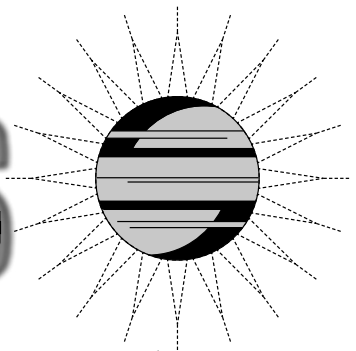


MAY 2023

# SUNSHINE NEWS



Telephone  
712-255-1729

Number  
533

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*

## Get Excited for the Return of the Senior Living Fair



After a four year absence, the Siouxland Center for Active Generations' special event designed to provide information to enrich the lives of Siouxland seniors, the Senior Living Fair, will return on **Tuesday, May 23 from 1 to 3 p.m.** Forty exhibitors will attend to speak to fair attendees about programs and services especially for seniors. Vendors will represent the areas of medical care, pharmaceutical services, home health care, housing, hospice services, physical therapy, insurance, estate planning, memorials, employment, and volunteer opportunities. There will be screenings for hearing, blood pressure, and memory.

All vendors will be offering door prizes to attendees that will be drawn for at the fair. In addition, we will be offering

a grand prize drawing to those who visit every vendor. Pick up a vendor check off sheet at the door and get initials from each table to be entered into the grand prize drawing.

The Senior Living Fair will be open to the public. We will also be holding a bake sale to benefit the Center. If you would like to contribute baked good items, please tell Diana at the front desk. In addition, the Center's library will have a book sale table and the gift shop will be open. Plan on attending to meet useful contacts, find out essential information, enjoy some delicious treats and have the chance to win great prizes!

**Join the Fun!**

# the Sunshine News

A monthly publication of the  
Siouxland Center for  
Active Generations,  
located at 313 Cook St.,  
Sioux City, IA 51103  
712-255-1729  
Monday - Thursday  
8 a.m. - 2:30 p.m.  
Friday  
8 a.m. - 3:30 p.m.

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

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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.

## Meet a Member: Mike Tew



I lived my first 18 years in the deep south. Soon after graduating from high school I joined the Air Force. Most of my time served was in Japan and Omaha. During my time at Offutt AFB I met my soon to be wife, Karen. We made our home in Sioux City where I spent 32 years working for Pepsi and Frito Lay. After having knee surgery in 2016, I joined the Center for Active Generations. I needed a place for rehab. I spent most of my time doing minor exercising and sitting at the BSers' table.

After being called Big Mike too many times, I decided to join T.O.P.S. With a big increase in exercising and encouragement from a lot of people, Big Mike is slowly disappearing.

*Meet A Member is a regular feature of the Sunshine News. If you would like to share your story with the Active Generations community, please visit with Kristina in the Activities Coordinator Office.*

## Protect Your Personal Information at Shredtastic

Do you have papers with confidential information piling up at home? You're in luck because Shredtastic will be returning to the Center this month! Protect yourself from identity theft by bringing in all of those documents with account numbers, bank statements, medical bills, prescription information, tax forms, or anything else that you wouldn't want someone to find in your trash. This one-stop drive-through shredding event will securely handle your personal material.

Bring items to the Siouxland Center for Active Generations parking lot at the designated times. There is no need to remove paper clips or staples. No cardboard, plastic, spirals, or heavy metal binders. Papers from

businesses not accepted (i.e. home-based or office businesses). Limit to no more than one trunk load of documents, please. No magazines or telephone books.

Special thanks to Document Depot, and Connections Area Agency on Aging for their help in the coordination of this semi-annual event. Donations are welcome and appreciated.

**May 19, 11:00 a.m.-1:00 p.m.  
in the parking lot.**



# Classic Rock Guitarist Denny Wurster and Friends to Perform at the May Birthday Party



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Local musician Denny Wurster, guitar player for the Midwest All Music Association inducted classic rock band The Jammers, and several of his bandmates will perform at the May birthday party. Denny, who is excited to bring a five-piece band to the Center, said they plan to play for about forty minutes and will perform a mix of 50's, 60's and 70's rock and roll songs.

The members of the Jammers say that they collectively "have over 300 years experience playing in bands." Denny began his rock and roll vocation in 1958 with The Screamers, who later changed their name to the Flairs, and then became The Velaires. The Velaires were inducted into the South Dakota Rock 'N Roll Hall of Fame in 2013. The Jammers formed in 2004 to play for Denny's retirement from Security National Bank. They enjoyed playing together so much that they decided to promote their band and seek out other gigs. They added additional members over the years and have worked hard and practiced regularly to improve their musical sound. The members of The Jammers believe that clean living has

helped them stay together for as long as they have. Also, that participating in music has been therapeutic for them as they have overcome various health issues, such as when Denny had to go through chemotherapy.

You're invited to attend Denny and his friends' rockin' show, dance to their great music, and to celebrate our members with May birthdays on **May 8 at 1:00 p.m.** This month's birthday cake has been donated by Jim Brehm.

*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.*

Diane Howard	Dennis Martin	John R. Woods
Don Schultz	Jean Turner	BJ Heitzman
Marvin & Betty Still	Alice Reeg	Evey Thompson
Dean & Donna Marsh	Robert/Nancy Nelson	George Polak
Bruce Hunkins	Vicki Bowman	Lila Henke
George Fuller	Jane Henderson	Karen Balstead
Larry Stump	Suzanne Kofka	Sandy Kuntz
Pam Mears	Diane Taylor	Mel Dodds
Sandra Oberman	Sue Jones	Linda Beeson
Don Casaday	Elaine Waskow	Vikki Jacobs
William/Margaret Foulk	MaryLou Burns	Theresa Jackson
Carolyn Bauer	Nadine Holst	Anna Kounas
Don Niewendorp	Kris Bergstrom	

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

Lions Club-Pontralo Estates

## Jukebox Dance Party

Hey daddy-O, come have a ball with us at the next Jukebox Dance Party! Boogie to your favorite tunes from yesteryear. We'll be pitchin' rhythm your way so you can shimmy and sway.

Give your song requests to Kristina for a groovy playlist. Be there or be square!

**Tuesday, May 30, 2-4 p.m.**



## Enjoy the Music of the New Horizons Band



New Horizons Band, a symphonic band made up of 35+ members of the Sioux City community, will perform at the Siouxland Center for Active Generations on **Friday, May 12 at 4 p.m.** Most of the band members are amateur musicians of retirement age and enjoy playing concerts all around Siouxland. The New Horizons Band is directed by Dr. Lou Rossman, formerly the Music Department Chair at Morningside College before his retirement. The band has been together for 13 years and enjoy bringing people together with their musical performances.

Sioux City's New Horizons Band is affiliated with the

national New Horizons Music program, an organization whose purpose is to involve adults in music making. The programs are intended to include both those with no musical experience at all and also those who were active in school music programs but have been inactive for a long period. Many New Horizons programs are designed specifically for senior adults and have a minimum age requirement of 50.

We hope you'll support these joyful musicians by attending their concert after the Friday Dance party. They are sure to put on an enjoyable show with beautiful music!

# Talk Show: True Crime and Cold Cases in Sioux City



The popularity of true crime podcasts, documentaries, TV series, and books has been a growing obsession for many over the last several years. Sioux City is no stranger to the true crime world and has an ominous history of its own, specifically regarding unsolved cases. In 1917, a 23-year-old woman was mysteriously slain on the corner of 9th and Jones Streets upon returning from an evening stroll downtown just minutes after parting from her companion. The perpetrator was never found, and her murder has never been solved.

Sarah Enright, Local History Librarian Specialist at the Sioux City Public Library, will examine this and other unique cold cases. Using the library's archived newspaper clippings, microfilm, and web resources, Sarah will present facts about the crimes, theories, and law enforcement efforts throughout the years following. Memories and input from attendees will be encouraged as the cases are discussed. Sign up in the Activities Binder to attend this fascinating program! **Thursday, May 18, 10 a.m. in the Conference Room.**



## Grief Support Group Will Provide Comfort and Fellowship

The Center's Grief Support Group will be returning on **Monday, May 8 at 9:30 a.m. in the Conference Room.** It will continue in the following months, same time and location, on the second Monday. All are welcome to attend no matter where you may be in the grieving process. The group will be led by caring professionals with decades of experience and will provide an opportunity to meet other grieving people, to empathize and share coping strategies.

Center members who have previously participated in the group say that it is extremely helpful for finding help through this difficult time and provides a welcoming, supportive space to talk about loss and the multitude of feelings that accompany it. You don't have to go through grief alone, we are here for you.

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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! Cristy Ellis, Membership Coordinator

Mark Bahmer  
 Jeanie Bender  
 Joann Breyfogle  
 Verona Burns  
 Barbara (Barb) Christenson  
 Linda Craft  
 Linda Dye  
 James Eaton  
 Maryann Farrell  
 Melanie Hickey  
 Daniel Hodgins  
 Rita Iversen  
 Vikki Jacobs  
 Patricia Jenkins

Ken Keairns  
 Elaine Knudson  
 Connie Kryger  
 Eugene Dale Kudera  
 Carol Kunkel  
 Jerry Larson  
 Valerie Lockwood  
 Dennis Magden  
 William McBride  
 Barbara McKenney  
 Claire Miethke  
 Keith Miller  
 Robert Morfitt  
 Geraldine Morfitt

Edward Nagel  
 Lois Nagel  
 Jan Nelson  
 Dennis Nelson  
 Ibu Nooney  
 Sandy Oberman  
 Georgejean Olson  
 Shirley Patrick  
 Don Peters  
 Dennis Reinert  
 Thomas (Tom) Roberts  
 John Sanders  
 James Sands  
 Henrietta Scholten

Dave Scholten  
 Glenda Shook  
 Diana Stokes  
 Marcia Lee Tapper  
 Dorothy Thies  
 Emerita Topete  
 Diana Twidwell  
 Kathryn Uhl  
 Thomas Uhl  
 John Vermilyea  
 Mary Walling  
 Jackie Warnstadt  
 Alfred Zaleta

## Friday Dances

**May 5: Ed Tyron's Big Band Sounds**

**May 12: 4 on the Road**

**May 19: Country Brew**

**May 26: The Embers**

Please join us for fantastic, lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6.00 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk."



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 Near the junction of Hamilton Blvd and I-29

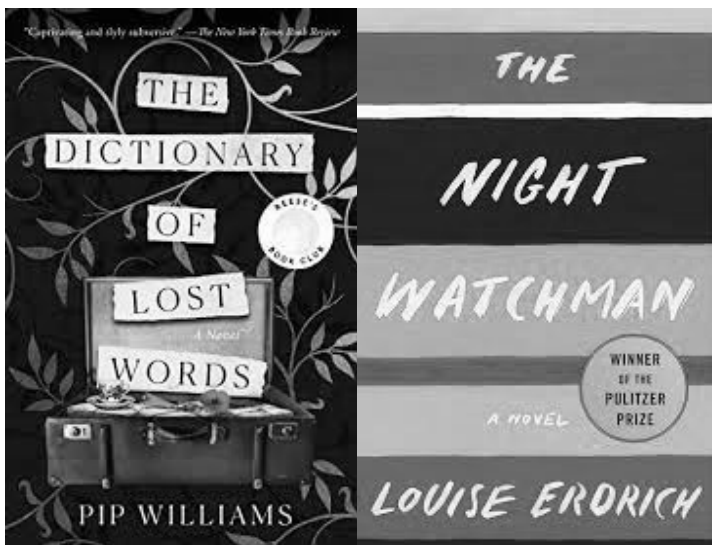


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## Book Discussion Group



Come and share your thoughts on interesting books with a pleasant group of companions at the Center’s monthly book discussion group, which meets the first **Thursday at 10 a.m. in the library**. The May meeting will be on the 4th and the June meeting will be on the 1st. Multiple copies of the book discussion group books are available for checkout at the Sioux City Public Library. May’s book selection is *The Dictionary of Lost Words* by **Pip Williams**, in which motherless Esme collects scraps of paper with words discarded by the men composing the first edition of the Oxford English Dictionary.

June’s selection will be *The Night Watchman* by **Louise Erdrich**. A historical novel based on the life of Louise Erdrich’s grandfather, *The Night Watchman* traces the experiences of a Chippewa Council night watchman in mid-19th-century rural North Dakota who fights Congress to enforce Native American treaty rights. Erdrich’s inspired portrait of her tribe’s resilient heritage masterfully encompasses an array of characters and historical events.

## Iowa State University Extension Offers Meal Planning Classes in June

Kali Angerman, Iowa State University Extension and Outreach’s Northwest Iowa Supervisor for Nutritional Education Programs (not shown in picture) will be teaching a free four session class titled “Plan, Shop, Save, and Cook” on how to choose healthy foods, plan meals, save money at the grocery store and handle food safely. Kali is a trained educator who will lead a fun class while providing practical, hands-on experience and ideas that make healthy food choices easier.

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

If you participate in the class you will get to taste new healthy dishes and will be given recipes to try. Participants will also be presented with recipe calendars, measuring spoons, reusable shopping bags, and cookbooks.

The classes are targeted to individuals with limited incomes, but all are welcome to attend and learn the useful information presented each session. Classes will be held on **Wednesdays at 10 a.m. in the Conference Room in June**. Look for the signup sheet in the Activities Binder if you would like to participate.



IOWA STATE UNIVERSITY  
Extension and Outreach

## Blood Pressure Screening with Bickford

According to the American Heart Association, “Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms so it can’t be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke. If your blood pressure is below 120/80 mm Hg, be sure to get it checked at least once every two years. If your blood pressure is higher, your doctor may want to check it more often. High blood pressure can be controlled through lifestyle changes and/or medication.”

Bickford Assisted Living and Memory Care will be offering free blood pressure checks on **Wednesday, May 31 from 8:30-10 a.m.** Be sure to take advantage of this great opportunity to monitor your health!



11:00 am-12:30 pm -Coffee Shop Lunch  
 11:30 am Woodcarving  
 12:00 pm Bunco-\$1 entry  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate  
 1:00 pm Azra Balance Class  
 1:00 pm Square Dancing Class

10:00 am Tai Chi (Beginning)  
 10:30 am SilverSneakers Classic Fitness  
 11:00 am Belly Dancing  
 11:00 pm Mah Jongg (experienced players)  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Mexican Train  
 11:30 am Unlucky 7 Dice Game  
 12:30 pm Penny Bingo  
 12:30 pm Tap Dance  
 1:00 pm Painting Class  
 1:00 pm Ping Pong  
 1:00 pm Cake Decorating Class

22  
**1 pm Parkinson's Support Group**  
*(4th Monday)*

8:15 am Walking Exercise  
 9:00 am Senior Yoga (CD)  
 9:30 am Cornhole  
 10:00 am Knitting & Crocheting  
 10:00 am Tai Chi (Advanced)  
 11:00 am Belly Dancing  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Woodcarving  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate  
 1:00 pm Square Dancing Class

23  
**1-3 pm Senior Living Fair**  
**12 pm Alzheimer's Support Group**  
*(4th Tuesday)*

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 pm Mah Jongg (experienced players)  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Mexican Train  
 11:30 am Unlucky 7 Dice Game  
 12:30 pm Penny Bingo, Gladys as caller  
 1:00 pm Painting Class  
 1:00 pm Ping Pong

29  
**Closed for Memorial Day**

30  
**2-4 pm Jukebox Dance Party**

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 pm Mah Jongg (experienced players)  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Mexican Train  
 11:30 am Unlucky 7 Dice Game  
 12:30 pm Penny Bingo  
 12:30 pm Tap dancing  
 1:00 pm Painting Class  
 1:00 pm Ping Pong  
 1:00 pm Cake Decorating Class

10:00 am Sexy & Fit after 40  
 10:30 am Open Jam Session -**\$1.00** Guests  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:15 am Choir Practice  
 11:30 am Phase 10  
 12:00 pm 500 Card Club  
 12:00 pm Bridge -Men  
 1:00 pm Coloring Corner



24  
 8:00 am-9:30 am Biscuits and Gravy  
 8:15 am Walking Exercise  
 9:00 am Yoga w/Dixie  
 9:00 am Duplicate Bridge  
 9:00 am SilverSneakers Boom Exercise  
 9:30 am Painting Class  
 10:00 am Wii Bowling  
 10:00 am Sexy & Fit after 40  
 10:30 am Open Jam Session -**\$1.00** Guests  
 11:00 am Phase 10  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:15 am Choir Practice  
 12:00 pm 500 Card Club  
 12:00 pm Bridge -Men  
 1:00 pm Coloring Corner



31  
**8:30-10 a.m. Blood pressure screenings with Bickford**

8:00 am-9:30 am Biscuits and Gravy  
 8:15 am Walking Exercise  
 9:00 am Yoga w/Dixie  
 9:00 am Duplicate Bridge  
 9:00 am SilverSneakers Boom Exercise  
 9:30 am Painting Class  
 10:00 am Wii Bowling  
 10:00 am Sexy & Fit after 40  
 10:30 am Open Jam Session -**\$1.00** Guests  
 11:00 am Phase 10  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:15 am Choir Practice  
 12:00 pm 500 Card Club  
 12:00 pm Bridge -Men  
 1:00 pm Coloring Corner



9:00 am Beginner Bridge  
 10:00 am Line Dance (Intermediate)  
 10:00 am Canasta  
 11:00 am Line Dance (Advanced)  
 11:00 pm Mah Jongg (beginner lessons offered)  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Woodcarving  
 12:00 pm Cribbage  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

25  
 9:00 am Penny Bingo  
 9:00 am Tattling  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am Bellydancing  
 9:00 am Line Dance Beginner, Registration Req.  
 9:00 am SilverSneakers Classic Fitness  
 9:00 am Beginner Bridge  
 10:00 am Line Dance (Intermediate)  
 10:00 am Canasta  
 11:00 am Line Dance (Advanced)  
 11:00 am Beginner (beginner lessons offered)  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Woodcarving  
 12:00 pm Cribbage  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

11:30 am Open Bridge Group  
 11:30 am Mixed Media Art Class/ Vivian Miller  
 12:00 pm Bunco-\$1 entry  
 12:00 pm 500 Card Club  
 12:00 pm Card/ Board Game Group-Misc.  
 12:30 pm Open Craft Time  
 1:00-3:30 pm Friday Dance

**Featuring Country Brew**

26  
 9:00 am Fitness with Dixie  
 10:00 am Chair Yoga with Kaye  
 10:00 am T.O.P.S. meeting  
 (Take Off Pounds Sensibly)  
 11:00 am Karaoke  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Open Bridge Group  
 11:30 am Mixed Media Art Class/ Vivian Miller  
 12:00 pm 500 Card Club  
 12:00 pm Card/ Board Game Group-Misc.  
 12:30 pm Open Craft Time  
 1:00-3:30 pm Friday Dance

**Featuring The Embers**

2  
 9:00 am Fitness with Dixie  
 10:00 am Chair Yoga with Kaye  
 10:00 am T.O.P.S. meeting  
 (Take Off Pounds Sensibly)  
 11:00 am Karaoke  
 11:00 am-12:30 pm Coffee Shop lunch  
 11:30 am Open Bridge Group  
 11:30 am Mixed Media Art Class/ Vivian Miller  
 12:00 pm Bunco-\$1 entry  
 12:00 pm 500 Card Club  
 12:00 pm Card/ Board Game Group-Misc.  
 12:30 pm Open Craft Time  
 1:00-3:30 pm Friday Dance


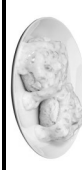
**Featuring The Embers**



# May 2023

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

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm Azra Balance Class 1:00 pm Square Dancing Class</p>	<p><b>2</b></p> <p><b>1 pm Technology Class</b></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 Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 pm Mah Jongg (experienced players) 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Cake Decorating Class</p>	<p><b>3</b></p> <p>8:00 am–9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 am SilverSnakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session –\$1.00 Guests 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner</p> 	<p><b>4</b></p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am <b>Book Discussion Group</b> 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>5</b></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 Karaoke 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00–3:30 pm <b>Friday Dance</b></p> <p><b>Featuring Ed Tryon</b></p>
<p><b>8</b></p> <p><b>1 pm Birthday Party (2nd Monday) Denny Wurster Band</b></p> <p><b>9:30 am Grief Support Group (2nd Monday)</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p><b>9</b></p> <p><b>1 pm Make a Wreath with B.A.M.</b></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 Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 pm Mah Jongg (experienced players) 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Cake Decorating Class</p>	<p><b>10</b></p> <p><b>10 am Ice cream sundaes with Siouxland Pace</b></p> <p>8:00 am–9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 am SilverSnakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session –\$1.00 Guests 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner</p> 	<p><b>11</b></p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p><b>12</b></p> <p><b>10:30 am Genealogy Class (2nd Friday)</b></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 Karaoke 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 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 <b>Friday Dance</b></p> <p><b>Featuring 4 on the Road 4 p.m. New Horizons Band</b></p>
<p><b>15</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p><b>16</b></p> <p><b>1 pm Technology Class</b></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 Creative Writing</p>	<p><b>17</b></p> <p>8:00 am–9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSnakers Boom Exercise 9:30 am Duplicate Bridge 9:30 am Painting Class 10:00 am Wii Bowling</p>	<p><b>18</b></p> <p><b>10 am Talk Show: True Crime and Cold Cases</b></p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness</p>	<p><b>19</b></p> <p><b>11 am-1 pm Shredtastic</b></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 Karaoke 11:00 am–12:30 pm <b>Coffee Shop Lunch</b> 11:30 am Open Bridge Group</p>

# Chair Yoga



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

- Improve coordination
- Increase flexibility
- Promote mobility
- Improve circulation
- Improve balance
- Increase oxygen intake
- Help reduce stress
- Improve mental health
- Promote better breathing techniques

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. It's 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 a.m. in the Exercise Classroom.**

*Namaste (meaning "The light in me, honors the light in you."),  
Kaye Plantenberg*

# Tai Chi for Seniors Health Benefits

Tai Chi can enhance bone health and reduce inflammation through a low intensity workout. It can improve joint mobility and pain management and lower inflammation. Research also shows it can work as well for reducing blood pressure and stress, helping people to sleep better at night.

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

# Bridge News

Our live bridge games at the Center are doing very well. Snowbirds are returning so attendance should improve even more. Diana Howard is back with her live 9:30 Monday morning class at the Center, much to the relief of the class members. Now she can really teach things she couldn't with the supervised online classes. Hopefully, more intermediate players will join us. Of course, now the golfers have that nice outdoor activity to conflict with bridge. Beginning players are always welcome at Leon Koster's Thursday morning class. Join us for live games at the center at noon on Mondays and Thursdays, and 9 a.m. novice games on Wednesdays. We lost one of our longtime members in April. Jim Tiefenbach died after a bout with leukemia.

# Trailblazers Walking Club

The Trailblazers continued to enjoy walking laps at the Center while envisioning the beautiful scenery of Alaska. We toured Juneau, Homer, and Seward. Between March 17 and April 18, Trailblazers walked a total of 256 miles! You are all invited to join us and "Walk. Talk. Get Fit."

Judy Rehurek  
Judy Seaman



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# Delightful New Member, Mary Hubbard, Wins the Quilt Raffle



Mary Hubbard, who just became a member in March, was thrilled to win the April Quilt Raffle. Mary said that she noticed the quilt the first day that she walked into the Center and was praying that she would win. She increased her chances of winning by buying 15 tickets, although she heard someone else bought 20. Mary put the quilt on her bed right away and said, “Even my cat likes it! She curls up on it every night.”

Mary, who grew up in Sioux City, recently moved back to town after living in Roanoke, Virginia for 33 years. She has a daughter living here who will be helping her plus two grown grandsons. About returning to Iowa, she said, “I forgot how cold it gets here.” Mary has found the Siouxland Center for Active Generations to be “a lifesaver! The people are so nice and the activities are wonderful. People need socialization and true friendships and this is a place where you can find them. There’s some scripture that says the Lord will provide and he provided a need for me here.”

Interestingly, Mary knew Beulah Webb, the founder of the Siouxland Center for Active Generations. “When I was growing up, in the Black community everybody knew everybody and went to the same church. Miss Webb was a wonderful woman. She picked me out as a favorite and she has been a positive influence in my life. When she put her mind to something she was sure to make it happen. I wish she could come back to see what her dream has materialized into. She’d be jumping up for joy.” Mary said Beulah Webb was always community service-oriented, through

involvement with Girl Scouts, her work founding the Sanford Community Center, and that she even advocated for the elderly before a congressional committee.

Mary followed in Beulah’s footsteps by working as an ombudsman for the League of Older Americans in Roanoke, investigating the conditions of nursing homes and reporting to the Virginia Department of Health. The nursing home directors “would get nervous when I came in.” She would advise families on how to look for a nursing home that would take the best care of their loved ones. Mary’s grandmother was also an inspiration for her. “She was one of the first Black dieticians at Public Health Hospital” and she helped to integrate Leif Erikson Pool. “She took my aunt, who was a baby at the time, and just put her in the pool. The pool got integrated!” Say hello to Mary when you see her at the Center, she is lovely to chat with!

## Get the Sunshine News in Your Email Inbox

Did you know that you can get the monthly Sunshine News newsletter emailed to you? All that is required is for us to check a box in your membership form in our computer system and you can receive a digital version of the newsletter each month. Please let us know if you would like this option. Did you request to have the newsletter sent to a Cable One email address or another address that you no longer use? Please see us to update your email address so that we can send it to your new address.

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# What Will Happen to Your Medicaid Benefits as the COVID-19 Pandemic Ends?

In early 2020 the state of Iowa received funding that allowed all persons enrolled in a Medicaid program to continue receiving benefits throughout the COVID-19 pandemic, without a review of eligibility.

That funding has now ended. In February 2023 Iowa Medicaid began reviewing income and resources of all people continuing to receive Medicaid benefits during the Covid-19 pandemic. All people receiving Medicaid will be reviewed during the next twelve months. Reviews will determine if people are still eligible to receive benefits. If you are on Medicaid there are several things you should do during this time:

1. Update your contact information. Make sure that Iowa Medicaid has your current mailing address, phone number, email, or other contact information. This way they will be able to contact you about your Medicaid coverage. You can do this by contacting Iowa Medicaid Member Services at 1-800-388-8366 from Monday to Friday, between the hours of 8 am to 5 pm.
2. Check your mail. You will be mailed a letter about your Medicaid coverage. This letter will also let you know if you need to complete a renewal form to see if you still qualify for Medicaid.
3. Complete and return any Medicaid forms sent to you. You need to fill out and return any forms sent to you so that Medicaid can decide if your benefits will continue. If you do not return the documents you may lose your Medicaid coverage.

What should I do if my Medicaid benefits change, and I am on Medicare (or eligible for Medicare)?

If you are on Medicare (or Medicare-eligible) your benefits may change during the redetermination process. You may be removed from Medicaid, or your level of assistance may change. Depending on your resources and incomes you could be moved to a Medicare Savings Program called QMB (qimby) or one called SLMB

(slimby). This move will be done for you by Medicaid after they finish your redetermination.

If Medicaid does make a change to your benefits you should reach out to a SHIIP/SMP counselor for assistance. Depending on your situation you will have a range of decisions that need to be made including:

- Make sure you have a drug plan.
- Make sure your drug plan covers all your drugs.
- If you are moved to SLMB you will have less health care benefits (than on QMB or full Medicaid) and you will need to find additional coverage through a Medicare Supplement or Medicare Advantage Plan.

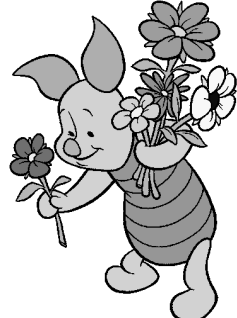
To get help with any Medicare and Medicaid benefit changes you can reach out to 1-800-351-4664 to find a free SHIIP/SMP Counselor.

Who can I talk to if I have questions about my Medicaid?

In Iowa you can call Iowa Medicaid Member Services at 1-800-388-8366 from Monday to Friday, between the hours of 8 a.m. to 5 p.m.

**Miriam Clayton will be celebrating her 90th Birthday with a coffee and cake Saturday May 20th 1:00 -3:00 p.m. at the United Lutheran Church**





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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 2nd.....Write About the Lewis & Clark Expedition.
- May 9th .....Write About What is Special About Your Mother!
- May 16th....Has Your Personality Changed As You Are Older?
- May 23rd...What Things Can You Do For Good Mental Health?
- May 30th ...Why Do We Observe Memorial Day?

### 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)

### FACTS ABOUT THE MONTH OF MAY

1. Flowers in May are: Lilacs, Tulips, Lilies, and Dandelions.
2. Mother's Day is Sunday, May 14th.
3. The Sun makes up 99.86% of the Solar System.
4. The earliest term: "Spring Cleaning", occurred in 1857.
5. MAY DAY with May baskets is celebrated by children!

### THOUGHTS FOR THE MONTH OF MAY

1. All things seem possible in May.
2. The lilacs are in bloom in May.
3. "Hello May, please be good."
4. Wishing to go a-fishing in May.

~ Alice Reeg, Creative Writing

## Genealogy Class

For our May meeting, Genealogy Class will be discussing how to find records using FamilySearch. It is a great tool for helping you to get past brick walls in your research. We will watch an informative video that demonstrates how to use this highly useful resource.

**Genealogy Class meets the second Friday of the month at 10:30 a.m. in the Bingo Room.**



## Ice Cream Sundaes with Siouxland Pace

Kayla from Siouxland PACE will be visiting on **Wednesday, May 10 at 10 a.m.** to share ice cream sundaes and talk about the many essential services for seniors provided by their organization.




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# Having Fun at the Center

Check out some of the great activities that happened last month!

Making adorable gnome crafts with B.A.M.



Left: Physical therapist Jane Stanley demonstrated proper breathing techniques and posture for health.



Right: Cake Decorating class learned flower making techniques.



Left: Challenging minds while playing Team Trivia



Right: Tattng a tiara



Morningside University's Dance and Cheer teams performed at the April birthday party. Kayla from Siouxland PACE brought us a birthday cake and helped us celebrate our members with April birthdays.



# MAY BIRTHDAYS

Lois Albertson  
 Judy Alvis  
 Charleen Ashmore  
 Clinton Barrs  
 Lowell Beerman  
 Louann Benson  
 Dee Bertram  
 Jonine (Jonny) Binkard  
 Donald Bourret  
 Harry Bridgett  
 Julie Brown  
 Darrell Chambers  
 Miriam Clayton  
 Valerie Conaway Cote  
 Zoralea Crowl  
 Beverly Danke  
 Rose Marie DeFazio  
 Barbara Doren  
 Sharon Dornon  
 Darrel Dunbar  
 Linda Engel  
 Lanette Falk  
 Sandra Fauth  
 Richard Fick  
 Sharon Fisher  
 Patrick Gill  
 Roberta (Bert) W Gill  
 Carol Graham  
 Guy Greene  
 Janice Grove  
 Robin Halligan-  
 thompson  
 Robert Hanus

Myron Harrington  
 Rima Hartman  
 Carolyn Henjes  
 Michael Herfel  
 Bertha Hines  
 Greg Hofling  
 Patricia Jenkins  
 Lori Jessen  
 Juanita John  
 James Johnson  
 Mary June  
 Marsha Kelly  
 Sandi Kimpson  
 Rita Kingsbury  
 Suzanne Kofka  
 Jeanette Krage  
 Don Kumm  
 Beverly Lafrenz  
 Elaine Larson  
 Jerry Levay  
 Jerry Levi  
 Gail Linke  
 Lenore Lodge  
 Linda Madden  
 Sue Mahan  
 William McBride  
 Jim McElhany  
 Wayne Merrill  
 Denise Meyers  
 Keith Miller  
 Colette Morrison  
 Lorene Moyses  
 Gerald Murray

Shirley Nelson  
 Anthony Nelson  
 Annette Olson  
 Don Olson  
 Earl Parkhill  
 Diane Paugh  
 Stacy Pratt  
 Sue Rapacki  
 Linda (kitty) Roark  
 Thomas (Tom) Roberts  
 Rich Rosenbaum  
 Daniel Rygh  
 Toni JoAn Schlotman  
 Connie Sherrill  
 Kristine Shults  
 Jennifer Solberg  
 Raffat Sorathia  
 Jackie Steele  
 Robert Steffe  
 Robert Suker  
 Linda Swanburg  
 Duane Thompson  
 Karen Thompson  
 Allan Tobin  
 Maxine Treadway  
 Thomas Uhl  
 Terry Vitzthum  
 Claryce Ann Welch  
 Steve Whitford  
 Jerry Wiese  
 Pamela Woolridge  
 Mary Ann Younie  
 Sebastiano Zarbano

# Memorials for May

**For:** Marv Berenstein  
**From:**  
 Thrivent Financial-Anonymous  
 Security National Bank  
 Raun Lohry  
 Robert Ellis  
 James/Lois Walsh  
 James/Gail Berenstein  
 Marcia Johnson  
 Mark/Renee Greenstein  
 Morey Greenstein  
 Irving/Elizabeth Jensen  
 FDN Agency  
 Philip/Jody Weverka  
 Edith Greenstone

**For:** Marv Berenstein  
**From:** Joanne Johnson  
  
**For:** Marv Berenstein  
**From:** Daniel/Barbara Weakley

**For:** Frank Morse  
**From:** Grace/John Wagoner

# March NEW Members

Tom Bishop  
 Beverly Brower  
 Andrew Floyd  
 Mary Floyd  
 Irma Hane  
 Nellie Harris  
 Vicki Hodgins  
 Stephanie Hokanson  
 Mary Hubbart  
 Lori Jessen  
 Michaëlle Keenan  
 David Kritzer  
 Donna Kritzer  
 Kura Mahan  
 Janice Marine  
 Michael Morrill  
 Joyce Persinger  
 Charles Peterson  
 George Scheck  
 Cletus Sitzmann  
 Sharon Sitzmann  
 Lucille VanValkingburg  
 James Wagner



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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-DAY FOR A MONTH

April

*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  | Sally Kimball  | George Polak   | Harvey Viken   |
| Don Casaday     | Pamela Mears   | Maizie Johnson | Chip Pottorff  |
| Virginia Gries  | Russell Movall | Kathleen       | Don Niewendorp |
| M.Donna Johnson | Jan Nelson     | Plantenberg    | Don Schultz    |

**Dollar -A-Day for a YEAR**

<b>Andrea &amp; Mark Rathgeber</b>	<b>Northpark Place</b>	<b>James &amp; Michelle Meyers</b>
<b>Diana Howard</b>	<b>Gail &amp; Tom Brown</b>	<b>Sunnybrook Church</b>
<b>Barney Pottebaum</b>	<b>Russ Movall</b>	<b>Dorine Levine</b>
<b>First Premier Bank</b>	<b>Jon and Grace Wagoner</b>	<b>Robert &amp; Nancy</b>
<b>Dorine Levine</b>	<b>Judy Seaman</b>	<b>David/Vicki Young</b>
<b>Charter Senior Living</b>	<b>Gene Anderson</b>	<b>Kristine Bergstrom</b>