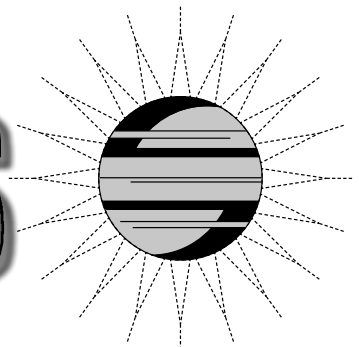


# MARCH 2025 SUNSHINE NEWS

Telephone  
712-255-1729

Number  
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Published  
Monthly



Siouxland Center  
for Active Generations

Our mission is to enrich the quality of life and support independence and vitality for our members.

Siouxland Center for Active Generations strives to be the foremost provider of diversified and affordable programs and services to help adults stay active, informed, and involved. This is done by meeting the recreational, educational, and social needs of our members in an environment which is fun, safe, inclusive, and courteous for all.

## Cruise Ship Week 2025



Members of the Siouxland Center for Active Generations voted on the 2025 Cruise Ship week destination and the Greek Isles were chosen! March

at the Center will begin with a week-long imaginary trip to this fantastic location next to the bright blue Aegean Sea, with sun-drenched beautiful white buildings covered with pink flowering Bougainvillea vines. Spend time enjoying themed activities, socializing with your friends, and relaxing as we enter the (hopefully) final month of the dreary Iowa winter. Come aboard the S.S. Active Generations the week of March 3rd through 7th for a full schedule of events!

### Monday, March 3: Greece-Themed Team Trivia

Brush up on Greek mythology, world history, and famous people from Greece to get ready for twenty questions on the country considered to be the birthplace of democracy, philosophy, and theater. Bring your friends and work together to go for the trivia gold medal, because Greece is also the birthplace of the Olympics. Prizes and bragging rights will be awarded to the winning team! **At noon in the Dining Room.**



### Tuesday, March 4: Fat Tuesday Lunch Sponsored by Cornerstone Caregiving



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The S.S. Active Generations will depart from the Port of New Orleans and we'll take

in some Mardi Gras fun before we sail away! Prepare for the Lenten season or just come and enjoy some good food at our Fat Tuesday lunch. The New Orleans inspired menu will consist of Red Beans and Rice, Jambalaya, French bread, bread pudding and King Cake for \$8. According to tradition, the person who finds the baby in their King Cake is declared

the King of Mardi Gras and will receive good luck and prosperity for the next year. Buy tickets at the front desk. **The Fat Tuesday Lunch will begin at 11 a.m.** Guests will be served in the order of their ticket number.

### Tuesday March 4: Mardi Gras Jukebox Dance Party



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Continue the Mardi Gras party and "laissez les bons temps rouler" (let the good times roll) by dancing the afternoon away at the Mardi Gras Jukebox dance party. Bring your favorite masquerade mask or pick one up at the party. Wear your best festive gold, green and purple outfit, or whatever wild Carnival attire you can put together. We'll strut to your favorite party hits and try out some Just Dance Samba videos in the spirit of the day. **12:30-2:30 p.m. in the Multipurpose Room** (Please note that the Jukebox Party will be earlier in the day than normally scheduled.) *Thank you to Trisha Lalumendre from Continental Springs for providing refreshments and decorations for the party!*

### Wednesday, March 5: Spa Day

For a day of relaxation and taking care of yourself, book an appointment at the Spa Générations Actives. Our Conference Room will be transformed into a lovely spa to rejuvenate you! Treatments and services will include hand or foot soaks, beauty masks, aromatherapy, and guided meditation. This activity was quite popular last year! Sign up at the front desk. There will be a small fee for the various services. **9-11 a.m. in the Conference Room.**



### Wednesday, March 5:

#### Greek Dress Up Contest at the Wednesday Jam Session

Come dressed as your favorite Greek god or goddess, in a dress inspired by Mamma Mia, as a soldier from the 300, in a toga or in traditional Greek costume. Use your creativity to come

# 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 — \$75 per Person

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up with something interesting that fits the theme! Prizes donated by Bickford Senior Living will be awarded to four people with the best costumes. **10:30 a.m.—12 p.m. in the Multipurpose Room.**

**Thursday, March 6: Cruise Ship Games on the Deck**  
Connections Area Agency on Aging and Amera Senior Living will bring fun games to entertain you Thursday afternoon. Try your hand at mini-golf, flamingo ring toss and other challenges. **1 p.m. in the Multipurpose Room.**



**Friday, March 7: Greek Cuisine Lunch**  
*Sponsored by St. Croix Hospice.*



Enjoy delicious Greek food made by ladies from the Greek Orthodox Church. Chicken with rice pilaf, a Greek salad, and a baklava sundae will be on the menu! Fish will be available for those observing Lent. Buy tickets at the front desk for \$12. **Lunch will be served beginning at 11 a.m. in the order of your ticket number.**

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**Friday, March 7:**  
**Cruise Week Dance Party with Jerry O'Dell's Country Flavor Band**



Wear your best resort wear for the final event of Cruise Ship Week 2025. We'll sail away to the toe-tapping music of Jerry O'Dell and his Country Flavor Band with the wonderful memories of our time in the Greek Isles. **1-3:30 p.m. in the Multipurpose Room.**

*Find more information about Cruise Ship Week 2025 on the Activities table and at the front desk!*

## St. Patrick's Day Dinner

Celebrate the Emerald Isle with your friends at the Center! The Siouxland Center for Active Generations will be holding a St. Patrick's Day themed meal. Buy your tickets soon, guests will be served in order of their ticket numbers. The menu will include:

- corned beef and cabbage
- boiled potatoes
- Irish soda bread,
- festive desserts.



**Tickets are \$12 and can be purchased at the front desk. Monday, March 17, 11 a.m. to 12:30 p.m.**

## Meet a Member: Ruth Schrank

Sessions, where she participates by singing, and the dances. She started singing about three years ago and says,



Mary Ruth "Peachie" Schrank grew up in Danbury, Iowa. She went to school there for most of her education, then went to Maple Valley High in Mapleton for her senior year. For twenty-one years Ruth worked at the Pacific Bell telephone company in California. She started as a telephone operator and ended up with the position of Design Circuit Engineer. In 1988 she moved back to Iowa to be near her family and worked at Cell One, then the Argosy Casino until 2013.

Ruth enjoys the company of pet birds. She currently has a cockatiel named Sunny. Her previous feathered friend, shown in the photo, was named Smoky.

At the Siouxland Center for Active Generations, Ruth enjoys music, especially the Wednesday Jam

"I love singing more than anything." She also enjoys the camaraderie of the many friends that she has made here.

Something that people may not know about Ruth is that she played trumpet for years and played at military funerals. She also played baritone sax. Ruth considers herself to be an avid reader; her favorite author is Michael Connelly. She used to volunteer at the Sioux City Public Library. She also enjoyed painting watercolors and did her own matings for her art, but she does not paint anymore. Currently she loves to knit, crochet, and do needlepoint.

The words of wisdom that Ruth would like to share are "Enjoy every day!" and "Be kind."

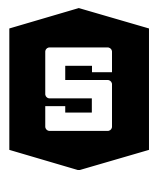


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### Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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Name \_\_\_\_\_

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# Gift Shop & Library Donations

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

Alice Reeg	Lynnette Lenz	Elaine Waskow	Roger Eldridge
Judy Peterson	Vikki Jacobs	Evey Thompson	Mike Dickson
Deanna Jacobs	William Snyder	Lila Henke	Donna Vitzthum
Yvonne Thallas	Jo Henshaw	Sharon Lillie	
Donna Ailts	Kathy Noble	Alvin Johnson	
Sue Levay	Jane Hunkins	Linda Sydow	

## Donations

Larry Bower	Maizie Johnson	Normal/Eugene Ulmer
Diana Howard	John/Teresa Johnson	June Wilhelm
Jeffrey Zoelle	Donald Kumm	Dennis Wurster
Kathleen Plantenberg	Michael/Courtney Ott	Debra Freese
Mary Abraham	Mike Patten, Snr	Arlene Imray
Lois Albertson	Edna Beth Rozeboom	George Fulle
Eugene Anderson	Norma Schager	Mary Madden
R.L. Boyle	Mary Shanahan	Karen Thompson
Starlette Connolly	Albert Smyser	El/Sandi Rasmussen
Barbara Doren	Bonnie Storm	Pam Houchins
Huey Hightower	Evelyn/Jerry	Dan Demarest
Bruce Hunkins	Thompson	Anthony Nelson

## March Birthday Party: Jordan Green

Everyone is welcome to celebrate our members born in March at the March Birthday Party! Local musician Jordan Green will perform 50s and 60s music with his acoustic guitar. Please attend and enjoy listening to your favorite songs from when you were young. There will be birthday cake for all sponsored by Continental Springs. **Monday March 10 at 1 p.m.**



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

Thompson Solutions Group  
Monumental Sales/Sunburst Memorials  
Tops IA #730  
Bruce Hunkins

## Center Policy on Adverse Weather Conditions

If the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start. Please stay tuned to your local T.V. and radio stations or check Facebook for the latest information.

## STRUGGLING TO PAY YOUR RENT?

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

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## Trailblazers

In February the Trailblazers imagined traversing the beautiful city of Rio de Janeiro, Brazil. While taking in the sights of beaches and carnival dancers, they completed 3012 laps around the building or 241 miles. That's only about 30 miles short of walking from Rio to Sao Paulo, Brazil's financial center. Way to workout, Trailblazers!

In March, to celebrate Cruise Ship Week 2025, the Trailblazers monitor will take you on a visual trip to the Greek Isles. The Greek Isles are a collection of thousands of islands scattered throughout the Aegean and Ionian Seas, with only a fraction of them inhabited, offering diverse landscapes including stunning beaches, picturesque villages, and rich historical sites. Popular destinations include Santorini, Mykonos, Crete, Rhodes, and Naxos, each with its own unique character and appeal. Visitors to the Greek Isles can enjoy sunbathing on pristine beaches, exploring ancient ruins, indulging in local cuisine, sailing between islands, hiking through mountainous landscapes, and experiencing the vibrant nightlife in some locations. Greek culture is deeply intertwined with the islands, with traditional whitewashed houses, charming villages, and a strong emphasis on hospitality. As you're enjoying the sights of this fantastic destination this March, you can also Walk, Talk and Get Fit!



## Saturday Night Dances

### Fabulous Fitty Band

The Fabulous Fitty band plays the golden era of rock 'n' roll music from the 50's and 60's. You will love the toe-tapping and harmony filled sounds of classic dancing music. The band will perform live many of the greatest and biggest hits from these eras with unparalleled passion and energy for the dancing audience. Their 50s music specializes in the true saxophone sounds of the 50s and their professional saxophone player, Mr. Todd Gurtis, is one of the best in the United States. Buy tickets at the front desk. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and drinks before the performance. **Saturday, March 22, 7-10 p.m.**



## Friday Dances

**Beginning in March the entry fee for Friday dances will increase to \$5 for members and \$8 for nonmembers**

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. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

**March 7: Jerry O'Dell's Country Flavor Band (Cruise Week Dance Party)**

**March 14: The Huckleberrys**

**March 21: Country Brew**

**March 28: The Singer Family Band**



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# March Yearly Membership Anniversaries

*Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of March 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*

Bruce Albertsen	Susan Dittman	Judy Jones	Diane McKernan	Sally Reinert	Eldon Thompson
Joseph Allen	Georgia Dohrman	Charles Jones	Glenn Metcalf	Brian Riddell	Karen Thompson
Judy Alvis	Thomas Edwards	Patricia Kampfe	Susan Metcalf	Joanie Rizk	Sheila Thompson
Lisa Anderson	Nancy Ehlers	Raymond Kashas	Vivian Miller	Andrew Robak	Doug Tudehope
Mike Blanchard	Louis Engel	Jeff Keil	Elaine Miller	Lloyd Rohmiller	Jean Turner
Dennis Blanchard	Sonja Kay Erickson	Carol Kelzer	Joyce Miller	Ralph Schroeder	Ray Turner
David Blessing	Edwin Fick	Faye Krueger	Connie Moeller	Kristine Shults	Cynthia Walker
Beverly Brewer	Marlene Frank	Allen Lambing	Sharon Murphy	William Sievers	Heidi Widner
Beverly Brower	George Fuller	Elaine Larson	Mark O'Brien	Scott Sorensen	Jerry Wiese
Verona Burns	Carla Granstrom	Suzette Leuenhagen	Karen Olasz	Helen St. Peter	Roy Wineinger
Donna Carstensen	Rose Heeren	Merlene Levering	Ted Orzechowski	James Starks	Lorraine Woodford
Steve Chadwick	Carolyn Henjes	Dorine Levine	Steven Petersen	Richard Storm	James Woodford
Lee Chamberlain	Lila Henke	Margery Marshall	Delores Phillips	Yvonne Thallas	
Marilyn Chamberlain	Gary Henry				
John Cole	Cathy Herrig				
Frances Cole	Carol Houchins				
Linda Cravens	Thomas Houchins				
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# March Creative Writing Themes

The Creative Writing Program at the Siouxland Center for Active Generations meets every Tuesday at 10:00 a.m. in the Meeting Room. The program is for everyone with a story to tell. We have a diverse group that comes together and shares personal stories, local and world history events in their lives. We have poets and joke writers. It is not about a professional wanting to publish a book, but we certainly have a lot of fun! There is a theme each week that you may write about or just come and listen to the stories others have to share. New members are always welcome. If you are interested, please feel free to just stop by the class.

**Our Creative Writing story telling themes for the month:**

**March 4th ....Write About Things You Did to Help others.**

**March 11th...Write About the Spring Equinox.**

**March 18th...Write About What Empty Nest Means.**

**March 26th ..Write About Why Girl Scout or Boy Scout Troops are Important!**

"ALMOST ALL STATES WILL CHANGE CLOCKS FORWARD 1 HOUR ON MARCH 9TH, 2025. NIGHTS WILL BECOME MORE LIGHT AND WINTER STARTS TO FADE AWAY. (WE WILL LOSE AN HOUR OF SLEEP).

## FACTS ABOUT THE MONTH OF MARCH

1. March is named for Mars, the Roman god of war.
2. Ash Wednesday is March 5, 2025.
3. March 17th is St. Patrick's Day, when everyone is Irish!
4. Animals start waking up in March from hibernation.
5. No matter how long the winter is, spring is sure to follow!
6. The birth flower in March is the daffodil.

## MARCH POEMS

"March comes in like a roar,  
He rattles your windows and scratches at your door.  
He turns snow into mud, then tramps across your floor.  
March comes with winter clinging to his tail.  
He scatters sleet and sometimes hail."  
(Marion Bauer)  
"Who has seen the wind?"

Neither you nor I,  
But when the leaves hang trembling,  
the wind is passing through." (Rossetti)

Letting Go  
by El Rasmussen

91 year old, life-time member  
As I sat beside your bed,  
Trying to comfort you.  
I could not begin to know,  
What you were going through.  
My mind was filled with happy times,  
As I tightly held your hand.  
Oh, how I wished that you were strong,  
And healthy once again.  
Our many years of life and love,  
Will forever fill my heart.  
Now I must face the lonely days,  
That we will be apart.  
In your eyes I saw a distant look,  
And trying not to cry.  
With heavy heart I realized,  
It was time to say goodbye.  
God blessed me with a loving mate,  
And I have loved you so.  
You were my life's greatest

## New Quilt Making Club



Are you a quilter? Are you interested in working on a project together with friends? Members of the Siouxland Center for Active Generations would like to start a quilting group. Sign up on the interest form in the Activities Book if you would like to participate and note your available times to meet.

## Crafts with Bickford



In February Deb and Jill from Bickford Senior Living invited Center members to visit their facility and create a beautiful cardinal painting. A joyful time was had by all! Deb and Jill will return to the Center in March to make an Easter craft. Sign up in the Activities Book if you would like to participate. Limit to 12 participants. **Tuesday, March 11, 1 p.m. in the Dining Room.**

10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 12:00 pm Bunco-\$1 entry 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Stained Glass Class 12:00 pm Bridge-Duplicate	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 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong	10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Lent Service 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm Lent Service	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 (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	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
24 1 pm Parkinson's Support Group (4th Monday) 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 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:00 pm Stained Glass Class 1:00 pm SilverSneakers Chair Fitness	25 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 Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	26 1:00 pm Sip and Paint with Amera Senior Living 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & 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 12:30 pm Lent Service 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm Lent Service	27 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	28 7:30 am—1 pm Coffee Shop 9:00 am Fitness 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 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring The Singer Family Band
31 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 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:00 pm Stained Glass Class 1:00 pm SilverSneakers Chair Fitness	1 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Senior Companion Meeting 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	2 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & 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 12:30 pm Lent Service 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm Lent Service	3 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	4 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring 4 on the Road

# March 2025

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

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Cruise Ship Week</b> 12-1 pm Team Trivia: Greece  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 Combo 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	<b>4</b> <b>Cruise Ship Week</b> 11 am Fat Tuesday Lunch 12:30-2:30 pm Mardi Gras <b>Jukebox Dance Party</b>  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am <b>Senior Companion Meeting</b> 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing, Mah Jongg 11:30 am Jazz Dancercise 11:30 am Mexican Train, Unlucky 7 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance, Painting, Ping Pong	<b>5</b> <b>Cruise Ship Week</b> <b>Spa Day and Costume Contest at Jam Session</b>  7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess, Wii Bowling 10:00 am Sexy & 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 <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club, Bridge –Men 12:30 pm <b>Lent Service</b> 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm <b>Lent Service</b>	<b>6</b> <b>Cruise Ship Week</b> 1 pm Games on the Deck <b>10 am Book Discussion Group</b>  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance <b>Beginner</b> , 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, Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong, Social Group	<b>7</b> <b>11 am Cruise Week</b> <b>Greek Cuisine Lunch</b> 10:00 am Genealogy Class  7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 <b>Full lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm <b>Friday Dance</b>  <b>Cruise Ship Dance Party</b> <i>Featuring Jerry O'Dell's Country Flavor Band</i>
<b>10</b> <b>1 pm Birthday Party</b> <b>(2nd Monday)</b> <b>Musician Jordan Green</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 Combo 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	<b>11</b> <b>1 pm Easter Craft with Bickford Senior Living</b>  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 Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train, Unlucky 7 12:00 pm Spin Class 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	<b>12</b> <b>7:30 am—1 pm Coffee Shop</b> 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & 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 <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm <b>Lent Service</b> 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 6:30 pm <b>Lent Service</b>	<b>13</b> <b>1 pm Karaoke on the stage</b>  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance <b>Beginner</b> , 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 am Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	<b>14</b>  7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 <b>Full lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm <b>Friday Dance</b>  <i>Featuring</i> <b>The Huckleberrys</b>
<b>17</b> <b>12-1 pm Team Trivia</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 Combo 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	<b>18</b> <b>2-4 pm Jukebox Dance Party</b>  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 Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study	<b>19</b> <b>10 am Technology Class: Zoom</b>  7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge	<b>20</b> <b>1 pm Karaoke on the stage</b>  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance <b>Beginner</b> , 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 am Cribbage 12:00 pm Spin Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	<b>21</b>  7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 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 <b>Full lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm <b>Friday Dance</b>  <i>Featuring</i> <b>The Huckleberrys</b>

## Older Adult Technology Series with Pam from Connections: Zoom



*(Rescheduled from February due to a cold weather closing.)* Curious why Zoom has become everyone's go-to video conferencing software? Pam from Connections Area Agency on Aging will go over how to use Zoom to chat with friends and family and participate in meetings and classes. You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat. Sign up in the Activities Book to participate. **Wednesday, March 19 at 10 a.m. in the Conference Room.**

## Bridge News



We celebrated Valentine's Day with a little potluck pizza party. Nothing like food to draw out more bridge players. There is always room for more, so if you would like to find a nice group to play bridge with, give a call to Kurt Riemer 712-212-8973. There are open games Monday and Thursday afternoons. The Wednesday morning game is for newer duplicate players. Diane Howard has an online supervised play session on Monday mornings. Leon Koster has a beginning bridge class on Thursday mornings. It's a great social time for us to get out of our cocoons these grim winter days to have some fun.

## Superbowl Raffle



SCAG's Chiefs vs Eagles Superbowl Raffle brought in \$180 in proceeds.

Congratulations to winner Sandy Kuntz, who won \$45 and generously returned her winnings to the Center. Thank you, Sandy! Thanks to everyone who participated and helped to support the Center.

## Medicare Advantage and Supplement Plans

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- Part D Drug Coverage
- Dental Insurance
- Cancer
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## Tai Chi for Seniors Health Benefits



*From Harvard Health*

Tai Chi is a gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. It is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

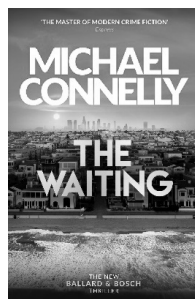
In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life.

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

## Book Discussion Group

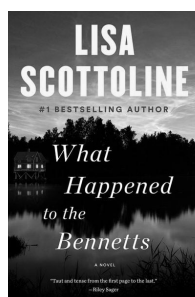
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



**March 6:**

**The Waiting by Michael Connelly**

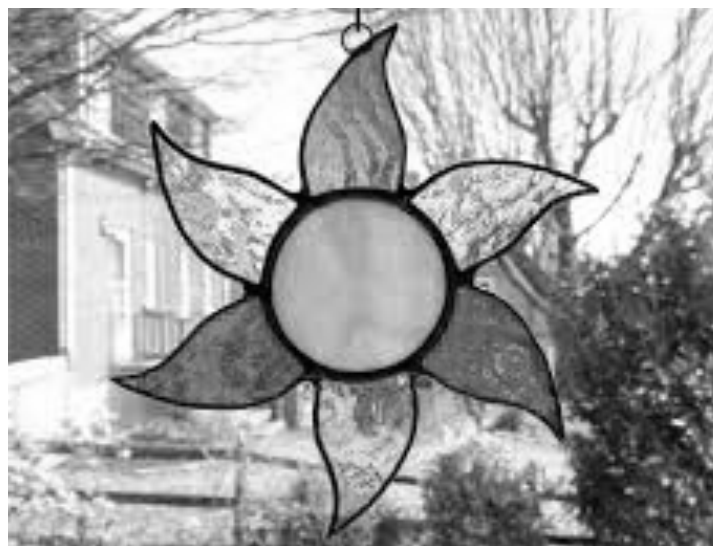
LAPD Detective Renee Ballard tracks a serial rapist whose trail has gone cold and enlists a new volunteer to the Open-Unsolved Unit: Patrol Officer Maddie Bosch, Harry's daughter.



**April 3: What Happened to the Bennetts by Lisa Scottoline**

Forced into the witness protection program after being caught in the crosshairs of a drug trafficking organization, Jason Bennett and his family, trapped in an unfamiliar life, start falling apart at the seams until Jason takes matters into his own hands after a shocking truth is revealed

## Stained Glass Class



Local artist Jim Berberich will be teaching a beginning stained glass class at the Center in March. Jim is an independent glass painter who has worked in the stained glass field for over twenty-five years. **The class will meet the last three Mondays of March on the 17th, 24th and 31st from 12-2 p.m.** You will learn stained glass techniques

and create a suncatcher project. The fee for the three classes is \$15 which can be paid at the front desk. ***The stained glass class is generously sponsored by Sunburst Memorials.***



## Spin Class

The Siouxland Center for Active Generations is now offering a Spin Class! A spin class is an indoor cycling workout where participants pedal on stationary bikes to the rhythm of music, providing a high-intensity cardio exercise that is excellent for improving cardiovascular health, burning calories, building leg strength and endurance, while being considered low-impact on the joints, making it suitable for various fitness levels including beginners and those with joint concerns. **Spin Class meets in the Boxing Room for a fifteen-minute workout on Tuesdays and Thursdays at noon.**



## Save the Date for the 2025 Senior Living Fair!



Mark your calendars for Sioux City's premier event with information about businesses and services for seniors! **SCAG's 2025 Senior Living Fair will take place on Tuesday, May 20 from 1-3 p.m.** Past fairs have included a wide range of exhibitors representing the areas of medical care, health and fitness, senior services, home care, insurance, recreation, financial planning, transportation, safety, travel, entertainment, volunteer opportunities, grief support, and much more. Our goal is to provide resources that will enrich the lives of seniors in the Sioux City area. If you know any vendors who may be interested in participating, please have them contact Kristina.

## Jazz Dancercise with Bridget Returns in March

Returning to the Center in March: experienced classical dancer Bridget Agriopoulos will lead you through graceful moves in this fun workout class. This activity helps with coordination, balance, posture and coordination, and you can make some new friends while you're participating! **Tuesdays at 11:30 a.m. in the Multipurpose Room.**



## Genealogy Class

Genealogy Class will discuss RootsTech 2025, a three-day conference that celebrates family history through classes, workshops, and keynote speakers. It will take place March 6–8, 2025, both online and in person in Salt Lake City, Utah. In March Genealogy Class will meet on March 7 instead of the second week of the month as usual to correspond with the Roots Tech meeting. **Friday, March 7, 10:30 a.m. in the Classroom.**



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## Your Neighborhood Coalitions

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

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

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

# AN ACT OF PURE LOVE

*by Kay Reynolds*

Do you have a thirst?  
A need of something to be filled...  
Many go through life with longings.

Sometimes, it's a hunger for food  
Poor-unable to be satisfied  
Waiting-just waiting to be fed.

For others-a need to be SEEN  
Going along in life unknown-  
The need for communication huge.

Then-come those without income  
To work and be recognized for it  
But-problems CAN'T GET them there.

Of course-many need LOVE  
People who join together in joy  
Just a NEED to FEEL the warmth.

Often-it's the step-the direction  
That keeps them away from tasks  
Yet-that really is ALL they ask.  
Many have DEEP HURTS from life  
Unable to break their chains  
LOCKED in a box without a door/key.

YET-for ALL-There IS A WAY  
Living with a LISTENING ear-heart  
OPEN-giving aid as best.

What can I DO-I'm ONLY ONE?  
Take small steps with a big heart  
Giving aid, direction, love, spirit.

A Spirit saying, "I CAN DO THAT!"  
Step by step then Proceed  
Until a new vision is seen.

A NEW PATH of kindness/care  
And LOVE given freely to all  
Joining into ONE force to DO.

Oh, the MIRACLE that's worked!  
Things unheard of-not planned-success

What a GRAND RESULT is seen.  
So-TAKE ONE STEP-then ANOTHER

Open up your heart-mind-vision  
We CAN MAKE the world truly BETTER!

TOGETHER WE STAND STRONG  
Making a DIFFERENCE for ALL  
THAT'S WHAT'S NEEDED after all.

MOVE  
FORM A MIGHTY BAND BONDED IN LOVE  
LOVE IS GIVING- ACTING- RECEIVING--  
IN PEACE!

## Lenten Services at the Center

Six local Evangelical Lutheran Churches of America churches have joined together to hold Lenten services at the Siouxland Center for Active Generations on Wednesdays in the season of Lent. Two services will be held, the first in the afternoon from 12:30-1:30 and the second in the evening from 6:30-7:30. All are welcome to attend.

*Due to the church services being held in the multi-purpose room on Wednesday afternoons, Jane's Ballroom Dance class will move to the Fitness Classroom and Chair Yoga with Suky and SilverSneakers Chair Fitness will move to the Boxing Room through Wednesday, April 16.*

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## February Happenings at the Center



1. Don Cassaday and Marsha Jarman decked out in festive shirts for the Tropical Island jukebox party.
2. Pete Kluver has been teaching Kristina, our Activities Coordinator, to two-step.
3. The Tap Dancers practice on Tuesday afternoons.
4. Harvey Viken was encouraged to get out on the dance floor by Willard Snyder and Ruth Schrank.
5. Relaxing thoughts at Friday's Chair Yoga class
6. Julie and Duane Peterson celebrated their 33rd wedding anniversary at the Valentine's Day Friday dance.
7. The Active Generations Choir began rehearsing again in February.
8. Diane Widner and Gerri Gill perform beautiful gospel music at the February Birthday party to celebrate our members with birthdays last month and especially Gerri's mother Jeanne Sailor.
9. Larry Armbright, Norma Schager, and Richard Schimmer enjoyed the lasagna dinner on Valentine's Day.
10. Fiddler Creek put on a fantastic show at the Saturday night dance party on February 15.

# MARCH BIRTHDAYS

Larry Bower	Cheryl Funk	Diane McCoy	Michael Stone
Rashel Fiscus	Rose Gilson	Maurice McLey	Suzanne
Bill Lyle	John Graser	Carolynn Sue	Strohbeen
Glenda Shook	Leonard Grasso	Miller	Catherine
Barbara Abney	David Grimes	Dorothy Miller	Sullivan
Mary Aesoph	Donnette Hatch	Dennis Nelson	James Sullivan
Donna Ailts	Gerald Hauptert	Jill Onyegbule	Lois Swenson
Frank Ambro	Dave Heaton	Susan Peete	Yvonne Thallas
Richard	Dorothy	Sandra Peters	Sheila
Anderson	Helgason	Jean Peterson	Thompson
Lynette Androy	Cindy Hofmeister	Perry Pickens	Doug Uhl
Lola Balstad	Nadine Holst	Vicki Porter	Kathryn Uhl
David Blessing	Rosalie Horsted	Linda Post	John Wakefield
Lynn Blomberg	Gerald Iversen	Sonnie Robbins	Delores Watkins
Linda Bosquez	Jesse Ivy	Lois Rohmiller	Ronald Wauhob
Mary Bottjen	Deanna Lee	Katherine Sanders	Scott Younie
Beverly Brower	Jacobs	Juanita Sands	Paul Zielezinski
Jean Carlson	LeAnn Johnikin	Mary Schager	
Thelma Carver	Betty Ann	Richard	
Kent Claus	Johnson	Schimmer	
Marv Crim	Lynn Johnson	Karen Sherrill	
Debbie Delaney	Carol Kelzer	Rick Skuya	
Dennis Derochie	Charlotte Kock	Mark Slowiaczek	
William	Wayne Kooiker	Michael A Smith	
Ferguson	Dennis Krontz	Shannon Smith	
Edwin Fick	Vincent LaFleur	Willard Snyder	
Bonny Fields	Richard Lester	Esther Sorenson	
Betty Fischer	Sharon Lillie	Helen St. Peter	
Mary Floyd	Lois Lubben	Gary Stokes	
George Fuller	Peggy Mace	Dean Stoll	

## March NEW Members

*Bruce Duerksen*  
*Mary Lou Fennell*  
*Betty Fischer*  
*Louise Jenn*  
*Pamila Lascala*  
*Cheryl McMullen Cheng*  
*Bonnie Nolen*  
*Phillip Nolen*  
*Marilyn Prescott*  
*Beverly Rabe*  
*John Romano*  
*Lois Ruano*  
*Julie Sandman*  
*Barbarb Small*  
*Lois Swenson*  
*Robert Zediker*



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

### Membership Information

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

### Refund Information

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

## DOLLAR-A-MONTH

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

Normagene Hughes  
 Maizie Johnson

Sally Kimball  
 John /Sandra Graser

George Polak  
 Pam Mears

## Dollar-A-Day for a YEAR

Cindy Houlihan  
 Donald & Ruth Kingery  
 Kenneth Dvorak  
 Rolene Beauvais  
 Kristine/Todd Bergstrom  
 Russell Movall

Robert Steffe  
 Grace Wagoner  
 David Young  
 James/Helen Anderson  
 Larry Armbright  
 Darlene Coulson

Ted/Kathy Massey  
 Gerald/Kathleen Weiner  
 Foundation  
 Pam Mears