, and textures unlike any other. The park has over 2,000 natural stone arches, hundreds of soaring pinnacles, massive rock fins, and giant balanced rocks. This red-rock wonderland will amaze you with its formations, refresh you with its trails, and inspire you with its sunsets. Bryce Canyon National Park contains the largest concentration of hoodoos, irregular columns of rock, found anywhere on Earth. Situated along a high plateau at the top of the Grand Staircase, the park's high elevations include numerous life communities, fantastic dark skies, and geological wonders that defy description. At Utah's first national park, Zion National Park, you can gaze up at massive sandstone cliffs of cream, pink, and red that soar into a brilliant blue sky and experience the tall, stretching walls of a narrow slot canyon. Zion's unique array of plants and animals will enchant you as you absorb the rich history of the past and enjoy the excitement of present-day adventures. As you gaze at the natural beauty of Utah's national parks, remember to Walk, Talk, and Get Fit!

Twenty Questions Team Trivia



Frank Sinatra's only #1 solo hit of the 1960s was about what solitary souls?

If you enjoy exercising your brain and answering jeopardy style trivia questions, please join us to play team trivia on **Monday, April 7 and Monday, April 21st, both dates at noon in the Dining Room.**

The answer is Strangers in the Night.

New Quilting Club



The Quilting Club held its first meeting on April 18 and decided to meet **Tuesday mornings in the Conference Room from 9-11 a.m.** At the meeting the group decided to create a community quilt project. Members are encouraged to bring in pre-washed fabric to add to the quilt. Also if you plan to have any beverages around the fabric, please make sure they have a close-fitting lid to prevent spills. A locked storage cabinet will be provided in the Conference Room for storing supplies for the group.



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of each
month 7:00 PM

Northside Coalition
St John's Lutheran
28th & Jackson
1st Thursday of
each month 6:30 PM

Westside Coalition
United Lutheran
315 Hamilton Blvd
3rd Thursday of each
month at 7:00PM

Woodcarvers



Looking for a new hobby? Have you thought about woodcarving? The woodcarvers at the Center would love to help you get started in creating a project that you love. Pretty much anyone can carve if they try! The members will help you see your project through until completion. The woodcarving group meets **Mondays and Thursdays at 11:30 a.m. in the Craft Room.**

Crafts with Bickford

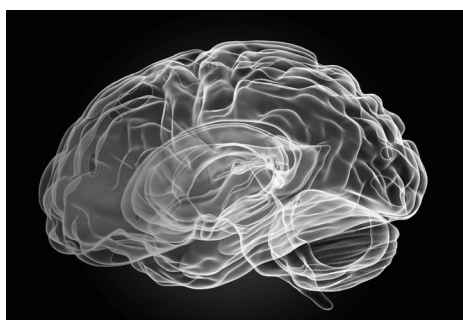


In March, Deb and Jill from Bickford Senior Living and Memory Care made adorable, feathered Easter bunny wreaths with our members. In April, they'll be back to make Mother's Day crafts. Limit to 12 people. Sign up in the Activities Book to reserve your spot. **Tuesday, April 8, 1 p.m. in the Dining Room.**



2025 Siouxland Regional Parkinson's Conference

The Siouxland Regional Parkinson's Conference offers an amazing array of topics that are important to the subject of Parkinson's disease. Expect to hear from inspiring speakers and explore various vendors. By the end of the day, you will walk away with practical tools to enhance your quality of life. Admission is free but registration is required. **Thursday, April 25.**



Elevate Church
1421 Geneva Street
Sioux City, IA

Conference Schedule

Registration and Visit Vendors	9:00 - 10:00
<i>Exercise for Parkinson's</i> with Marty Walsh, DPT	10:00 - 10:45
Break	10:45 - 10:55
<i>Voice and Speech Problems & Related Treatment for Parkinson's Disease</i> with Dan Rubans MS, CCC-SLP	10:55 - 11:30
<i>Singing and PD</i> with Elizabeth Stegemoller, PhD	11:30 - 12:00
Lunch and Visit Vendors	12:00 - 12:45
<i>Managing PD</i> with Allison Owings, MSN NP	12:45 - 1:30
<i>PD & Nutrition</i> with Jessica Schroeder	1:30 - 2:15
Break	2:15 - 2:30
<i>Living with PD, Lessons Learned Along the Journey</i> with Kay Arvidson	2:30 - 3:00
Closing Remarks	3:00



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WALSH



DAN
RUBENS



ELIZABETH
STEGEMOLLER



ALLISON
OWINGS



JESSICA
SCHROEDER



KAY
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February Saturday Night Dance Parties

In February we had two great bands perform: Fiddler Creek on February 15 and the Huckleberrys on February 22. Thank you to everyone who attended these performances and to the bands for the wonderful music! We hope you'll continue to support the Center by coming out to listen, dance, and socialize. Look forward to HOLD ON's performance on April 26!



Cruise Ship Week 2025

This year's Cruise Ship Week festivities included Greek-themed Team Trivia, a Fat Tuesday lunch sponsored by Cornerstone Caregiving, a Mardi-Gras Jukebox Dance Party sponsored by Continental Springs, a Greek dress-up contest with prizes donated by Bickford Senior Living, cruise ship games on the deck set up by Connections Area Agency on Aging and Amera Senior Living, a Greek Cuisine Dinner prepared by the ladies of the Holy Trinity Greek Orthodox Church, and Spa Day with volunteer help provided by Wendy Beavers of Aveanna Home Health. Thank you to everyone who participated in these events and to all of our sponsors!



APRIL BIRTHDAYS

David Abendroth	Linda Church	Paula Hafner	Marian Larson	Martin Pasker	Julie Stinehart
Juanita Alvarado	Charlotte Collins	Carmen Hainey	Douglas Alan	Kathy Patterson	Doug Strobeen
Lisa Anderson	Terry Colt	Shirley Hammers	Lehman	Krista Payne	Karen Tew
Arthur Ashley	Darlene Coulson	Leo Hammond	Lynette lenz	Julia Peterson	Eldon Thompson
Carolyn Bauer	Richard Coury	Don Horsted	Delores Lillie	Jane Pollard	Evey Thompson
Dianne Bertrand	Kellye Dailey	Monica Hudson	Dianne Limoges	Coleen Carol Reich	Joan Ellen Tozier
Karen Bourne	Maryanne Deibert	Jane Hunkins	Bev Lynott	Michael Richter	Sharyn Volk
Richard Boyle	Mike Dickson	Arlene ImRay	Caroline Fae Mace	Elizabeth Riddell	Jon Wagoner
Janet Brown	Stephen Dougherty	Thomas Jacobs	Joan Manning	Euvella Riggs	Christine Warren
Ronald Brown	Joann Emerson	Timothy Jacobs	Donna Marsh	Stacey Rosales	Lila Wheelen
Mary Lou Burns	Michael Erpelding	Judy Johansen	Pamela Mears	Julie Sandman	Carolyn Wolf
Terry Burns	Sandra Fry	Lavonne Johnson	Marianne Meister	Steve Shults	Paul Wood
Sandra	Sharon Georgeson	Gene Johnson	Arlene Milbrodt	Wilma Siefker	Bill Zediker
Cadwallader	Kathleen Graham	Charles Jones	Edward Moran III	Cletus Sitzmann	Judy Zoeller
Donald Casaday	Mary Grasso	Robert Krumwiede	Geraldine Morfitt	Sharon Sitzmann	
John Casson	Shirley Grimes	Carol Larson	Jerry O'Dell	Linda Smoley	

April NEW Members

Linda Bosquez
David Contreras Medrano
Catherine Corey

Patrick Corey
Jim Johnson
Don Kessler

Jim Lacy
Barbara Laskowske
Kathleen Miller

Rebecca Schwartz
Mark Slowiaczek
Danny Taylor

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 TELEPHONE 712-255-1729

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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.
- 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.

Normagene Hughes
 Maizie Johnson

Sally Kimball
 John /Sandra Graser

George Polak
 Pam Mears

Dollar-A-Day for a YEAR

Cindy Houlihan
 Donald & Ruth Kingery
 Kenneth Dvorak
 Rolene Beauvais
 Kristine/Todd Bergstrom
 Russell Movall

Robert Steffe
 Grace Wagoner
 David Young
 James/Helen Anderson
 Larry Armbright
 Darlene Coulson

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 Pam Mears