

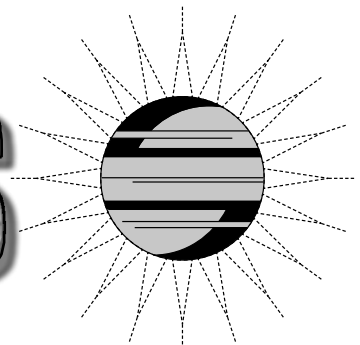
SUNSHINE NEWS

JULY 2025

Telephone
712-255-1729

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Siouxland Center
for Active Generations

Our mission is to enrich the quality of life and support independence and vitality for our members.

Siouxland Center for Active Generations strives to be the foremost provider of diversified and affordable programs and services to help adults stay active, informed, and involved. This is done by meeting the recreational, educational, and social needs of our members in an environment which is fun, safe, inclusive, and courteous for all.

What To Know About the New Blood Test for Alzheimer's Disease (from Yale New Haven Health)



A new blood test designed to diagnose Alzheimer's disease may make it easier for patients to get the treatment they need. The U.S. Food and Drug Administration approved the test, called the Lumipulse G pTau217/β-Amyloid 1-42 Plasma Ratio, for patients 55 and older who are showing signs of Alzheimer's.

It is estimated that 7 million people in the U.S. live with dementia, and over 70% of them have Alzheimer's disease. Alzheimer's disease is a form of dementia that often results in difficulty forming new memories and progressive neurocognitive decline. One cause of Alzheimer's disease is accumulation of amyloid plaque in the brain. Patients typically first begin to experience symptoms such as forgetfulness, memory loss, confusion, and trouble with everyday tasks.

"Doing a clinical exam, you can get a diagnosis, which tells you that there is a cognitive impairment, but it doesn't tell you what's causing the problem. About 70% of people with amnesic dementia have Alzheimer's disease" said Sayed Azizi, MD, PhD, Yale Medicine clinical chief of neurodegenerative disorders and professor of Neurology at Yale School of Medicine. "Then we can go and look at the brain to see if it's because of Alzheimer's. Now tests include a brain PET scan, which is called amyloid PET. The other test is a lumbar puncture, where you take fluid from around the brain and send it to the laboratory for analysis."

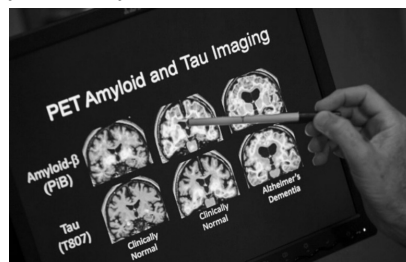
The new blood test is unique in that it can measure proteins that would point to whether someone has plaque on the brain without the need for a scan or lumbar puncture. "The blood test measures two proteins and their ratio. One protein is called P-Tau 217 and the other is AB 42. If the ratio is high, then the likelihood of the patient having Alzheimer's disease is high. If

the ratio is low, then the likelihood is low," said Dr. Azizi.

The results are approximately 95% accurate. Many patients who have Alzheimer's may be eligible for medications that can scrub the plaque from the brain. It does not repair any damage that is already done, but it can maintain the brain as it is once the patient begins treatment. Since they are administered via intravenous infusion, patients typically receive their treatment at an outpatient location every month or every two weeks for 18 months.

Some people can have a reaction to these medications. Scrubbing the plaque can result in swelling or rawness with small bleeds in the brain. Regularly scheduled MRIs would show if someone were having a reaction and then treatment would stop. Older medications in the form of pills do not clean plaque but can boost memory for a short period of time.

Any adult experiencing memory problems who receives a clinical evaluation and diagnosis of mild cognitive impairment would be a good candidate for the new blood test. "This has the potential to be very useful. A primary care physician can do an exam and notice cognitive problems, order the blood test and then send the patient to a specialist to decide whether they should get the treatment" said Dr. Azizi. "If we confirm the diagnosis of Alzheimer's, then they can be eligible for those medications."



**THE CENTER WILL BE CLOSED ON
THURSDAY, JULY 3 AND
FRIDAY JULY 4 FOR THE
INDEPENDENCE DAY HOLIDAY.**

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

July Birthday Party: Wheel of Fortune



Are you ready to play WHEEL...OF... FORTUNE? Each table at the July birthday party will make up a team. Teams will take turns spinning the wheel and attempting to solve the puzzle consisting of a common phrase. Will you need to buy a vowel? Try not to land on bankrupt! The team with the highest dollar amount at the end of the game will win a prize. Join us to celebrate our members with birthdays in July and enjoy birthday cake and ice cream. Thank you to the Heritage of Northern Hills for sponsoring the birthday cake. **Monday, July 14, 1 p.m. in the Multipurpose Room.**

Self Defense Escape Techniques Class



Taught by Pam Stephan, our tai chi instructor, this class offers escape techniques that use leverage, not muscle! The moves are easy, simple, and effective in getting away from your attacker. This hour and a half class will introduce important self-defense moves and allow you to practice them. Pam will also discuss your legal rights on how to protect yourself from identity theft if your wallet/purse is stolen. A handout of the techniques will be given to each student. **Wednesday, July 16, 9-10:30 a.m. in the Conference Room. The class will be repeated in the Conference Room on Monday, July 21 from 1-2:30 p.m. Sign up in the Activity Book to participate.**

Crafts with Bickford

Making crafts with Deb from Bickford Senior Living and Memory Care is always a good time! July's craft is to be announced and limited to twelve participants. Please sign up in the Activities Book to reserve your spot to join in the fun! **Tuesday, July 8, 1 p.m. in the Dining Room.**





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Older Adult Technology Series with Pam from Connections: Zoom



Curious why Zoom has become everyone's go-to video conferencing software? Pam from Connections Area Agency on Aging will go over how to use Zoom to chat with friends and family and participate in meetings and classes. You'll learn about

useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat. Sign up in the Activities Book to participate. This class was previously cancelled multiple times due to bad winter weather. We're hoping that it will be safe to schedule in July! **Wednesday, July 23 at 10 a.m. in the Conference Room.**

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 the front desk.

July 4: Closed for the

Independence Day holiday

July 18: The Singer Family Band

July 25: Country Brew

July 11: 4 on the Road



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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
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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.

Connie Gagnon	Barbara Diede	Lola Balstad	Sandy Oberman
Mike/Karen Tew	Judy Peterson	Will Snyder	Yvonne Thallas
Earl McKinley	Normagene Hughes	Bill Prato	Deanna Jacobs
Mary Hubbart	Alice Reeg	Donna Vitzthum	
Vicki Henrickson	Betty Johnson	Karen Balstad	

Donations

<i>Donna & Dean Marsh</i>	<i>Bill Merritt</i>	<i>Jack Berger</i>
<i>Dan Demarest</i>	<i>Arlene Imray</i>	<i>R. Rohlena</i>
<i>Bruce Hunkins</i>	<i>Jeffrey Zoelle</i>	<i>Donna Olson</i>
<i>Mike Patterson</i>	<i>Diana Howard</i>	<i>Anna Kounas</i>
<i>Anna Hoover</i>	<i>Larry Bower</i>	

Saturday Night Dance Party: Surfin' Safari

Surfin Safari is an oldies (50'-70's) rock band based out of Sioux Falls. Established seven years ago with five musicians who share a passion for the ever-popular Oldies and Golden Oldies music genres, the band performs the songs in the original style of the era. A favorite at Storm'n Norman's, several of their members have played professionally for many years, have backed famous musicians such as John Denver, Dicky Lee, and Waylon Jennings, and have been honored by their respective state's music hall of fame. 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 for food and nonalcoholic drinks before the performance. **Saturday, July 19, 7-10 p.m.**



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

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Participate or Cheer on the Center at the River-Cade Parade

Congratulations to our 2025 Senior Royalty! The King, Queen, Duke, Duchess, Count, and Countess of the Siouxland Center for Active Generations will have the opportunity to appear in the River-Cade parade. Come and cheer them on or ride or walk with our group on the Center's float and in classic cars. Please speak with Kristina if you would like to drive your car in the parade. Sign up in the Activities Book if you would like to ride on or walk with the float. The Center would appreciate donations of candy or cash to purchase candy for the kids who attend the parade. Please bring weather-appropriate candy (no chocolate that will melt!) to Kristina's office or give cash at the front desk.

The Annual River-Cade Parade will begin its route promptly at 6:30pm at 4th and Court, traveling down 4th Street to Nebraska Street then down Nebraska Street to the Long Lines Rec Center parking lot. Parade participants will begin lining up an hour ahead of time at 4th and Iowa Streets. **Wednesday, July 16, 6:30 p.m.**



Hilda's Trunk Cafe Sidewalk Sale Fundraiser



Hilda Pearson of Hilda's Trunk Cafe will be setting up in front of the Center before the Friday dance on July 18 to sell her delicious baked goods including pies, bread, and homemade jam. Fifty percent of the sale proceeds will be donated to the Siouxland Center for Active Generations. Hilda's baked goods can be ordered any time and delivered to the Center on Wednesdays and Fridays. She normally donates twenty percent of her proceeds to the Center. Please see her flyer on the community bulletin board for products and prices. **Friday, July 18, 11 a.m.-1 p.m.**

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July Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Donna Ailts	Mike Foland	Carolyn Keleher	Barbara Notto	Willard Snyder	Gloria Van Ackeren
Pat Alfredson	Donna Foxhoven	DuRetta Kelly	Jane Olson	Delbert Spiegel	Cathy Vellinga
Maria Andersen	Karen Fry	Jean King	Joyce Olson	Catherine Sullivan	John Vermilyea
Eugene Anderson	Diane Gardner	Robert Krumwiede	Doris Parsons	Ralph Swain	Harvey Viken
Beverly Bates	Susie Green	Connie Kryger	Krista Payne	Lucille Swalve	Lois Walsh
Donald Baumgardner	Lisa Gutierrez	Michele Kuhlmann	Judy Peterson	Gerald Taylor	Dan Weakly
Marlo Beermann	Nancy Guy	Sandra Little	Kaye Plantenberg	Mary Trout	Helen Wedmore
Joyce Bishop	Paula Hafner	Ezequiel Lopez-	Terri Porter	Sharry Uhl	Christine Weise
Huong(Rosie) Boggs	Carmen Hainey	CeNantes	Patricia Price	Frances Uhl	Sarah Young
Pam Boonstra	Rosalie Marie Hansen	Jim Lorimor	Carol Ratcliff		
Dan Burrows	Donnette Hatch	Julie Mabeus	Ronald Ridgway		
Sandra Cadwallader	Fred Helmich	Mary Marx	Lois Rohmiller		
Walt Cakebread	Huey Hightower Jr	Diane McCoy	Sandra Rol		
Melinda Carlson	Myrna Hodges	David McKenney	Rita Rose		
Clarence Carver	Jerrold Hoelker	Rhonda Menin	Larry Scadden		
Kent Claus	Karen Hogan	Betti Jean Miller	John Scherrman		
Dorothy Cline	Dennis Hogan	Sandra Miller	Sue Schmedinghoff		
Melvin Cline	Connie Hoklin	Preston Nason	Karen Sherrill		
Terry Colt	Gary Hoklin	Lynn Nice	Ron Sherrill Sr.		
Steve Cook	Gene Hrubetz	Susan Nolen	Rosalyn Skinner		
Nicholas Copas	Normagene Hughes				
David Decora	Bella Ingram				
Sandra Devries	Lois Jensen				
Linda Dixon	Miriam Jensen				
Don Domayer	Greg Jensen				
Stephen Dougherty	Lori Jessen				
Helen Eriksen	Jeannette Johnson				
John Fagan	Joan Johnson				
Maryann Farrell	Carrie Johnson				
Kathleen Fischer	Mary Jones				

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June 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 that others share. Our Creative Writing story telling themes for the month are:

July 1stWrite about worries of aging!

July 8th.....Write about the importance of the 4th of July!

July 15th....Write on America's eating habits.

July 22nd..Write on jobs taken over by automation.

July 29th...Write about how to solve daily stresses!

Patriotic Songs: God Bless America, America the Beautiful, Star-Spangled Banner, and Yankee Doodle.

PAUSE AND REFLECT

by Kay Reynolds

We all live such "busy" lives

Some full of actions others in wait;

Let EACH ONE take a few moments

To be thankful for our present state.

Oh yes, it comes with many feelings

I'm ALIVE and doing well

Others in stress, guilt, and sorrow

Put it aside and let time tell.

Go on and give thanks

So much I couldn't handle it alone;

But-with the SPIRIT here beside me

I'm guided to give praise and atone.

I know I am NOT perfect

For, indeed, we all have our flaws;

In any way that I've erred or cause pain

Then-GET ON MY KNEES-PRAY-PRAISE!

Pause in time to make NEW plans

That by my actions love can grow:

Realizing we are here to STICK together

Gaining more knowledge than you'd possibly know.

CHARACTERISTICS OF JULY BIRTHDAYS

1. They are full of life.
2. They believe in talking sense or not at all.
3. They don't hold grudges against anyone!
4. They are annoyingly inquisitive.
5. Family means a lot to them.

FACTS ABOUT THE MONTH OF JULY

1. Baseball was an all-time favorite sport in America.
2. Food served in baseball stadiums: hot dogs, peanuts, nachos, beer & soda!
3. The 4th of July means parades, barbecues, & fireworks!
4. The Baseball Hall of Fame is in Cooperstown, New York.
5. Baseball's song: "Take Me Out to the Ball Game."

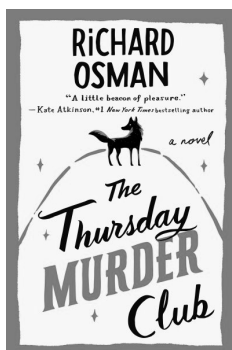
JULY'S BIRTHSTONE--Is the ruby, which is believed to protect the wearer from evil. The ruby and sapphire are both examples of the mineral corundum, which is the second hardest natural gemstone; only the diamond is harder.

July Facts:

When writing the Declaration of Independence Thomas Jefferson was most likely influenced by George Mason's Virginia Declaration of Rights which referred to "the enjoyment of life and liberty, with the means of acquiring and possessing property, and pursuing and obtaining happiness and safety."

Book Discussion Group

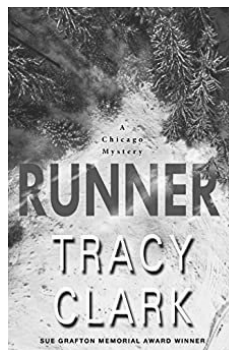
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



July 10:

**The Thursday Murder Club
by Richard Osman**

Meeting weekly in their retirement village's Jigsaw Room to exchange theories about unsolved crimes, four savvy septuagenarians propose a daring but unorthodox plan to help a rookie cop solve her first big murder case.



August 7:




**Runner
by Tracy Clark**

Meeting weekly in their retirement village's Jigsaw Room to exchange theories about unsolved crimes, four savvy septuagenarians propose a daring but unorthodox plan to help a rookie cop solve her first big murder case.

July 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
	1 1 pm 4th of July Craft with Stonebrook Suites 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	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 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	3 Center Closed 	4 Closed for the 4th of July 
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 12:30 pm SilverSneakers Chair Fitness	8 1 pm Craft with Bickford 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	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 Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	10 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 Tatting 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) 11:30 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	11 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
14 1 pm Birthday Party (2nd Monday) Cake sponsored by The Heritage of Northern Hills 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)	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)	16 9-10:30 am Self Defense Class 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 1:30 pm Beginning Spanish	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 Tatting 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) 11:30 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	18 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

Genealogy Class

The Genealogy Class will take the summer months off and resume meeting in September. In the meantime, if you need any help with genealogical research, please get in touch with Cheryl or Phyllis, who will generally be available Tuesdays through Fridays.



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Choir News



The Active Generations Choir recently visited Holy Spirit Retirement Home and were pleased to perform for their friend, former choir member George Polak, and other residents.

SPRING SHOWERS BRING WONDERFUL FLOWERS as the

saying goes-so does it go for the music in life... it brings warmth to the soul and spirit! When we listen, perform, share with others-we, in reality, show the love life can give to all...something to be remembered always. So it is with the CHOIR from the Center-we LOVE to spread the great melodies with others to spread joy. Our direction in music is a joyful step-we enjoy singing it. To find the same joy-COME JOIN US!! We would LOVE to have you join us in harmony. Like to sing in the shower, hum to radio music, sing at church? It's the same with us! No one has to have a SOLO voice to participate and get JOY out of it. SO COME-LOVE TO SEE YOU! Wednesdays at 11 a.m. in the Music Room.

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Bridge News

We hosted a district tournament in May with many compliments about our hospitality and the excellent Center facility. Now we are back to our regular bridge schedule. Are you ready for a nice indoor activity during these hot months ahead? Leon Koster has a friendly class for beginners on Thursday mornings. Several from his class had playing success in the tournament. You are never too old to learn bridge. Three of our top players are over the age of 90. Our novice game continues on Wednesday mornings and is our most popular game. Open games are Monday and Thursday afternoons. Diana Howard's class on Monday morning is for players wanting to improve their game. Come play with us!

Quilting Club



The quilting club laid out their quilt pattern using a scrappy pattern called "Change in the Weather." The quilt is being constructed entirely from donated fabric. Quilting Club meets **Tuesdays at 9 a.m. in the Conference Room.**

Anyone for Board Games?

Are you interested in participating in a board game group on weekday afternoons? The Center owns many amusing games that can be played in the Dining Room or another location depending on the best day and time for group members. You may also bring in your own favorite games to share with others. If you're interested, please add your name to the interest sheet in the Activities Book. Indicate the days and times when you would be available to participate.

Tai Chi for Seniors Health Benefits: Physical Benefits



Improved Strength: Tai chi enhances both lower and upper body strength. Regular practice can be comparable to resistance training, helping to build muscle without the need for weights.

Enhanced Flexibility: The gentle movements of tai chi promote flexibility in both the upper and lower body, making it easier to perform daily activities.

Better Balance: Tai chi is particularly effective in improving balance and reducing the risk of falls, especially in older adults. Studies have shown that tai chi practitioners experience up to 50% fewer falls compared to non-practitioners.

Cardiovascular Health: Tai chi can improve heart health by lowering blood pressure and cholesterol levels. It has been shown to enhance cardiorespiratory fitness, which is essential for overall health.

Chronic Pain Relief: Tai chi may help alleviate chronic pain conditions, such as osteoarthritis, by promoting gentle movement and relaxation.

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.



Trailblazers Walking Club

Last month, as the Trailblazers enjoyed exploring the scenic coast and sights of Maine, they traversed an astonishing 4695 laps around the building which is about 376 miles. That is equivalent to walking the entire 228-mile-long general coastline of Maine and then continuing from Eastport, Maine's northernmost coastal city, to Bangor, the gateway to many of Maine's natural attractions, and then to historic Old Town, where the French established a Jesuit Catholic mission in the 1680s.

In July, we'll take a trip up north to Duluth, Minnesota. Duluth is a port city and the county seat of St. Louis County. Duluth is on the north shore of Lake Superior at the westernmost point of the Great Lakes. It is the largest metropolitan area and the largest U.S. city on the lake. Duluth is accessible to the Atlantic Ocean, 2,300 miles away, via the Great Lakes Waterway and St. Lawrence Seaway. The Port of Duluth is the world's farthest inland port accessible to oceangoing ships and is the largest and busiest port on the Great Lakes. It is also among the top 20 U.S. ports by tonnage. Common items shipped from Duluth include coal, iron ore, grain, limestone, cement, salt, wood pulp, steel coil, and wind turbine parts. Duluth is a popular Midwest tourist destination. The city is home to the Great Lakes Aquarium, a freshwater aquarium. The Aerial Lift Bridge, next to Canal Park, crosses the Duluth Ship Canal into the Duluth-Superior harbor. Minnesota Point, known locally as Park Point, is the world's longest freshwater baymouth bar, stretching 6 miles. The city is also the starting point for road trips along the North Shore of Lake Superior to Thunder Bay, Ontario. As you visit Duluth, the "Zenith City of the Unsalted Seas," remember to Walk, Talk, and Get Fit!



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Chair Yoga

Everybody has a story. When I walk into the Exercise room on Fridays, I see faces that have a story that brought them to Chair Yoga. Candie has no experience with yoga, "just wanted to try something that was easy on the body yet good for it." Susie has been in stretching classes on and off since 1990 and had a Friday morning open, "so I went." Caroline said, "my friends encouraged me to try it." Judy also had "recommendations from friends."

Caroline can't remember when she joined, "but at least five years." She also does Silver Sneakers exercise on Tuesdays, plays the Unlucky 7 dice game, participates in the choir on Wednesdays, "and other specials." Candie has been involved since 2014. She's "recently been walking and adding more to be fit." Judy also participates in Silver Sneakers and Jazzercise.

What benefits do these members get from chair yoga and what improvements have they noticed? Candie says that it is a "fantastic experience. I get better in each class." Susie is able to "calm down and feel relaxed quickly and easily. The music really (helps) set the peaceful atmosphere. (There is) an emphasis on doing what you can do without hurting yourself. Don't go beyond your comfort level." Do they have a favorite pose? "No, they're all good for my old body" and "I find benefits for all you teach."

What is it they like most about chair yoga? "Very calming for me due to family and health concerns for my children," "the gentleness of what I do," and "I feel so relaxed and happy." Judy pointed out "the calming and breathing exercise." Nancy Wile from the Yoga Education Institute explains that slow, smooth, abdominal breathing (also known as diaphragmatic breathing) is a powerful anti-stress technique. When you bring down air into the lower portion of the lungs, where the oxygen exchange is most efficient, heart rate slows, blood pressure decreases, muscles relax, anxiety eases, and the mind calms. Your overall circulation will also improve.

Monthly wisdom: "All kidding aside, if everyone did yoga we would have world peace." --Rory Freedman, author of vegan diet and lifestyle books.

Kaye Plantenberg



Senior Living Fair

The annual Senior Living Fair brought fifty vendors with services and opportunities specifically for seniors to the Siouxland Center for Active Generations. Around two hundred fair attendees gained valuable information from these many different organizations and won fabulous door prizes. Thank you to everyone who attended and to the volunteers who welcomed our many visitors that day and helped the event to run smoothly! Thanks to everyone who contributed to the bake sale, which raised \$155 for the Center.

Ray Kashas won the grand prize drawing for the fair attendees who visited every booth, a fifty-dollar Visa gift card.



Young at Heart Line Dancers Perform at Bickford's Western Day



Bickford Assisted Living and Memory Care invited the Siouxland Center for Active Generations' line dancing group to perform at their annual Western Day Party that also included western-themed costumes and decorations, a petting zoo, and barbeque with baked beans. The Young at Heart Line Dancers had a wonderful time showing off their fancy steps to Bickford's residents, and the residents loved the show. A few members of the audience even joined in when invited to dance along with the line dancers.



Jacket Raffle Winners

Congratulations to Judy Blessing and Dorothy Swanson for winning the Iowa Hawkeyes and Nebraska Cornhuskers jackets! Thank you to everyone who bought raffle tickets to help support the Siouxland Center for Active Generations! The raffle proceeds were \$230.



Your Neighborhood Coalitions

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

A Personal Note from Suky & New Class Announcements!!

Hi everyone! There has been a persistent demand for an additional balance class since last spring. Someone in my chair exercise class recently said to me, "there needs to be a balance class on Thursday..." and it just hit me that I need to help with that. I want to mention here that I have been certified in CPR and SilverSneakers Fitness Instruction. So I talked to Gail who teaches Mondays, and we hope that you will attend both of our classes because the buzz has been that one class a week is not enough. My Thursday balance class starts July 10th at noon in the Multipurpose Room.

I've decided to suspend my pursuit of country line dancing for now. It was and IS great fun and I found myself looking forward to Thursdays! However, I am inspired and excited to devote myself to providing not only a therapeutic balance class, but also a fun new senior drumming class on Mondays at 1pm, also in the Multipurpose Room. My Monday chair exercise will be re-scheduled for 12:30, and since these classes are not held on Birthday Mondays, (or when New Horizon Band comes to play), the new class will start July 21st. This is NOT a drum circle.

You can sit or stand and you don't need any previous experience drumming. We will exert basic beats and movement to popular music and it will be a blast! Seniors in the US and Europe have been enjoying this activity already for years. You can search it under "senior drumming."

Thirdly, a new beginner Spanish class is forming Wednesdays, starting July 9th, from 1:30-2 p.m. in the Classroom, located across from the painting studio. For the rest of July, I will welcome inquiries on learning Spanish, French, German or Italian and questions about any of my classes during this time. Finally, I am still getting requests to hold a weight loss support group of the non-affiliated free discussion type. If you are interested, please sign up in the Activities Book with contact info and thank you!

To sum up the new classes: Wednesday Beginning Spanish etc. begins July 9 at 1:30 p.m. The new Balance Class, held on Thursdays, begins July 10th at 12 p.m. and the Senior Drumming class starts Mondays at 1pm on July 21st. Have a great summer!

Minute to Win It Games at the June Birthday Party

June birthdays were celebrated in a hilarious way with several Minute to Win It Games including attempting to stick a bowl of cotton balls to your nose with Vaseline without using your hands, holding one end of a tongue depressor in your mouth and stacking dominoes on the other end, keeping balloons in the air for as long as you can, transferring cheerios from one bowl to another with chopsticks, getting a cookie from your forehead to your mouth without using your hands, building the tallest tower that stood on its own with pipe cleaners, wrapping an entire streamer roll around a partner, and tying an empty tissue box filled with poker chips around your waist and then attempting to shake out all of the poker chips. Thank you to all of the game participants who were good sports and willing to look silly in the name of party entertainment. Especially impressive was Sue Levay who got down on the floor in a crab walk position to shake the poker chips out of her tissue box!



JULY BIRTHDAYS

Wyman Andersen	Douglas Flom	Elaine Knudson	Scott Sorensen
Jan Ashmore	Debra Fresse	Russell Kock	Anita Strawn
George Barkley	Steve Funk	Leon Koster	Ramon Sundquist
Mae Barron	Donna Glover	Eugene Kudera	Linda Sydow
Susan Batien	Lidia Gonzalez	Jim Lacy	Danny Taylor
Rodney Bauman	Linda Groves	Dorine Levine	Dorene Titus
Ron Berger	Carolyn Hanson	James Lundy	Mary Tordsen
Marilyn Berke	Steven Haskins	Frances Madison	Douglas Treglia
Keith D Boden	Rosie Hawkins	David McKenney	Molly Twohig
Kathie Boock	Barbara Heaton	Elizabeth Meis	Gloria Van
Helen Bundy	Vickie	Elaine Miller	Ackeren
Larry Carver	Henrichsen	Mike Miller	Joan Van Nyhuis
Dorothy Cline	Daniel Hodgins	Lois Nagel	Donna Vitzthum
Star Connolly	Karen Hogan	Patricia Nepple	Grace Wagoner
Russell Courtney	Carol Houchins	Ibu Nooney	Lynn Walsh
John Cowley	Diana Hueschen	Jolynn Palmer	Dan Weakly
Jean Darnell	Bruce Hunkins	Charles Peterson	Ralph Webb
Bob Davis	Robert Irwin	Edda Else	Joseph Weverka
Leslie Davis	Rita Iversen	Philippsen	Heidi Widner
Debra Davis	Lois Jensen	Dennis Rattei	Barbara Willis
Linda Dixon	Jerry Johnson	Suzy Rodriguez	Adele Wood
Kathryn Drake	Cynthia Jones	Rita Rose	Clayton Woods
Thomas Edwards	Carolyn Jorgesen	Larry Scadden	Donald Wright
Rita Ellwein	Raymond Kashas	John Scherrman	
Tim Engle	Mary Kelly	Phillip Severson	
Randall Ewing	Charlotte	Karen Smith	
Sue Fey	Kennedy	Sharon Smith	

Welcome NEW Members

Jean Bossow
Mary Braunger
Rebecca Brennan
Rachel Chandler
Gloria Evans
Steven Haskins
Larry Laird
Thomas Montang
Marcella Moos
Timothy Rowland
David Sage
Linda Santi
Janet Schwieger
Louise Trice

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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

Ted/Kathy Massey
 Gerald/Kathleen Weiner
 Foundation
 Pam Mears
 Don/Rosalie Horsted