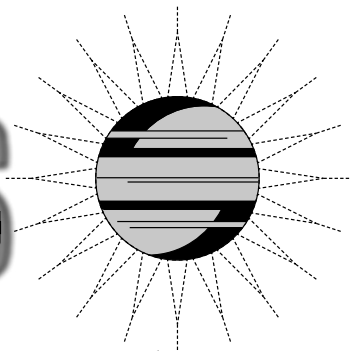


# SUNSHINE NEWS

JUNE 2026



Telephone  
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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

## The Siouxland Center for Active Generations Can Help Increase Your Healthspan



You're familiar with the concept of a lifespan, the amount of years between when a person is born and when they die, but have you heard of the term "healthspan?" A healthspan is the number of years of your life you spend in good health, unimpeded by chronic disease or disability. A lifespan focuses on the quantity of years, while the healthspan focuses on the quality of life. The point of thinking about a healthspan is to add "life to your years," keeping you active and free of disease longer. Modern medical science is able to keep people alive longer than in the past, but the quality of those extra years may be lacking due to insurmountable health issues. The United States has the world's largest gap between lifespan and healthspan, 12.4 years, up from 10.9 years in 2000. The U.S. also reported higher levels of chronic diseases such as obesity, diabetes, heart disease, asthma, mobility limitations, and depression when compared with other economically and technologically advanced countries in the world. Mental health, substance use disorders, and musculoskeletal conditions were the key contributors to illness nationally. According to the World Health Organization, Americans live 79 years on average but only 64 in good health.

Lengthening your healthspan involves focusing on lifestyle factors to prevent or delay chronic illness. Scientific studies point to several details that will increase your chances for living a long healthy life: eating a balanced and nutrient-dense diet, engaging in regular physical activity, getting enough sleep most nights, managing chronic stress, preventive healthcare, staying socially connected, and avoiding smoking and recreational drug use, plus limiting alcohol. The Siouxland Center for Active Generations offers many ways to help you engage in these positive behavior and lifestyle components that may add up to a longer healthspan.

### Eat a balanced, nutrient-dense diet.

Eating a healthy, balanced diet that is full of vegetables, fruits, whole grains, nuts, legumes, and olive oil, while limiting red meat, sugar-sweetened beverages, and ultra-processed food has been associated with healthier outcomes for people in multiple studies. The Mediterranean Diet, which includes the above elements along with moderate amounts of fish and poultry has been associated with less heart disease and diabetes, fewer incidents of cancer and chronic disease, and better weight management. The DASH diet (Dietary Approaches to Stop Hypertension) is another proven

diet plan that focuses on improving cardiovascular health. It is similar to the Mediterranean diet in food choices and amounts, but its key focus is limiting sodium intake while boosting nutrients that support healthy blood pressure, particularly potassium, calcium, and magnesium. The MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is a cross between the Mediterranean and DASH diets aimed at improving brain health and reducing dementia risk. Following the guidelines of any of these plans will help you to make healthy choices. If you'd like to learn more, consider attending Iowa State Extension's Buy. Eat. Live Healthy nutrition and cooking class that will be offered at the Center in June and July. You can also get balanced meals from our kitchen on Wednesdays, Thursdays, and Fridays as well as find healthy choices in our cafe.

### Engage in regular physical activity.



Experts have found a host of health benefits from getting in 150 minutes of moderate-intensity aerobic activity per week. That's about twenty minutes a day for seven days, or you can have some longer exercise sessions and take a couple days off. Muscle strengthening and balance training are also recommended for seniors. This exercise can take a variety of forms, but the important thing is to find exercise that you enjoy and to keep doing it. The Siouxland Center for Active Generations lives up to the "Active" part of its name by offering many ways to keep you moving. Some of the possibilities are walking around the building with friends, using the exercise equipment in the gym, attending fitness, balance, chair yoga, or tai chi classes, and dancing on Friday afternoons. Weekly classes and activities help keep you motivated to show up to spend enjoyable time with your friends.

### Get quality, consistent sleep.

Older adults are recommended to get 7-9 hours of sleep per night. Over time, if you don't get enough sleep it can increase your chances of high blood pressure, heart disease, and diabetes. It can also cause problems with memory, negative feelings, and an increased risk for falls and accidents. Seniors often experience insomnia or have trouble sleeping for a variety of health reasons. The National Institute on Aging has several recommendations for getting your best night's sleep: keep a consistent sleep

# the Sunshine News

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Friday  
8 a.m. - 3:30 p.m.

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

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Generations does not condone or tolerate  
discriminatory acts or language.

schedule by going to bed and waking up at the same time each day, even on weekends or when traveling; do something to relax yourself before going to bed such as reading a book or taking a bath; keep your room a comfortable temperature, not too hot or cold; try to get regular exercise, but at least three hours before bedtime; don't nap too close to bedtime. Other things to avoid within a few hours of bedtime are caffeine, alcohol, and large meals. Try to limit screens in the bedroom such as tv, computers, tablets, and cell phones.

### Reduce chronic stress.

Stress has been found to cause inflammation in the body. Inflammation can cause worse health problems in addition to accelerating the aging process. Chronic stress can even reduce the effectiveness of some vaccines in older adults, such as flu and pneumonia. Common causes of stress in older adults are chronic illness, caregiving responsibilities, loss and grief, loneliness or boredom, financial worries, and major life changes, such as retirement. The best ways to manage stress are first, if possible, to remove or lessen the source of it. If it isn't something you can do on your own, try to find someone, or services, that can help with the issue. If it isn't something that can be made to go away, consider learning stress management techniques or talking with a therapist to help you develop coping strategies. Proven actions to lessen the effects of stress include the healthy living behaviors described above: eating right, exercising, and getting enough sleep. Drinking plenty of water is also helpful. Numerous studies have found that meditation is highly effective for stress management. At the Center, our yoga and tai chi classes incorporate some relaxation and meditative elements.

### Preventive Health Care

Visiting your doctor at recommended intervals to track important health metrics is very important for maintaining your well-being. Keeping informed about your medical condition allows for timely interventions when issues arise. Early management allows for simple lifestyle changes and medication adjustments which may prevent the condition from progressing to more severe, harder-to-treat stages. Older adults have a higher risk of complications from illnesses. Staying up to date with routine vaccines like annual flu shots, pneumonia, shingles, and RSV immunizations prevents severe, potentially fatal infections. (Watch for the dates for our convenient annual HyVee vaccination clinics at the Center in the fall.) As people age, they often take multiple medications. Regular reviews with a healthcare provider help prevent dangerous drug interactions, eliminate unnecessary prescriptions, and adjust dosages to changing metabolisms. Preventive care can also reduce your risk of falls, a major concern for older people, with balance and strength assessments, home safety evaluations, and vision checks. Routine cognitive screenings allow for the early detection of memory loss or dementia, helping families access resources sooner. Additionally, screening for depression and social isolation safeguards emotional well-being.

### Stay socially connected.

Having positive social interactions with other people is a scientifically proven way to increase your healthspan. Strong social bonds are just as vital to living a long, vibrant life as healthy eating or regular exercise. Healthy relationships trigger the release of mood-boosting hormones like oxytocin and dopamine, while significantly lowering the stress hormone cortisol. Stronger social networks are linked to lower blood pressure, less chronic inflammation, and improved cardiovascular health. Social time is also good for your brain; interacting with others sharpens your mind, lowering your risk of cognitive decline and dementia. Being a member of the Siouxland Center for Active Generations offers you a plethora of ways to create meaningful connections with others and to make lasting friends.

### Come to the Center for numerous health benefits!

Many of the recommended lifestyle actions for a longer healthspan can be accomplished right here at the Siouxland Center for Active Generations. Exercise, stress relief, social interaction, help with a balanced diet, plus educational offerings to help you learn more can all contribute to a more years living an active and healthy life. Our organization's mission statement is to "enrich the quality of life and support independence and vitality for our members." Let us help you add "life to your years!"



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# Meet a Member: Lucy Van Valkenburg

Growing up in Sioux City, Lucy Van Valkenburg's family moved around a lot. She attended eight schools before graduating from Central High School in 1953. In January 1955 she married Harland Van Valkenburg and they had one son named Kurt. Kurt gave Lucy and Harland three grandchildren: Chase, Ivy, and Audrey. Kurt's wife died at a very young age. He later met Cheri, an accomplished woman with a master's degree in Business Analysis. Cheri and Kurt got married and she raised the three children in addition to running a Mary Kay business. Lucy's grandchildren went on to successful careers. Ivy became a counselor for the juvenile court system. Audrey works as a counselor at Siouxland Mental Health. Chase earned degrees in Meteorology and Geographical Information Systems.



Lucy was presented with many awards in her life. She was president of the ABWA (American Business Women's Association) Hawkeye Chapter and president and secretary of several golf courses (Floyd, Hidden Acres, Sun Valley) for many, many years.

Lucy also spent over 1,000 hours volunteering at St. Luke's Hospital and devoted time to helping out at the Siouxland Soup Kitchen. She has spent 3-4 years working in the cafe at the Siouxland Center for Active Generations and was the volunteer with the most hours in 2025, logging 977 hours! What she loves about volunteering is meeting so many wonderful people. It brings her so much joy to visit with all the kind people she runs into.

An interesting fact about Lucy that a lot of people wouldn't know is that she lived through all the difficult times in the 30's and 40's. Life wasn't always easy as a young woman. In her years with Harland she both helped him with his jobs and did her own work. They owned Van's Carpentry which was building mostly brick homes. At that time they didn't have a cement mixer, so she made cement by hand and built the homes one brick at a time. She said it was hard at times and many hours went into it side by side with her husband. He also remodeled some of the homes.

Lucy and Harland also had many fun times. They were avid dancers at the ballrooms here in Sioux City, Bon Temps, The Eagles, and the VFW. Harland was a Shriner and was involved in the Foot Patrol, White Horse Patrol, and the Oriental Band. As a Shriner wife Lucy belonged to the Daughters of the Nile, whose purpose was to raise money to provide prosthetics for the children at the Shriner's Hospital. During her time as the Queen of the Nile she, along with the male officers, made two salad luncheons for the general public. She was responsible for doing the projects during the year, including making the peanut brittle to sell. She made thousands of boxes for them to sell and also sold it right here at the Siouxland Center for Active Generations. In addition, she made the potentate dinners every year.

*continued on p.4*

## 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  
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Name \_\_\_\_\_

Address \_\_\_\_\_

# Gift Shop, Library & Kitchen 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.

Anna Kounas  
Will Snyder  
Miriam Clayton  
Elaine Waskow  
Linda Sydow  
Venita Stusse

Shirley Larson  
Teresa Johnson  
Marianne Meister  
Don Horsted  
Michael Tew  
Donna Ailts

Sue Levay  
Diane Bjorkman  
Arlene Imray  
Dona Dean Lovell  
Ann Mrla  
Carla Leibrich

## Donations

Bruce Hunkins  
Vivian Miller  
Larry Bower  
Dan DeMarest  
Vertus Kluver

Maryanne Farrell  
Judy Peters  
Dean & Donna Marsh  
Anna Hoover  
Bill Merritt

Kurt Riemen  
Pharyce Eslick  
Arlene Imray  
Diana Howard  
Jeff Zoelle

Meet a Member continued from p.3



As the Queen of the Daughters of the Nile she made some of her own gowns for the initiation ceremony and also some for Christmas. Harland acted as Santa Claus for the Shriners' Christmas programs for years. Lucy said, "Harland and I were both happy and proud of all the work we accomplished in our life between our jobs and the shrine life plus our children and family life."

Lucy would like to say, "One of the things I would love to express and send forward in life is to always give more instead of taking and to do unto others as you would have them do unto you. And always believe in God and smile."

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

Bruce Hunkins  
Whispering Creek

## June Birthday Party: The New Horizons Band



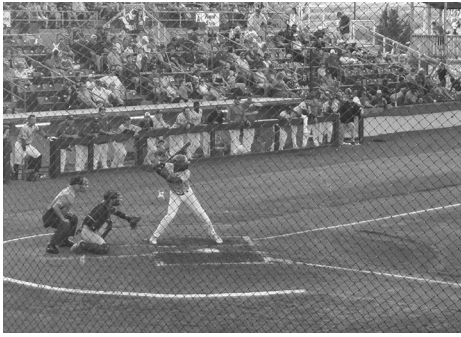
The New Horizons Band, a symphonic band made up of over thirty members of the Sioux City community will perform at the Siouxland Center for the June birthday party. Most of the band members are amateur musicians of retirement age who have resumed playing instruments they learned to play in school music programs after a long absence or have recently learned to play a new instrument. They enjoy playing concerts all around Siouxland. For their June performance they will perform patriotic music. You can also expect to hear corny jokes by band director Benjamin Mauritz! Come and see their fantastic show! Cake sponsored by Sunrise Retirement in honor of their 65th year of operation. **Monday, June 8, 1 p.m.**

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## Let Us Take You Out to the Ballgame with Free Explorers Tickets



Bob Roe's Point After recently included the Siouxland Center for Active Generations in their annual tradition of awarding free home game Explorers baseball tickets to Sioux City nonprofits. In 1994 Bob Roe created the Knot Hole Gang with other local businesses to provide kids in need the chance to see Explorers games. The X's would give out 50 tickets to each home game they played. Over the years the mission expanded to include

other philanthropic organizations as well, giving away over 70,000 tickets since the group's founding. The Center received 110 general admission tickets spread over eight games to be given away to members and their friends or family who would like to attend a game with them. The game dates are below. Please ask at the front desk for tickets. They will be given away while supplies last. Thank you to the Knot Hole Gang and Bob Roe's for providing SCAG members with the opportunity for free baseball fun!

### Games:

- Monday, May 25, 4:00 p.m.** (Memorial Day) Team: Milwaukee Milkmen, 20 Tickets
- Tuesday, May 26, 6:30 p.m.** Team: Milwaukee Milkmen, 10 Tickets
- Wednesday, May 27, 6:30 p.m.** Team: Milwaukee Milkmen, 20 Tickets
- Sunday, June 14, 4 p.m.** (Faith and Family Day), Team: Cleburne Railroaders, 10 Tickets
- Thursday, June 25, 6:30 p.m.** Team: Winnipeg Goldeneyes, 10 Tickets
- Saturday, July 4, 6:30 p.m.** (4th of July Fireworks), Team: Sioux Falls Canaries, 20 Tickets
- Sunday, July 5, 4 p.m.** Team: Sioux Falls Canaries, 10 Tickets
- Sunday, August 30, 4 p.m.** Team: Kane County Cougars, 10 Tickets

## ISU Healthy Cooking and Eating Class

Join Susan Iverson from ISU Extension for this 8-week course that supports individuals and families in making healthy choices on a tight grocery budget. Lessons focus on nutrition education, cooking skills, grocery budget management, and active living. In addition, participants are given tools to help them make behavior changes including cutting



mats, measuring cups and spoons, and cookbooks. Participants who complete eight classes receive a certificate signed by ISU Extension and Outreach staff certifying they have attended the program. **Tuesdays in June and July at 10 a.m., beginning June 2 and continuing through July 21, in the Conference Room. Sign up in the Activities Book if you would like to participate.**




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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.

Thanks! Faith Cosier, Membership Coordinator

- |                   |                   |                  |                 |                  |               |
|-------------------|-------------------|------------------|-----------------|------------------|---------------|
| Linda Blom        | Beverly Erlandson | Ed Hammers       | Wayne Kooiker   | Austin Rodriguez | Joan Walker   |
| Bernardine Burke  | Dave Erlandson    | Ann Hand         | Marsha Kreykes  | Linda Santi      | Nancy Wenell  |
| James Chancey     | Debra Gottlieb    | Daniel Hodgins   | Brian Ludwigs   | Sherri Schoepf   | William Wiley |
| Ruth Chancey      | Beverly Graber    | Monica Hudson    | Dennis Nelson   | Nancy Shulenberg | Kathy Wiley   |
| John Dauguste     | Sue Gwin          | Lyle Dean Hughes | Joseph Nicolas  | Lorraine Stoltze |               |
| Patty Dauguste    | William Hackett   | Cathy Jennings   | Jeff Olson      | Terry Turner     |               |
| Leaster Ellington | Shirley Hammers   | Carrie Johnson   | Michael Richter | Donna Viken      |               |

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## Bougie Bag Bingo for the Alzheimer's Association

Enjoy an afternoon of fun and winning for a great cause! Charter Senior Living of Northpark Place is hosting an exciting Bingo event at the Center in support of the Alzheimer's Association. The cost is \$5 per Bingo card; you may purchase multiple cards. You'll have the chance to win assorted "Bougie" (fancy or luxurious) handbags, satchels, wallets, and other great prizes. Snacks and beverages will be provided. Limited edition Alzheimer's Awareness T-shirts will be available for purchase for \$20. All proceeds will go to support the Alzheimer's Association. Write your name on the sign-up sheet on the Activities Table to attend. **Thursday, June 18, 3-5 p.m. in the Multipurpose Room.**



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

**June 2nd.....Challenges you have faced this year.**

**June 9th.....Write about a person who helped you with your life.**

**June 16th ....Write about Juneteenth commemorating the end of slavery.**

**June 23th...Write about Flag Day or Father's Day.**

**June 29th...Write about family reunions and why they are important!**

## FACTS ABOUT THE MONTH OF JUNE

1. June has the longest daylight hours of the year.
2. June 14 is Flag Day.
3. June 19 is Juneteenth Day
4. On June 21st summer begins and it is Father's Day.
5. June's full moon is called Strawberry Moon.
6. A June Bug is a beetle, and it is hard to get rid of.

## JUNE'S POEM

Lady bug, lady bug, fly away home.  
Your house is on fire, your children will roam.  
Except one who is named Ann, who hid under a pan.

## FATHER'S DAY QUOTES

"A father's a treasure; a brother's a comfort; a friend is both."  
(Benjamin Franklin)

"A father is someone you look up to no matter how tall you grow." (Anon)

"My father didn't tell me how to live; he lived, and let me watch him do it." (Clarence Budington Kelland)

## IMAGINATION

*by Kay Reynolds*

Imagination is present--really  
Grab hold, and reel it in;  
Then see just how I use it  
What great vista could I be at then?

Use the talent of thinking  
To shape new ideas into fact;  
Then employ the new concepts  
To improvements that can last.

Be resourceful--think broad  
Spread your vision==open wide;  
Incorporate wise choices that can work  
With new ideas, new people--success is at your side.

It will take some effort but SO WORTH WHILE  
Results will spread so far and wide;  
Realize just HOW FAR you've come  
A feeling of ACHIEVEMENT you can not hide.

Do it wisely--one where ALL gain  
Making the new plan create care;  
Others will realize it's a benefit  
USE IT-PASS IT ON--so ALL know it's there.  
DON'T HIDE IDEAS-MAKE THEM SHINE!

## Ruth Schrank Art and Afghan Raffle

Our talented member, Ruth Schrank, has generously donated one of her beautiful watercolor paintings to be auctioned off with a color-coordinated matching afghan. The two items would look lovely in a cozy corner of your home! You may have seen Ruth's paintings decorating the stage during one of Ed Tryon's Friday dance performances. Ruth learned to paint in California when she was 45 and used to spend 6 hours a day in pursuit of her art. She sold many of her paintings to appreciative clients. Ruth knitted the afghan in remembrance of her sister Sarah, her best friend. Sarah tried many times to teach Ruth to knit but was never successful. After Sarah passed away, Ruth's love for her sister's memory finally allowed her to acquire this skill. Because Ruth is currently downsizing her possessions, she wants them to go to help the organization that she loves, the Siouxland Center for Active Generations. **Raffle tickets will be sold for \$2 each from June 1 until June 19.** The raffle will be drawn at the Friday dance on June 19. You do not have to be present to win.



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<p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting &amp; Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Canasta</p> <p>10:00 am Beginning Tap Dance</p> <p>11:00 am Intermediate Tap Dance</p> <p>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p>	<p>9:30 am Beginning Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Mah Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p>9:00 am 1 Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:30 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session - \$1.00</p> <p>Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full Lunch</p> <p>11:30 am Phase 10/Five Crowns</p> <p>12:00 pm 500 Card Club</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p> <p>1:00 pm Coloring Corner</p>	<p>11:30 am Open Bridge Group</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Card/ Board Game Group-</p> <p>Misc.</p> <p>12:30 pm Open Craft Time</p> <p>11:00-3:30 pm Friday Dance</p> <p><b>Featuring</b> <b>Jerry O'Dell's Country</b> <b>Flavor Band</b> <b>Drawing for Ruth Schrank's</b> <b>Art Raffle</b></p>
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<p><b>22</b></p> <p><b>1 pm Parkinson's Support Group</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting &amp; Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Canasta</p> <p>10:00 am Beginning Tap Dance</p> <p>11:00 am Intermediate Tap Dance</p> <p>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p>	<p><b>23</b></p> <p><b>10 am Buy.Fat.Live Healthy 1-3 Jukebox Dance Party</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Quilting Club</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Beginning Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Mah Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:00 pm Ping Pong</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance, Painting Class</p>	<p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session - \$1.00</p> <p>Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full Lunch</p> <p>11:30 am Phase 10/Five Crowns</p> <p>12:00 pm 500 Card Club</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p> <p>1:00 pm Coloring Corner</p>	<p><b>24</b></p> <p><b>9:30 am Android Phone Class with B: AI</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session - \$1.00</p> <p>Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full Lunch</p> <p>11:30 am Phase 10/Five Crowns</p> <p>12:00 pm 500 Card Club</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p> <p>1:00 pm Coloring Corner</p>
<p><b>29</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting &amp; Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Canasta</p> <p>10:00 am Beginning Tap Dance</p> <p>11:00 am Intermediate Tap Dance</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Pinochle</p> <p>12:30 pm Bridge-Duplicate</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p>	<p><b>30</b></p> <p><b>10 am Buy.Fat.Live Healthy</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Quilting Club</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Beginning Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:30 am Mah Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:00 pm Ping Pong</p> <p>12:30 pm Penny Bingo, Tap Dance</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p><b>1</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session - \$1.00</p> <p>Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full Lunch</p> <p>11:30 am Phase 10/Five Crowns</p> <p>12:00 pm 500 Card Club</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p> <p>1:00 pm Coloring Corner</p>	<p><b>2</b></p> <p><b>1 pm Karaoke</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>10:00 am Canasta</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Open Bridge</p> <p>12:00 pm Balance Class</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p>
<p><b>26</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Friday</p> <p>9:00 am Mixed Media Art Class/ Vivian Miller</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am STYL meeting</p> <p>(Start Transforming Your Life)</p> <p>11:00 am-12:30 pm Full Lunch</p> <p>11:30 am Open Bridge Group</p> <p>12:00 pm Card/ Board Game Group-</p> <p>Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><b>Featuring</b> <b>The Singer Family Band</b> <b>Senior Royalty Crowning</b> <b>Saturday, June 27, 7-10</b> <b>Surfin' Safari Dance Party</b></p>	<p><b>3</b></p>		

**Center**  
**Closed**  
**4<sup>th</sup> of July**  
**Observed**



# June 2026

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

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Senior Companion Meeting 9:30 am Cornhole 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Chair Yoga 1:00 pm Chair Cardio</p>	<p><b>2</b></p> <p><b>10 am Buy.Fat.Live Healthy</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>3</b></p> <p><b>9:30 am Android Phone Class with B: Scams and Spam</b></p> <p>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 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 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner</p>	<p><b>4</b></p> <p><b>10 am Book Discussion Group</b> <b>1 pm Karaoke</b></p> <p><b>7:00 pm Community Potluck</b></p> <p>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) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 12:00 pm Open Bridge 12:00 pm Balance Class 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p><b>5</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 9:00 am Chair Yoga with Kaye 10:00 am STYL meeting 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Bunco-\$1 entry 1:00—3:30 pm Friday Dance</p> <p><i>Featuring Country Brew</i></p>
<p><b>8</b></p> <p><b>1 pm Birthday Party</b> <b>New Horizons Band</b> <b>Cake sponsored by Sunrise Retirement</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Chair Variety</p>	<p><b>9</b></p> <p><b>10 am Buy.Fat.Live Healthy</b> <b>1 pm Craft with Bickford</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong</p>	<p><b>10</b></p> <p><b>9:30 am Android Phone Class with B: Scams and Spam</b></p> <p>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 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner</p>	<p><b>11</b></p> <p><b>1 pm Karaoke</b></p> <p>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) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 12:00 pm Open Bridge 12:00 pm Balance Class 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p><b>12</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 1:00—3:30 pm Friday Dance</p> <p><i>Featuring The Embers</i></p>
<p><b>15</b></p> <p><b>12-1 pm Team Trivia</b></p>	<p><b>16</b></p> <p><b>10 am Buy.Fat.Live Healthy</b></p>	<p><b>17</b></p> <p><b>10 am Technology Class with Pam: Banking and Finance Apps</b></p>	<p><b>18</b></p> <p><b>1 pm Karaoke</b> <b>3-5 pm Bougie Bag Bingo</b></p>	<p><b>19</b></p> <p><b>7:30 am—1 pm Coffee Shop</b></p> <p>9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch</p>

# 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 \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see Kristina or Faith if she's not available

- June 5: Country Brew**
- June 12: The Embers**
- June 19: Jerry O'Dell's Country Flavor Band**
- June 26: The Singer Family Band and Senior Royalty Crowning Ceremony**



## Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in June. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes. Classes will be held on **Wednesdays at 9:30 a.m. in the Conference Room**

- June 10:** Scams and Spam: Phone
- June 24:** AI: Learning how to recognize Artificial Intelligence in photos, stories, and video.



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- Dental Insurance
- Home Health Care



## ACCEPTING APPLICATIONS

MARTIN TOWER APTS-SIOUX CITY

1-BEDROOM INCOME BASED FOR SENIORS & DISABLED

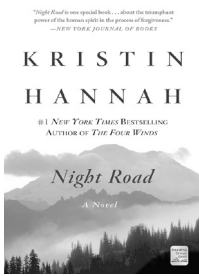
712-255-3665 OR 877-521-8750

Leasing@oakleafpm.com



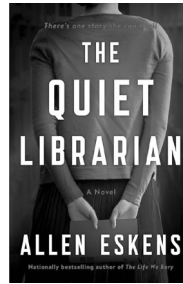
## Book Discussion Group

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.



### June 4: Night Road by Kristin Hannah

The devastating consequences of a single, reckless night among three teenagers forever changes their lives and the lives of their families, exploring themes of love, loss, guilt, and forgiveness, particularly through the lens of motherhood and grief



### July 2: The Quiet Librarian by Allen Eskens

After the murder of her best friend, a librarian's search for answers leads back to her own dark secrets in this novel about a woman transformed by war, family, vengeance, and love, from the author of the beloved bestseller The Life We Bury.

Future titles are **Tilt by Emma Pattee on August 6** and **A Painted House by John Grisham on September 3.**

## Saturday Night Dance Party: Surfin' Safari



Surfin Safari is an oldies (50's-70's) rock band based out of Sioux Falls. Established seven years ago with five musicians who share a passion for the ever-popular Oldies and Golden Oldies music genres, the band performs the songs in the original style of the era. A favorite at Storm'n Norman's, several of their members have played professionally for many years, have backed famous musicians such as John Denver, Dicky Lee, and Waylon Jennings, and have been honored by their respective state's music hall of fame. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and drinks beginning at 5 p.m. **June 27, 7-10 p.m.**

## Choir News

The Active Generations Choir is making a tape for a music contest that shows music over the years. Our directors Karen and Lori have chosen great songs. We are looking forward to that for sure. We always welcome new singers to our friendly group. We use regular singers to make great music harmony so no one needs worry about ability. Please come, visit and join! **Wednesdays at 11 a.m. in the Music Room.**

## Bridge News

The big news for June is our district tournament here at the Center on June 5 and 6. There will be separate games for players under 299 points so that beginners can experience tournament play with their peers. It's amazing the energy generated at tournaments. Bridge at its best! You can call Karen Bourne (712-577-0277) if you need a partner. Check the calendar for the regular classes and games which will continue as usual.

## Technology Class with Pam from Connections: Banking and Finance Apps at a Glance



Pam from Connections will help you explore a free, mobile banking demo site where you can familiarize yourself with some of the most popular features of mobile banking, including built-in budgeting features that can help you take better control of your finances. She'll also go over the industry standards that banks employ to keep your money safe and discuss the steps you can take to avoid scams. Finally, Pam will introduce some popular budgeting apps and provide a

brief overview of the world of digital payments. **Wednesday, June 17, 10 a.m. in the Conference Room**

## Your next move deserves careful attention.

Whether you're selling a longtime home, looking for something smaller, or just exploring options, I offer honest guidance and personal service you can trust.

**Reach out today!**

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**712-898-6671**  
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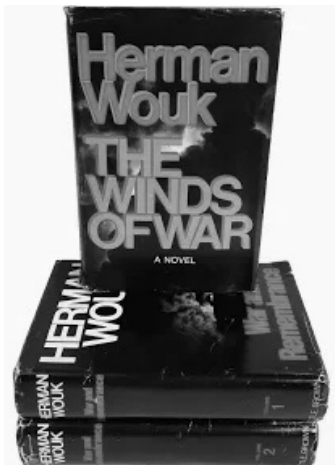
## Trailblazers



In May, the Trailblazers moseyed through the “Music City” of Nashville as they walked 4,238 laps around the building, the equivalent of 339 miles. This distance would be similar to walking the outer edges of the I-840 bypass, combined with the northern outer loops of the Nashville metro area to form an outer perimeter spanning nearly 140 miles and doing this two and a half times.

June’s Trailblazers adventure will be a road trip through South Dakota. Majestic, historic, and otherworldly destinations will include the Mitchell Corn Palace, Badlands National Park, Wall Drug, Mt. Rushmore, Deadwood, Custer State Park, the Black Hills, Crazy Horse Memorial and Wind Cave National Park. As you experience the “Great American Road Trip” combining iconic national monuments, surreal natural landscapes, and quirky roadside culture, remember to “Walk, Talk, Get Fit!”

## News from the Library



Pulitzer Prize-winning author Herman Wouk’s novels “The Winds of War” and “War and Remembrance” are now available in the library. Considered one of the defining fictional epics of World War II, the two books follow the lives of the fictional Henry and Jastrow families during the global events leading up to and during the years of the second world war. The books were made into a movie starring Robert Mitchum and Ali McGraw. Read them for sweeping, meticulously researched historical fiction.

## Suky Returns for Classes and Instruction

Welcome back, Suky! She will resume leading chair exercise classes on Mondays and Wednesdays, Chair Yoga at 12:30 and Chair Cardio at 1:00. Come to one or both classes. On Birthday Mondays there will be only a 12:30 class called Chair Variety using different styles.

Suky's Thursday Balance class has changed locations to the Yoga Studio at noon. Chair exercisers are welcome. There will be no Spanish until Fall because school is out for summer. If you are taking a trip this summer and would like to get acquainted with Spanish, you can find Suky at the front desk on Mondays to set an appointment.

Also Suky will be substituting for Kaye for Chair Yoga on Fridays at 10am. We will do a 45min Yoga Flow with nice seated stretches and some standing poses, something different than what is done on Monday and Wednesdays. Sending love, prayers and best wishes for Kaye's speedy recovery. We miss you Kaye!

Do you need instruction on using the exercise equipment in the gym? Suky is willing to help! Please talk to her at the front desk or in the board room to set up an appointment.

## Intermediate Tap Dance Class



Cindy Agnes will offer an intermediate tap dance class beginning in June. She will continue to teach the beginning class as well. Anyone who is ready to move up from the beginning class or has tapped before is welcome to attend the intermediate class. **Mondays at 11 a.m. in the Fitness Classroom.** The Beginning Tap Dance class meets at 10 a.m.

## Ron’s Beginning Painting Class



Painting instructor Ron McKewon will offer a beginning acrylic painting class. Learn to paint landscape elements, mix colors, and prepare different types of painting surfaces. The cost for 8 weeks of instruction is \$25. Please sign up with Ron or Faith Cosier. **Tuesdays at 9:30 a.m. in the Craft Room.**

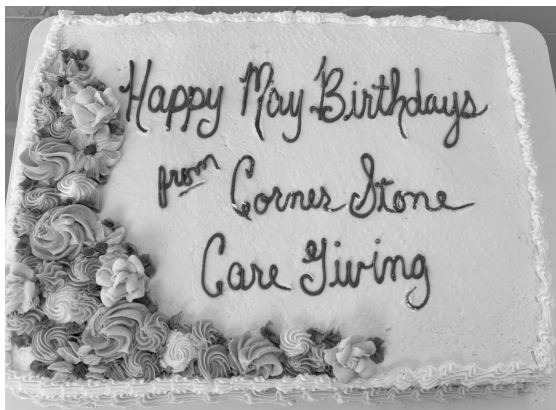
# Tons of Papers Shredded at Spring Shredtastic



232 cars drove through our spring Shredtastic event and dropped off 52 bins of documents which is about four and a half tons! Thank you to Document Depot for securely shredding all of these papers and helping to protect seniors in our community from identity theft. Also, thank you to our partner organization, Connections Area Agency on Aging, as well as the many volunteers who helped to unload documents from cars and load up the shredding bins. **The fall Shredtastic event will take place on Friday, September 4 at 1 p.m.**

## Young at Heart Line Dancers Give a Wonderful Performance at the May Birthday Party

We celebrated our members with May birthdays with a performance of fancy footwork from the Young at Heart Line Dancers. Thank you to Cornerstone Caregiving for sponsoring the birthday cake!



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### Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee	St John's Lutheran	United Lutheran
4th Thursday	28th & Jackson	315 Hamilton Blvd
of each	1st Thursday of	3rd Thursday of each
month 7:00 PM	each month 6:30 PM	month at 7:00PM

# 2026 Senior Royalty Elections



Hear ye! Hear ye! The Siouxland Center for Active Generations proclaims that in the sixth month of the year two thousand and twenty-six a new King, Queen, Duke, and Duchess, Count, and Countess 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 will be held at the Friday dance party on June 26.**



Duties of the royal court entail appearing in the River-Cade parade on the evening of Wednesday, July 29 (suitable vehicles for the noble personages will be provided), and visiting the court of the Kingdom of Riverssance on the weekend of October 3 and 4 escorted by your Royal Ambassador Lady Gwennlian, known as Kristina in Elderland. 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 22 and return it to the front desk. Write down three men and three women that you feel embody the spirit of the Siouxland Center for Active Generations. Only one ballot per person will be accepted.

## Save the Date for the Fabulous Fall Follies



Celebrate 40 years of the Siouxland Center for Active Generations' annual talent show that shows off the wonderful skills of our accomplished and vivacious members! Expect exciting performances from the Center Stage Tappers, the Young at Heart Line Dancers, Belly Dancers, Tai Chi Fans and Swords, the Active Generations Choir, Jane's Ballroom Club plus new favorites and surprises. The Fall Follies will return to the Sioux City Community Theater on

Riverside Drive. **Mark your calendars; the show will be held on Saturday, October 17 at 2 p.m.**

# JUNE BIRTHDAYS

Bruce Spence	Jana Erdmann	Kleinwolterink	Ron Roeder
Pat Alfredson	Pharyce Eslick	Anna Kounas	Ronald Rohlena
Jim Anderson	Zenon Estrada	Cheryl Kounas	Florence Schincke
Angela Avery	Sherry Evans	Allen Lambing	Connie
Kathleen Baker	Mierra Fawcett	Pamela Lawson	Schoenberner
Lyle Bakker	Rick Fetterman	Bradley Leonard	Rebecca Schwartz
Linda Ballard	Kathleen Fischer	Suzette	James Shelley
Karen Bates	Sandra Frese	Leuenhagen	Arelene Simon
William Bauerly	Roberta Friessen	Sue Lieber	James Singer
Kris Bergstrom	Richard Fritz	Suzanne Lundgren	Sandra Spiegel
Vicki Bowman	Lisa Gutierrez	Rita Lyman	Marguerite
Roger Bowman	Margaret Hall	Earl McKinley	Stephens
Mary Braunger	Harlan Halverson	Betti Jean Miller	Susan Stofferan
Paula Brummond	Ronald Hartman	Marcia Muecke	Venita Stusse
Marcia Bunkers	Denise Hauser	Lorenzo Munoz	Ralph Swain
Mary Burke	David Hays	Edward Nagel	Charlotte Thoma
Robert Burwell Jr	Alex Heinecke	Jan Nelson	Debra Tudehope
Joan Carney	Gregory	Phillip Nolen	Duane Uithoven
Tammy Carter	Heisterkamp	Joyce Olson	Joyce Vanderlinden
Raymond Chicoine	Connie Hoklin	Jeff Olson	Walker Dixie
Frances Cole	Corinne Holman	Barbara	Cindy Rae
Gerold Collins	Darrell Hoss	Orzechowski	Whitesell
Theresa Colt	Thomas Houchins	Doris Parsons	Evelyn Wilen
Richard Connin	Laura Husman	Sergio Carlos Perez	Margaret Williams
David Contreras	Bella Ingram	Judy Peterson	Elizabeth Wilson
Medrano	Wesley Iseminger	Lorraine	Roy Wineinger
Janice Culver	Ronald Johme	Pfotenhauer	Patty Wood
John Culver	Marilyn Jorgensen	Tim Pickinpaugh	Dennis Wurster
Dean Danilson	Vernon Junge	Kaye Plantenberg	Larry Yarger
Jack DeRocher	Jeff Keil	William Prato	Janet Youngberg
Juanita Ehret	Jean King	Bev Reed	
Leaster Ellington	Holly King	Judy Ann Rehurek	
Ruth Ellis	Rodney	Brenda Reicks	

## Welcome NEW Members

*Marcia R Britton  
Claudette Brower  
Joani L Brown  
Julie Davis  
Diane L Foley  
Sue Funck  
Lucy J Greer  
Paula L Hogan  
Gerald F Hoxsie  
Cassandra McNeil  
Alice Roberts  
Carol Jean Stapleton  
Ronald Stusse  
Judith Wascher  
Roxanne Woodward*

## Memorials

*Thank you for the many  
donations to the center  
in memory of  
Dewain Fravel*

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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.*

- |                      |                  |                    |                    |
|----------------------|------------------|--------------------|--------------------|
| Charlotte Curry      | Maizie Johnson   | Sally Kimball      | Ted & Kathy Massey |
| John & Sandra Graser | Normajean Hughes | Kristine Bergstrom | Dorothy Swanson    |
|                      | Pam Mears        | Franklin Gilbert   | Pat Johnson        |

## Dollar-A-Day for a YEAR

- |                       |                                     |                           |                       |
|-----------------------|-------------------------------------|---------------------------|-----------------------|
| Cindy Houlihan        | Gerald & Kathleen Weiner Foundation | Kristine & Todd Bergstrom | Rolene Beauvais       |
| Darlene Coulson       | James & Helen Anderson              | Larry Armbricht           | Russell Movall        |
| David Young           | Jerry Levay                         | Marsha Jarman             | Ted & Kathy Massey    |
| Don & Rosalie Horsted | Jon & Grace Wagoner                 | Pam Mears                 | Marsha Pasker         |
| Donald & Ruth Kingery | Kenneth Dvorak                      | Robert Steffe             | Normajean Hughes      |
|                       |                                     |                           | Caroline O'Kane Sands |