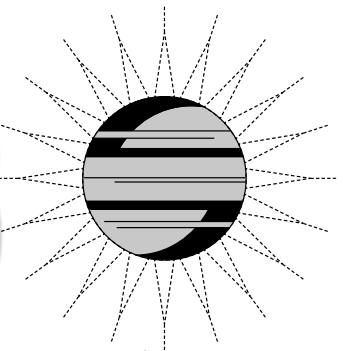


MAY 2022 SUNSHINE NEWS



Telephone
712-255-1729

Number
521

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

Benefits of Chair Yoga

Yoga is a form of exercise that helps with strength, balance, and flexibility. It has been documented to:

- * Improve Coordination
- * Promote Mobility
- * Improve Balance
- * Help reduce stress
- * Promote better breathing techniques
- * Increase Flexibility
- * improve Circulation
- * Increase oxygen intake
- * Improve mental health

Chair Yoga is a type of yoga that has been modified so you can perform all the required exercises from a seated position. There are also some standing exercises using a chair for support.

The typical class format starts with breathing exercises. Your breath can anchor you to the present moment instead of lingering on situations from your past and planning for the future.

The class continues with warm up and range of motion conditioning, followed by muscular endurance and balance. Its normal for seniors to lose some of their sense of balance as they age. Things like going for a walk or standing on a step

ladder are much riskier than they were before. And falls are, by far, the leading cause of injury for seniors.

Deeper stretches and a final relaxation finish the session. If you are interested in joining us for chair yoga, we meet on Fridays at 10 am in the yoga room.



CENTER POLICY ON ADVERSE WEATHER CONDITIONS:

Please remember, if the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start.

Please stay tuned to your local T.V. and radio stations for the latest information

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CENTER HOURS

The hours for the center are
Monday-Thursday,
8:00 a.m.-2:30 p.m.

Dance Fridays 8:00 a.m.-3:30 p.m.

MASKS ARE OPTIONAL

Please respect those who wish to
continue to wear the mask.

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

www.siouxlandcenterforactivegenerations.com

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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.

Covid-19 Support Group:

In this group we will discuss topics of Covid and how it affected your body, mind, anxiety and any other issues you would like to discuss with the group. I look forward to meeting with you on the 4th Monday of the month at 1 p.m.

-Diana Stokes

Crafts with Diana

In April the ladies enjoyed their time with Diana as they made a candle and a vase decorated with stencils

Her May classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the \$4.00 fee for the class (**limit 10**)

1:00 p.m., Tuesday, May 3rd: Bird Houses

1:00 p.m., Tuesday, May 17th: Contact Paper Board



Activity with B.A.M.

Our Friends from **Bickford Assisted Living and Memory Care** put on a monthly activity here at the center. Diane and Deb will be making a spring themed craft **Tuesday, May 9th at 1:00 pm** It will surely be a blast! **If you would like to participate, please sign up at the activities table. (limit 15)**





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May Birthday Party

Our May monthly birthday party will be held **Monday, May 9th at 1:00 p.m.**, in the multi-purpose room. Our entertainment will be the Line Dancers.

We would like to thank **Countryside Health Care Center** for providing cookies.

Last but not least, we would like to thank the Tai Chi group for the wonderful entertainment for April's birthday party! *We appreciate all your support!*



See you in the Gift Shop!

Here's what's new in the gift shop... We have many baskets, and other collectables, and much more. Just stop in and take a minute to look around. You will always find something new and different. Visit our Gift Shop to donate, shop, or just stop by and visit for a bit. We love your company!

Our shelves have space for any treasures you may no longer need. We are happy to take them off your hands, (No TVs, large appliances, large LP records or clothing items please.) So please drop off any you no longer want or need. Remember the gift shop is open to members and non-members alike.

Our Gift Shop depends upon your support so please keep donating and purchasing, Save your extra pocket change and shop, shop, shop! We look forward to seeing you.

Your Friends at the Gift Shop

Center Stage Tappers

Have you ever thought about trying tap dancing? We would love to have you be part of our Tap group. Even if you have never tap danced before, if you are interested, please stop by. Our Tappers are offering beginners a chance at trying tap-dancing starting at **12:15 p.m. on Tuesdays**. Come give it a try.

Tap dancing is a great cardio workout: According to an article by SilverSneakers, "An hour of tap dancing is thought to burn anywhere between 200-600 calories depending on your pace, the steps sequence, and the effort used in the hour." Tap dancing tones the major muscle groups in the legs and core and there are many more benefits.

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 _____

Gifts & 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.

Ann Mrla	Dorothy Swanson	K. Ann Cowley	Sally Tharp
Anna Kounas	G. Vanderlinden	Linda Deabler	Sandi Kimpson
Bob Morrisey	Gale Jocham	Linda Lees	Sherry Evans
Bruce Hunkins	George Fuller	Lola Balstad	Siouxland Duplicate
Carol Kelzer	Grace Wagoner	Margaret Albers	Bridge Group
Carolyn Henjes	Jeff Keil	Mary Marx	Sue Levay
Diane Wickstrom	JoEllen Nelson	Patricia Isaacson	TOPS Club
Donna Marsh	Judy Rehurek	Ramon Sundquist	

Unlucky 7 Dice Game

Rules of the unlucky 7 dice game are as follows: Each player in sequence rolls the dice and places a penny on the playing card corresponding to the value displayed on the rolled dice. If the player had previously rolled this number, the number may be used by the next player in sequence who needs the number first. If a player rolls a 7, he or she forfeits their turn and must remove a penny on the playing card. The first person to have all numbers on the playing card covered wins the game and the contents of the winners pot. *Shirley invites you to join in on the fabulously fun Dice Game on Tuesdays 11:30-1:30 p.m.* We meet in the classroom. Hope to see you here!



KARAOKE

Don't be shy. Come unleash the singer within you and be a star! The Karaoke singers have a great time singing. Please come join in on the fun. The more the merrier. We meet **Fridays from 11:00 am-12:00 p.m.**

Penny Bingo

We play from 9:00 a.m. to 11:30 a.m. and 12:30 p.m. to 2:15 p.m. Tuesday and Thursday. One cent per card up to 6 cards. We have paper BINGO cards, 1 morning and 1 afternoon. With a nice payout- A special one on Tuesday, See you here!

Woodcarvers

The friendly woodcarvers challenge you to test your artistic talents with carving. We look forward to helping you, starting you on a project, and seeing you through completion. Don't be shy. We welcome new members to come join us on **Mondays and Thursdays from 11:00 a.m. until 1:00 p.m.** in the craft room. Pretty much any one can carve if they try! Both men and women are welcome. Stop in and check out the show case and see what we are making. We look forward to seeing you!

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

- Bickford Assisted Living & Memory Care
- Bruce Hunkins-United Health Care
- Charter Senior Living
- Continental Springs Nursing Home
- Countryside Healthcare Community
- Dixie Gors - Realtor
- The Heritage at Northern Hills
- HyVee - Hamilton
- Koated Kernels
- Jolly Time

BUNCO FOR ALL

Bunco is a dice game generally played with 12 or more players, divided into groups of 4, trying to score points while taking turns rolling 3 dice in a series of 6 rounds. A bunco is achieved when a person rolls three-of-a-kind and all 3 numbers match the round number.

There is a \$1 fee for prizes **If you would like to participate, please join us in the small classroom.**

We play bunco on the 1st and 3rd Friday and Monday of the month



Take off Pounds Sensibly (TOPS)

Real people. Real weight loss. TOPS has been helping millions to take off pounds sensibly since 1948. The decision to lose weight starts in your mind, and the journey to better health starts with you!

If you have been looking for a weight loss support group, we have one here at the center on Fridays beginning at 10:00 a.m. Feel free to stop by our TOPS group to see what it is all about.

ROCK STEADY BOXING

A study published in the Physical Therapy Journal of the American Physical Therapy Association concluded that Rock Steady Boxing classes demonstrated participants with Parkinson's disease benefited from the conditioning of Rock Steady Boxing classes. Participants of all levels of Parkinson's showed improvements in balance, gait and quality of life during the 24-week study. The Center encourages anyone with Parkinson's to come and join the classes. Classes are also starting for those members wanting a more physical exercise class.

Grief Support Program

No matter where you are in the grieving process, we will be there to reinforce you, encourage you, and help you during this difficult time.

- This is a FREE ongoing support group for Active Generations members.
- This is an opportunity to meet other grieving people and share experiences and coping strategies.
- Led by professionals with decades of experience.

It is held on the 2nd Monday of the month at 9:30 a.m. in the conference room

We are here for you. You don't have to go through this alone. Let us, and others who have gone through this, help you through this difficult time by offering support to you and a safe place to talk about your loss and feelings with people who truly care, understand, and can validate your feelings and offer you comfort.

Canasta

Our canasta card group is looking for more players to join in. Whether you have played or not you are welcome to join in! Feel free to stop in Thursdays at 11:00 am. We hope to see you soon!




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May Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of May 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! Jan Green, Membership Coordinator

DONNA BEAUCHENE
 REX BENSON
 BARB CHRISTENSON
 LINDA CRAFT
 LINDA DYE
 CHRISSY FAHEY
 RONALD FARACI

MARYANN FARRELL
 TOM HOLMES
 RITA IVERSEN
 MARSHA JARMAN
 BOB JOHNSON
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 JERRY LARSON

VALERIE LOCKWOOD
 DENNIS MAGDEN
 CLAIRE MIETHKE
 JAN NELSON
 DENNIS NELSON
 IBU NOONEY
 TIM PICKINPAUGH

JAMES SANDS
 STEVE SHADLE
 GLENDA SHOOK
 JOHN VERMILYEA
 JACKIE WARNSTADT

Genealogy Class

Genealogy Class meets the 2nd Friday of each month from 10:30-11:30 a.m.

We will be researching German Heritage,

Have you ever wondered about your family ancestry or wanted to create a family tree? Come learn how to trace your family back in time. You will learn how to uncover your past and record your family history.

New members are always welcome. Bring the information you have on your family or start from scratch. Cheryl and Phyllis are always here to help you find your family information. As well, feel free to bring your laptop or iPad.



SilverSneakers Classic Fitness Program

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Our participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. Sometimes a chair is used for seated exercises or standing support. Our SilverSneakers classic is taught Tuesdays and Thursdays at 10:30 a.m. Come join the fun and fitness routine millions of Americans are using each and every day.

The class is free to SilverSneakers members and \$1.00 for other members that want to join.

BRIDGE NEWS

It's beginning to look a lot like normal. Snowbirds are returning so that more players are available for the in-person games at the Center on Monday afternoon and Wednesday mornings. Diane Howard's bridge class on Monday mornings is back. Leon Koster's beginning bridge class on Thursday mornings will help to bring in some new players as we come to the end of over two years of confusion in the bridge playing world. Some will continue to play online for its convenience. Others

are impatiently waiting for more in-person games. We are planning for a District Tournament here June 10-12 and hope that nothing interferes with that. Bridge players know that our Center is a great place for a tournament, so we plan on a good turnout. We lost another long-time player in April when Honey Griffin finally ended her battle with illnesses. We will miss her bright smile and sparkling eyes.

Pinochle Fun

The Pinochle card group is looking for additional players to join in for some Pinochle fun. Please feel free to stop in on Mondays beginning at 12:00 p.m. We hope to see you soon!

DISCOUNT COUPON

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SMITH
 KAREN B. STEVEN J.
 BORN OCT. 19, 1941 NOV. 3, 1940
 DIED JUNE 12, 2020
 MARRIED APRIL 14, 1968

Belly Dancing

Belly Dancing is on Monday and Tuesday mornings at 11:00 a.m. in the Exercise Room. No special clothing or equipment is needed to participate. Individual moves will be taught so each participant can create her own dance form. We have fun learning the moves that improve the core and overall muscle tone.

New members are always welcome. Feel free to come and give it a try or if you are not sure, come and watch. It's a great exercise.

-Ibu Nooney

Homemade Sundaes with Care Initiatives Hospice

Join Hospice in the Multi-purpose room for homemade ice cream sundaes on Wednesday, May 11th at 12:30



Walking Exercise Group

We have a walking exercise group that meets on Mondays and Wednesdays at 8:20 a.m.-8:50 a.m.

You are invited to stop in the exercise room and walk with us. You can meet up with your old friends or meet new ones while walking and getting your miles in.

Trail Blazers Walking Group

Put June 14 on your calendar and plan to join the Trailblazers on our first outdoor walk of the summer. We will meet at the senior center and carpool to the Adams Homestead and Nature Preserve, check the June newsletter for details.

During our visualized walk of the Florida coast, we reached Clear Water on April 14. Now on to Fort Meyers! Our motto: Walk! Talk! Get Fit!

-Judy R. and Judy S.



Bible Study:

A newly started bible study will be meeting every Tuesday at 9:30 am. We will be meeting in the classroom and read through the book of John.

Friday Dances

Our dances are scheduled on every Friday of the month from 1:00 p.m.-3:30 p.m. The dances are open to the public. Member's Entry fee is \$3.00. non-member's fee is \$6.00. Meal site spectators \$2.00. We accept cash only.

- May 6th 4 on the Road
- May 13th Country Flavor
- May 20th Country Brew
- May 27th The Embers

Whether you are just listening to music or dancing to the music, the dances are a fabulous way to have fun. They are also a great way to spend your afternoon.






A big thank you goes to **The Heritage at Northern Hills, Country Side Nursing Home, Sunburst Memorials and Bickford Assisted Living and Memory Care**, for being treat providers for our Friday dances. Also, thank you to all our volunteers for your help with the dances. Lastly, but certainly not least, thank you to all the amazing bands that play here for the fabulous entertainment. We appreciate everyone's support!

Did you know that you can sponsor a dance? If you would like to sponsor a dance, please see Pat to arrange your celebration.



May 2022

Questions? Call (712) 255-1729 OPEN: Monday- 8-2:30 p.m. Tues-Friday 8:00 am-2:30 p.m., Fridays 3:30 p.m.
Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm -Sunshine Café Lunch 11:30 am Zoom & online shop lessons 12:00 pm BUNCO 12:00 pm Pinochle 12:00 pm Wine making class 12:30 pm Bridge-Duplicate 1:00 pm Movie monday 1:30 pm Walking off the Pounds</p>	<p>3</p> <p>Free CPR Seminar 10:30 am</p> <p>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 Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Crafts with Diana</p>	<p>4</p> <p>Mothers day Craft and Tea Party 1 PM</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>5</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance (Advanced Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance (intermediate advanced) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 am Drum Circle 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>6</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm Sunshine Café lunch 12:00 pm BUNCO 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's Dance</p> <p style="text-align: center;">Featuring 4 on the Road</p>
<p>9</p> <p>1:00 p.m. Birthday Party (2nd Monday) Hosts: Staff / Volunteers</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm -Sunshine Café Lunch 11:30 am Zoom & online shop lessons 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Birthday Party 1:30 pm Walking off the Pounds</p> <p>9:30 am Grief Support (2nd Monday)</p>  	<p>10</p> <p>Activity with BAM 1PM</p> <p>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 Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Crafts with Diana</p>	<p>11</p> <p>Homemade sundaes with Care initiatives 12:30</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>12</p> <p>12:00 am drum Circle</p>  <p>9:00 am Penny Bingo 9:00 am Line Dance-(Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 10:00 am Line Dance-(Advanced Beginner) 11:00 am Woodcarving 11:00 am Line Dance (intermediate advanced) 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 am Drum Circle 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>13</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>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 Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:00 am-12:30 pm Sunshine Café Lunch 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;">Featuring Country Flavor</p>
<p>16</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm -Sunshine Café Lunch</p>	<p>17</p> <p>1 pm Crafts with Diana Wooden board with contact paper</p> <p>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 Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning)</p>	<p>18</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10</p>	<p>19</p> <p>9:00 am Rock Steady Boxing \$6 fee</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 9:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 10:00 am Line Dance-(Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine Café lunch</p>	<p>20</p> <p>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 Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:00 am-12:30 pm Sunshine café lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group Misc</p>

11:30 am Zoom & online shop lessons
 12:00 BUNCO
 12:00 pm Pinochle
 12:30 pm Bridge-Duplicate
 1:30 pm Walking off the Pounds

10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Unlucky 7 Dice Game
 11:00 am-12:30 pm Sunshine Café lunch
 12:00 Rock Steady Boxing (fee)
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Activity With B.A.M.
 1:00 pm Ping Pong

11:30 am Phase 10
 11:00 am-12:30 Sunshine Cafe lunch
 12:00 pm 500 Card Club
 12:00 pm Bridge -Mens
 12:30 pm Tatting 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds



11:00 am-12:30 pm Sunshine Cafe lunch
 11:00 am Line Dance (intermediate advanced)
 10:00 am canasta
 12:00 am Drum Circle
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:1:00 pm Ping Pong

12:00 pm Card/ Board Game Group-Misc.
 12:00 pm BUNCO
 12:30 pm Open Craft Time
 12:00—2:00 pm Friday Dance

*Featuring
 Country Brew
 Saturday Dance featuring
 Stateline Drifters
 7-10 pm
 \$6*

23

8:20 am Walking Exercise
 9:00 am Senior Yoga (CD)
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:30 am zoom lessons
 11:00 am-12:30 pm Sunshine Café lunch
 12:00 pm wine making class
 12:00 pm Pinochle
 12:30 pm Movie—The Mask of Zorro
 12:30 pm Bridge-Duplicate
 1:00 pm Politics with Pat
 1:30 pm online shopping lessons
 1:30 pm Walking off the Pounds

24

*Activity with Countryside!
 1 PM
 Limit 10*

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 Open Bridge Group
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Unlucky 7 Dice Game
 11:00 am-12:30 pm Sunshine Café Lunch
 12:00 Rock Steady Boxing (fee)
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Ping Pong

25

8:20 am Walking Exercise
 9:00 am Yoga w/Dixie
 9:00 am Chess
 9:30 am Painting Class
 10:00 am Sexy & Fit after 40
 10:30 am Open Jam Session -\$1.00 Guests
 11:30 am Phase 10
 11:00 am-12:30 pm Sunshine Café lunch
 12:00 pm 500 Card Club
 12:00 pm Bridge -Mens
 12:30 pm Tatting 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds



26



12:00 am Drum circle

9:00 am Penny Bingo
 9:00 am Line Dance-(Advanced)
 9:00 am Senior Yoga (CD)
 9:00 am Rock Steady Boxing (Fee)
 9:00 am Line Dance-(Beginner)
 10:30 am Silver Sneakers Classic Fitness
 10:00 am Line Dance-(Advanced Beginner)
 11:00 am Woodcarving
 11:00 am-12:30 pm Sunshine Café lunches
 11:00 am Line Dance (intermediate Advanced)
 10:00 am Canasta
 12:00 am Drum Circle
 12:00 Rock Steady Boxing
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Ping Pong

27



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 Jazz Dancercise
 11:00 am Karaoke
 11:30 am Open Bridge Group
 11:30 am Mixed Media Art Class/ Vivian Miller
 11:00 am-12:30 pm Sunshine Café lunch
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00—3:30 pm Friday Dance

*Featuring
 The Embers*

30

Center closed

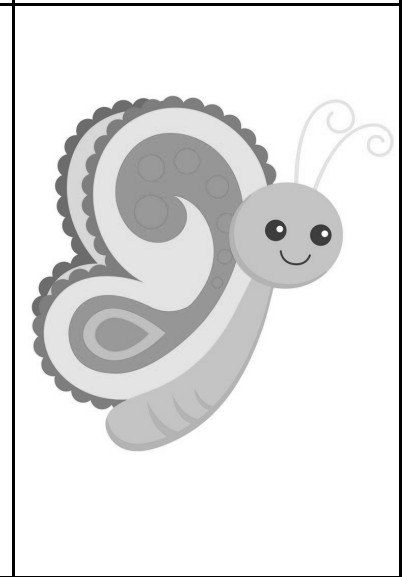
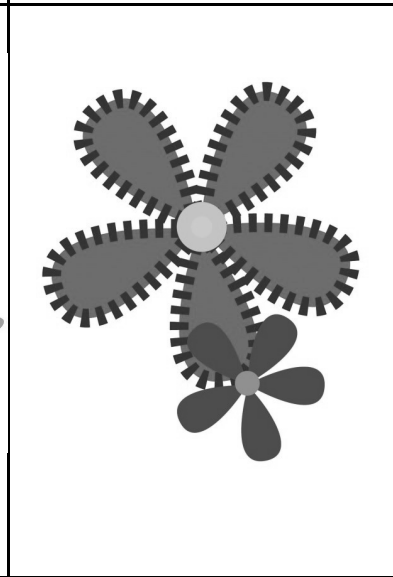
MEMORIAL DAY



31



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 Open Bridge Group
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Unlucky 7 Dice Game
 11:00 am-12:30 pm Sunshine Cafe lunch
 12:00 Rock Steady Boxing (fee)
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Ping Pong
 1:00 pm Crafts with Diana



Siouxland Center

for Active Generations

Serving from 11:00– 12:30

Carry-out available

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Soup Spaghetti with Meat Sauce Salad Italian Bread	2 Soup Pot Roast w/Vegetables	3 Chicken Breasts Rice Pilaf & Vegetable	4 Swedish Meatballs Noodles	5 Ultimate Grilled Cheese Tomato Bisque Soup Salad
9 Hamburger/Cheeseburger Potato Salad	10 Swiss Steak or Liver & Onions Mashed Potatoes & Gravy Vegetable	11 Meatloaf Potatoes & Gravy Vegetable	12 Baked Ham, Sweet Potatoes & Vegetable	13 Ham & Bean Soup Tuna Noodle Casserole Salad
16 Soup Goulash Vegetable	17 Soup Turkey Mashed Potatoes, Gravy Vegetables	18 Soup Salisbury Steak Mashed Potatoes & Gravy Vegetables	19 Ham Loaf Sweet Potatoes Vegetable	20 Chicken Fajitas Spanish Rice Street Corn
23 Soup Chicken Pot Pie Salad	25 Soup Cabbage Roll Casserole Dinner Roll	26 BBQ Ribs Baked Beans Corn on the Cob	27 Soup Lasagna Italian Bread	28 Chicken Mashed Potatoes, Gravy & Vegetable
30 Memorial Day	31 Hot Turkey Sandwich Vegetable			

Interactive Metronome

Margaret at 48 has Multiple Sclerosis and had progressed to the point of requiring a seated rollator walker for mobility and numerous adjustments to her work and home functional routines. Her decline had been insidious, over the course of several years. and then at the age of 48. She wondered if there was anything available that could improve her skills. "And thus, our mutual journeys began." Synchronous neural timing at the millisecond level within and between centers of the brain is required for smooth, coordinated movement of the arms and legs, normal gait, and balance. In Margaret's case, the pathways in the brain for movement had been ravaged by MS, affecting timing and mobility. Margaret began training with a specific neuro-technology designed to improve synchronized timing called Interactive Metronome (IM). IM training facilitates timing and rhythm as a person moves his/her body and walks in synchrony with a reference beat. Throughout the program, Margaret's ability to move her extremities and take steps to the beat was measured in milliseconds, allowing her to see where she started and how far she'd progressed each session. Guide sounds prompted Margaret to make adjustments in timing and rhythm, eventually leading to improved timing, coordination, and balance. Interactive Metronome improved Margaret's quality of life.



Sit & Sip Coffee Shop and Sunshine Cafe

Thanks for your support since the Café reopened. It is great hearing everyone's stories and memories.

Since reopening the Sunshine Café, we have been attempting to find what works best for our customers. This has resulted in frequent changes to what is served in the Coffee Shop and in the Café. We appreciate your patience as we continue to work to best serve you. We will do our best to keep you updated on any further changes that may happen.

Coffee Shop & Cafe Needs:

We can always use canned chicken and tuna, pickle relish, fresh peppers, tomatoes, cucumbers, lettuce, canned vegetables: especially diced tomatoes, canned mushrooms, spaghetti sauce, spaghetti, small, bottled juices, canned pop, bottled water, tomato & V-8 juice, cream of mushroom soup, cream of celery soup, crackers – saltines and snack crackers. We now have lots of freezer space, so frozen vegetables & other items are always useful.

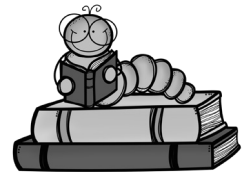
Please do not bring the following due to an abundance on our shelves: *peanut butter, macaroni, canned soup except for the ones listed above, tomato sauce, rice, dried beans, flour, & sugar. If you have questions about what we need stop in and ask, we'll gladly let you know what our current needs are.*



Thank you for your donations. We appreciate your generous support.

Welcome to the Library

Come stop by to check out a book or put together a puzzle. While you are visiting come take a peek at our book sale, we have several authors available. Our book club will be reading "Endurance" by Alfred Lansing in may stop by the library for more information.



STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at www.sioux-city.org/services

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May 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:

May 3rd Write On Your May Day Traditions

May 10th.... Write About Why Your Mother Is Special!

May 17th.... Write About One of Your Grandfathers!

May 24th.... Write About Girl Scouts or Boy Scouts!

May 31st Write Why Exercise Is Good For You!

POEM FOR A MOTHER

My mother, my friend so dear,
Throughout my life you are always near.
A tender smile to guide my way,
You are my sunshine to light my day.
(Anon)

Saying: "Hello May, please be good"
(Anon)

~ Alice Reeg, Creative Writing

Drum Circle

Interested in joining us on a drum circle? This popular activity can energize you, improve concentration and focus, reduce stress and release negativity. This new group will be meeting on Thursday at 12:00 am in the conference room.



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bahunkins@yahoo.com

Wine Making Class

The center will be starting a wine making class on May 23rd at 12:00. Together we will learn how to make and bottle the wine. Cost will be \$8 person. A special thank you to Wine and Other Old Things for taking time to help us learn!



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Coloring Corner

Join us on Wednesdays at 1 pm in the craft room for coloring corner. we enjoy coloring with: gel pens, colored pencils, markers and several other media! We can't wait to meet you!

Community Classroom by Angels Home Health Care:

Topic: Get a Grip on Mental Health

Angels Care Home Health is a Medicare-certified Home Health Agency that is managed by AngMar Medical Holdings, Inc., a privately held family company based in Mansfield, Texas. AngMar manages a network of multiple agencies with locations in 9 states, including Arizona, Florida, Indiana, Iowa, Kansas, Nebraska, Ohio, Oklahoma and Texas. Our mission is to participate in our communities to educate and provide professional medical and physical care to patients with gentle nursing hands. We serve patients.

JAM SESSION



Wednesday's Jam Session is getting bigger and better all the time! Please join the awesome Senior Jammers on **Wednesdays from 10:30-12:00 p.m.** in the Multi-Purpose Room. Singers and instrument players are welcome and feel free to dance. Come join in on the fun. Thanks for the great entertainment, everyone!

Mothers Day Tea and Craft

Join Kayley in the Meal site May4th at 1 pm for a mothers day celebration! We will be making Fabric Wreaths and enjoying some fellowship with tea and snacks. All are welcome.



CPR INFORMATIONAL MEETING

On May 3rd at 10:30 AM Sioux City Fire and Rescue will be visiting us to do a free seminar on CPR.



Pleasant and Affordable Housing Communities for Elderly and Disabled

Call and Apply Today! Oakleaf Property Management Company strives to provide affordable housing for the elderly or the disabled with several Siouxland locations. Please ask about our Free Service Coordinator Programs.

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"Providing for others what we expect for ourselves."

MEMORIALS

for: Lorae

from: Jean King

for: Vernon Hughes

from: Dennis/Donna Ailts
Paul & Rita Swanson

*In Memory & Celebration of
Maxine Polack's 98th Birthday*

from: George Polack

ACROSS

- | | |
|-------------------------------------|----------------------------------|
| 1) Aesop character | 43) Long, long time |
| 5) Assume to be true | 44) "Par ____" (airmail stamp) |
| 10) Head light? | 45) What "it" plays |
| 14) Departure | 46) Mockeries |
| 15) Pawl grabber (Var.) | 49) Freudian topics |
| 16) "Ars amatoria" poet | 50) Guileful |
| 17) One's child, typically | 51) Cries of triumph |
| 20) Costa del Sol feature | 53) Blood-related |
| 21) All together | 55) Either of two continents |
| 22) Hilo feast | 58) Robot of Jewish legend |
| 25) Rod at a pig roast | 62) Another chance for happiness |
| 26) Telekinesis, e.g. | 65) Unadorned |
| 29) Indoor sports facilities | 66) Salmon do it |
| 31) Accommodates, in a way | 67) Army insects |
| 35) "At Seventeen" singer Janis | 68) Did Daytona |
| 36) Nun's attire | 69) Crow's home of old |
| 38) "I had no ____!" | 70) Snack |
| 39) Not to be fooled with, in a way | |

DOWN

- 1) "S.O.S.!"
- 2) Angle between stem and stalk
- 3) Baltic capital
- 4) Type of alcohol
- 5) Old hand
- 6) Stumblebum
- 7) Eyelid bump
- 8) Desktop pictures
- 9) Thuds
- 10) Dairy breed
- 11) "We try harder" company
- 12) This puzzle's theme word
- 13) Flowery poem
- 18) Instructed
- 19) Commuter line
- 23) Nursemaid in India
- 24) Blackest part of a shadow
- 26) Seasoned rice dish
- 27) Fat-nosed antelope
- 28) Read between the lines
- 30) It doesn't hold water
- 32) Cleans up prose
- 33) Kind of code
- 34) Drooping
- 37) Evergreen-forested landscape
- 40) Avoided
- 41) Captured
- 42) Naval Academy grad
- 47) Viscount's superior
- 48) Least extroverted
- 52) Suffix with "sea" or "moon"
- 54) Director Christopher
- 55) Take ____ (snooze)
- 56) ____ mortals
- 57) "... and make it fast!"
- 59) Prefix with "type"
- 60) Semiaquatic salamanders
- 61) Fit together, as gears
- 62) Stomach muscles, briefly
- 63) Ram's ma'am
- 64) Low digit

LIVE IT UP

By Carla Azure

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20							21							
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	55	56					57		58		59	60	61	
62							63	64						
65					66						67			
68					69						70			

MAY BIRTHDAYS

Lois Albertson
 Charleen Ashmore
 Clinton Barrs
 Ronney Barrs
 Louann Benson
 Jonny Binkard
 Donald Bourret
 Harry Bridgett
 Julie Brown
 Miriam Clayton
 Valerie Conway Cote
 Zoralea Crowl
 Barbara Doren
 Sharon Dornon
 Darrel Dunbar
 Linda Engel
 Lanette Falk
 Sandra Fauth
 Richard Fick
 Sharon Fisher
 Evelyn Fox
 Patrick Gill
 Bert Gill

Randall Gingiss
 Robin Halligan-Thompson
 Myron Harrington
 Rima Hartman
 Carolyn Henjes
 Bertha Hines
 Greg Hofling
 Juanita John
 Mary June
 Sandi Kimpson
 Rita Kingsbury
 Suzanne Kofka
 Jeanette Krage
 Don Kumm
 Jerry Levi
 Lenore Lodge
 Linda Madden
 Jim McElhany
 Wayne Merrill
 Denise Meyers
 Lorene Moyse
 Shirley Nelson

Annette Olson
 Don Olson
 Earl Parkhill
 Diane Paugh
 Stacy Pratt
 Thomas Roberts
 Rich Rosenbaum
 JoanAn Schlotman
 Kristine Shults
 Raffat Sorathia
 Jackie Steele
 Robert Steffe
 Robert Suker
 Linda Swanburg
 Duane Thompson
 Karen Thompson
 Terry Vitzthum
 Claryce Ann Welch
 Steve Whitford
 Jerry Wiese
 Pamela Woolridge
 Sebastiano Zarbano
 Stacy Zortman

NEW MEMBERS

MARVIN AHLQUIST
 MICHAEL BURKE
 HERMAN CHARLEY
 PHYLLIS CHRISTIASEN
 GAILEN CHRISTIASEN
 RUSSELL COURTNEY
 LINDA CRAVENS
 THOMAS EDWARDS
 MICK FICK
 PATRICIA FISCHER
 SHARON FISHER
 MIKE FOLAND
 EVELYN FOX
 GEORGE FULLER
 KAREN GLOVER
 JAMES GLOVER
 JOHN HAMANN
 DELLA HISLER
 JON HOLLAND
 VIRGINIA HOUCK
 NORMA HUEBNER
 GALE JOCHEM
 RITA KINGSBURY
 JOYCE MILLER
 GUSTAVO MUNOZ
 KATHRYN OAKS
 KAREN OLASZ
 DAMON OOTEN
 DEBORA OTTO
 PERRY PICKENS
 KARLA PUTTMAN
 WILMA SIEFKER
 DIANE SORENSEN
 MARY SORENSON
 JAMES STARKS
 CAROLYN STARKS
 RICHARD STEPHAN
 RHONAE TARNO
 YVONNE THALLAS
 KAREN THOMPSON
 RANDY WATTERSON

Overactive bladder?

One in three women over the age of 35 suffer from an overactive bladder. Kevin Benson, MD, can provide you with relief through the latest treatment options right in Dakota Dunes.

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sanfordhealth.org,
 keyword: Bladder Health

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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.

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 CLUB

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.

- | | | | |
|---------------------|----------------|----------------|---------------|
| Miriam Clayton | Sherry Evans | Pamela Mears | Don Schultz |
| John & Sandy Graser | Donna Johnson | Russell Movall | Harvey Viken |
| Virginia Gries | Maizie Johnson | Jan Nelson | Claryce Welch |
| | Sally Kimball | George Polak | |

Dollar Per Day Club

Andrea & Mark Rathgeber	Charter Senior Living	Gene Anderson
Paul Gregory	Northpark Place	Roberta & Leonard Gill
Diana Howard	Gail & Tom Brown	Frances & Ron Cummings
Barney Pottebaum	Russ Movall	James & Michelle Meyers
First Premier Bank	Jon & Grace Wagoner	Sunnybrook Church
Dorine Levine	Judy Seaman	