

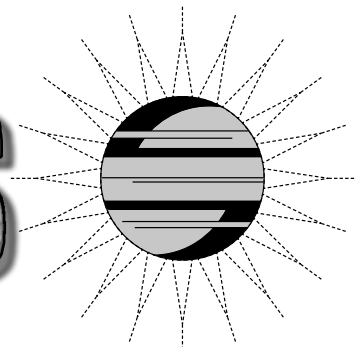
SUNSHINE NEWS

JUNE 2025

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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.

How to Improve Memory and Thwart Senior Moments

Everyone has “senior moments” from time to time, brief incidents of forgetfulness or confusion. For example, you may go to another room and once you get there not remember the purpose of your trip. You may misplace items or have trouble thinking of the names of friends. As people age, senior moments increase due to changes in the brain. Several areas of the brain are required for memory retrieval, and connections along the neural pathways in older brains are slower. Also, the brain shrinks with age, and the hippocampus, the area of the brain responsible for memory, shrinks more than other areas. This is a normal part of the aging process, however there are some steps and tricks you can use to help you remember important information and have fewer of these lapses.



Designate Specific Places for Objects

If you are frequently misplacing items, one of the most basic strategies is to follow the old adage “a place for everything and everything in its place.” Designate specific spaces in your home to put your important items and make a habit of always placing them there. A bowl on a table by your front door where you always place your keys and wallet when you come home is a great solution for reducing the time and effort spent searching for them. You could even extend this to always trying to park in the same spot to help you remember where you left your car. Forming good habits can help reduce taxing your memory. **Make a Note**

Another classic memory aid is to write things down. Not only will you have a physical note to refer to later, the process of writing the information down will help to reinforce the memory in your brain.

Pay Attention

To create a memory your brain needs to focus on and encode the information you want to remember. Even if your eyes are

looking, if your mind is on other things, you will not store the information in a way that will be accessible later. To increase your attention, avoid multitasking, slow down, and clear your mind of other thoughts.

Say It Out Loud

The more parts of your brain you engage in the memory encoding process, the stronger memories you will make. Using speech in addition to sight is one way to do this. Saying the things you need to remember out loud to yourself is another great way to improve recall.

Use Multiple Senses

Have you noticed how certain smells and specific songs can bring back memories? You can use this to your advantage. If you light a scented candle while you are engaging with important information or play a catchy tune, the next time you want to remember the details you can light the candle again or play the song and it will help trigger your recall. Making a song out of things you want to remember is another great strategy. Many schoolchildren have used this method to memorize the fifty states and the names of all the presidents. I can still sing all twenty-four letters in the “Greek Alphabet” song that I learned from my college sorority almost thirty years ago.

ABCs

For retrieving a name or word that you are having trouble accessing, attempt to remember the first letter. If you can get the first letter and it is a consonant, try adding the different vowels and see if that helps you remember. If you’re not sure of the first letter, go through the sounds of the alphabet. The act of vocalizing letters can assist in retrieving the word from your memory. You can also use letters to make mnemonic devices (aka memory aids). For example, using the first letter of each planet in the solar system and then creating a silly sentence, “My Very Educated Mother Just Served Us Nothing” to remember the planets in order. If you have trouble remembering number codes, you can use letters that correspond with the numbers on a phone keypad to help you make them stick. For example, a random string of numbers like 84265968 can be converted into the much easier to recall words “thank you” with this method.

continued on page 2

the Sunshine News

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The Siouxland Center for Active
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discriminatory acts or language.

Use Mental Imagery

We are much more likely to remember things that are surprising or out of the ordinary. In addition, pictures are easier to remember than words. Associating words or



concepts with mental images is a great trick to keep from forgetting things. You can use this to help remember names by associating an image with a person that starts with the same first letter as their name. For example, if you meet someone named Bob, you can imagine him trying to walk with one foot in a bucket. The more ridiculous the image, the easier it will be to remember.

Create a Memory Palace

An advanced memory technique, used by people who memorize information for memory competitions, is a tool called a memory palace. A memory palace is an imaginary place in your mind where you can store images in specific locations to help you remember things. It combines some of the techniques and principles described above. It works best if your memory palace is based on a place that you know very well like your childhood home, or a street that you've walked along many times. Within your memory palace you'll have several spots where you will place items. You will visit the spots in order to retrieve the things from your memory. If you want to remember a twenty-item grocery list, create twenty spots in your memory palace where you will imagine yourself placing the items. As you place the items in the spots, add some silly imagery. For example, "flour" could be resting on top of a flower that has sprouted out of a shoe in your closet. Walk through the palace and visit all of the designated spots in order to remember all of the things you should buy from the grocery store.

Try some of these techniques and see your memory power increase!

Stability Balls Wanted

If anyone has a stability ball at home that they don't want, please donate it to our Center. We need stability balls because we will soon schedule a senior drumming class! Thank you so much!



June Birthday Party: Minute to Win It



Celebrate our members with June birthdays and join us to play Minute to Win It. Each table in the Multipurpose Room will be a team. You will be presented with a series of hilarious tasks, using common household or office items, to be completed in a brief window of time. Enjoy watching the hilarious antics as we play wacky games and compete for prizes. Birthday cake for all will be provided by Continental

Springs Senior Living. **Monday, June 9, 1 p.m. in the Multipurpose Room.**



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Meet a Member: Walt Cakebread

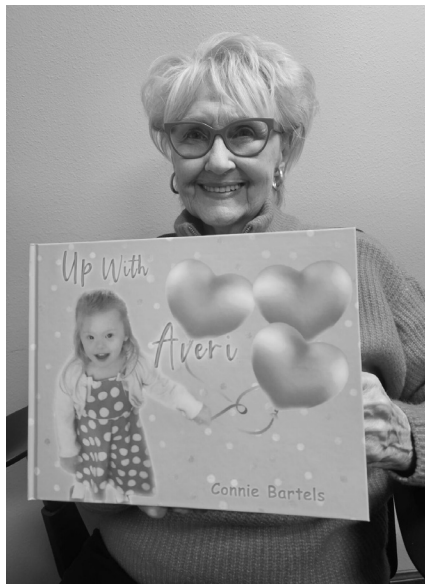


Walt Cakebread grew up in Sioux City and attended West Junior and Central High. He is a widower with three children, Ron, Dena and Laura, and has seven grandchildren and five great-grandchildren. Walt was employed in electrical power generation plants and retired in 2004 as a power plant supervisor. Walt joined the Siouxland Center for Active Generations in 2024 and enjoys going to the dances, especially the Wednesday Jam Sessions.

Something interesting that not everyone may know about Walt is that he's spent years studying the assassination of John F. Kennedy and has "reached the conclusion that the official U.S. government story is not the truth." The words of wisdom that Walt would like to share are, "Believe only half of what you see and none of what you hear!"

Talk Show:

Connie Bartels, Author of Up with Averi



When Connie Bartels' granddaughter Averi was born with Down syndrome she wasn't sure what to expect. However, after watching Averi develop into an endearing child Connie says, "God turned a big disappointment into a big blessing." She wrote her book Up with Averi to "advocate not just for children and adults with Down syndrome, but also to appreciate any child with special needs." She says her children's book is "an excellent book for parents and grandparents to share with their children and grandchildren to give them more wisdom in knowing about Down syndrome and how these children are different and alike in so many ways."

Connie will visit the Siouxland Center for Active Generations in July to speak about her book and her experiences as Averi's grandmother on **Wednesday, June 11 at 10 a.m.** Copies of her book will be available for \$20.

Remember the Senior Center

The next time you sit down with your attorney to prepare or revise your will, remember the Siouxland Center for Active Generations. By naming the Siouxland Center for Active Generations Investment Fund as a beneficiary, you will assure the long-term existence of the Center.

Your friends will appreciate your thoughtfulness.

I want to help... by enclosing \$ _____ to assure the long-term existence of the Siouxland Center for Active Generations. Enclosed is my tax-deductible check payable to the:

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Gift Shop & Library Donations

So many individuals generously donate each month to various parts of the Siouxland Center for Active Generations. Following is a list of those who donated recently. We thank them for their thoughtfulness.

Kellye Dailey
Shirley Larson
Evey Thompson
Diana Stokes

Vicki Henrickson
Kris Bergstrom
Nancy Shulenberger
Vikki Jacobs

Alice Reeg
Susan Rochester
Ann Mrla
Will Snyder

Donations

Pharyce Eslick
Dan Demarest
Bruce Hunkins
Mike Patterson

Lonnie Gustfson
Bill Merritt
Arlene Imray
Jeffrey Zoelle

Diana Howard
Larry Bower

The Jammers to Play at the Saturday Night Dance Party



The Jammers, a 5 piece band from LeMars and Sioux City, play the best mix of 50's & 60's music with a bit of 70's thrown in for fun. Center member Denny Wurster formerly played guitar for the Jammers and performed with them to a packed house at the May 2023 birthday party. In 2018, the Jammers were inducted into the Midwest All Music Association 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, June 21, 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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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.

June 6: Ed Tryon

June 13: The Embers

June 20: Jerry O'Dell

June 27: The Huckleberrys



Team Trivia

Question: Name the homophones (words that sound the same but are spelled differently) for a French cooking thickener and a French street.

Combine your knowledge with that of your friends, wrack your brain, and answer twenty Jeopardy style questions on a variety of subjects. Prizes and bragging rights will be awarded to the winning team. **Mondays, June 2 and 16, at noon in the Dining Room.**

Answer: Roux/Rue



Crafts with Bickford

Deb from Bickford Senior Living and Memory Care helped some of our members create lovely Memorial Day bouquets. In June, SCAG members are invited to take a trip over to Bickford's facility for a summer craft and ice cream social at 1:30 p.m. on **Tuesday, June 10**. Sign up in the Activities Book to let Deb know that you plan to attend. There will be no limit on the number of participants.



Line Dance Instructor Wanted

Do you know how to show people how to line dance or know someone who does? Are you willing to volunteer your time on Thursdays to help members at the Siouxland Center for Active Generations have fun and get great exercise? The Center would greatly appreciate your help! Amateur instructors are welcome. Teach either the Intermediate or the Advanced class, either 10-11 a.m. or 11 a.m.-12 p.m. Please see Kristina or call her at 712-224-4795 if you are interested in taking on this role.




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June Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Jeanette Beck	Myron Harrington	Kieth Miller	Clara Rydstrom	Rebecca Spencer	Terry Turner
Linda Blom	Monica Hudson	Michael Muckey	Jeannie Sailor	Julie Stinehart	Nancy Wenell
Linda Church	Lyle Dean Hughes	Jeff Olson	Nancy Shulenberger	Lorraine Stoltze	Mary Dianne Winkel
Marcia Crayne	Jesse Ivy	Duane Ott	Paul Skelton	Venita Stusse	Lori Ann Winter
Mary Crouse-Cork	Sally Ivy	Mary Ott	Shannon Smith	Emerita Topete	Larry Yarger
Maryanne Deibert	Leslie Johnson	Perry Pickens	Charles Smoley	Karen Tuesink	Judy Zoeller
Gerald Diebert	Bonnie Jonas	Michael Richter	Linda Smoley	John Turner	
Eleanor Fetterman	Carolyn Jorgesen				
Rick Fetterman	Robert Keegan				
Beverly Fiedler	Charlotte Kennedy				
Robin Fisher	Wayne Kooiker				
Donna Fredrickson	Dolores Kounas				
Beverly Graber	Marsha Kreykes				
Sue Gwin	Kenneth Kummer				
Shirley Hammers	Catherine McKnight				
Ed Hammers	Elaine Meyer				



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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:

June 3rdWrite about the work in your yard or garden.

June 10th...Write about family reunions.

June 17th ...Write about your pet peeves.

June 24th Write about Flag Day or about summer fun time.

LEND AN EAR

By Kay Reynolds

Everyone is in the middle of something
And often then they need a big hug
A shoulder to cry on-a listening ear.

Often despair and sadness enters in
Pain unbearable and nowhere to turn-
DO I ask myself: "WHAT CAN I DO?"

At times in the quietness between two people
A "breakthrough" can be made
Stirring broken hearts into hopeful ideas.

These occasions can come suddenly-unexpected
Often hidden down deep inside
Then breaking open at a crucial time.

Will the troubled FIND someone to listen-understand
Ones who will STOP what they are doing?
Then HELP- ANYWAY THEY CAN?

Let ME be one who will be alert
Then stop-listen- and give aid-
Bridging the gap between God and them.

Sometimes it's a new direction
Or somebody to give a way to relieve the pain
BUT with a WILLING SHOULDER and EAR they gain.

What MARVELOUS moments those are
Seen only by THEM, ME, and the LORD
BUT-such grace will be poured out in exchange.
BE THAT PERSON---
SHOW THEM-WE ARE NOT ALONE!

IMPORTANT DATES IN THE MONTH OF JUNE

1. June 14th....Flag Day
2. June 15th....Father's Day
3. June 20....longest day of the year.
4. June 19th....Juneteenth
5. June has two zodiac signs: Gemini & Cancer
6. June's full moon is called the Strawberry Moon!

FATHER'S DAY QUOTES

"A father's a treasure; a brother's a comfort; a friend is both."
(B. Franklin)

"My father didn't tell me how to live---he lived and let me watch him do it." (Will Rodgers)

"A father is someone you look up to no matter how tall you grow." (Anon)

FACT: In 1972, President Richard Nixon & Congress passed an act officially making Father's Day a national holiday.

THINGS TO DO IN THE MONTH OF JUNE

1. Attend an ice cream social or eat at a food truck.
2. Play miniature golf.
3. Catch fireflies at night.
4. Roast marshmallows over a fire and make s'mores.
5. Go swimming at your favorite pool.

SAYING:

Roses are red, violets are blue--
but they don't get around like the dandelions do! (Slim Acres)

Stoneybrook Suites

4th of July Craft

Staff from Stoneybrook Suites Assisted Living of North Sioux City will be visiting the Siouxland Center for Active Generations to lead members in creating a 4th of July craft.

Please sign up in the Activities Book if you would like to join in the fun. Up to 20 people may participate. **Tuesday, July 1st, 1 p.m. in the Multipurpose Room.**



Choir News

We are coming into the summer season and time for fun and activities. The Center has many different kinds. One of those, the choir, brings lots of fun, making new friends, and sharing good music with all. We have gained some SO--- Come on in- CHECK US OUT-we think you'll like it. It's a great sing-a-long, only in harmony. COME ON MEN-we need you for volume! The more to each part the merrier and better sound. We also are adding new ways to present the tunes-it's fun! So take a minute-come see-and STAY!!!

Wednesdays at 11 a.m. in the Music Room

June 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
<p>2</p> <p>12-1 pm Team Trivia</p> <p>1 pm Parkinson's Support Group</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Tens Card Game</p> <p>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p> <p>1:00 pm SilverSneakers Chair Fitness</p> <p><i>Begin voting for Senior Royalty</i></p>	<p>3</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Quilting Club</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Math Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train, Unlucky 7</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p>4</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Senior Companion Meeting</p> <p>9:00 am Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>5</p> <p>10 am Book Discussion Group</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong,</p> <p>1:00 pm Social Group</p>	<p>6</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Class</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting</p> <p>11:00 am-12:30 pm Full lunch</p> <p>(Take Off Pounds Sensibly)</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> Ed Tryon</p>
<p>9</p> <p>1 pm Birthday Party (2nd Monday)</p> <p>Minute to Win It</p> <p><i>Cake sponsored by Continental Springs</i></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Tens Card Game</p> <p>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p>	<p>10</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Quilting Club</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Math Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train, Unlucky 7</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>1:00 pm Ping Pong</p>	<p>11</p> <p>10 am Talk Show: Author Connie Bartles-Up with Averi</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>12</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>13</p> <p>10:00 am Genealogy Class</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Class</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting</p> <p>11:00 am-12:30 pm Full lunch</p> <p>(Take Off Pounds Sensibly)</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> The Embers</p>
<p>16</p> <p>12-1 pm Team Trivia</p>	<p>17</p> <p>10 am ISU Extension Fraud Prevention Workshop</p> <p>1-3 pm Jukebox Dance Party</p>	<p>18</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p>	<p>19</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>20</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Class</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting</p> <p>11:00 am-12:30 pm Full lunch</p> <p>(Take Off Pounds Sensibly)</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bunco-\$1 entry</p>

Technology Class: News Savvy Online

Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. Pam from Connections Area Agency on Aging will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!
Wednesday, June 25, 10 a.m. in the Conference Room.



Tips from Hilda

"Sad" has 3 letters but so does "Joy."
 "Fall" has 4 letters but so does "Rise."
 "Curse" has 5 letters but so does "Bless."
 "Ignore" has 6 letters but so does "Listen."
 "Enemies" has 7 letters but so does "Friends."
 "Immature" has 8 letters but so does "Maturity."
 "Ignorance" has 9 letters but so does "Knowledge."
 "Negativity" has 10 letters but so does "Positivity."
 You have two realities to choose from. It's up to you!



Lessons from a Unicorn

There's magic inside you.
 Anything is possible.
 Dreams can come true.
 You don't need wings to fly.
 It's okay to be different.
 Always believe in yourself.

Bridge News

We welcomed back our snowbirds with a potluck lunch in May. Now we are getting ready for our district tournament June 6-7 at the Center. Tournaments are always fun with the opportunity to see old bridge friends and play lots of bridge. All bridge players are invited as there will be games at all levels. Call Karen Bourne at 712-577-0277 if you need a partner. We also have ongoing classes for party bridge players interested in playing duplicate bridge and for those people who would like to learn the game. In case you don't know, bridge is proven to help our brains stay active. We have living proof of that in our group, as we have at least 3 players over age 90 who are still playing winning bridge. Call Kurt at 712-212-8973 for more information.



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Elect the 2025 Senior Royalty



Hear ye! Hear ye! The Siouxland Center for Active Generations proclaims that in the sixth month of the year two thousand and twenty-five a new King, Queen, Duke, and Duchess as well as a Count and Countess shall be crowned in our kingdom of Elderland. Please help us select our royal representatives through the grand ballot in June. The crowning ceremony for the selected noble personages will be held at the Friday dance party on June 27.



Duties of the royal court entail appearing in the River-Cade parade on the evening of Wednesday, July 16 (suitable vehicles for the noble personages will be provided), and visiting the court of the Kingdom of Riverssance on the weekend of October 4 and 5 escorted by your Royal Ambassador Lady Gwennlian, known as Kristina in Elderland. The Red Duchess of Riverssance will dress the winners in royal garb for the Riverssance Fair. Senior royalty may also participate in other River-Cade events based on their interest. To vote, seek out a ballot on the Activities Table between June 2 and June 23 and return it to the front desk. Write down three men and three women that you feel embody the spirit of the Siouxland Center for Active Generations. Only one ballot per person will be accepted.

Big Frig Raffle

Congratulations to Donna Thiele for winning the Big Frig cooler raffle! The first time we raffled this item, the winner donated it back to us. Our second raffle brought in \$152. Grateful thanks to everyone who participated and contributed to the Center!



Iowa State University Extension to Host Senior Fraud Prevention Workshop



Protecting savings and assets becomes increasingly important as people age, and unfortunately, older adults can be attractive targets for fraudsters. To help protect local citizens from fraud, Iowa State University Extension and Outreach will host “Stay Independent: Spot, Stop and Avoid Fraud,” at the Siouxland Center for Active Generations. The \$10 workshop fee covers resources with preregistration required by Monday, June 16, 2025.

“Stay Independent: Spot, Stop and Avoid Fraud’ is designed to raise awareness among older adults and their caregivers on how to prevent financial exploitation and fraud,” said Carol Ehlers, a human sciences specialist in family wellbeing and finance with ISU Extension and Outreach. “We update the curriculum often to reflect new information on frauds and scams, and how to prevent them.”

Spot, Stop and Avoid Fraud, is a part of the Stay Independent Health Aging series.

The workshop is to focus on:

- Frauds and Scams – what they are, and which ones are common in Iowa.
- Why the older population is a target for frauds and scams.
- The warning signs of common frauds and scams.
- Ways to protect yourself from frauds and scams.

The Stay Independent program is geared towards adults 60+ and/or their caregivers and will focus on identifying warning signs of common scams and reviewing ways to protect a person’s finances. “Everyone, regardless of age, is a potential victim of theft and other fraud, swindles, or scams—known as financial crimes. There are over 50 million Americans aged 62 and older, which puts older Americans at greater risk than the general population.

As noted above, the workshop fee and pre-registration are required to attend. For more about the Human Sciences Extension and Outreach program please call the ISU Extension and Outreach Woodbury office at 4728 Southern Hills Dr., Sioux City, IA 51106, Phone: 712-276-2157 or Website:

<https://www.extension.iastate.edu/woodbury/>

Sign up at the front desk. Tuesday, June 17, 10:00 a.m. to 11:00 a.m. in the Conference Room

Trailblazers

In May, the Trailblazers Walking Club mentally traversed through the beautiful city of Montreal while completing 3,106 laps or 248 miles. This is equivalent to walking the distance from Ottawa, Canada's capital, to Montreal and then around the shoreline of Montreal Island.

In June the Trailblazers will be travelling to Maine. Maine, the northeasternmost U.S. state, is known for its rocky coastline, maritime history and nature areas like the granite and spruce islands of Acadia National Park. Moose are plentiful in Baxter State Park, home to Mt. Katahdin, endpoint of the Appalachian Trail. Lighthouses such as the candy-striped beacon at West Quoddy Head, dot the coast, as do lobster shacks and sandy beaches. As you pretend to breathe in Maine's crisp, salty air remember to *walk, talk, get fit!*



A Successful Shredtastic



Two hundred and twenty-eight cars drove through our spring Shredtastic event and dropped off 46 bins of documents which is about four and a half tons! Thank you to Document Depot for securely shredding all of these papers and helping to protect seniors in our community from identity theft. Also, thank you to our partner organization, Connections Area Agency on Aging, as well as the many volunteers who helped to unload documents from cars and load up the shredding bins. **The fall Shredtastic event will take place on Friday, September 5 at 1 p.m.**



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Genealogy Class

The June meeting will introduce attendees to GenealogyTV.org, a YouTube channel with hundreds of videos on a variety of family history subjects and at various levels of experience. On the YouTube channel the videos are designed to educate you about how to navigate the online resources, research strategies for best results, and how to put it all together to tell your family history. Genealogy Class will focus on the videos discussing free genealogical sites. **Genealogy Class meets the second Friday of the month, June 13 at 10 a.m., in the Classroom.**

New Horizons Band Gives Performance of Patriotic Music

The New Horizons Band visited the Center on May 5 for a fantastic performance of patriotic music. Comprised of about thirty members, the musical group has members ranging in age from 14 to 91. For their patriotic concert, they had to begin with the Star Spangled Banner, of course. They also performed "Salute to America's Finest" which included all of the marches for the different branches of the military including one newly added for the Space Force. Other songs played were "American Spectacular," "Jazz Me Blues," "Elegy for the USS Arizona," "Clarinet Marmalade," "Portrait of the American West," "Give My Regards to Broadway," and "Imperial" by Carl King who was from Ft. Dodge, Iowa.

A New Horizons Band performance always includes terrible jokes by band director Benjamin Mauritz. In honor of the Cinco de Mayo holiday, his jokes had a Mexican theme. Some of the highlights: What do you call a cold taco? A burrito. What do you call a cold burrito? A burrito.

A Mexican magician told the audience he would vanish on the count of three. He counted "Uno, dos..." Then poof, he was gone. That's right, he vanished without a tres!

The New Horizons Band will return for the September birthday party with their pops concert music on Monday, September 8.



Your Neighborhood Coalitions

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

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

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

Book Discussion Group

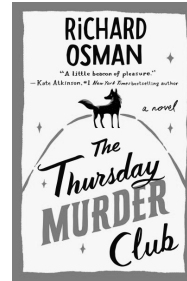
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.

June 5: Lula Dean's Little Library of Banned Books by Kirsten Miller



A timely satire as Lula Dean tries to ban books at the public library in small-town Georgia. She starts her own Little Free Library, filled with books she approves of, but when those titles are sneakily replaced, borrowers find their lives changed in unexpected ways.

July 3: 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.



Tai Chi for Seniors Health Benefits



(from Harvard Health)

Getting Started

The benefits of tai chi are generally greatest if you begin before you develop a chronic illness or functional limitations. Tai chi is very safe, and no fancy equipment is needed, so it's easy to get started. Here's some advice for doing so:

Don't be intimidated by the language. Names like Yang, Wu, and Cheng are given to various branches of tai chi, in honor of people who devised the sets of movements called forms. Certain programs emphasize the martial arts aspect of tai chi rather than its potential for healing and stress reduction. In some forms, you learn long sequences of movements, while others involve shorter series and more focus on breathing and meditation. The name is less important than finding an approach that matches your interests and needs.

Check with your doctor. If you have a limiting musculoskeletal problem or medical condition — or if you take medications that can make you dizzy or lightheaded — check with your doctor before starting tai chi. Given its excellent safety record, chances are that you'll be encouraged to try it.

Consider observing and taking a class. Taking a class may be the best way to learn tai chi. Seeing a teacher in action, getting feedback, and experiencing the camaraderie of a group are all pluses. Most teachers will let you observe the class first to see if you feel comfortable with the approach and atmosphere. Instruction can be individualized.

If you'd rather learn at home, you can buy or rent videos geared to your interests and fitness needs. Although there are some excellent tai chi books, it can be difficult to appreciate the flow of movements from still photos or illustrations.

Talk to the instructor. There's no standard training or licensing for tai chi instructors, so you'll need to rely on recommendations from friends or clinicians and, of course, your own judgment. Look for an experienced teacher who will accommodate individual health concerns or levels of coordination and fitness.

Dress comfortably. Choose loose-fitting clothes that don't restrict your range of motion. You can practice barefoot or in lightweight, comfortable, and flexible shoes. Tai chi shoes are available, but ones you find in your closet will probably work fine. You'll need shoes that won't slip and can provide enough support to help you balance but have soles thin enough to allow you to feel the ground. Running shoes, designed to propel you forward, are usually unsuitable.

Gauge your progress. Most beginning programs and tai chi interventions tested in medical research last at least 12 weeks, with instruction once or twice a week and practice at home. By the end of that time, you should know whether you enjoy tai chi, and you may already notice positive physical and psychological changes.

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.

Burt Heithold Dance Party Fundraiser

The Silver Steppers, Jane's Ballroom Dance Club, brought the easy listening and easy-to-dance-to music of the Burt Heithold band to the Center for a successful fundraiser event. Our members and guests very much enjoyed their smooth, accordion and trumpet-filled music. Thank you to the Silver Steppers for supporting the Center, to the volunteers who helped out at the event, and to all who attended!



The Young at Heart Line Dancers, led by instructor Lila Henke, performed toe-tapping dance routines in honor of our members with May birthdays at the monthly birthday party.

Spanish Class: Cinco de Mayo, Un Primer Anniversario

On May 6th, the day after Cinco de Mayo, Suky's Spanish class marked their One Year Anniversary here at the Center. Suky would like to share the celebration: I am so grateful for the opportunity to teach here at the Center and so excited that I have retained two dedicated students, who are such wonderful people and a joy to journey with on our learning adventure.

Sue Headley is my one original student and has been attending for a full year. John Mansfield joined the class last August and has stayed with it. I can tell he studies and wants it. He impresses Sue and I daily. Sue's accent is excellent and I can tell she also works on her own, which is necessary if one wants to advance. It takes years to learn another language and we three enjoy the process very much and have already together decided that we will continue at least a couple of more years. We are only now able to have Spanish conversations off the tops of our heads. I have worked toward that goal all along and didn't realize it would take so long.

We started out with four serious students at four times a week for four or five months. We were sorry to lose Teresa from tai-chi-fame after many months, and we wish her Buen Viaje! as she travels to Europe this summer with her granddaughter. She may return to study, she says. Anyone who tried it is welcome to come back; we will be starting another beginner class soon. More on that in next month's newsletter.

I presented Sue and John with beautiful Certificates of Achievement on behalf of the Siouxland Center for Active

Generations, congratulating Sue on 150 hours of study and John has now at least 100 hours of classroom time. We celebrated with coffee cake and a picture, and I am so happy to share their accomplishments with you in the Sunshine News. John and Sue also enjoy the free Duo Lingo app on their phones. There are countless free resources to enjoy these days to supplement your studies.

It is not possible to accept total beginners into this class anymore unless you have had at least a college semester or a whole year of high school study. They have progressed now so well and I am very proud of them both. I would be very happy to start another class. There have been several people that said they were interested. I invite you to consider attending the next class that will start up soon. John adds, "the small class size works well, since we get hands-on, almost one-on-one training." He also complimented me, "Suky always keeps the class interesting and moving, with a variety of exercises, videos, book lessons and classroom discussions." Thank you to this great Center for all the many activities available, and to all the employees and volunteers who work so hard.



JUNE BIRTHDAYS

Bruce Spence	Zenon Estrada	Cheryl Kounas	Bev Reed
Pat Alfredson	Sherry Evans	Allen Lambing	Judy Ann Rehurek
Jim Anderson	Rick Fetterman	Pamela Lawson	Brenda Reicks
Angela Avery	Kathleen Fischer	Leonard Bradley	Ron Roeder
Lyle Bakker	Roberta Friessen	Suzette	Ronald Rohlena
Karen Bates	Richard Fritz	Leuenhagen	Florence Schineke
Kris Bergstrom	Lisa Gutierrez	Sue Lieber	Connie
Vicki Bowman	Margaret Hall	Jim Lorimor	Schoenberner
Roger Bowman	Ronald Hartman	Suzanne Lundgren	Rebecca Schwartz
Paula Brummond	David Hays	Rita Lyman	James Shelley
Marcia Bunkers	Gregory	Betti Jean Miller	James Singer
Mary Burke	Heisterkamp	Marcia Muecke	Sandra Spiegel
Robert Burwell Jr	Connie Hoklin	Lorenzo Munoz	Marguerite
Joan Carney	Corinne Holman	Edward Nagel	Stephens
Tammy Carter	Darrell Hoss	Jan Nelson	Venita Stusse
Raymond Chicoine	Thomas Houchins	Phillip Nolen	Ralph Swain
Frances Cole	Laura Husman	Joyce Olson	Duane Uithoven
Gerold Collins	Bella Ingram	Jeff Olson	Joyce Vanderlinden
Theresa Colt	Wesley Iseminger	Barbara	Walker Dixie
David Contreras	Ronald Johme	Orzechowski	Cynthia Walker
Medrano	Marilyn Jorgensen	Doris Parsons	Cindy Rae
Patrick Corey	Vernon Junge	Sergio Carlos	Whitesell
Janice Culver	Donna Keairns	Perez	Evelyn Wilen
Dean Danilson	Jeff Keil	Judy Peterson	Elizabeth Wilson
Jack DeRocher	Jean King	Lorraine	Roy Wineinger
Juanita Ehret	Holly King	Pfotenbauer	Patty Wood
Ruth Ellis	Rodney	Tim Pickinpaugh	Dennis Wurster
Jana Erdmann	Kleinwolterink	Kaye Plantenberg	Larry Yarger
Pharycy Eslick	Anna Kounas	William Prato	

Welcome NEW Members

*Helen Coury
Debra De Hann
Joe Farley
Patricia Hansen
Gregory Heisterkamp
Wayne Johnson
Tony Kanwar
Kelly Kueny
Marjorie Meinen
Connie Moeller
Brenda Oehlerking
Daniel Poston
Cheryl Prather
William Prato
Cheryl Raymon Terrell
David Roach
Maryanne Rose
Connie Scholl
Mary Beth Schubauer
Kathryn Sitzmann
Mary Sorenesen
Rhonda Toben
Mary Ann Tope
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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