

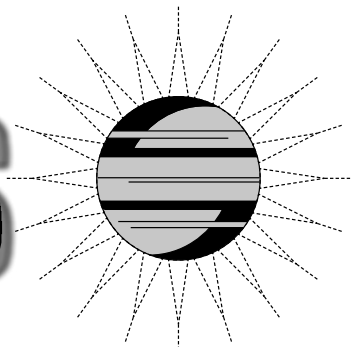
SUNSHINE NEWS

NOVEMBER 2024

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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

Celebrate Friendsgiving with Your Good Friends at the Center



A favorite tradition at the Siouxland Center for Active Generations is the annual "Friendsgiving" dinner. As Thanksgiving approaches, many people find themselves unable to celebrate with their families due to distance and other life circumstances. In response, a growing tradition called "Friendsgiving" has become a way for individuals to create meaningful connections and share the warmth of the holiday season, even when far from loved ones. Friendsgiving, a blend of "friends" and "Thanksgiving," offers an opportunity for people to gather with close friends, share a meal, and express gratitude in a more informal and flexible setting. For those unable to be with family, this tradition has emerged as a comforting alternative.

One of the most significant benefits of Friendsgiving is the sense of community it fosters. Being away from family during the holidays can feel isolating, but Friendsgiving brings together a group of people who may also be in the same situation, creating a sense of belonging. This gathering helps to alleviate feelings of loneliness and replaces them

with the joy of companionship. In many ways, Friendsgiving highlights the idea that family isn't only about blood relations but also about the people who show up for us, share life's moments, and offer support. Instead of spending the day missing loved ones, people can create new, meaningful memories with friends who act as stand-ins for family. The shared laughter, conversation, and togetherness transform



what could be a difficult day into one filled with gratitude and joy.

Friendsgiving is more than just a substitute for Thanksgiving—it's a reminder that holidays are about human connection, whether with family or friends. It provides a valuable opportunity to celebrate, reflect, and feel appreciated, making the holiday season brighter

and more fulfilling. Please join your friends at the Center for a Friendsgiving luncheon this Thanksgiving season!

The menu will feature classic Thanksgiving dishes like turkey, mashed potatoes with gravy, sweet potatoes, stuffing, and green bean casserole, with an assortment of pies for dessert. Tickets, priced at \$13 in advance, or \$15 at the door, can be purchased at the front desk. Guests will be served in the order of their ticket number, so buy yours early.

Thursday, November 21, 11 a.m. in the Dining Room.

**The Center will be closed on
Thursday, November 28th and
Friday, November 29th
for the Thanksgiving holiday.**

*HAPPY
Thanksgiving*

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

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Annual Dues — \$75 per Person

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

November Veteran's Day Birthday Party Featuring Patriotic Songs with the Choir



In 2024 our November Birthday Party happens to fall on Veteran's Day. Veteran's Day, originally called "Armistice Day," began to be commemorated after the end of World War I. According to the website of the U.S. Department of Veterans Affairs: "World War I—known at the time as "The Great War"—officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

President Wilson proclaimed November 11, 1919 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

An Act of Congress approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor Veterans of World War I. In 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the Veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation on June 1, 1954, November 11th became a day to honor American Veterans of all wars."

As well as honoring our members with November birthdays, the choir will recognize veterans through song with patriotic music. Please join us to celebrate, with birthday cake donated by Medigold, on **Monday, November 11, 1 p.m. in the Multipurpose Room.**

Twenty Questions Team Trivia

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



team with the most correct answers is awarded prizes and bragging rights. The competition between the Friendship Table and the Generals of General Knowledge has been heating up lately. Come be a part of the smarty party on **Monday, November 4 and Monday, November 18, noon in the Dining Room.**



Connecting Daily

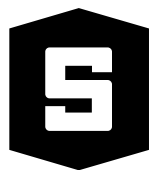
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Volunteer Brunch



The Siouxland Center for Active Generations will be honoring members who have volunteered in a wide variety of capacities at the Center over the past year with a volunteer brunch this month. Members who have logged at least four volunteer hours into the computer in the past year should have received an invitation over the phone. If you feel that you fall into this category but did not receive an invitation, please see the front desk. Tickets for guests or other attendees are \$10 and can be purchased at the front desk. **Monday, November 4, 10 a.m. in the Multipurpose Room.**

Tech Tips for Disaster Preparedness Class

Did you know that Technology is an essential part of being prepared for emergencies and natural disasters? In this session, Pam from Connections Area Agency on Aging will explain how technology can help you prepare. We'll discuss and demonstrate useful features of the FEMA and Red Cross Apps, including setting alerts. Additionally, we'll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a power outage. Finally, we'll discuss how you can use social media to get to emergency and other important information from local and national authorities. **November 13, 9:30 a.m. in the Multipurpose Room.**



Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

Siouxland Center for Active Generations Investment Fund
313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Gift Shop & Library Donations

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

Roger Eldridge	Deanna Jacobs	Sandi Rasmussen
Roger & Bonita Leff	Elaine Waskow	Donnette Hatch
Jane Henderson	Judy Peterson	Linda Madden
Caroline Sands	Evey Thompson	R.E. Hayes
Vikki Jacobs	Rita Potter	Joan Johnson
Arlene Imray	Lola Balstad	Billie Erskine
Willard Snyder	Bob Steffe	Cheryl Kilberg

AARP Safe Driving Class

Enhance your driving skills with this AARP sponsored refresher course!

Benefits of Course include:

- Improves your driving skills
- Lower insurance premiums
- Helps reduce accidents

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

This four-hour course costs \$20 for AARP members and \$25 for non-AARP members.

Monday, November 18, 12-4 p.m. Sign up at the front desk if you would like to participate.



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

Bruce Hunkins
Four Seasons Apartments
Meyer Brothers
Charter at NorthPark Place
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Donations

Arlene Imray
Bruce Hunkins
Ray Sundquist
Dorothy Vanderwell
Michael Dickson
Diana Howard
Jeff Zolley

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Shredtastic Event Protects Seniors from Identity Theft



On September 20, 158 cars visited the parking lot of the Siouxland Center for Active Generations to drop off 37 bins of personal documents during the Shredtastic drive-through shredding event. Thank you to our partners, Connections Area Agency on Aging and Document Depot for working with us to host Shredtastic, our volunteers who unloaded the large volume of papers, and everyone who attended and made a donation! Mark your calendars for the **next Shredtastic: May 2, 2025.**

November Saturday Night Dance Party to Feature Marksmen Lite



Bring your dancing shoes! The Marksmen Lite band plays a great mixture of country, western, and rock. Their concerts are always a good time! The Marksmen Lite recently performed at the South Sioux City Senior Center, Ida Grove Heritage Days, and the Eagles Club. They were recommended by Jim Brehm, who has known band

member Mark Jenkins for many years and speaks highly of his musical talent. You may have seen Mark and other members performing with Country Brew at the Friday dance party. **Saturday, November 16, 7-10 p.m. Advance tickets for SCAG members are \$10. The price is \$15 for nonmembers and at the door on the evening of the event. The cafe will be open to serve food and drinks.**

Grateful thanks to Jim Brehm for sponsoring November's Saturday night party and to Mike Dickson for giving generous donations for our previous Saturday night events.



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November Yearly Membership Anniversaries

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

Nancy Allen	Robert Burwell Jr	Diane Hargens	Elizabeth Mae	Brenda Oehlerking	Robin Schroeder
Jeb Archer	Gary Cameron	Mary Hettinger	Kosinski	Alfred Patocka	Ruth Snyder
Jackie Archer	Joan Carney	Nadine Holst	Barbara Kron	Carol Perrin	Earl Sorgdrager
Marie Barney	Rick Christoffen	Patty Houlihan	Sandra Kuntz	Lorraine	Michael Stone
John Berger	Lynda Lee Deabler	Barbara-Anne	Robert LaBrune	Pfotenhauer	Krista Tran
Sandra Berger	Vivian Derochie	Huculak	Mark Lenz	Tim Pickinpaugh	Donna Vitzthum
Dianne Bertrand	Jannette Domayer	John Jacobsen	Delores Lillie	George Polak	Terry Vitzthum
Sharon Blom	Lynn Doadad	Rosanne Janssen	Gail Linke	Vicki Porter	Sharyn Volk
Terry Borg	Yazmin Edgar	Daniel Janssen	Jean Madison	Linda Post	Ralph Webb
Gary Bowman	Kathryn Schorer-	Julia Johnson	Neil Magnusson	Daniel Poston	Jeanette Wendt
Joann Breyfogle	Eller	Roma Johnson	Diane McKernan	Kathleen Rathman	Jeanne Westin
Candace Broveak	Frank Gilbur	Candy Johnson	Rosanne McNertney	Joan Ratley	Clayton Woods
Steve Brown	Gerri Gill	Vicky Jones	Arlene Milbrodt	Kay Reynolds	Mary Ann Younie
Janet Brown	John Gilles	Roger Kann	Edward Moran III	Debra Rosenow	Scott Younie
James Brownlee	Sandra Graser	Linnea Keane	Donald Morley	Beth Rozeboom	



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Meet a Member: Bev Hall



Bev Hall was born and raised in Mason City, Iowa. She has fond memories from her childhood of taking a train from Mason City to Clear Lake to visit family for the 4th of July and going to the Bayside amusement park with its roller coaster, merry go round and Ferris wheel. She had four brothers and three sisters; only one sister is now living. Two of her brothers served in World War II. One of her brothers was a bombardier whose plane was shot down in India.

Bev occupied herself as a homemaker until later in life. Her husband George was in the Army, and they lived in Germany while he was stationed there between 1956 to 1959. Her two sons were born there. Post-WWII was an interesting time to be in Germany, as there were still many bombed buildings, and the Cold War was beginning. George was trained to use an atomic gun. It was so long that it had to be carried around on a large dolly that small German cars could fit underneath. While in Germany, Bev and George spent a lot of time riding bicycles. There were bike trails everywhere and the majority of people in Germany rode them. Sometimes they would bike to Austria. This biking experience led Bev to ride in RAGBRAI twice, once with her husband and once with a nurse friend from the hospital where she ended up later working.

After Germany, Bev and George moved to Lawton, Oklahoma while he was stationed at Fort Sill. George was sent to Korea twice. Bev moved back to Mason City the first time; the second time she lived in North Carolina, where she and her family stayed until her husband retired from the Army. After his retirement,

they moved to Ames and Bev's daughter was born. George took a job doing land survey for the state of Iowa. He did preliminary work on Highway 20. They bought an acreage in Colo and kept chickens, geese and ducks. Her sons had pigs and sheep, and Bev kept a garden.

Gardening has been a lifelong interest for Bev. In all the places that she has lived she has been a member of gardening clubs or extension services. At the Siouxland Center for Active Generations, Bev is our plant caretaker and keeps all of our beautiful growing things looking great. Bev initially began taking care of the plants at the Center when the previous caretaker, Marian, went on vacation, then she eventually ended up taking on this responsibility full-time. We are grateful for all her time, effort, and horticultural expertise!

Bev moved to Sioux City in 2007 when her husband transferred to our local highway commission. At this point her children were all grown up, so she decided to find employment outside of the home. She got a job at a hospital, earned a physical therapist assistant license and saw patients in a thirty-mile radius. A year after she moved to Sioux City, she joined the Siouxland Center for Active Generations. Bev made her time at the Center a priority and would schedule her patients around the times that she wanted to spend at SCAG. She also worked as a teacher's aide at the Cardinal House, a transition program for kids with intellectual disabilities, run by the South Sioux City School District. Bev made crafts with the kids and taught them how to sew and mend items, which she found very rewarding.

Bev's three children have produced eight grandchildren and 13 great-grandchildren. Her family members are spread out in Sioux City, Nebraska, Louisiana, Illinois, and Mississippi. Besides taking care of the plants at the Siouxland Center for Active Generations, Bev enjoys participating in Fitness with Lee, Yoga, and Tai Chi. She recently participated with the Tai Chi group in the Fall Follies demonstrating both the traditional tai chi form and with fans. Bev speaks favorably about SCAG, "This is a great center. You can meet a lot of people here. There are so many activities, you could stay here all day." The words of wisdom she would like to share are, "Don't be afraid to try something new."

Friday Dances

Adrian Hanson and his wife Carolyn celebrating his 100th birthday at the September 27th Friday dance party with the Singer Family Band.

Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

November 1: Jerry O'Dell's Country Flavor Band


November 8: The Huckleberrys

November 15: Ed Tryon

November 22: Bob Brewer and Country Brew






November 29: Center Closed for Thanksgiving holiday



<p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</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>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am 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>10:00 am Journaling Club</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>Ed Tryon</i></p> <p>Saturday, November 16, 7-10 p.m. Saturday Night Dance Party <i>featuring Marksmen Lite</i></p>
<p>18</p> <p>12-1 pm Team Trivia</p> <p>12-4 pm AARP Driving Course</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</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 & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</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 Bunco-\$1 entry</p> <p>12:00 pm Bridge-Duplicate</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>19</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</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 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 Jazz Dancercise</p> <p>11:30 am Belly Dancing</p> <p>11:00 am Mah Jongg (experienced players)</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>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 w/Dixie</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Journaling Club</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 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</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Tap Dance,</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>21</p> <p>11 am Friendsgiving Dinner</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</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 <i>Beginner, Registration Req.</i></p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Canasta</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>22</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting <i>(Take Off Pounds Sensibly)</i></p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>Bob Brewer and Country Brew</i></p>
<p>25</p> <p>1 pm Parkinson's Support Group (4th Monday)</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</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 & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</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>1:00 pm SilverSneakers Chair Fitness</p>	<p>26</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</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 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>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 w/Dixie</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Journaling Club</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 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</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Tap Dance</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>28</p>  <p>Center Closed for Thanksgiving</p>	<p>29</p>  <p>Center Closed for Thanksgiving Holiday</p>

November 2024

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
				
4 10 am Volunteer Brunch 12-1 pm Team Trivia 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) 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bunco-\$1 entry 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	5 Election Day 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	6 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 w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 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 Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	7 10 am Book Discussion Group 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 Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	8 10:30 am Genealogy Class (2nd Friday) 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am 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
11 1 pm Birthday Party (2nd Monday) Patriotic Music with Choir <i>Cake donated by Melitgold</i>	12 1 pm Christmas Centerpiece Craft with Bickford 2-4 pm Jukebox Dance Party 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo	13 9:30 am Technology Class: Tech Tips for Disaster Preparedness 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 w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class	14 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 Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Cribbage	15 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am Open Bridge Group 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club

November Creative Writing Themes

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

Nov 5thWrite about family members and what they mean to you.

Nov 12th ...Write about your view on Climate Change.

Nov 19th ...Write what you would put in a time capsule for this year.

Nov 26th...Write about the Thanksgiving holiday, or about Veterans that we honor.

FACTS ABOUT NOVEMBER:

1. Daylight Saving Time: November 3rd, set clocks back 1 hour.
2. Tuesday, November 5 is Election Day, please vote!!!
3. The Plymouth Pilgrims were the first to celebrate Thanksgiving in 1621.
4. The Wampanoag Indians taught Pilgrims how to cultivate land and raise corn.
5. On November 11th we honor Veterans Day.
6. Thanksgiving is celebrated Thursday, November 28th.

NOVEMBER ENGLISH FOLK SONG:

(Lydia Maria Child)

"Over the river and through the woods,
trot fast my dapple gray,
Spring over the ground like a hunting hound,
on this Thanksgiving Day.

Over the river and through the woods,
now Grandmother's face I spy.

Hurrah for the fun, is the pudding done?
Hurrah for the pumpkin pie."

THOUGHTS TO THINK ABOUT:

"Life is short, forgive quickly, love truly,
and always be thankful for the gift of life!

Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee	St John's Lutheran	Immanuel 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

Joann M. Martin



A Celebration of Life
March 23, 1960 - September 24, 2024
JOANN MARTIN was a
tremendous soul
Open to caring for all and give aid
Always a warm smile-a kind word
Never missed good thoughts of those
she loved

New VISTAS she will now travel on in peace

Mother supreme, wife unique, and dear friend
Main concern: A caring heart for family and friends
A tremendous voice-talent she shared with all
Rare gift for us to have known her
True to her Lord she held deep in her heart
Invested time in TRULY LIVING LIFE
New star in our evening sky
Kay Reynolds

WE WILL MISS HER WARM PERSONALITY,
TWINKLE IN HER EYE, GREAT CARE, AND KNOW
SHE IS WITH US STLL-IN SPIRIT!!

Choir News



FOLLIES is over--ALL WENT WELL-- and many great comments were received. Our performance was dedicated to our beloved JoAnn Martin who passed away in a fatal car accident. We will miss her beautiful voice. BUT THE MUSIC GOES ON! The desire to share wonderful compositions is within all of us. We are now preparing for other "sing outs" in the future. The joy we receive in harmony is so rewarding. AND the wish for a LARGE CHOIR is always there. We ARE getting new members and would love more for a much fuller sound. No one has to be a soloist-just LOVE MUSIC! To give that joy to audiences is our GOAL-SO COME-VISIT-SEE- WE WOULD LOVE TO HAVE YOU! The Choir meets WEDNESDAY 11 AM--MUSIC ROOM --SEE YOU SOON.

Jukebox Parties



Hey there, all you cool cats and swinging chicks! Get ready to shake, rattle, and roll because we're throwing the most rockin' events of Tuesday afternoons, the Jukebox Parties! We're talking about a groovy time where the music is jam-packed with your favorite hits from the fabulous '50s and sensational '60s! Get ready to twist, shout, and boogie as we spin those classic music videos from the golden days of rock 'n' roll, soul, and doo-wop. From Elvis to The Supremes, we've got the jams that'll make your feet move and your hearts groove! **Tuesday, November 12, and Tuesday, November 26, both from 2-4 p.m. in the Multipurpose Room.**

Six Benefits of Yoga that Will Encourage You to Get Moving



- Improved flexibility and mobility.
It increases the flexibility of your muscles and mobility of your joints.
- Increased muscle strength and tone.
You are constantly carrying your own body weight.
- Improved heart health.
The practice improves your cardiovascular health.
- Reduce risk of injury.
It promotes bone health, strengthens muscles, and exercises tendons and ligaments; thus, it helps prevent the body from harm.
- Improved mindfulness.
It's all about taking time to move your body and think mindfully. The physical benefits are only a small part of the practice.
- Reduced stress.

Yoga offers you a safe space to regroup and find calmness. **Chair Yoga meets Fridays at 10 a.m. in the Fitness Classroom.**

Kaye Plantenberg

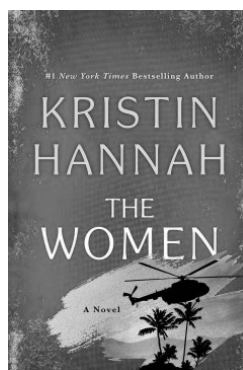


The Belly Dancers gave a fun and fantastic performance at the October Birthday Party.

Book Discussion Group

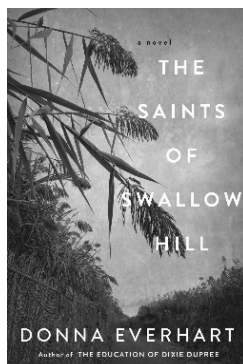
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.

November 7: *The Women* by Kristen Hannah



In 1965, nursing student Frankie McGrath, after hearing the words "Women can be heroes, too," impulsively joins the Army Nurse Corps and follows her brother to Vietnam where she is overwhelmed by the destruction of war, as well as the unexpected trauma of coming home to a changed and politically divided America.

December 5: *The Saints of Swallow Hill* by Donna Everhart



Where the Crawdads Sing meets The Four Winds as award-winning author Donna Everhart immerses readers in a unique setting—a turpentine camp buried deep in the vast pine forests of Georgia during the Great Depression—for a captivating story of friendship, survival, and three vagabonds' intersecting lives.

Bridge News

We celebrated our successful tournament with a pizza party. We had tasty treats and a good bridge game. We aren't a political group, but it doesn't hurt to remind everyone to vote in this important election. Bridge will go on no matter what. Join us for Diana Howard's intermediate class on Monday mornings or Leon Koster's beginning class on Thursday mornings. Our open games are Monday and Thursday afternoons. The novice games are on Wednesday mornings. What better way to have fun on these dreary wintery days?

Genealogy Class: Orphan Trains



The November Genealogy Class will discuss the Orphan Train Movement and how to research your relatives who may have been a part of it. According to Wikipedia, "The Orphan Train Movement was a supervised welfare program that transported children from crowded Eastern cities of the United States to foster homes located largely in rural areas of the Midwest. The orphan trains operated between 1854 and 1929, relocating from about 200,000 children. The co-founders of the orphan train movement claimed that these children were orphaned, abandoned, abused, or homeless, but this was not always true. They were mostly the children of new immigrants and the children of the poor and destitute families living in these cities."

Cheryl and Phyllis will discuss the history of the Orphan Train Movement and different resources for finding the people who were a part of it. One source is the National Orphan Train Museum and Research Center that collects, preserves, interprets, and disseminates knowledge about the orphan trains, and the children and agents who rode them. This includes the history of the orphan train movement, and the stories of the children, photos, artifacts, and an archival collection. Also, they maintain a rider registry, a speakers' bureau, and the organization's online news. NOTC has 66 volumes of orphan train rider records of the American Female Guarding Society (AFGS), photos, about 20,000 rider records, and 9,700 names in computer databases.

Genealogy Class will meet on November 8 at 10:30 a.m. in the Classroom.

Trailblazers



Hope you enjoyed traversing the Transylvanian trails in October! The Trailblazers completed 1,547 laps around the building, or 124 miles, which is about the distance from Bucharest, Romania's capital, to the famous Bran Castle, the inspiration for the castle described in Bram Stoker's *Dracula*.

In November, we'll make a journey to Frankfurt, Germany, a central city on the river Main. It is a major financial hub that's home to the European Central Bank and Europe's third largest airport. Frankfurt is the birthplace of famed writer Johann Wolfgang von Goethe, whose former home is now the Goethe House Museum. Much of the city was damaged during World War II and later rebuilt. The reconstructed Altstadt (Old Town) is the site of Römerberg, a square that hosts an annual Christmas market. Among the city's most famous old structures are the Römer ("the Roman"; formerly the site of the Holy Roman emperor's coronation ceremonies and now Frankfurt's city hall) and two other gabled houses on the Römerberg (the city square surrounding the Römer). Other historical landmarks include the 155-foot tall Eschenheimer Tower; the red sandstone cathedral, which was dedicated to St. Bartholomew in 1239; and the Paulskirche, which was the meeting place of the first Frankfurt National Assembly. As you pretend to be strolling through the streets of Frankfurt, remember the Trailblazers' motto, "Walk, Talk, Get Fit."

Crafts with Bickford



Our friends from Bickford Assisted Living and Memory Care, Deb and Liz made fun fall crafts with our members in October. Their November activity will be making a Christmas centerpiece on a tray. Please sign up in the Activities Book if you would like to participate. **Tuesday, November 12, 1 p.m. in the Dining Room. Space will be limited to ten people.**

How Tai Chi Balances Out Risk of Falling



(from Forbes Health)

Perhaps one of the greatest benefits of practicing tai chi for seniors is its ability to mitigate the risks of falling. “In terms of balance, you can think of tai chi as a multi-component or even a multi-non-drug intervention,” says Peter M. Wayne, Ph.D., author of *The Harvard Medical School Guide to Tai Chi*. “We know that not only do strength, flexibility and coordination all play a role in preventing falls, but cognition—and especially executive function—is critical as well.”

What does that mean? It’s basically your ability to shift your mental focus seamlessly to tend to different tasks. Tai chi enhances executive function by putting the focus less on the destination and more on the transitions. For example, if you’re walking along and having a heated discussion with someone, you’re more likely to trip. But tai chi trains you

to be aware of everything going on such that you’re able to notice your breath, your mental processes and your physical sensations and movements all at the same time.

To experience this awareness now, try standing on one leg and counting backwards from 100 by sevens. You’ll likely be pretty wobbly and thinking hard at first. But keep doing it and you’ll improve over time. “What we’ve learned is that after tai chi training, people get better at this type of dual-task challenge, which means that the mind and body start working together more coherently,” says Wayne. And thus, fewer falls occur even when under mental stress.

Additionally, there’s some evidence that a regular tai chi practice enhances bone density, so if you do fall, you’re less likely to suffer a debilitating fracture. This benefit is vital since 54 million Americans over the age of 50 have low bone density, which is especially prevalent in post-menopausal women.

Finally, one of the biggest predictors of falls in older adults is fear of falling. For example, you might start walking in a more tentative way or participating in fewer activities, which further deconditions you. Both of those actions reduce confidence and make future falls more probable. “Sadly, it’s a vicious cycle,” says Wayne. “What tai chi does is allow you to slowly recognize the manifestation of that anxiety and change that programming. It’s one of the best tools we have for reducing fear of falling.” **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**

Center Members Participate in the Kingdom of Riverssance Festival

Our Kingdom of Elderland was commendably represented at the 2024 Riverssance festival by our Senior Royalty, King Steve the Benevolent, Queen Lillie the Graceful, Duchess Cheryl the Classy, and her companion Lady Anna. They enjoyed a royal dinner with the court of Riverssance and viewed the exciting lance-smashing joust as guests of Queen Morgana and King Pellius. Steve Chadwick, Lillie Rundall, Diane McKernan, and Janet Hein had roles in a skit called “The Purloined Talisman.” They delivered amusing lines and drew laughs from the festival crowd. We were pleased to see many friends from the Center that day. Thank you to our volunteers who helped at the front gate over the weekend! The Birds of Prey, Molotov the Sword Swallower, the children’s joust, giant pumpkin carving, and skilled vendors were some of the many attractions enjoyed this year. (Photos on page Fourteen)

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Kingdom of Riverssance Festival Photos from p. Thirteen



Fall Follies 2024: A Royally Entertaining Show

The 38th Annual Fall Follies talent show "A Royal Romp," at the Betty Strong Encounter Center, was a smash hit! Kudos to all of our performers who worked so hard to put on a fabulous show. Thanks to all of our program advertisement sponsors and to the people and organizations who donated cookies for the reception, and to Caribou Coffee for donating coffee. We very much appreciate the staff at the Betty Strong Encounter Center for generously hosting the Fall Follies this year. And gracious thanks to everyone who came to the shows!



NOVEMBER BIRTHDAYS

Eugene Anderson	Fred Helmich	Susanne Okane
Carol Anderson	Carol Hughes	Jane Olson
Delores Ashley	Donna Johnson	Jill Pickinpaugh
Marie Barney	Maizie Johnson	Barbara Pitts
David Barron	Carrie Johnson	Connie Plueger
Donald Baumgardner	Sonja Johnson	Daniel Poston
Huong(Rosie) Boggs	Bonnie Jonas	Randy Rahn
Deborah Bos	William Jordan	Dean Reinart
Steve Brown	Barbara Kimmel	Andrew Robak
Sherry Caba	Cheryl Kinnaman	Pat Ruge
Gary Cameron	Erna Kirwan	Doug Schinzing
John Cole	Kathie Kobernus	Mary Ruth Schrank
Helen Craig	GeorgeAnn Kock	Jane Schuldt
Marcia Crayne	Robert LaBrune	Deb Skouge
Dorothy Crim	Larry` Limoges	Paul Smith
Micheal Donovan	Ezequiel Lopez-	Rosa Maria Solis
Glenn Drake	CeNantes	Cleo Spence
Charlene Ellis	Dona Dean Lovell	Rebecca Spencer
Mary Ferrari	Dennis Martin	Marvin Still
Mike Foland	Andrea Martin	Gloria Stinton
Marlene Frank	Michele McDevitt	Dorothy Strohbeen
Joellen Fravel	Diane McKernan	Susan Sudtelgte
Nancy Guy	Julianne McKinney	Michael Sydow
Karen Hageman	Rosanne McNertney	Don Torgerson
Beverly Hall	Ellene Mendenhall	Barb Vakulskas
Marilyn Haller	Dennis Milbrodt	Cathy Vellinga
Patrick Halligan	Sharon Miller	Nancy Wenell
Mary Hammack	Joyce Miller	Lorraine Woodford
Ed Hammers	Jo Ellen Nelson	Teresa Worrell
Kyongae Hanshaw	Mary Nyhus	Lois Zunker
Janet Hein	Mark O'Brien	

November NEW Members

Anna Barnes
David Barron
Mae Barron
Paula Brummond
Raymond Chicoine
Leisa Doren
Jerry Frost
Dana Gilbert
Rosie Hawkins
Russell Kock
Ann Learing
James Lundy
Karen Miles
Duane Uithoven
Lindy Uithoven
Darlene Walker
Gregory Walz
Dennis Weil

Memorials

George Polak for JoAnn Martin

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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.

Maizie Johnson
 Pamela Mears
 Don Schultz
 Don Casaday

Normagene Hughes
 George Polak
 Charlotte Curry
 Sally Kimball

Sandra Grazer
 John Grazer

Dollar-A-Day for a YEAR

Robert and Nancy Nelson
 Russell E. Movall
 Bob Hightower, Jr.
 Grant & Pamela Mears

Ed Tryon
 William & Margaret Foulk
 Dorine and Seymour
 Livine

Joel Jarman
 Cindy Houlihan