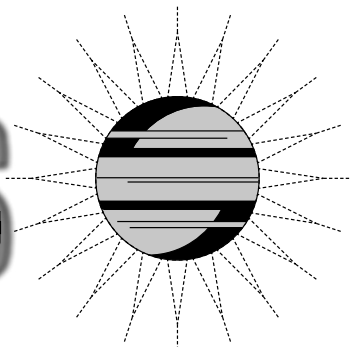


JUNE 2024

# SUNSHINE NEWS



Telephone  
712-255-1729

Number  
546

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

## Exercise Frequency Associated with Benefits



After the conclusion of a successful Senior Living Fair on May 21st, regular activity resumed at the Siouxland Center for Active Generations with members attending fitness classes, walking, and exercising in the fitness room. "Exercise is the second greatest preventive measure for maintaining health," stated Suky Waltman, a certified SilverSneakers coach. Recent data shows that 92.4% of Woodbury County's population has some kind of health issue.



Exercise can help. National studies have found that going to an average of one to three fitness classes a week can prevent about one and a half sick days per month. The same amount of exercise can fend off about a half day of mental unwellness per month.

If you're interested in saving Medicare supplemental premiums, studies indicate that fitness attendees had \$2,144 lower average healthcare costs than those who do not participate in wellness or exercise programs. The study further indicated that each exercise class attended led to an additional \$22 decrease in healthcare costs during their first year in the program.

Although the physical benefits are worth the extra effort, exercise has other benefits. Exercise participants were significantly less socially isolated and lonely than those who did not exercise. Upwards of 20% of exercise participants in this study have felt less social isolation and 25% fewer suffered



from loneliness. These studies reinforce that exercise has a positive impact on health.

In Siouxland, up to 10.5% of those over 65 are diabetic, and upwards of an additional 20% are pre-diabetic. People who exercise show dramatic improvement in controlling their diagnosis. Participants with diabetes had 1,633 dollars lower average healthcare costs after one year in the program and upwards of \$2,141 in two years. "Exercise and eating the right foods can make a difference," stated Phyllis McMillan. "Watching what and how I eat helped bring my A1C levels down. It impressed my physician."



According to Data Commons, 38.5% of people in Woodbury County, Iowa were obese in 2021. In 2022, Data USA reported that 39.8% of adults in Woodbury County, age 18 and older, had a body mass index (BMI) greater than or equal to 30, which is the threshold for obesity. It is a concern to community health leaders to help those who fall into the obese category with weight loss. Many successful programs can help. The TOPS group helps members lose weight through exercise, education, and encouragement. As one member stated "Accountability, that extra sweet will mean more exercise; it's one place where you want to be the biggest loser." If you would like to lead an exercise class, or have ideas about encouraging more classes, please talk to staff at the Center.

# 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

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in the Sunshine News

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

## Meet A Member: Pam Stephan



Pam Stephan grew up in Sioux City, went to school at Lawton-Bronson, and earned bachelor's and master's degrees in education from Morningside College. She became a teacher and taught grade school, as well as Tae Kwando for kindergarten through fourth grade students. Pam is married to Dick Stephan. She has two children, two grandkids, four stepchildren, six step-grandkids, and five step-great-grandkids.

Currently, Pam is a tai chi instructor and volunteers at the Siouxland Center for Active Generations leading the advanced and beginner tai chi classes. She volunteered at the Center for a number of years before becoming a member herself. Besides tai chi, Pam enjoys belly-dancing and occasionally leads classes on self-defense escape techniques.

Some interesting things about Pam are that she has a 5th degree black belt in Taekwondo, she is a certified scuba diver, and first responder CPR instructor. She is also an adaptive aerobics instructor. Pam loves teaching and is open to new experiences. The words of wisdom she would like to share are, "Never give up and be open to learning new things."



## June Birthday Party: Wheel of Fortune

Are you ready to play WHEEL...OF...FORTUNE? Each table at the June birthday party will make up a team. Teams will take turns spinning the wheel and attempting to solve the puzzle consisting of a common phrase. Will you need to buy a vowel? Try not to land on bankrupt! The team with the highest dollar amount at the end of the game will win a prize. Join us to celebrate our members with birthdays in June and enjoy birthday cake and ice cream. Thank you to Joe Evans, Sales Manager from MediGold for sponsoring the birthday cake.

**Monday, June 10, 1 p.m. in the Multipurpose Room.**





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# Vote for the 2024 River-Cade Senior Royalty



Hear ye! Hear ye! The Siouxland Center for Active Generations proclaims that in the sixth month of the year two thousand and twenty-four a new King, Queen, Duke, and Duchess shall be crowned in our kingdom of Elderland. Please help us select our royal representatives through the grand ballot in June. The crowning ceremony for the selected noble personages shall be held at the Friday dance party on June 28.



Duties of the royal court entail appearing in the River-Cade parade on the evening of Wednesday, July 17 (suitable vehicles for the noble personages will be provided), and visiting the court of the Kingdom of Riverssance on the weekend of October 4 and 5. The Red Duchess of Riverssance will dress the winners in royal garb for the Riverssance fair. Senior royalty may also participate in other River-Cade events based on their interest. To vote, seek out a ballot on the Activities Table between June 1 and June 24 and return it to the front desk. Write down two men and two women that you feel embody the spirit of the Siouxland Center for Active Generations. Only one ballot per person will be accepted.



## 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 \_\_\_\_\_

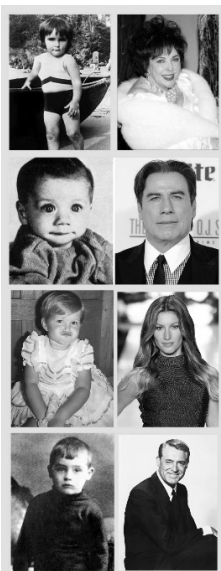
Address \_\_\_\_\_

# Gift Shop & Library Donations

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

- |                 |                  |                  |
|-----------------|------------------|------------------|
| Wendy Beavers   | Deanna Jacobs    | Lois Zunker      |
| Elaine Waskow   | Kris Shults      | Beth Rozeboom    |
| Gail Linke      | Richard E. Hayes | Kenneth Dvorak   |
| Evey Thompson   | George Polak     | Will & Debi Cain |
| Audrey Ercolini | Arlene Lewis     |                  |

## Baby Pictures Challenge Fundraiser



Take part in a fun activity that will help raise money for the Siouxland Center for Active Generations! Several members and a staff person have submitted photographs of themselves as a baby, toddler, or young child, as well as a current picture.

- Pay \$2 for an entry form from the front desk and then look at the photo display board.
- Try to match the adult to their corresponding baby picture.
- The person who makes the most correct matches will win one fourth of the proceeds from the challenge.
- If there are multiple entries with the same number of correct answers, we will draw between them for the winner.
- Entry forms may be submitted throughout the month of June. You may enter more than one time with different guesses.
- The winner will be announced July 1.

Thank you to Norma Schager for suggesting this as an activity/fundraiser and for encouraging members to submit their photos!

## Genealogy Class

June's Genealogy Class will share information and videos from RootsTech 2024. RootsTech is a worldwide annual genealogy conference. RootsTech is a technology company that partnered with the LDS church, known for their extensive family history records, to provide resources and support for genealogists. The RootsTech conference offers over 200 sessions and classes with many videos of the sessions posted online. The videos are available for three years after the conference and they are all free to watch. Genealogy Class member Phyllis McMillan described a phone app that RootsTech offers called "Relatives Around Me" that helps users find relatives who are within 100 feet of them and logged into the app at the same time. Come find out more on **Friday, June 14 at 10:30 a.m. in the Classroom.**

		<p>Iowa State Office: 1449 NW 128th St., Suite 210 Clive, IA Joe Evans, Sales Manager - Iowa JOE-EVANS@medigold.com</p>
<p><b>Medicare Plan</b></p>		

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

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Dr. T. Langan  
Great West Casualty  
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## Donations

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*Jeff Zoelle*  
*Michael Dickson*  
*Jim Brehm*  
*David & Barbara Heaton*  
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*Larry Bower*  
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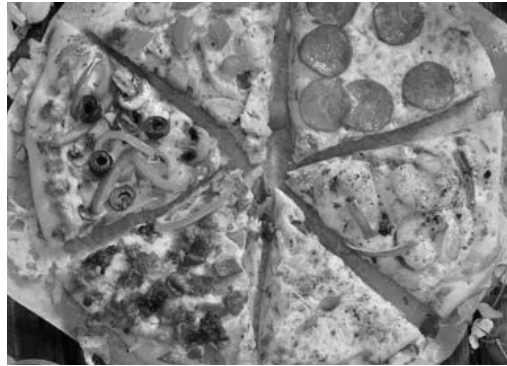
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## Pizza Fundraiser

Support the Center by eating delicious pizza! Several local pizzerias have pledged to donate pizzas to the Siouxland Center for Active Generations for a special lunch to raise proceeds for our organization. For \$6 you will receive two slices of pizza and a drink. Grateful thanks to the pizza restaurants that have pledged to donate pizzas:

- Bob Roe's Point After
- Papa John's
- Pizza Hut
- Red's Savoy Pizza

**Tuesday, June 18, 11:45 a.m.**  
**Buy a ticket at the front desk.**



## AARP Safe Driving Course

Hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver course. Taught by Center Director Pat Tomscha, this four-hour class will cover essential competencies to keep you safe behind the wheel. You'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.
- You may even qualify for a multiyear discount on your auto insurance!
- AARP members save 20% on the cost of the course!



Registration is required. Sign up at the front desk. The cost is \$20 for AARP members and \$25 for non-members. **Tuesday, June 18, 12-4 p.m. in the Conference Room**

## Shower of Bridal Memories Tea Party

Bridal showers are a time-honored wedding tradition dating back to the early 1800s. Initially small, wrapped gifts were placed inside an umbrella and then "showered" over the bride-to-be. These events traditionally celebrate an upcoming marriage and are an opportunity to meet and mingle before the big day. We know that many of you have cherished memories of your wedding. Come and share them with friends at a party honoring the brides of days gone by in this month of June, one of the most popular months to hold a wedding. Wear your bridal veil if you choose and bring a gift of \$10 in value to exchange with another bride. You may also bring favors or mementos from your wedding, as well as a wedding photo. We'll play some fun shower games and tea party refreshments will be served. The cost to attend will be \$5 in order to cover the food expenses. Add yourself to the guest list at the front desk.

**Monday, June 24 at noon in the Dining Room.**



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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! Faith Cosier, Membership Coordinator

Juanita Alvarado  
Linda Blom  
Fred Bocian, Jr.  
Susan Booth  
Dianne Bostic  
Kathleen Camerer  
Theresa Dean  
Rosemary Deurloo  
Don Domayer  
Stephen Dougherty

Helen Eriksen  
Rashel Fiscus  
Jeff Flom  
Diane Gardner  
Sharon Georgeson  
Beverly Graber  
Fred Griffin  
DeRoy Hedemark  
Monica Hudson  
Gaylene Ironhawk

Jesse Ivy  
Sally Ivy  
Judy Jenkins  
Jenie Keating  
Linda Kempers  
Mary Ann Kleber  
Kenneth Kummer  
Catherine McKnight  
Elaine Meyer  
Betti Jean Miller

Dorothy Miller  
Sara Miller  
Jan Nelson  
Scott Olsen  
Joyce Olson  
Duane Peterson  
Julia Peterson  
Alice Reeg  
Bonnie Richardson  
Carol Riffey

Jeannie Sailor  
Patricia Simon  
Paul Skelton  
Markeen Starin-Todd  
Julie Stinehart  
Patricia Teel  
Donna Thiele  
Constance Wetzal  
Beth Zwick



## Friday Dances

Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6 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.

**June 7:**

**Bob Brewer  
and Country Brew**

**June 14:**

**The Embers**

**June 21:**

**Jerry O'Dell's  
Country Flavor Band**

**June 28:**

**The Singer Family Band**

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## June Jukebox Parties

### Live Rock and Roll Party with Ed Tryon



Get ready to move and groove to the rockin' music of Ed Tryon. He'll entertain the crowd with a repertoire of favorites from the 50's and 60's. Donations for Ed will be appreciated!

**Tuesday, June 11, 2-4 p.m. in the Multipurpose Room.**

### Bunco

Are you looking for a fun and easy new pastime? Bunco is not a skill game. If you can roll the dice, you can play! Bunco consists of a round of six numbers. It starts with #1. You roll three dice. If you roll and get a one on any dice, you continue to roll. If you don't roll any ones, the next player rolls. The game continues until you get twenty-one points, or if you get three ones on one roll, that's called a bunco. You not only score a win, but also a bunco. This continues through sixes. We also started a gag gift award for when you get three of one number and were not rolling for that number. We call that a notch.

Scores are kept through as many rounds as we can play in two hours. At the end of two hours, we count up scores.

Money is awarded in this manner:

- If you roll the most buncos, you get most of the money pot.
- If you get the most wins, you get what's left of the money pot.
- Rolling the most notches wins you the gag gift each day.
- At the end of the month, the notches get totaled up and whoever has the most wins a bigger gift.
- The normal cost to play is \$1.00 per person.

Bunco currently meets on the first and third Monday of the month and the first and third Friday of the month from 12-2, but they are planning to switch from Fridays to Wednesdays beginning in July. The Bunco group is looking for more players. They'll be having an introductory day on Wednesday, July 10 from 12-2 where you can learn to play. Play will be free that day and there will be gifts to win. Both women and men are welcome to join in the fun!



### Grease the Next Generation 2024



Dance along to beloved songs from the movie Grease! Similar to last month's Just Dance party, Clint Barrs has selected video game style dance videos set to the songs from the movie Grease. We'll also dance to other music from the era. Grease-themed attire is encouraged. Refreshments will be provided by Amera Senior Living.

**Tuesday, June 25, 2-4 p.m. in the Multipurpose Room.**

### Twenty Questions Team Trivia


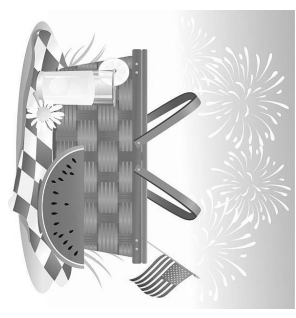
If you enjoy Jeopardy and answering trivia questions, think about how much fun it would be to play with others! For a fun time with friends that also exercises your brain, join us for Team Trivia! Answer twenty Jeopardy-style questions with your team. The team with the most correct answers is awarded with prizes and bragging rights.

**Monday, June 3 and Monday, June 17, at noon in the Dining Room**


### Tai Chi for Seniors Health Benefits: Good for Your Brain

The older you get, the more difficult it becomes to easily switch from one task to another. But studies show that for some people, tai chi might be able to help. A small study of people in their 60s found that those who practiced tai chi daily for 12 weeks were better able to switch between tasks than those who didn't practice it. They also had more activity in the prefrontal cortex, the area of the brain responsible for higher-level thinking skills. Another study showed that when older adults with memory issues practiced tai chi three times a week for six months, they experienced "significantly improved memory." **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**



<p>11:00 am Balance Class 11:30 am-12:30 pm Full Lunch 11:45 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-S1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p>9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginnin g) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p>9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:40 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>12:00 pm 500 Card Club 12:30 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring Jerry O'Dell's Country Flavor Band</i></p> <p><i>Last day to vote for senior royalty</i></p>
<p><b>24</b> <b>12 pm Shower of Bridal Memories Tea Party</b> 7:30 am-1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-S1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p><b>25</b> <b>2-4 pm New Grease Generation Jukebox Party</b> 7:30 am-1 pm Coffee Shop 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 (Beginnin g) 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 (board room) 12:30 pm Penny Bingo 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>26</b> 7:30 am-1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Amnera Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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 Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p><b>27</b> <b>1 pm Karaoke on the stage</b> 7:30 am-1 pm Coffee Shop 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 SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:40 am Canasta 11:00 am Line Dance 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 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>28</b> <b>Final Day to enter in the Baby Pictures Challenge</b> 7:30 am-1 pm Coffee Shop 9:00 am Amnera 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-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class, Vivian Miller 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring The Singer Family Band Senior Royalty Crowning Ceremony</i></p>
<p><b>1</b> <b>Baby Pictures Challenge winner announced</b> 7:30 am-1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-S1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p><b>2</b> 7:30 am-1 pm Coffee Shop 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 (Beginnin g) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>3</b> 7:30 am-1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Amnera Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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 Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p><b>4</b> <b>Closed for Independence Day</b></p> 	<p><b>5</b> <b>Center Closed</b></p> 
<p><i>Biscuits &amp; Gravy</i></p>	<p><i>Biscuits &amp; Gravy</i></p>	<p><i>Biscuits &amp; Gravy</i></p>	<p><i>Biscuits &amp; Gravy</i></p>	<p><i>Biscuits &amp; Gravy</i></p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><i>Baby Pictures Challenge begins, \$2 entry</i></p> <p><b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm Coffee Shop            7:45 am Walking Exercise            8:15 am Spanish Class            9:00 am Senior Yoga (CD)            9:30 am Cornhole            10:00 am Knitting &amp; Crocheting            10:30 am Tai Chi (Advanced)            11:00 am Balance Class            11:30 am-12:30 pm Full Lunch            11:30 am Woodcarving            11:30 pm Cribbage            12:00 pm Bunco-S1 entry            12:40 pm Pinocle            12:50 pm Bridge-Duplicate            1:00 pm Silversneakers BOOM Fitness</p>	<p><b>4</b></p> <p><b>1 pm Craft with Bickford</b></p> <p><b>2-4 pm Live Jukebox Dance Party with Ed Tryon</b></p> <p>7:30 am—1 pm Coffee Shop            8:15 am Spanish Class            9:00 am Fitness Logic with Lee            9:00 am Penny Bingo            9:00 am Rook Steady Boxing (Fee)            9:30 am Painting Class            9:30 am Bible Study            10:00 am Creative Writing            10:00 am Tai Chi (Beginning)            10:30 am Silversneakers Classic Fitness            11:00 am Belly Dancing            11:00 am Mah Jongg (experienced players)            11:30 am Jazz Dancercise            11:30 am Mexican Train            11:30 am Unlucky 7 Dice Game            12:30 pm Penny Bingo            12:30 pm Tap Dance            12:30 pm Painting Class            1:00 pm Ping Pong</p>	<p><b>5</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>8:00 am-9:30 am Biscuits and Gravy            8:15 am Spanish Class            7:45 am Walking Exercise            9:00 am Amnera Yoga w/Dixie            9:00 am Duplicate Bridge            9:30 am Painting Class            10:00 am Chess            10:00 am Wii Bowling            10:00 am Sexy &amp; Fit after 40            10:30 am Open Jam Session -<b>\$1.00</b> Guests            11:00 am Choir Practice            11:00 am-12:30 pm Full lunch            11:30 am Phase 10            11:30 am 500 Card Club            12:00 pm Bridge—Men            1:00 pm Coloring Corner            1:00 pm Silversneakers BOOM Fitness</p>	<p><b>6</b></p> <p><b>10 am Book Discussion Group</b></p> <p><b>1 pm Karaoke on the stage</b></p> <p>7:30 am—1 pm Coffee Shop            8:15 am Spanish Class            9:00 am Penny Bingo            9:00 am Tasting            9:00 am Rook 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 Mah Jongg            11:30 am Woodcarving            11:30 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>7</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>9:00 am Amnera Fitness with Dixie            10:00 am Chair Yoga with Kaye            10:00 am T.O.P.S. meeting            11:00 am-12:30 Full lunch            11:30 am Open Bridge Group            11:30 am Mixed Media Art Class/ Vivian Miller            12:00 pm Bunco-S1 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</p> <p><i>Feturing</i>  <b>Bob Brewer and Country Brew</b></p>
<p><b>10</b></p> <p><b>1 pm Birthday Party (2nd Monday)</b></p> <p><i>Cake donated by Meligold</i></p> <p>7:30 am—1 pm Coffee Shop            7:45 am Walking Exercise            8:15 am Spanish Class            9:00 am Senior Yoga (CD)            9:30 am Cornhole            10:00 am Knitting &amp; Crocheting            10:30 am Tai Chi (Advanced)            11:00 am Balance Class            11:30 am-12:30 pm Full Lunch            11:30 am Woodcarving            11:30 pm Cribbage            12:00 pm Pinocle            12:00 pm Bridge-Duplicate            1:00 pm Silversneakers BOOM Fitness</p>	<p><b>11</b></p> <p><b>1 pm Craft with Bickford</b></p> <p><b>2-4 pm Live Jukebox Dance Party with Ed Tryon</b></p> <p>7:30 am—1 pm Coffee Shop            8:15 am Spanish Class            9:00 am Fitness Logic with Lee            9:00 am Penny Bingo            9:00 am Rook Steady Boxing (Fee)            9:30 am Painting Class            9:30 am Bible Study            10:00 am Creative Writing            10:00 am Tai Chi (Beginning)            10:30 am Silversneakers Classic Fitness            11:00 am Belly Dancing            11:00 am Mah Jongg (experienced players)            11:30 am Jazz Dancercise            11:30 am Mexican Train            11:30 am Unlucky 7 Dice Game            12:30 pm Penny Bingo            12:30 pm Tap Dance            12:30 pm Painting Class            1:00 pm Ping Pong</p>	<p><b>12</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>8:00 am-9:30 am Biscuits and Gravy            7:45 am Walking Exercise            9:00 am Amnera Yoga w/Dixie            9:00 am Duplicate Bridge            9:30 am Painting Class            10:00 am Chess            10:00 am Wii Bowling            10:00 am Sexy &amp; Fit after 40            10:30 am Open Jam Session -<b>\$1.00</b> Guests            11:00 am Choir Practice            11:00 am-12:30 pm Full lunch            11:30 am Phase 10            12:00 pm 500 Card Club            12:00 pm Bridge—Men            1:00 pm Coloring Corner            1:00 pm Silversneakers BOOM Fitness</p> 	<p><b>13</b></p> <p><b>1 pm Karaoke on the stage</b></p> <p>7:30 am—1 pm Coffee Shop            8:15 am Spanish Class            9:00 am Penny Bingo            9:00 am Tasting            9:00 am Rook 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 Mah Jongg            11:30 am Woodcarving            11:30 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>14</b></p> <p><b>10:30 am Genealogy Class (2nd Friday)</b></p> <p>7:30 am—1 pm Coffee Shop            9:00 am Amnera Fitness with Dixie            10:00 am Chair Yoga with Kaye            10:00 am T.O.P.S. meeting            11:00 am-12:30 pm Full lunch            11:30 am Open Bridge Group            11:30 am Mixed Media Art Class/ Vivian Miller            12:00 pm 500 Card Club            12:00 pm Card/ Board Game Group-Misc            12:30 pm Open Craft Time            1:00—3:30 pm Friday Dance</p> <p><i>Feturing</i>  <b>The Embers</b></p>
<p><b>17</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm Coffee Shop            7:45 am Walking Exercise            8:15 am Spanish Class            9:00 am Senior Yoga (CD)            9:30 am Cornhole            10:00 am Knitting &amp; Crocheting            10:30 am Tai Chi (Advanced)</p>	<p><b>18</b></p> <p><b>11:45 am Pizza Fundraiser</b></p> <p><b>12-4 pm AARP Safe Driving Course</b></p> <p>7:30 am—1 pm Coffee Shop            8:15 am Spanish Class            9:00 am Fitness Logic with Lee            9:00 am Penny Bingo            9:00 am Rook Steady Boxing (Fee)</p>	<p><b>19</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>8:00 am-9:30 am Biscuits and Gravy            8:15 am Spanish Class            7:45 am Walking Exercise            9:00 am Amnera Yoga w/Dixie            9:00 am Duplicate Bridge            9:30 am Painting Class            10:00 am Chess            10:00 am Wii Bowling</p>	<p><b>20</b></p> <p><b>1 pm Karaoke on the stage</b></p> <p>7:30 am—1 pm Coffee Shop            8:15 am Spanish Class            9:00 am Penny Bingo            9:00 am Tasting            9:00 am Rook Steady Boxing (Fee)            9:00 am Bellydancing            9:00 am Line Dance Beginner, Registration Req.            9:00 am Silversneakers Classic Fitness</p>	<p><b>21</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>9:00 am Amnera Fitness with Dixie            10:00 am Chair Yoga with Kaye            10:00 am T.O.P.S. meeting            11:00 am-12:30 pm Full lunch            11:30 am Open Bridge Group            11:30 am Mixed Media Art Class/ Vivian Miller            12:00 pm Bunco-S1 entry</p>

# Spanish and SilverSneakers Boom Classes with Suky



New SCSEP volunteer Suky Waltman has begun leading two new classes at the Siouxland Center for Active Generations. **Spanish class meets Monday through Thursday from 8:15-8:45 in the Classroom.** Lessons are structured so that you can drop in when it is convenient for you; you do not have to come every day. So far, a few students have been attending. Lynn Johnson said that she is enjoying the class. “I’ve had Spanish before and I’m learning new vocabulary, something that is going to be helpful.”



SilverSneakers Boom Fitness classes began on Wednesday, May 15 and class members enjoyed the easy, low impact dance movements to fun disco music. They agreed that it was a great workout. Anna Kounas said that she hopes more people will join the class as it is more fun exercising with a group. The class will occur twice a week, **Mondays and Wednesdays at 1 p.m. in the Fitness Classroom.**

## Trailblazers Walking Group



The Trailblazers recently walked an impressive 4,982 laps around the building which is equal to about 399 miles! Keep up the great exercise! In June we’ll be traveling to Malta.

Malta, the tenth smallest country in the world, is a European island nation south of Sicily. Over its history, it has played a vital role in the struggles of a succession of powers for domination of the Mediterranean and in the clashes between emerging Europe and the older cultures of Africa and the Middle East. It also played a strategic role in World War II as a base for the Allied Powers. It has numerous fortresses, megalithic temples, and beautiful enclosed balconies. Photos displayed in June will come from Kristina’s recent trip there.

## Over 55, Unemployed and Looking for Work?

Get the training and skills you need to compete in today’s job market. The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today’s tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community. If you’re 55 or over and unemployed, contact AARP Foundation SCSEP’s local office at 641-243-8873 for more information.

### Your Neighborhood Coalitions

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

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

### Medicare Advantage & Supplement Plans



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bahunkins@yahoo.com

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Clubs & more  
Zero Premiums and  
Zero Deductibles  
**Learn about Advantage Plan  
12-Month Trial**

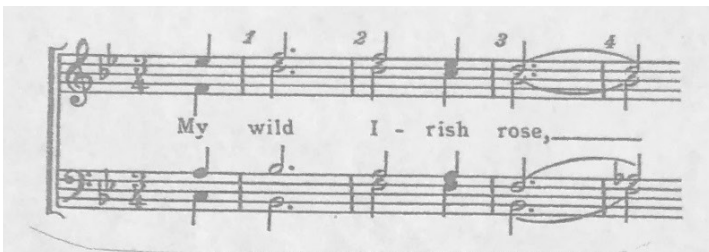
*“One on One” help with Bruce!*

## Bridge News



With the snowbirds back and several new players, partnerships are changing a little. To make things easier, Audrey Ercolini will serve as partnership chair to help players get together. She prefers email communication. Reach her at [audreylund@aol.com](mailto:audreylund@aol.com). Tell her what you need in a partner and when you can meet. Hopefully, we will get some good matchups. We will be hosting a regional tournament here at the Center on June 7-8. All bridge players are invited. Tournaments are at least twice as much fun as regular games. The regular games and classes will go on as usual for the month of June. The date hasn't been set, but we are trying something new in June. We are having a potluck lunch with a pro-am game. The top ranked half of players will be paired with the lower half, so that we have a chance to play with and get to know new people. Sounds like fun!

## Choir News



Do you recognize this portion? Come join in the fun of sharing our talent with others and joy for ourselves! We sing harmony in old songs, new songs, rounds, even a beautiful song one our own, Lori Jessen, composed! And do we have fun! We sing for the love of it, and not compelling, but to share joy. Laughter is always on deck during practices; we are friends, too. I think you would truly enjoy it! Give us a try. Sit in on a session and it will draw you in. We would love to have you; you can do it!

**Wednesdays at  
11 a.m., now in  
the Music Room**



## Chair Yoga

Everybody has a story. When I walk into the Exercise Room on Friday mornings, I see many faces that have a story that brought them to chair yoga. Sonnie Robbins has been a member of the Siouxland Center for Active Generations for almost 10 years. She attends Silver Sneakers, Bible Study, Mah Jongg, Exercise with Dixie, and Chair Yoga. When the Center reopened after the COVID shutdown, Yoga with Amanda was no longer offered. "I thought I was too young to do Chair Yoga, but I decided to swallow my pride and give chair yoga a try."

Jeannie Husted has been a member since 2010. She starts every day with a 2 1/2 mile walk as a Trailblazer. She also participates in Balance Class, Art Class, Tatting, Self Defense and other offerings, including performing at the Follies. She tried chair yoga "to see what I could learn from a chair. I had to see it to believe it."

Nancy Means has been a member for 17 years. She also attends birthday parties, Silver Sneakers, Unlucky Seven, Friday Dances and diet classes. Her friends brought her to chair yoga. What benefits do class members get out of chair yoga? The participants named the familiar benefits of increased strength, flexibility, and improved balance, but Sonnie added that "the pain and stiffness in my muscles and joints has decreased significantly.... I have almost no back pain and much more flexibility. I'm glad I decided to give it a try." Nancy noted the "stretching to ease my pain and strengthening my core."

One of Nancy's favorite poses is mountain. Mountain is the foundation for all the standing poses. It improves posture, stability, and confidence. It is for core strengthening also. Mastery of mountain pose with firmness of feet, toes, shoulder and chest benefits the practice of all other poses. Jeannie mentioned she "enjoys the deep breathing with the stretching movements." Yoga breathing is intentional, controlled breathing. It helps strengthen your lungs. The deep breathing releases carbon dioxide and increases your oxygen supply, improving blood quality. It calms the mind and the nervous system.

All of the class members are an essential part of the success of our class. I'm glad these busy ladies fit chair Yoga into their routine.

Quote to inspire your yoga practice: *I think it's interesting that the opposite of being active in yoga is not being passive. It's being receptive.*

*Kaye Plantenberg*

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# June Creative Writing Themes

*Do you have a story to tell? Join us every Tuesday at 10 a.m. You may write about a topic of your choice or just come and listen to the stories others share. Our Creative Writing story telling themes for the month are:*

**June 4th..... Write on Why We Need Insects?**

**June 11th ..... Write on the Middle Ages and Black Death.**

**June 18th ..... Write on a Newspaper or TV Article of your choice.**

**June 25th..... Write on the Federal Holiday of Juneteenth, a National Independence Day.**

## FACTS ABOUT JUNE

1. June is the month of longest daylight hours in the Northern Hemisphere.
2. June 14th is Flag Day, founded by the U.S. Army in 1775
3. June 16th is Father's Day.
4. June has two Zodiac signs: Gemini and Cancer.
5. In 1972, under President Nixon, Congress made Father's Day a national holiday.

POEM, THE SONG OF WIND BY NATALIA HUJA

Wind is like peace, a swaying song it sings,  
 Drifting away in the summer wind.  
 Dancing grass in the field,  
 Flowers sing a windy song,  
 Good night wind,  
 Spring has gone, Summer is here.

## Rock Steady Boxing

A great Regional Parkinson's Conference was held on April 25th with over 100 attendees. Thanks to all our speakers and vendors providing important information on services and topics such as stem cell research, managing symptoms, palliative care, and addressing orthostatic hypotension and exercise for those with Parkinson's. Studies from the 1980s and 1990s supporting the notion that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably impact range of motion, flexibility, posture, gait, and activities of daily living have been reaffirmed. More recent studies, most notably at Cleveland Clinic, focus on the concept of intense "forced" exercise, and have begun to suggest that certain kinds of exercise may be neuro-protective, i.e., actually slowing disease progression. Exercise, it helps!



## THE BLANK CANVAS

We come into this life a BLANK CANVAS  
 With the whole scope to change;  
 In the steps of life we go through  
 We are able with thought the canvas change.

Step-by-step as we travel along our way  
 Leaving footprints with every step we take;  
 Where the portrait will finish-who knows  
 Sometimes a turn taken a different picture we make.  
 Then may my venture be one of BEAUTY  
 Creating pleasant scenes to show;  
 Leaving a legacy in other's hearts  
 A lasting worthwhile canvas others can grow.

In guiding others as they go on their way  
 The tracks come together into a united part;  
 Then joining the sights that can be seen  
 Can form a work of art from an unpredicted start.  
 Yes-I'm only ONE that goes along my way  
 But what beautiful things can be made;  
 In working with others in love and true care  
 A STRONG FOUNDATION can then be laid.

*Kay Reynolds*

## Silver Sneakers

SilverSneakers members demonstrate better trends than similar seniors with respect to overall health status, health status change, emotional health, social limitations due to health, overall disability level, and in ability to perform all six measured activities of daily living. What are you waiting for? Join SilverSneakers today!

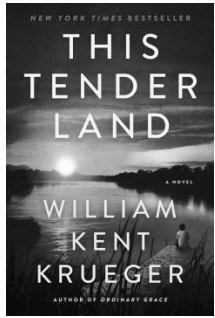
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**SilverSneakers**

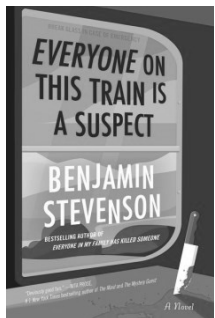
# Book Discussion Group

**June 6: This Tender Land by William Kent Krueger**



Fleeing the Depression-era school for Native American children who have been taken from their parents, four orphans share a summer marked by struggling farmers, faith healers and lost souls.

**July 11: Everyone on this Train is a Suspect by Benjamin Stevenson**



(The July meeting will take place on the second Thursday of the month due to the July 4th holiday.) On a famous Australian train between Darwin and Adelaide for the Mystery Writers' Society one of the attendees is murdered for real in the new mystery from the author of Everyone in My Family Has Killed Someone.

**The Book Discussion Group meets on the first Thursday of the month at 10 a.m. in the Library.**

# The Neighborhood Network Coalition

The last time I checked, two, three, ten, or even thirty heads are better than one. The more the better. Our community neighborhoods belong to all of us. If we take care of them, we will reap the benefits of safe, inclusive, and interactive neighborhoods. We want you to get involved and tell our neighborhood networks what you think about agencies, organizations, and businesses or what your government is doing well and what they can improve upon. Without participation, input, and direction, progress towards a better neighborhood can't be accomplished. If you have ideas and/or concerns speak to your neighborhood network. If you're on the Near Northside call me for a conversation, Larry at 712-255-0130

## Happenings at the Center

The Young at Heart Line Dancers gave a boot-scootingly great performance at the May birthday party. Dancing to a variety of songs, they showed off the moves that they practice at their Thursday classes. Look forward to seeing them at the Fall Follies in October!

**Happy 4th!**

**THE CENTER WILL BE CLOSED ON THURSDAY, JULY 4<sup>TH</sup> AND FRIDAY, JULY 5<sup>TH</sup> FOR THE INDEPENDENCE DAY HOLIDAY.**



# Happenings at the Center

Rita Potter brought laughter and joy to some of our members celebrating birthdays. She magically turned ingredients such as motor oil, hot sauce and eggshells into adorable tiger cakes for Don Casaday and Jerry Walker at the Get Wild Jukebox Party. She also painted a portrait of Clint Barrs on the day we celebrated his birthday at the Friday Dance Party.



Jukebox party attendees dressed in animal print and jungle themed outfits for the Get Wild party in April. They let out their wild side dancing to favorites such as Wild One, Catch a Tiger by the Tail, and other “wild” party music.



Shredtastic brought 196 cars to the parking lot of the Siouxland Center for Active Generations with 4.5 tons of documents to shred! Participants offered generous donations for both SCAG and our partner agency, Connections Area Agency on Aging. Thank you to Document Depot for providing the shredding services and to our hardworking volunteers who unloaded the carloads of documents.

# JUNE BIRTHDAYS

Darla Miller	Richard Fritz	Leonard Bradley	Judy Ann Rehurek
Bruce Spence	Lisa Gutierrez	Suzette	Brenda Reicks
Pat Alfredson	Margaret Hall	Leuenhagen	Ronald Rohlena
Jim Anderson	Ronald Hartman	Sue Lieber	Alice Sailors
Linda Anderson	Alex Heinecke	Suzanne Lundgren	Florence Schineke
Jackie Archer	Connie Hoklin	Muriel Lyle	Connie
Angela Avery	Victoria	Rita Lyman	Schoenberner
Karen Bates	Hollingshead	Debby Martindale	Robin Schroeder
Kris Bergstrom	Corinne Holman	Kerwin Meyer	James Shelley
Fred Bocian, Jr.	Darrell Hoss	Betti Jean Miller	James Singer
James Brownlee	Thomas Houchins	Edward Nagel	Sandra Spiegel
Robert Burwell, Jr.	Bella Ingram	Jan Nelson	Marguerite
Joan Carney	Wesley Iseminger	Joyce Olson	Stephens
Tammy Carter	Ronald Johme	Barbara	Lori Stivers
Frances Cole	Marilyn Jorgensen	Orzechowski	Carol Stout
Gerold Collins	Donna Keairns	Doris Parsons	Krista Tran
Janice Culver	Jeff Keil	Alfred Patocka	Joyce
John Culver	Jean King	Sergio Perez	Vanderlinden
Dean Danilson	Holly King	Judy Peterson	Alan Verley
Vivian Derochie	Anna Kounas	Lorraine	Walker Dixie
Ruth Ellis	Cheryl Kounas	Pfotenhauer	Cynthia Walker
Jana Erdmann	Allen Lambing	Tim Pickinpaugh	Elizabeth Wilson
Pharyce Eslick	Margaret Lamkin	Kaye Plantenberg	Roy Wineinger
Kathleen Fischer	Steve Larson	Chip Pottorff	Dennis Wurster
Roberta Friessen	Pamela Lawson	Bev Reed	Janet Youngberg

## June NEW Members

Arlin Andal	Anne Hackett
Lisa Anderson	Barbara Heaton
Elizabeth Barnett	Mary Jansen
Judie Bauman	Judith Johnson
Laurie Blanchard	Erna Kirwan
Tammy Carter	Molly Lokhorst
Rita Cooper	Susanne Okane
Kent Crandall	Roger Potter
Dale Davenport	Bev Reed
Carol DeLaRosa	Pat Ruge
Ruben	Phillip Severson
DeLa Cruz	Lisa Severson
Dennis Dvorak	Janet Skogman
Lucille Foster	Jerald Stewart
Lizzie Godfrey	Erv Strohbeen
John Guenthner	Dorothy
Connie	Strohbeen
Guenthner	Louise Tadlock

## In Memory

*Lucy Van Valkenburg for Floyd Campbell, Dad to Faith Cosier*  
*Alice Reeg for Harry Bridget*  
*Claudi Nordin for Virginia Gries*



## Happenings at the Center

(Pictured Left) Deb and Liz from Bickford Senior Living and Memory Care led some of our members in arranging beautiful bouquets of spring flowers. This month they'll offer a patriotic craft on Tuesday, June 11 at 1 p.m. Sign up in the Activities Book to participate.

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**DEADLINE:** Please turn items in on or before the 8th of each month, so they can be included in the next issue of the **Sunshine News**.

**Membership Information**

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.
- The Activities Book is located on the Activities Table next to the Multipurpose Room. Use it to sign up for activities and volunteer opportunities.

**Refund Information**

- If a class, activity or trip is cancelled by a Center staff member, a full refund will be given to those who have registered.
- If a participant cancels a class or activity after it begins, NO refund will be given. Please keep this in mind when registering for classes and activities. If you are unsure if a class is appropriate for you, please contact a Center staff member to answer any questions.
- If a member cancels their registration for a trip, a full refund will only be given if the Center is notified seven business days in advance.
- Trips co-sponsored by the Center or booked by other travel organizations may have different refund policies than those listed above. Please check at the time of trip registration.

# DOLLAR-A-MONTH

*These persons offer additional assistance each month for the ongoing operation of the Siouxland Center for Active Generations. We thank them for their extra support.*

- |                |             |              |
|----------------|-------------|--------------|
| Mary Hubert    | Gene Smyser | Pamela Mears |
| Maizie Johnson | Don Shultz  | Don Casaday  |

## Dollar-A-Day for a YEAR

- |                      |                        |                          |
|----------------------|------------------------|--------------------------|
| Gene Anderson        | Thomas & Deanna Jacobs | Judy Seaman              |
| Kristine Bergstrom   | Donald & Ruth Kingery  | Jon & Grace Wagoner      |
| Gail & Tom Brown     | Grant & Pamela Mears   | David & Vicki Young      |
| John & Sandra Graser | Russell E. Movall      | Dorine & Seymour Levine  |
| Bob Hightower, Jr    | Robert & Nancy Nelson  | Ed Tryon                 |
| Diana Howard         | Barney Pottebaum       | William & Margaret Foulk |