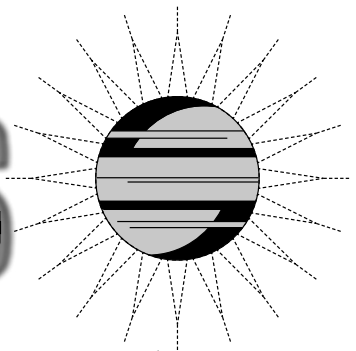


# SUNSHINE NEWS

JUNE 2022



Telephone  
712-255-1729

Number  
522

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

## Activity Spotlight: Tai Chi

All ages can benefit from Tai Chi but seniors especially so. The easy and natural movements gently strengthen muscles, improve balance, and enhance flexibility. Yet there's no impact to stress joints. You will learn breathing techniques and movement. Our class is fun for both men and women.

The next beginning class begins June 7th and meets Tuesdays from 10:00 am-11:00 am. No special clothing needed. This is an 8-week session to learn all about Tai Chi.

The new Advanced class begins June 6th with fans and will run from 10:00 am-11:00 am on Mondays. See you there!



## 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

## 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.**

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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

## Board of Directors

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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.

## Crafts with Diana

In May the ladies enjoyed their time with Diana as they made Bird houses and a wooden board covered in contact paper

Her June 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, June 7th:**

**Popsicle stick picture frames**

**1:00 p.m., Tuesday, June 28th:**

**4th of July fabric wreath**



## 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 playing Family Feud on June 14th at 1 pm, It will surely be a blast! **If you would like to participate, please sign up at the activities table. (limit 15)**



## June Birthday Party

Our June monthly birthday party will be held **Monday June 13th.**, in the multi-purpose room. We will be having Games like Ping Pong, Corn Hole and various table games for our Entertainment

Last but not least, we would like to thank the Line Dancers for the wonderful entertainment for May's birthday party! *We appreciate all your support!*



## 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**

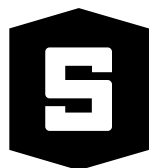


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## See you in the Gift Shop!

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*

## 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 meeting June 2nd and reading "The Sentence" by Louise Erdrich. Our July book is "Sold on a Monday" by Kristina McMorris and we will be meeting July 7th. See you there!

## Rock Steady Boxing & Lewy Body Dementia

Approximately 60,000 people are diagnosed with Parkinson's disease each year. This degenerative movement disorder causes muscle rigidity and gait changes, often along with speech, mood, and sleep disorders. Lewy Bodies Dementia, and those with LBD are often mistakenly diagnosed with Parkinson's before arriving at the correct diagnosis. Over 1.4 million Americans have Lewy Body Dementia. Exercise and socialization are important for individuals with Parkinson's and LBD, and the Rock Steady Boxing program may be an excellent opportunity to engage in both.

Managing the symptoms of Parkinson's disease and Lewy Body Dementia are critical in preserving quality of life. The Rock Steady Boxing program may become an important aspect of the care plan for individuals experiencing muscle rigidity, gait changes, and problems with balance. Regardless of the types of LBD symptoms you or your loved one is experiencing, receiving support is crucial and of course joining our Rock Steady Boxing program.

## 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!



## 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.

In May our Chapter Celebrated 50 years of being active, which is a Golden Anniversary! That is such an amazing achievement!



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
- The Kings Daughters
- First Premier Bank
- Siouxland Community Health Center
- SC Noon Lions
- TOPS Club

## 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!

## 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.

## Genealogy Class

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

This month we will be doing research on hard to find topics so if you have hit a brick wall and need a little help come stop by and see if we can help you!

*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.



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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. This is not a naughty list!

To those of you on the list that have already paid, my apologies!! Thanks! Cristy Ellis, Membership Coordinator

JO ADAMS  
CHASE ADAMS  
KATHERINE ANDERS  
GLORIA BADE  
FRED BOCLAN JR  
DELORES BOGENRIEF  
DLANNE BOSTIC  
DONALD BOURRET  
LINDA CAMARIGG  
STEVEN CAMARIGG

MARGARITA DERIOS  
JACK DESROSIERS  
DON DOMAYER  
STEPHEN DOUGHERTY  
LINDA ENGEL  
HELEN ERIKSEN  
ZENON ESTRADA  
DIANE GARDNER  
BEVERLY GRABER  
COLLEEN GUY

CINDY HOFMEISTER  
MONICA HUDSON  
LOIS JENSEN  
MARY JUNE  
CAROLYN KELEHER  
JUNE LAHTI  
DLANN LOVE  
PAM MCDERMOTT  
RHONDA MENIN  
IRA MENIN

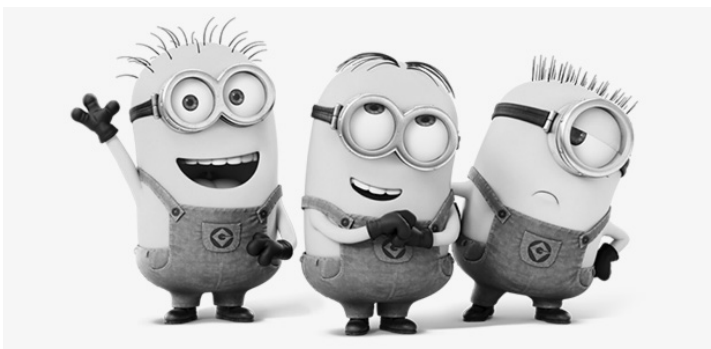
LINDA MILES  
MARSHA NEFF  
ALICE ANN REEG  
GERALD (JERRY) E REEG  
LYNETTE ROBERTS  
DEBORAH ROBINSON  
RONALD ROHLENA  
DAVID SAGE  
LEANNA SHINKLE  
PAULA WILEY

## WISH LIST

- You! Our Center needs volunteers to help facilitate events & programs
- Canned goods for the coffee shop
- Spread the word to your friends. There's still a lot to do at our center or lead a program. If each member asks a friend to join, we will meet our membership goals.
- Donate to the gift shop – it helps keep us going. Clean small appliances, dishware, home décor.
- Spring and summer-colored tablecloths, and always red, white and blue

## BRIDGE NEWS

We had a good bridge month in May. We added some new players in the Wednesday morning novice group. Both the in-person and online Monday afternoons are well attended. Thursday afternoon online draws several tables. Diane Howard's Monday morning class is now starting at 9:30. Leon Koster's beginner class on Thursday morning is going well. We had a little birthday party for Caroline Stafford. The board is planning a larger party for June 27. Our local group is hosting a Sectional Tournament June 10-11 here at our Center. This will be our first tournament in two years. Let's hope the COVID virus stays low, so we can get back to a more normal schedule.



## 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 at 10:30 a.m. and Thursdays at 9:00 a.m. Come join the fun and fitness routine millions of Americans are using each and every day.



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## Discount Coupon

With this coupon, receive a discount on your purchase AND a donation in your name to the Siouxland Center for Active Generations



## 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*

## 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!

## 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.

**June 3rd: 4 on the Road**

**June 10th: Big Band Sounds**

**June 17th: Country Brew**

**June 24th: Jerry O'Dell's Country Flavor**

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 **Country Side Nursing Home, 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.*

## 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.

## 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!



# June 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><b>1</b></p> <p>8:20 am Walking Exercise            9:00 am Yoga w/Dixie            9:00 am Chess            9:30 am Understanding Alzheimer's and Dementia            9:30 am Painting Class            9:30 am Introduction to the Iowa department of the blind            10:00 am Sexy &amp; Fit after 40            10:00 am Balance Class with Devon            10:30 am Gardening with Bev            10:30 am Open Jam Session -<b>\$1.00</b> Guests            11:30 am Phase 10            11:00 am-12:30 pm <b>Sunshine Cafe lunch</b>            12:00 pm 500 Card Club            12:00 pm Bridge -Mens            1:00 pm Coloring Corner</p> 	<p><b>2</b></p> <p>9:00 am Penny Bingo            9:00 am Silver Sneakers Classic Fitness            9:00 am Rock Steady Boxing (Fee)            9:00 am Senior Yoga (CD)            9:00 am Line Dance-(Beginner)            10:00 am Line Dance-(Intermediate Advanced)            11:00 am Line Dance (Advanced Beginner)            11:00 am Woodcarving            11:00 am-12:30 pm Sunshine cafe lunch            10:00 am Canasta            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><b>3</b></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 <b>Sunshine Café lunch</b>            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;"><b>Featuring 4 on the Road</b></p>
<p><b>6</b></p> <p>8:20 am Walking Exercise            9:00 am Senior Yoga (CD)            10:00 am Knitting &amp; Crocheting            10:00 am Tai Chi (Advanced)            11:00 am Belly Dancing            11:00 am Woodcarving            11:00 am-12:30 pm <b>Sunshine Café lunch</b>            12:00 pm wine making class            12:00 pm Pinochle            12:30 pm Movie— You Again            12:30 pm Bridge-Duplicate            1:00 pm Politics with Pat            1:30 pm Walking off the Pounds</p> 	<p><b>7</b> <i>Crafts with Diana 1 PM</i></p> <p>9:00 am Fitness Logic with Lee            9:00 am Penny Bingo            9:00 am Rock Steady Boxing (Fee)            9:00 am Tatting            9:00 am Wellness Screening            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 <b>Sunshine Cafe lunch</b>            12:00 <b>Rock Steady Boxing (fee)</b>            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><b>8</b></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 &amp; Fit after 40            10:00 am Balance Class with Devon            10:30 am Open Jam Session -<b>\$1.00</b> Guests            11:30 am Phase 10            11:00 am-12:30 pm <b>Sunshine Cafe lunch</b>            12:00 pm 500 Card Club            12:00 pm Bridge -Mens            1:00 pm Coloring Corner            1:30 pm Walking off the Pounds</p> 	<p><b>9</b></p> <p><b>Angels Care Home Health Brain Games 10:00 AM</b></p> <p>9:00 am Penny Bingo            9:00 am Silver Sneakers Classic Fitness            9:00 am Rock Steady Boxing (Fee)            9:00 am Senior Yoga (CD)            9:00 am Line Dance-(Beginner)            10:00 am Line Dance-(Intermediate Advanced)            11:00 am Line Dance (Advanced Beginner)            11:00 am Woodcarving            11:00 am-12:30 pm Sunshine cafe lunch            10:00 am Canasta            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><b>10</b></p> <p><i>10:30 am Genealogy Class (2nd Friday)</i></p> <p><b>Bridge Tournament today and tomorrow</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 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 <b>Sunshine Café Lunch</b>            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 style="text-align: center;"><b>Featuring Big Band Sounds</b></p>
<p><b>13</b></p> <p>1:00 p.m. Birthday Party (2nd Monday)            Hosts: Staff / Volunteers            Entertainment: ping pong and board games  <b>Financial literacy for women 11-2</b></p> <p>8:20 am Walking Exercise            9:00 am Senior Yoga (CD)</p>	<p><b>14 activity with BAM 1PM</b></p> <p>9:00 am Fitness Logic with Lee            9:00 am Penny Bingo            9:00 am Rock Steady Boxing (Fee)            9:00 am tatting            9:00 am Wellness screening            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><b>15</b></p> <p><b>Father's Day Grill out 11-12:30 (all men eat free)</b></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 &amp; Fit after 40</p>	<p><b>16</b></p> <p>9:00 am Penny Bingo            9:00 am Silver Sneakers Classic Fitness            9:00 am Rock Steady Boxing (Fee)            9:00 am Senior Yoga (CD)            9:00 am Line Dance-(Beginner)            10:00 am Line Dance-(Intermediate Advanced)            11:00 am Line Dance (Advanced Beginner)            11:00 am Woodcarving            11:00 am-12:30 pm Sunshine cafe lunch            10:00 am Canasta</p>	<p><b>17</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 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 <b>Sunshine Café lunch</b></p>



10:00 am Knitting & Crocheting  
 10:00 am Tai Chi (Advanced)  
 10:30 am Angels home health care activity  
 11:00 am Belly Dancing  
 11:00 am Iowa Insurance Division-financial literacy  
 11:00 am Woodcarving  
 11:00 am-12:30 pm –Sunshine Café Lunch  
 12:00 pm Pinochle  
 12:30 pm Bridge-Duplicate  
 1:00 pm Birthday Party  
 1:30 pm Walking off the Pounds

10:30 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

10:00 am Balance Class with Devon  
 10:30 am Open Jam Session -\$1.00 Guests  
 10:30 am Gardening with Bev  
 11:30 am Phase 10  
 11:00 am-12:30 Sunshine Cafe lunch  
 12:00 pm 500 Card Club  
 12:00 pm Bridge –Mens  
 1:00 pm Coloring Corner  
 1:30 pm Walking off the Pounds



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



11:00 am-12:30 pm Sunshine cafe lunch  
 12:00 pm 500 Card Club  
 12:00 pm Card/ Board Game Group-Misc.  
 12:00 pm BUNCO  
 12:30 pm Open Craft Time  
 1:00—3:30 pm Friday Dance

**Featuring  
Country Brew**

**20**  
**BINGO**  
**With Right at Home Care**  
**1PM**

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  
 12:00 pm wine making class  
 12:00 pm Pinochle  
 12:30 pm Movie—Orphan Horse  
 12:30 pm Bridge-Duplicate  
 1:00 pm Mediterranean cooking class  
 1:00 pm Politics with Pat  
 1:30 pm Walking off the Pounds

**21**  
**Activity with Countryside**  
**1 PM**

9:00 am Fitness Logic with Lee  
 9:00 am Penny Bingo  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am tatting  
 9:00 am Wellness Screening  
 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

**22**

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  
 10:00 am Balance Class with Devon  
 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  
 1:00 pm Coloring Corner  
 1:30 pm Walking off the Pounds



**23**  
**9:00 am Rock Steady Boxing**  
**\$7.00 fee**

9:00 am Penny Bingo  
 9:00 am Silver Sneakers Classic Fitness  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am Senior Yoga (CD)  
 9:00 am Line Dance-(Beginner)  
 10:00 am Line Dance-(Intermediate Advanced)  
 11:00 am Line Dance (Advanced Beginner)  
 11:00 am Woodcarving  
 11:00 am-12:30 pm Sunshine cafe lunch  
 10:00 am Canasta  
 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

**24**

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  
Jerry O'Dells  
Country Flavor**

**27**

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  
 12:00 pm wine making class  
 12:00 pm Pinochle  
 12:30 pm Movie—The Big Chill  
 12:30 pm Bridge-Duplicate  
 1:00 pm Balance Class with Azria  
 1:30 pm Walking off the Pounds

**28**  
**Crafts with Diana**  
**1 PM**

9:00 am Fitness Logic with Lee  
 9:00 am Penny Bingo  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am tatting  
 9:00 am Wellness Screening  
 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

**29**  
**Medicare Seminar**  
**10:00-4:00 pm**

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  
 10:00 am Medicare seminar  
 10:30 am Open Jam Session -\$1.00 Guests  
 10:30 am Gardening with Bev  
 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  
 1:00 pm Coloring Corner  
 1:30 pm Walking off the Pounds



**30**

9:00 am Penny Bingo  
 9:00 am Silver Sneakers Classic Fitness  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am Senior Yoga (CD)  
 10:00 am Line Dance-(Beginner)  
 9:00 am Line Dance-(Intermediate Advanced)  
 11:00 am Line Dance (Advanced Beginner)  
 11:00 am Woodcarving  
 11:00 am-12:30 pm Sunshine cafe lunch  
 10:00 am Canasta  
 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

# Siouxland Center

*for Active Generations*

**Serving from 11:00– 12:30**

Carry-out available

# June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Breasts Rice Pilaf & Vegetable	<b>2</b> Pulled Pork Sandwiches Cole slaw Baked beans	<b>3</b> Taco Salad
<b>6</b> Hamburger/Cheeseburger Potato Salad	<b>7</b> <b>Salisbury Steak or Liver &amp; Onions</b> Mashed Potatoes & Gravy Vegetable	<b>8</b> Meatloaf Potatoes & Gravy Vegetable	<b>9</b> Baked Ham, Sweet Potatoes & Vegetable	<b>10</b> Ham & Bean Soup Tuna Noodle Casserole Salad
<b>13</b> Goulash Vegetable	<b>14</b> Turkey Mashed Potatoes, Gravy Vegetables	<b>15</b> <b>Father's day Grill Out</b> <b>(Men eat free)</b> Hamburger or Hot Dog Potato Salad	<b>16</b> Hot Turkey Sandwich Vegetable	<b>17</b> Chicken Fajitas Spanish Rice Street Corn
<b>20</b> Chicken Pot Pie Salad	<b>21</b> Cabbage Roll Casserole Dinner Roll	<b>22</b> BBQ Ribs Baked Beans Corn on the Cob	<b>23</b> Lasagna Italian Bread	<b>24</b> Spaghetti with Meat Sauce Salad Italian Bread
<b>27</b> Meatball Sandwich Pasta Salad	<b>28</b> Ham Loaf Sweet Potatoes Vegetable	<b>29</b> Chicken Mashed Potatoes, Gravy & Vegetable	<b>30</b> Chicken & Noodle Casserole Salad	

## 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

During our visualized walk of the Florida Coast, we reached Cape Canaveral on May 16th. We are continuing our walk north along the Atlantic coastline.

The hike at Adams Homestead scheduled for June 14th has been postponed. Watch for an announcement of the new date. It will be posted on the Trail Blazers bulletin board.

Remember our motto:  
Walk! Talk! Get Fit!

*Judy R. and Judy S.*



## Sit & Sip Coffee Shop and Sunshine Cafe

We have had a number of great volunteers who have come forward to help out in both the Café & Coffee Shop. We have also been blessed with several people on loan to us through work comp programs. We would not be able to operate without so many willing hands. Thank you for all you do.

In the next few months, we will be needing more volunteers to help while Rose is out having hand surgery. We could use help doing prep work, cashiering, and clean up. The dates are not set yet, but if you might be able to help, please stop by the café to talk to Rose about your availability.

Summer has come and we will not be offering soups but will be adding some lighter warm weather selection. Look for more salad options and hopefully more fresh fruits and vegetables.



### Food Donations:

*We continue to rely on the generous donations of our members to help offset the rising cost of food. We will be posting our current needs outside the Café. Stop by and check out our current needs.*

## Teacups Wanted



Kayley is working on a project for the center and is looking for teacup and saucer sets as well as tea pots. It doesn't matter what they look like. If you have a spare set sitting around, you don't want and would like to see it be put to good use stop by Kayley's office with them. Thank you!

**STRUGGLING TO PAY YOUR RENT?**

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

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

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**712-204-5811**

✦ **Stump Grinding** ✦

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Free Estimates-Quick Service  
**Large & small-We grind them all**



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

- June 7th..... How To Practice Safety Around Your Home & Neighborhood!
- June 14th.... Write About The Happy Month Of June!
- June 21st... Write About Helen Keller And Her Accomplishments!
- June 28th .. Write About Food Trucks!

## JUNE'S POEMS

Hello, June! Now the days are going to be hotter and the nights longer! June brings tulips, lilies, roses. Fills children's hands with posies. (Anon)

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

## DATES TO REMEMBER

- June 14th is Flag Day
- June 19th is Father's Day
- June 21 is Summer Begins

~ Alice Reeg, Creative Writing

## 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!

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## Medicare Advantage & Supplement Plans



**Bruce Hunkins**  
Independent Insurance Agent

Specializing in Medicare Advantage & Supplement Plans

(402)-709-7314

bahunkins@yahoo.com

## Keeping People Cool

Angels Care Home Health along with Active Generations, and Connections Area Agency on Aging is participating in a fans drive to help those who need fans stay cool this summer. Active Generations will be the drop off point with Connections distributing the fans any fans left over will be donated to the Siouxland Housing Authority. If you have an extra fan you can bring it to the Center on June 20-24th for collection and distribution.



Body & Frame Repair

**Sioux**  
Body Shop

501 West 8th St.  
(712) 255-7172

# Seminars to look forward to with Connections Area Agency on Aging

**Monday June 13 11:00a.m.- 2:00 p.m.**

## **Financial Literacy for Women**

Connections Area Agency on Aging is pleased to partner with the Iowa Insurance Division to offer the SmartHER Financial Literacy Workshop for women. Statistics show that women are living longer than men and are often not involved in their financial planning leaving them more vulnerable to scams and financial exploitation when their spouse passes. This is a workshop for all adult women.

How long will my money last? What do I do in a financial emergency? What are the best investments if I don't have a lot of money? Is it too early or too late for me to start saving for retirement?

SmartHER Money can help you with these questions and so many more. No matter your financial status, age or stage in life, the importance of money management for women can't be overlooked.

Learn more about:

- Budgeting
- Retirement savings
- Investments
- Earning power
- Financial planning

**Lunch will be provided**

**Monday July 18 11:00 a.m.-2:00 p.m.**

## **Scam Education and Awareness**

Connections Area Agency on Aging is pleased to partner with the Iowa Attorney General's office to education on common scams we are seeing in Iowa and how to avoid them. We will discuss how the scams work and why people tend to fall for them. We will talk about resources to learn more about scams in the area and community resources to help you stay in your home. This workshop is for all adults in the community.

**Lunch will be provided**

## **Angels Home Health Care Activity**

Come Join Sharon from Angels Home Health Care on **Monday, June 13th** at 10am to play some brain games while you learn about Alzheimer's and Dementia and how to identify the signs and symptoms.

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.

## **Father's Day Grill Out:**

On June 15th we will be doing a Grill out with Hot Dogs and Hamburgers in honor of father's day. All men will eat for free.

## **BINGO with Right at Home:**

Join Gladys from Right at Home in home care and assistance in the BINGO hall June 20th at 1:00 PM. Its sure to be a good time with lots of fun prizes!



### **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.

 **Equal Opportunity Housing &**

 **Oakleaf**  
PROPERTY MANAGEMENT  
1019 Jones Street • Sioux City, Iowa  
**(712) 255-3665**

*'Providing for others what we expect for ourselves.'*



# Gardening Classes

Would you like to learn how to plant a flower or vegetable garden? How to have a greener lawn, control weeds and of course fertilizers. Would you like to know more about how to plan patio flowers and vegetables? How about house plants? Then you need to come to the Senior Center on Wednesdays at 10:30 in the conference room where Master Gardener Bev Hall can answer your questions. You may pick you some tips you didn't know about!



# Front Landscaping Gets a Refresh

Master Gardener Bev Hall spent a few days refreshing our landscaping up front. Thank you so much for donating your time and the supplies to help keep our center beautiful! If you see her make sure to give her a big thank you!



# Chair Yoga With Kaye

One of the benefits of chair yoga is increased flexibility - the ability to bend, twist, stretch and move freely.

Tim Bainbridge is one of our class members. He's "always been into that kind of stuff" "the moves to keep you limber." Then there was the day "the bull (I was riding) hit the gate, threw me up in the sky. I hit the gate as I fell" and that resulted in decreased strength and decreased range of motion. Since he's been attending Chair Yoga sessions he says "gettin' a lot more use out of it. I couldn't hardly hammer (after the fall) now I can pull fence...gettin' full use out of it."



Some yoga poses that increase shoulder range of motion include ear to shoulder/neck rolls, cross body shoulder stretch, Warrior II, cat/cow stretch, and hand clasp behind back. Come learn these poses and others in Chair Yoga class Friday morning at 10AM in the exercise room



# JUNE BIRTHDAYS

Katherine Anders  
 Jim Anderson  
 Angela Avery  
 Jeanne Avery  
 Ken Baker  
 Kathleen Baker  
 Karen Bates  
 Kristine Bergstrom  
 Fred Bocian Jr  
 Tom Brandt  
 Danny Breen  
 James Brownlee  
 Mary Burke  
 Robert Burwell Jr  
 Joan Carney  
 Gerold Collins  
 Sherry Craig  
 Dean Danilson  
 Jack DeRocher  
 Cynthia Dubray  
 Juanita Ehret  
 Jana Erdmann  
 Zenon Estrada  
 Sherry Evans  
 Gary Finken  
 Roberta Friessen

Connie Goodchild  
 Sue Grieve  
 Cathy Griggs  
 Roger Groves  
 Patricia Gunia  
 Margaret Hall  
 Paula Harder  
 Ronald Hartman  
 B.J. Heitzman  
 Connie Hoklin  
 Corinne Holman  
 Thomas Houchins  
 Doris Howell  
 Wesley Iseminger  
 Gale Jochem  
 Marilyn Jorgensen  
 Vernon Junge  
 UUNO  
 KANTO  
 Donna Keairns  
 Jeff Keil  
 Jean King  
 Rodney Kleinwolterink  
 Anna Kounas

Cheryl Kounas  
 Allen Lambing  
 Suzanne Lundgren  
 Kerwin Meyer  
 Martha Milhan  
 Betti Jean Miller  
 Darla Miller  
 Gustavo Munoz  
 Edward Nagel  
 Jan Nelson  
 Sergio Carlos Perez  
 Judy Peterson  
 Patricia Peterson  
 Lorraine Pfothenhauer  
 Tim Pickinpaugh  
 Toots (Lavonne) J Pittman  
 Kaye Plantenberg  
 Gerald (Jerry) E Reeg  
 Judy Ann Rehurek  
 Brenda Reicks  
 Ronald Rohlena  
 Tanya Rojas

Alice Sailors  
 Florence Schineke  
 Charles Schoonover  
 Robin Schroeder  
 Don Schultz  
 James Shelley  
 James Singer  
 Bruce Spence  
 Sandra Spiegel  
 Madonna Strain  
 Venita Stusse  
 Rita Swanson  
 Roberta Thiele  
 Lynn Townley  
 Barbara Treglia  
 Chris VanDonselaar  
 Joyce Vanderlinden  
 Dixie Walker  
 Cindy Rae Whitesell  
 Evelyn Wilen  
 Elizabeth (June) Wilson  
 Roy Wineinger  
 Dennis Wurster

## NEW MEMBERS

MARK BAHMER  
 JEANIE BENDER  
 JAMES EATON  
 ROSALINE GUERRIERO  
 EDWARD NAGEL  
 LOIS NAGEL  
 SHIRLEY PATRICK  
 DON PETERS  
 DOROTHY THIES  
 KATHRYN UHL  
 THOMAS UHL

## WE REMEMBER

DIANA HOWARD  
 DON NIEUWENDORP  
 DENNIS MARTIN

## MEMORIALS

*for: Lorae*  
 from: Jean King

*for: Vernon Hughes*  
 from: Dennis & Donna Ailts

*for: Maxine Polak*  
 from: George Polak

*for: Vernon Hughe*  
 from: Paul & Rita Swanson

*for: Honey Griffin*  
 from: Siouxland Duplicate Bridge

# 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.

Call (800) 618-3329 to schedule an appointment.

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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**

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.*

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

**Dollar Per Day Club**

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<b>Paul Gregory</b>	<b>Northpark Place</b>	<b>Roberta &amp; Leonard Gill</b>
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<b>First Premier Bank</b>	<b>Jon &amp; Grace Wagoner</b>	<b>Sunnybrook Church</b>
<b>Dorine Levine</b>	<b>Judy Seaman</b>	