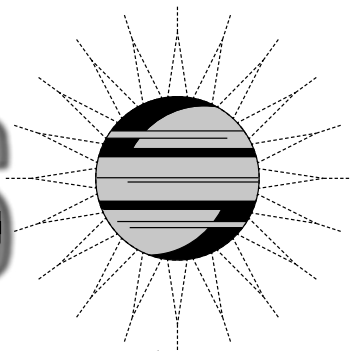


# SUNSHINE NEWS

APRIL 2024



Telephone  
712-255-1729

Number  
544

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*

## Parkinson's Awareness Month

April is recognized as Parkinson's Awareness Month, a global effort to increase understanding of this progressive neurodegenerative disorder and spread information about available resources to communities. Parkinson's disease is characterized by the deterioration of brain cells that produce dopamine, a neurotransmitter that controls many important physical functions. This cell loss affects the brain's ability to regulate movement, leading to tremors in the hands and feet. As the disease progresses, individuals may face challenges with walking, speaking, memory, behavior, chronic pain, depression, and fatigue.



The Parkinson's Foundation estimates that around 930,000 Americans currently live with Parkinson's. While the disease mainly affects individuals aged 60 and above, a small percentage of cases are classified as "early onset." Although Parkinson's can have a genetic component, most cases are considered "sporadic" with unknown causes. Environmental factors, such as exposure to pesticides, have been linked to an increased risk of developing the disease. Currently, there are no treatments that directly target the root cause of Parkinson's, but medications are available to alleviate symptoms. One commonly prescribed medication is levodopa, also known as L-dopa, which helps boost dopamine levels in the brain. Every effort made during Parkinson's Awareness Month, regardless of its size, is valuable and makes a difference. It is important to recognize that every six minutes, a new Parkinson's diagnosis

is made, meaning that in April alone, nearly 7,200 individuals in the United States will learn that they have Parkinson's. These individuals need to know that they are not alone.



On Thursday, April 25, 2024, the Iowa chapter of the American Parkinson Disease Association (APDA) will be holding a conference event at the South Sioux City Marriott Riverfront. There are over 500 people in the local area afflicted with Parkinson's Disease and we hope this conference provides great information and fellowship. Expert speakers with a wealth of knowledge and healthcare vendors sharing their skills and products will attend. The primary objective of the Siouxland Parkinson's Conference is to educate and inspire the Parkinson's community. The conference will include presentations on:

- Living well with Parkinson's disease
- Importance of movement therapies/exercise
- Managing care in turbulent times/ palliative care
- Preparing for the challenges of Parkinson's disease
- Caregiver options
- New studies and treatments

The conference will connect Northwest Iowans with valuable resources and a sense of community. **The conference will begin at 12:00 p.m. on April 25 at the South Sioux City Marriott Riverfront, 385 East 4th Street in South Sioux City, NE. This event is free to the public.**



**The Center will be closed for Good Friday on March 29 and on April 1, the Monday after Easter.**



# 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](http://www.siouxlandcenterforactivegenerations.com)

## Board of Directors

*Ted Massey - Member*

*Joel Jarman - Member*

*Colby Lessmann*

*Barney Pottebaum - Chair*

*Judy Seaman - Member*

*Courtney Ott*

*Alicia Nyreen*

*Cortni Krusemark*

*Vanessa Ogundipe, MD*

## Executive Director

*Patrick Tomscha*

## Activities Coordinator

*Kristina Yezdimer*

## Membership Coordinator

*Faith Cosier*



Annual Dues — \$52 per Person

Contact us about advertising  
in the Sunshine News

The Siouxland Center for Active  
Generations does not condone or tolerate  
discriminatory acts or language.

## Ron and Rhonda to Perform at the April Birthday Party

Celebrate our members with April birthdays and see a demonstration of the Carolina Shag performed by Ron McKewon and Rhonda Menin as well as other entertainment. Ron McKewon, leader of The Embers, will sing solo songs that he does not usually have the opportunity to perform with his band. Thank you to Medigold for donating the birthday cake!



**Tuesday, April 8, 1 p.m. in the Multipurpose Room**

## Beginning Ballroom Dance Lessons

The Ballroom Dance Club will be offering beginner dance classes on Fridays in April at 11:30-12:30 prior to the Friday dances. We start with foxtrot and waltz basics. Dancing is great for your physical and mental well-being. You can sign up for the class at the front desk. The fee is \$20 for the four-week session. Bring your dancing shoes and come join in the fun.



## Bridge News

Do you enjoy playing bridge? But you don't have anyone to play with anymore? That's where I was about 15 years ago when I discovered Diana Howard's beginning duplicate class. Today I have improved my bridge game and have a whole roomful of potential partners. It's not too late for you. Leon Koster has a beginning class every Thursday morning at the Center. There is a game on Wednesday morning restricted only to less experienced players. Diana Howard's Monday morning class is now for the more experienced players still wanting to improve their game. Her class is online until the end of April when she will be back teaching at the Center. We also have open games on Monday and Thursday afternoons. Please come and check us out.

## Choir News

The choir has received new music. It is great and we are working on the songs. Wednesday is a FUN time for all. It is such a pleasure to use our voices in order to please others. MUSIC IS MAGIC, IT REACHES THE SOUL! Come and try us out. You will enjoy it and feel satisfied. We can do great things in melody. WE WOULD LOVE TO SEE YOU THERE!

**Wednesdays at 11 a.m. in the Classroom**



# 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  
712-258-1658      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
- Wheelchairs
- 3-wheel scooters
- Patient lift chairs
- Ostomy supplies
- Oxygen
- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
- Much more

214 W. 7th Street • 800-217-2275

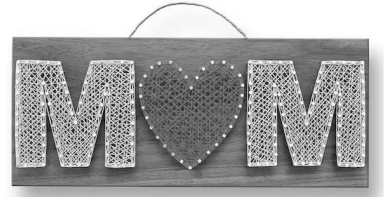
**712-277-2273**

Answered 24 hours a day

## Activity with Bickford

Deb and Jill from Bickford Assisted Living and Memory will lead the group in creating a beautiful hand-made craft appropriate for Mother's Day or for spring decorating. Limit to ten participants.

Tuesday, April 9, 1 p.m. in the Dining Room



## Baby Pictures Challenge

For a fun future fundraising event, bring Kristina your baby pictures! She will make a display of current photographs to compare to baby photos of members and staff of the Center who submit pictures. For a small price, you may enter a contest to see who can correctly match the most baby photos to the corresponding adult. The winner will receive a prize. Submitting your own photos to the contest will guarantee that you get at least one correct match! Bring infant/toddler photographs of yourself to the Activities Coordinator office along with a recent photo of yourself (or Kristina will take one). The contest will occur after enough pictures have been compiled.



## Doc Talk with Foot and Ankle Surgeon Travis Langan

Dr. Langan from Unity Point Health will speak about foot/ankle health in general, what podiatry has to offer, and focus on Total Ankle Replacement and what this newer technology means for anyone with ankle arthritis.

Monday, April 22, 9 a.m. in the Conference 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:

Siouxland Center for Active Generations Investment Fund  
313 Cook Street • Sioux City, Iowa 51103

Name \_\_\_\_\_

Address \_\_\_\_\_

# 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.*

- |                |                |                     |
|----------------|----------------|---------------------|
| Paul Smith     | Arlene Imray   | Connie Schoenberner |
| Grace Wagoner  | Jonny Binkard  | Jo Hanshaw          |
| Betty Johnson  | Summer Kafka   | Teresa Johnson      |
| Maizie Johnson | Robert Lee     | Vikki Jacobs        |
| Bonnie Johme   | Roger Eldridge | Judy Peterson       |
| Deanna Jacobs  | Alice Reeg     | Jane Morrissey      |
| Kris Shutts    | Sandra Rol     | Norma Ulmer         |
| Sue Levay      | Sue Levay      | Joan Johnsonh       |
| Evey Thompson  | Phyllis Todd   |                     |
| Carolyn Henjes | Paul M. Bocian |                     |

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

- SC Noon Lions Club Inc
- Pontralo Estates
- Bruce Hunkins
- Vakulskas Law Firm
- Thompson Solutions

## Chili's Appetizer Fundraiser



Enjoy a sample of appetizers from Chili's such as boneless wings, egg rolls, chips with salsa, salads, and a cookie skillet. Proceeds will benefit the Siouxland Center for Active Generations. Thank you to Chili's for donating the appetizer platters to our event! Tickets will be \$6 each and can be purchased at the front desk. **Wednesday, April 10, 11:30 a.m. in the Dining Room**

## Twenty Questions Team Trivia



Gather your friends, join us for lunch, and get ready to exercise your brain! You and your teammates will be challenged with twenty general knowledge Jeopardy-style questions. The team with the most correct answers wins prizes and bragging rights. **April 15 and 22 at noon in the Dining Room**

## Donations

- James W. Brehm*
- Walter M. Anderson*
- John & Judy Cowley*
- Marie Hughes*
- Carolynn S. Miller*
- Don Schultz*
- Diana Howard*
- Jeffrey Zoelle*
- Laurie Bolthouse*
- Arlene Imray*
- Kurt Riemen*
- Dorine & Seymour Levine*

### STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at [www.sioux-city.org/services](http://www.sioux-city.org/services)

Sioux City Housing Authority  
405 6th St Sioux City, IA • (712) 279-6348

**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



WHERE WE HELP YOU LIVE WELL

402-494-9171

In-Home Care & Transportation  
You can count on!

# Meet A Member: George Polak



George Polak recently turned 100 years old! He was born in New York City and ended up moving to Sioux City as an adult because his wife was from this town. George grew up as an only child, although his mother came from a family of three girls and seven boys. His mother was a very strict disciplinarian. "If she ever caught me in a lie, she would have beat me soundly. So, I never lie."

George said he was never popular with girls, but when he met his wife Maxine, "It was love at first sight." George graduated high school early at 17, joined the military and was stationed at Sioux City's air base, training on B17s. He had recently been informed in a letter from his mother that the girl he'd been seeing back at home was now seeing someone else. When his crew members dragged him out to town to meet girls, he saw his soon-to-be wife and was instantly smitten. After six dates, George told her he loved her. She responded that she loved him too. He said, "You're as crazy as I am!" After six months they were married.

George was accepted into flight school and told to start taking college classes, which was a challenge for him. "I had to take subjects that I never took in high school like Chemistry, Physics and Advanced Algebra. But I made it through school, Eight hours a day, plus my military duties. I had a good incentive from my wife to do well." George went to Monroe, Louisiana for flight training, then Carlsbad, New Mexico for bomb training. He was assigned the role of navigator bombardier on B-29s, which he described as a "monster sized plane."

George said that his wife's brother was stationed on the battleship Oklahoma in Pearl Harbor when it was bombed and sunk. He survived, but it took them three weeks to find that out. George was on deck for active duty when Harry Truman dropped the bomb on Japan. "Two more days, and I've have been in the Pacific." After that, "they said you can all go home."

George left the service at the end of 1945 and his first child; daughter Susan was born in December of 1945. George expressed astonishment that his tiny wife, 5 foot 2, 92 pounds, and with an 18-inch waist could produce children, but they had three more children, George Jr., Steven, and Pam. Maxine "did quite a job of raising our four kids. She never raised her voice, but you could hear the 'or else' in there." He now also has many grandchildren and great-grandchildren.

For work George spent some time selling insurance and as a letter carrier for the Post Office. He has been retired for forty years. At the Center, George enjoys singing in the Active Generations Choir and partaking of the Biscuits and Gravy. His words of wisdom are "Live a clean Christian life."

GEORGE POLAK  
Born February 22,1924  
100 years young

GEORGE POLAK has a tremendous spirit  
Excels at living life 100%  
Open and outgoing in all he does  
Real joy to know and share times  
Genuine love for singing all genres  
Enthusiastic at sharing his gifts

Popular with all and pure of heart  
Owes thanks for all he has been given  
Loves his family and friends around  
Alert and a quick response for clever talk  
Keen for JUST ENJOYING EACH DAY

Kay Reynolds  
Active Generations Choir  
WE WISH YOU MUCH JOY  
AND HAPPINESS!

**Hospice of Siouxland** *Siouxland Palliative Care*

309 Cook St.  
Sioux City, IA 51103  
712-233-4144  
[www.hospiceofsiouxland.com](http://www.hospiceofsiouxland.com)

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

2916 Hamilton Blvd.  
(712) 258-3332  
[www.siouxlandhearing.com](http://www.siouxlandhearing.com)

Michael Sloniker,  
M.S., CCC-A

**Palmer's**  
*Older Taste Candy Shoppe*

Hours: Mon. - Sat. 10 am - 5 pm  
405 Wesley Parkway • 712.258.7790  
[www.palmercandy.com](http://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.

# 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

- |                |                    |                   |                   |                     |
|----------------|--------------------|-------------------|-------------------|---------------------|
| Becky Atkinson | Mary Floyd         | June Lahti        | Charles Peterson  | Pam Stephan         |
| Sharon Benson  | Marlis Friesner    | Shirley Larson    | Perry Pickens     | Richard Stephan     |
| Ron Berger     | Walter Goodwin     | Betty Gonzalez    | Stacy Pratt       | Marguerite Stephens |
| Diane Boyd     | Karen Harder       | Lois Lubben       | Kathleen Redden   | Marvin Still        |
| Danny Breen    | Sharron Hedemark   | Joan Manning      | Betsy Riddell     | Bette Still         |
| Jane Breen     | Thomas Hildebrand  | Janice Marine     | Pat Riemer        | Erik Stockton       |
| Jim Brehm      | Pamela Hoing       | Dean Marsh        | David Roach       | Doug Uhl            |
| Diane Brock    | Stephanie Hokanson | Donna Marsh       | Twila Roberts     | Chris VanDonselaar  |
| James Chancey  | Ron Hope           | Rhonda McArthur   | Ray Sanders       | Nancy Vanderham     |
| John Cole      | Carol Hughes       | Mary McGinty      | Steven Sanders    | James Wagner        |
| Karen Custer   | Susan Jones        | Elizabeth Meis    | Katherine Sanders | Donald Wright       |
| Mike Dickson   | Jerry Jorgensen    | Colette Morrison  | Lillian Schroeder | Judy Zoeller        |
| Sharon Dornon  | Marilyn Jorgensen  | Mike Morrison     | Jane Schuldt      |                     |
| Jackie Engle   | Michaelle Keenan   | John Nunn         | Carol Shultz      |                     |
| Tim Engle      | Barbara Kimmel     | Patrick O'Brien   | Frankie Sroufe    |                     |
| Andrew Floyd   | Carol Kunkel       | Patricia Peterson | James Stanton     |                     |

## 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 \$3 for members and \$6 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.

- |                  |                                    |                  |                                       |
|------------------|------------------------------------|------------------|---------------------------------------|
| <b>April 5:</b>  | <b>4 on the Road</b>               | <b>April 19:</b> | <b>Ed Tryon</b>                       |
| <b>April 12:</b> | <b>Bob Brewer and Country Brew</b> | <b>April 26:</b> | <b>Roy King and the Rusty Buckets</b> |

**In Business Since 1921!**

# KALINS

**INDOOR COMFORT**

HEATING & AIR CONDITIONING

Heating • Cooling • Fireplaces

Call 712-252-2000  
kalinsindoor.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**

# JONES PEST CONTROL

JAMES W. JONES SERVING SIOUXLAND SINCE 1980



CALL WEEKDAYS, NIGHTS & SATURDAYS **712-274-2846**

# Upcoming Events in May

## Galaxy Band



Midwest All Music Association band Galaxy will give an “out of this world” performance of favorites from the 50's and 60's, and more on **Saturday, May 18 from 7-10 p.m.** They have previously delighted crowds at Storm'n Norman's and the Roof Garden at Okoboji, and we're thrilled to have them come to play at the Center!

## New Horizons Band



Music will fill the air when New Horizon's Band of Sioux City presents its concert under the direction of Benjamin Mauritz. **Monday, May 6 at 1 p.m.**

## Shredtastic



Do you have papers with personal information piling up at home? Bring them to Shredtastic, our drive-through shredding event, on **Friday, May 10 from 11 a.m. to 1 p.m.** and Document Depot will securely dispose of them for you. Let us help you prevent identity theft.

## Senior Living Fair

Over forty vendors with resources or opportunities for seniors will be excited to speak to our members about their services. Door prizes, health screenings, and nutritious snacks will be some of the many offerings. Don't miss the event on **Tuesday, May 21 from 1-3 p.m.**



# Square Dancing Class Returns



Square Dancing class is back! Licensed square dance caller Elaine Peacock will return to the Siouxland Center for Active Generations for weekly classes on Wednesdays beginning April 10. The class will be held in the Fitness Classroom.

Square dancing has the benefit of being low impact but great aerobic exercise. The Mayo Clinic encourages Square Dancing: it burns a lot of calories, strengthens bones, and helps the cardiovascular system. A study comparing country dancing with walking and stretching suggests that the demands that dancing places on the mind and body make it unusually potent at slowing some of the mental changes of aging, an effect not seen in those who walked and stretched. In the study, the dancers practiced increasingly intricate country-dance choreography, with the group shaping itself into fluid lines and squares, with each person moving from partner to partner.

Square dancing involves constant movement along with quick directional changes that work together to keep the body in shape and in balance. It is also excellent mental exercise as the dancer recalls and executes the caller's instructions, moving from one formation to another as they are “called out.”

But you don't do it all by yourself; the teamwork of learning together, to good music, makes it an enjoyable social activity as well. Square dancing is a fine way to meet people and make new friends. It is more social than other dances since you dance with three other changing couples in your square.

Square dancing is an activity that can be done by anyone in reasonable shape. You do not have to be graceful or coordinated to square dance. You don't have to worry about stepping on your partner's toes, because you are usually going in different directions. No fancy footwork is required. **Wednesdays at 1 p.m. in the Fitness Classroom, beginning April 10.**





<p>11:30 am Balance Class 11:40 am-12:30 pm Fall Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>11:00 am Belly Dancing 11:40 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>11:00 am Choir Practice 11:00 am-12:30 Fall lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner 1:00 pm Square Dancing</p>	<p>10:40 am Line Dance (Intermediate) 10:40 am Canasta 11:40 am Line Dance (Advanced) 11:40 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 1:00 pm Social Group</p>	<p>11:30 am Mixed Media Art Class- Vivian Miller 12:00 pm Bunco-\$1 entry 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</p> <p style="text-align: center;"><i>Featuring Ed Tryon</i></p>
<p><b>22</b> 9:00 am Doc Talk with Foot and Ankle Surgeon Dr. Langan 9:30 am Grief Support Group (4th Monday) 1 pm Parkinson's Support Group (4th Monday) 12-1 pm Team Trivia 7:30 am-1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p><b>23</b> 12 pm Alzheimer's Support Group (4th Tuesday) 2-4 pm Jukebox Dance Party 7:30 am-1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>24</b> 7:30 am-1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy &amp; 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 1:00 pm Coloring Corner 1:00 pm Square Dancing</p>	<p><b>25</b> 1 pm Karaoke on the stage 7:30 am-1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rook 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) 10:40 am Canasta 11:40 am Line Dance (beginner lessons offered) 11:40 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>26</b> 7:30 am-1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 11:30 am Beginning Ballroom* 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</p> <p style="text-align: center;"><i>Featuring Roy King and the Rusty Buckets</i></p>
<p><b>29</b> 7:30 am-1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p><b>30</b> 7:30 am-1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>1</b> 9 a.m. Plan. Shop. Save. Cook. 7:30 am-1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy &amp; 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 1:00 pm Coloring Corner 1:00 pm Square Dancing</p>	<p><b>2</b> 10:00 a.m. Book Discussion Group 1 pm Karaoke on the stage 7:30 am-1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rook 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) 10:40 am Canasta 11:40 am Line Dance (beginner lessons offered) 11:40 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>3</b> 7:30 am-1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 11:30 am Beginning Ballroom* 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</p> <p style="text-align: center;"><i>Featuring The Huckleberrys</i></p>





# April 2024

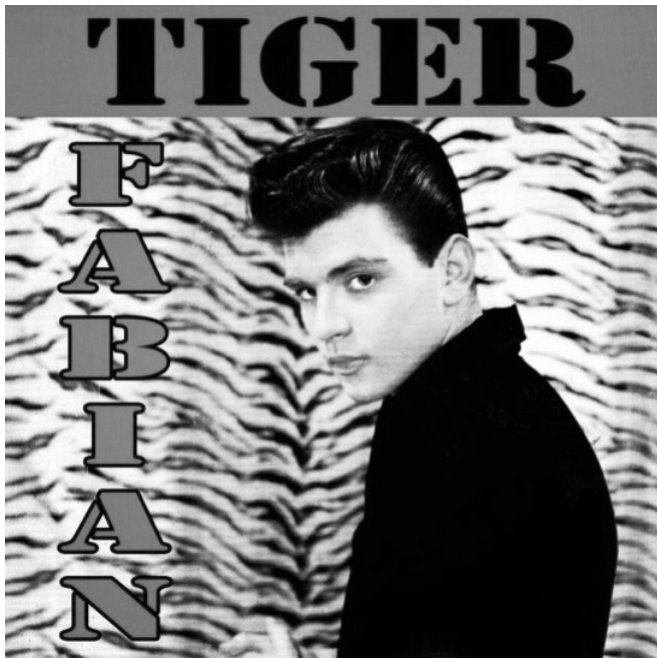
Questions? Call (712) 255-1729 OPEN: Monday–Thursday 8 a.m. –2:30 p.m. Friday 8:00 a.m. –3:30 p.m.  
Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Center Closed</b> (Monday after Easter)</p> 	<p><b>2</b></p> <p>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 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 Jazz Dance (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>3</b></p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 9:00 am Senior Companion Meeting 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> 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 1:00 pm Coloring Corner</p>	<p><b>4</b></p> <p>10:00 a.m. Book Discussion Group</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 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 10:00 am Line Dance (Intermediate) 10:40 am Canasta 11:00 am Line Dance (Advanced) 11:30 am Woodcarving 11:30 am Open Bridge 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>5</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 11:30 am Beginning Ballroom* 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vietnam Miller 12:00 pm Bunco-\$1 entry 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</p> <p><i>Fettering</i> <i>4 on the Road</i></p> <p>*Beginning Ballroom requires registration</p>
<p><b>8</b></p> <p>1 pm Birthday Party (2nd Monday) <b>Dancing and Singing with Ron and Rhonda</b> <i>Cake donated by Metigold</i> 9:30 am Grief Support Group (2nd Monday)</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:40 am Knitting &amp; Crocheting 10:40 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinocle 12:40 pm Bridge-Duplicate</p>	<p><b>9</b></p> <p>1:00 pm Activity with Brickford 2-4 pm Jukebox Dance Party</p> <p>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 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>10</b></p> <p>11:30 a.m. Chili's Appetizer Fundraiser</p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:30 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> 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 1:00 pm Coloring Corner 1:00 pm Square Dancing</p> 	<p><b>11</b></p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 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 10:00 am Line Dance (Intermediate) 10:40 am Canasta 11:00 am Line Dance (Advanced) 11:30 am Woodcarving 11:30 am Open Bridge 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>12</b></p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 11:30 am Beginning Ballroom* 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vietnam 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</p> <p><i>Fettering</i> <i>Bob Brewer and Country Brew</i></p>
<p><b>15</b></p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:40 am Knitting &amp; Crocheting 10:40 am Tai Chi (Advanced)</p>	<p><b>16</b></p> <p>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 Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness</p>	<p><b>17</b></p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> Guests</p>	<p><b>18</b></p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 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</p>	<p><b>19</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 11:30 am Beginning Ballroom* 11:30 am Open Bridge Group</p>

# April Jukebox Parties



A total solar eclipse will occur in parts of the United States on Monday, April 8. There will be an 80% partial eclipse in Sioux City beginning at 12:41 p.m. If you want to view this amazing astronomical phenomenon, make sure to protect your eyes with eclipse glasses or use a pinhole projector. The next total solar eclipse in the U.S. won't happen until 2044, so let's observe this rare event with a Jukebox party! We'll celebrate the return of the sun with songs such as Total Eclipse of the Heart by Bonnie Tyler, Here Comes the Sun by the Beatles, Bad Moon Rising by Creedence Clearwater Revival, Ring of Fire by Johnny Cash, and other dance party favorites. Give Kristina your requests and she'll be happy to include them in the playlist. **Tuesday, April 9, 2-4 p.m.**



Come have a wild time on **Tuesday, April 23 from 2-4** when the Jukebox party will have a jungle/animal theme. Dance to songs such as Born to be Wild by Steppenwolf, The Monkey Time by Major Lance, The Wild One by Johnny O'Keefe, and Tiger by Fabian. Animal print attire and "wild" outfits are encouraged.

# Iowa State University Extension Offers Meal Planning Classes in May



Kali Angerman, Iowa State University Extension and Outreach's Northwest Iowa Supervisor for Nutritional Education Programs will be teaching a free four session class titled "Plan, Shop, Save, and Cook" on how to choose healthy foods, plan meals, save money at the grocery store and handle food safely. Kali is a trained educator who will lead a fun class while providing practical, hands-on experience and ideas that make healthy food choices easier.

All of the classes will feature interactive activities. The first class will teach you how to make a meal plan. The second class will show you how to use the Nutrition Facts panel found on food labels and how to choose foods with less added sugar. The third class will demonstrate ways to be frugal at the grocery store. In the final class you will get to prepare a healthy low-cost meal and practice safe food handling techniques.

If you participate in the class, you will get to taste new healthy dishes and will be given recipes to try. Participants will also be presented with recipe calendars, measuring spoons, reusable shopping bags, and cookbooks. The classes are targeted to individuals with limited incomes, but all are welcome to attend and learn the useful information presented each session. Classes will be held on the first four **Wednesdays at 9 a.m. in the Conference Room in May**. Sign up in the Activities Book if you would like to participate.

## Your Neighborhood Coalitions

Crescent Park meets  
Hamilton HyVee  
4th Thursday of each  
month 7:00 PM

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

## Medicare Advantage & Supplement Plans



Bruce Hunkins-Independent Agent  
Iowa, Nebraska and South Dakota  
**402-709-7314 TTY 711**  
bahunkins@yahoo.com

### Compare Plans

Get more medical coverage:  
Dental, Vision, Hearing, Health  
Clubs & more

Zero Premiums and  
Zero Deductibles

Learn about Advantage Plan  
12-Month Trial

*"One on One" help with Bruce!*

# American Mah Jongg

What is American Mah Jongg? It is a fun game! If you enjoy playing a challenging game of cards, you will probably like playing American Mah Jongg. Mah Jongg originally came from China. Therefore, there is also Chinese Mah Jongg. For both Chinese and American Mah Jongg, the game is played with a set of tiles rather than a deck of cards. Mah Jongg keeps the brain cells functioning or at least players think this is true. American Mah Jongg is played at the Center twice a week on Tuesdays and Thursdays. This is another way to meet new people at the Center and make new friends!

Tuesday games are for experienced, advanced players who think fast, move fast and need no help. You are welcome to come watch the game; however, if you are a player who needs to be helped or a person who wants to learn the game, come on Thursday.

Thursday is for all players—beginners through experienced, advanced players. An advanced player will work with beginners. Some people are hesitant to play or learn at the same table as experienced players. That is understandable. Every player began as a beginner! Beginners are very important to us.

American Mah Jongg beginners/learners are given a photocopy of an Official Standard Hands and Rules card for American Mah Jongg. When you make the decision to continue playing, you will purchase an official card from the National Mah Jongg League, Inc.

**Advanced games begin at 11 a.m. on Tuesdays in the Classroom. All level games are Thursdays at 11 a.m. in the Conference Room.**



## Tai Chi for Seniors Health Benefits: Prevents Falls

“It’s pretty well-established Tai Chi is great for balance, muscle strength, and physical health,” says Taylor-Piliae, lead author on an article on stroke survivors’ feelings and perceptions of their recovery after a tai chi exercise intervention published in The Journal of Cardiovascular Nursing. More studies back this up:



a randomized controlled trial published in the journal Gerontologist asked participants to take a six-week modified Tai Chi course. The results surprised the researchers, according to Chewning, an author on the study. They found participants reported practicing Tai Chi for 25 minutes a day for six day per week (more than the researchers expected), and self-reported better leg strength, balance, mobility, confidence, and functioning compared to the control group, she says. The National Institute of Health also touts Tai Chi as an effective option to improve balance, stability, and more in older people. **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**

## Take A Moment

When your children are fighting  
And crying  
Or the news is all about war,  
With thousands dying  
Take a moment...  
To say a prayer  
Look out the window  
Pray for peace everywhere  
When the bills are due  
The money is tight

You and your spouse  
Are gearing for a fight  
Take a moment of silence...  
Search within for the  
positive light

When the world is closing in  
You don't know where to begin  
Or when it will end  
Take a moment...  
Go to a room  
Close your eyes see all  
the beauty  
Shun all the gloom

Nothing is perfect  
Nor will it ever be  
Take a moment to reflect  
on this...  
Take a breath and let it out  
Choose positivity  
And in good believe

*Debra Powell-Ramsey*

Premier Independent Living & Residential Care Community




*Charter*  
SENIOR LIVING  
of Northpark Place

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



# April 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:*

**April 2nd..... Write on Global Warming.**

**April 9th..... Write About Getting Tasks Finished.**

**April 16th..... Write About Friendships for You.**

**April 23rd ..... Write About Earth Day or Arbor Day.**

**April 30th..... Write About Can We Have Peace in our World?**

## LIFE'S LITTLE INSTRUCTION BOOK

BY H. JACKSON BROWN

1. Treat everyone you meet like you want to be treated!
2. Buy whatever kids are selling on tables in their front yards.
3. Steer clear of restaurants with strolling musicians.
4. Recycle old newspapers, bottles, and cans.
5. Tell your kids often how terrific they are and that you trust them.
6. Leave the toilet seat in the down position.

## POEMS OR SAYINGS

### FOR THE MONTH OF APRIL

"The sun was warm, but the wind was chill.  
You know how it is with an April day. (Robert Frost)

"I have not failed. I've just found 10,000 ways  
that won't work! (Thomas Edison)

Earth Day is celebrated on April 22nd,  
followed by Arbor Day, April 26th.

### 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)**

## Chair Yoga

Why is sequencing so important in yoga class? Your body responds to the positive effects of a well sequenced yoga class. Then you are well prepared to safely enter, sustain, and exit simple and more complicated yoga poses. The sequence I use was taught to me when I attended chair yoga training with Silver Sneakers.

1. Breathing Exercises: This helps settle your mind, bringing awareness to the present moment. The opening exercise is a time to get relaxed and focused.
2. Warm Up and Range of Movement Conditioning: We begin to connect the breath with the movement. Perform one movement with the inhalation (generally an "upward" movement) and one movement with the exhalation (generally a downward movement). For those new to the practice of coordinating movement with the breath it can be daunting. Breathing continuously throughout class is most important. Coordinating movement with breath takes practice and will come with time. The warmup portion helps to get your blood flowing which increases your body temperature and oxygen supply.
3. Working— Muscular Endurance and Balance: The working phase requires more strength and flexibility than you may have in the beginning of the session. The poses include strengthening and stretching

both upper body and lower body muscle groups and improvement in balance is one of the benefits.

4. Deep Stretches: These poses help to calm the body after the more strenuous poses, moving toward the cool down phase. We emphasize even, focused breathing with lengthened exhalations. Use the breath to "go deeper" but always avoid forcing a stretch.
5. Final relaxation: This section promotes stress reduction. It helps both the body and mind to integrate the benefits of yoga practice. Quotes to inspire your practice: Most people have no idea how good their body is supposed to feel.



# Genealogy Class: Grave Dowsing and Gravestone Symbols

April’s Genealogy Class will discuss the ancient folk technique of grave dowsing or “witching.” According to legend, the direction and movement of two L-shaped metal rods, one held loosely in each hand, will direct you to unmarked graves and can reveal the age and gender of the person in the ground. Genealogy Class leader, Phyllis McMillan, says that it can also be used to ask yes or no questions about family history. Phyllis will explain the technique and share stories of how she has used it to divine genealogical information from beyond.

Many of the images carved on gravestones are more than decoration, they can contain hidden meanings about the profession, values, and relationships of the deceased, or wishes from their loved ones for their afterlife. April’s class will also inform you about the interpretations of common gravestone symbols.

## Friday, April 12, 10 a.m. in the Classroom

*Editor’s Note: For those of us “killjoys” who follow the scientific method, dowsing has been repeatedly debunked. A 2022 article on the FBI’s Law Enforcement Bulletin website describes a scientific study testing the ability of volunteers to discover buried bones using dowsing methods. They found, “Results indicated that there was no relationship between the dowsing rod response and the actual locations of the bones. Further, there was no significant difference in the ability to correctly identify the locations of bones between the dowsing group and the participants who visually assessed the graves.... the results of this study suggest that dowsing is not a reliable method for locating remains. While movements of the rods were observed by the participants, they were found to have no relationship to the actual locations of buried bones. The movements of some of the rods were consistent with the ideomotor response (i.e., amplifying an involuntary movement generated by the user’s perception).” However, like many forays into the paranormal, such as Ouija boards, ghost hunting, and tarot cards, it can be fun to suspend rationality and engage in these activities.*



# Trailblazers



The Active Generations Trailblazers are a remarkable group of seniors who defy the norm. Their unwavering commitment to staying active is truly inspiring. From January 12, 2024, to February 22, 2024, they worked together to enhance their health and fitness, making progress with each step they took. The Trailblazers accomplished an impressive 3346 laps, covering a total distance of 298.75 miles. Their dedication and determination are truly commendable. On the TV screen, you will also see pictures from one of our members covering a little of the very beautiful and wonderful country of Germany. ENJOY! Keep pushing forward, Trailblazers!

SV

# Lion’s Club Hearing Aid Assistance

DO YOU Suffer with Hearing Loss?

For adults and growing children, here are some of the signs typically seen in cases of Signs of hearing loss:

1. Having the TV/radio turned up too loud
2. Struggling to follow conversations/asking people to repeat themselves
3. Missing phone calls or the doorbell
4. Ringing/buzzing sounds in the ears
5. Reading lips/watching faces intently during conversations
6. Missing specific sounds

If the cost of hearing aids is preventing you from being able to hear better, please check out the “Lions Affordable Hearing Aid Project” providing refurbished hearing aids to qualifying individuals. To be considered eligible, you must be low income and have no insurance that covers hearing aids. An evaluation by a licensed audiologist must show that you would benefit from hearing aids.

Applications are available for the Lions Affordable Hearing Aid Project at The Siouland Center for Active Generations. The Lions Club hearing health care partner will fit you with your hearing aid and perform any follow-up care or adjustments.

# February Fun at the Siouxland Center for Active Generations

February was a busy, fun month at the Center with many fantastic activities. Our February birthday party featured a Valentine's Carnival with a cake walk with prizes donated by the Cake Decorating Class. Grateful thanks to the cake decorators who made us the beautiful cakes! Party attendees also enjoyed playing carnival style games such as ring toss, ski ball, cup punch and target shooting.



A terrific performance by The Embers and a delicious prime rib dinner were highlights of the Valentine's Day dinner. Thank you to the volunteers who helped to cook and serve the meal for the party!

Every day of Hawaiian Cruise Week featured fun events. Festive leis, spa treatments, a Jukebox Glow Party, Hawaiian shirt content, hypnotist performance, games, a craft, and karaoke on the deck. Finally, Ed Tryon helped us sail away at the Cruise Ship Dance Party. Look forward to next year's Cruise Ship week. We'll be asking for your input on where you would like to pretend to go next!



# APRIL BIRTHDAYS

Bill Lyle	Maryanne Deibert	Robert	Euvella Riggs
Juanita Alvarado	Mike Dickson	Krumwiede	Frank Robak
Arthur Ashley	Stephen	Sandy Lang	Frank Robak Sr
Mary Ann Audino	Dougherty	Carol Larson	Nick Roder
Marilyn Baker	Jeanette Dunbar	Marian Larson	Stacey Rosales
Carolyn Bauer	Yazmin Edgar	Lynette Lenz	Yolande Runge
Jeanie Bender	Joann Emerson	Dee Lillie	Jim Sandman
Sharon Benson	Gale Erickson	Dianne Limoges	Delila Senger
Dianne Bertrand	Marie Erickson	Janette Linden	Steve Shults
Christan	Rev Michael	Caroline Mace	Carol Shultz
Birmingham	Erpelding	Joan Manning	Wilma Siefker
Tom Bishop	Lorelyn Fick	Donna Marsh	Cletus Sitzmann
Karen Bourne	Dora Franklin	Collette	Sharon Sitzmann
Richard Boyle	Barbara Frey	McCullough	Dennis Smith
Judy Boyle	Sandra Fry	Pamela Mears	Jay Smith
Janet Brown	Sharon Georgeson	Susan Metcalf	Linda Smoley
Catherine	Kathleen Graham	Arlene Milbrodt	Julie Stinehart
Brunkan	Shirley Grimes	Linda Miles	Doug Strobeen
Mary Lou Burns	Kesy Groves	Beverly Monk	Karen Tew
Verona Burns	Paula Hafner	Shayla Monk	Eldon Thompson
Michael Burns	Marilyn Hagberg	Edward Moran III	Evey Thompson
Sandra	Carmen Hainey	Geraldine Morfitt	Anita Tipton
Cadwallader	Michele Haitz	David Napier	Joan Tozier
Ernie Cain	Ann Hand	Jerry O'Dell	Iva Trudeau
Donna Carstensen	Nellie Harris	Caroline O'Kane	Jean Turner
Donald Casaday	Don Horsted	Sands	Linda VanDerVliet
John Casson	Monica Hudson	Frank Ostapoff	Nancy Vanderham
Jeanne	Jane Hunkins	Martin Pasker	Sharyn Volk
Chamberlain	Arlene Imray	John Patterson	Kay Wagner
Phyllis	Kent Iverner	Krista Payne	Jon Wagoner
Christiansen	Thomas Jacobs	Julia Peterson	Jerry Walker
Charlotte Collins	Timothy Jacobs	Don Phipps	Lila Wheelen
Terry Colt	Loran Joens	Jane Pollard	Carolyn Wolf
Darlene Coulson	Judy Johansen	Coleen Reich	Paul Wood
Richard Coury	Bonnie Johnson	Sheryl Reller	Judy Zoeller
Linda Cravens	Larry Joines	Michael Richter	
Kellye Dailey	Linda Kempers	Betsy Riddell	

# April NEW Members

*John Anderson  
Pamela Anderson  
Richard Anderson  
William Bauely  
William Bauerly  
Christan Birmingham  
Dennis Dvorak  
Dale Erlandson  
Doug Frahm  
Cynthia Guthmiller  
Karen Hageman  
Alex Heinecke  
Donna Hindman  
Sandy Lang  
Dennis Milbrodt  
James Richert  
Susan Rochester  
Jim Sandman  
Candelario Topete  
Pamela Unkel  
Danny Unkel  
Kay Wagner*

## In Memory

*Norma Petersen for Virginia Gries  
Barb Doren for Virginia Gries  
Norma Petersen for Benita Leff  
Barb Doren for Benita Leff*



*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

**J&J 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  
 7 Days a Week Antiques  
 Booths Available 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 • 888-336-4664  
 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

## March

*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.*

Mary Hubert  
 Maizie Johnson

Gene Smyser  
 Don Shultz

# Dollar-A-Day for a YEAR

**Gene Anderson**  
**Kristine Bergstrom**  
**Gail & Tom Brown**  
**John & Sandra Graser**  
**Bob Hightower, Jr**  
**Diana Howard**

**Thomas & Deanna Jacobs**  
**Donald & Ruth Kingery**  
**Grant & Pamela Mears**  
**Russell E. Movall**  
**Robert & Nancy Nelson**  
**Barney Pottebaum**

**Judy Seaman**  
**Jon & Grace Wagoner**  
**David & Vicki Young**  
**Dorine & Seymour Levine**