

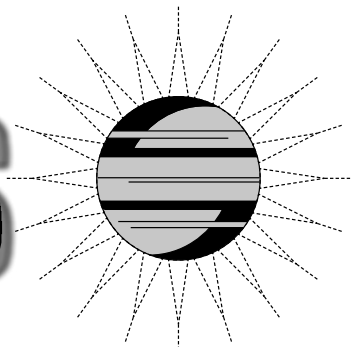
SUNSHINE NEWS

SEPTEMBER 2025

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Siouxland Center
for Active Generations

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

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

Prevent Falls this Fall!

Falls are the leading cause of injury for adults age sixty-five years and older. Over fourteen million older adults, or 1 in 4, report falling every year. Falls can cause a variety of serious consequences for older people including hip fractures, broken bones and head injuries. The National Council of Aging reports that an older adult is treated in an emergency room for a fall every eleven seconds. Falls can lead to expensive medical bills and fall victims may require long-term care or assisted living, leading to a loss of independence and reduced quality of life.

There are a multitude of risk factors that can increase the probability of having a fall and as people age, they acquire more of them. Senior citizens are more likely to have medical conditions that affect their mobility, balance, and coordination. Changes to vision and hearing can affect their ability to navigate the world and identify hazardous conditions that could cause a fall. The decline of bone strength and muscle mass that naturally occurs as we age can impair balance. Proprioception, the body's ability to sense its position and movement in space, may be reduced, there may be a decline or loss of nerve function in your feet, or deterioration of the system in your inner ear.

In addition, there are a variety of cognitive factors that can lead to a fall. From mild cognitive impairment that can affect decision making and ability to judge risky situations to advanced Alzheimer's and dementia which can affect memory and thinking. Worrying too much about falling can prevent seniors from leading active lives and may lead to anxiety and depression.

Despite the increased threat as you age, falling down does not have to be unavoidable. There are proven ways to reduce and prevent falls. An important one is to stay active. A habit of exercise will keep your body healthy and flexible which will help you maintain your balance and make you more capable of catching yourself if you start to fall. It is important to work the muscle groups involved in walking, bending, and balance. Exercise guidelines recommend that older adults spend 150 minutes a week engaged in a moderate-intensity exercise like brisk walking, or 75 minutes a week of more intense exercise like jogging or hiking. In addition, two days a week of strength training activity has also

been found to be beneficial. If needed, physical therapy can help with leg and core strengthening exercises.

Managing medical conditions is also essential in preventing falls. For example, high blood sugar levels from diabetes can lead to nerve damage impacting balance. Making sure your vision and hearing are being checked and treated is another item on the fall prevention list. A scientific study found that regular users of hearing aids have about a 50% reduced chance of having a fall compared to people who don't use hearing aids. Make sure your vitamin levels are normal. A deficiency of vitamin B12 is another cause of nerve damage in the feet. Anemia from iron deficiency can cause dizziness. Various medications can also cause issues with balance. Taking five or more medications at one time may inhibit your balance.

Leading medical organizations recommend that adults age 65 and older have an annual fall risk screening. Your health care provider will ask you about previous falls and address some of the factors described above such as your activity level and ability to perform daily tasks. They may review your medications, check your bone density, and may perform cognitive tests. You might also be asked to demonstrate your balance, strength and pattern of walking by standing up from a seated position, holding different positions for ten seconds, and rising from a chair then walking across the room. You may receive an analysis of your risk of falling and preventative recommendations.

continued on p. 2



**The Center
will be
closed for
Labor Day
on Monday,
September 1.**

the Sunshine News

A monthly publication of the
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712-255-1729
Monday - Thursday
8 a.m. - 2:30 p.m.
Friday
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Generations does not condone or tolerate
discriminatory acts or language.

continued from p. 1

Besides taking care of your health, there are also many things that you can do to arrange your living space to prevent falls. Make sure your walkways are clear and free of clutter; remove excess or decorative furniture. Get in the habit of putting away things that you could possibly trip over including shoes, pet toys, boxes and bags, and electrical cords. Make sure slippery rugs get secured to the floor. Among seniors, almost 80% of falls in the home occur in the bathroom, so consider adding safety equipment such as grab bars in the shower and near the toilet, a shower chair, and raised toilet seat. Put items where you can reach them instead of using step stools, ladders and chairs to get things off of high shelves. Install night lights in your home to help you move around safely if you get up in the dark hours. Your choice of footwear can also make a difference. Properly fitting sturdy shoes with nonskid soles are safer choices than flip flops, slippers, high heels or socks. If you're at high risk for a fall, wearing a fall-detection device is a smart thing to do. Apple watches now offer fall detection in their life alert features.

If you do fall, the National Institute on Aging Recommends the following steps. First take a deep breath; this will help you to remain calm. Take stock of your physical condition and decide if you are injured. If you are hurt, stay down and



call for help through whatever means you have available to you, verbally, cell phone, life-alert device, etc., then wait for help. If you are okay to move, get up slowly. Roll to your side, then rest. Crawl on your hands and knees to a sturdy chair. Put your hands on the chair and position your body in a kneeling position with one knee down and one foot flat on the floor before slowly raising yourself up to the chair.

Improving your balance is a great goal for fall prevention. The Siouxland Center for Active Generations' popular balance classes can help you achieve this. The classes are based on the scientifically tested Otago Exercise Program which has proven to decrease falls and fall-related injuries in high-risk older adults. Otago consists of 17 strength and balance exercises such as knee and hip strengthening, heel and toe walks, one leg stand, and sit to stand. There are two weekly classes, Mondays at 11 a.m. and Thursdays at noon. Follow these tips for a no-fall-fall!

Fall Follies 2025: A Harvest of Talent

There's still time to buy tickets for the 2025 Fall Follies: A Harvest of Talent! Don't miss this exciting show featuring magnificent acts from SCAG's performing arts groups including the Silver Steppers, Tai Chi, Young at Heart Line Dancers, Active Generations Choir, Belly Dancers, Center Stage Tappers, plus more music and comedy. The performers have been working hard to perfect a wonderful show for your entertainment. Come support our skillful members and the Center! **Saturday, September 6, 2 p.m. at the Sioux City Community Theater, 1401 Riverside Blvd**



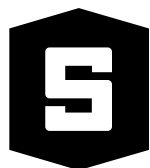


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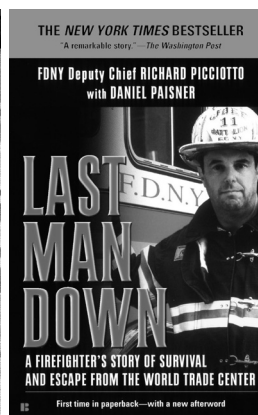
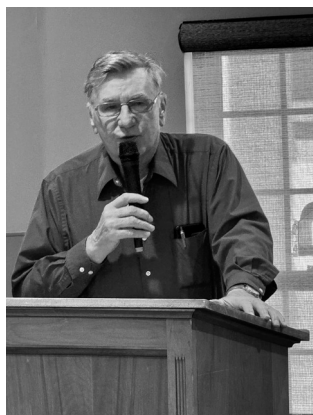


are some of the many items that we will securely dispose of for you at our drive-through shredding event. Identity thieves are out there; don't let them get hold of your personal identifying information. Shredtastic, sponsored by Connections Area Agency on Aging and Document Depot, is dedicated to protecting seniors from identity theft. Our May Shredtastic event brought 228 cars to the parking lot of the Siouxland Center for Active Generations with 4.5 tons of documents to shred! Let's see how many documents we can bring to our September event! Bring items to the Siouxland Center for Active Generations parking lot at the designated times. You

may leave staples and paper clips in place. Please do not bring cardboard, plastic, spirals, metal binders, magazines or telephone books. Shredtastic is for personal papers only, no businesses, please. Limit to one trunk load of documents. Donations are welcome and appreciated. **Friday, September 5 in the parking lot from 11 a.m. to 1 p.m.**

Talk Show: Larry Silhacek, Last Man Down

A presentation from speaker Larry Silhacek will honor the memory of September 11. Larry was inspired after hearing FDNY battalion commander Richard Picciotto



tell his gripping tale of survival and escape from the World Trade Center on that fateful day. Larry secured permission from Richard to tell his story to organizations in our area. The talk will last about twenty minutes with questions to follow. **Wednesday, September 10, 10 a.m. in the Conference 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:

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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.

Alice Reeg	Jon & Grace	Donna Vitzthum	Anna Kounas
Willard Snyder	Wagoner	Sally Kimball	Judy Peterson
Ken Dvorak	Mike & Karen Tew	Beverly Wolfe	
Marianne Meister	Vikki Jacobs	Elaine Waskow	
Diane Bjorkman	Audrey Ercolini	Deanna Jacobs	

Donations

Susan Gwin	Arlene Imray	Pam
Dan DeMarest	Jeffrey Zoelle	Houchins-Stephan
Bruce Hunkins	Diana Howard	Sue Schmedidinghoff
Gail Brown	Larry Bower	Mike Dickson
Bill Merritt	Anna Kounas	Leon/Ruth Koster

Ron McKewon Exhibits Art at the Betty Strong Encounter Center

Long-time SCAG member, painting instructor, and lead guitarist of the Embers, Ron McKewon is currently displaying his wildlife and western art at the Betty Strong Encounter Center. Ron is a graduate of the Famous Artist Course (correspondence) and the Washington School of Fine Art, where he studied illustration, life drawing, sculpting, landscape, and wildlife painting. He has participated in many national art shows such as Nebraska Land Days in North Platte, River City Round Up in Omaha; Jim Savage Western and Wildlife Art Show in Sioux Falls; Art at the Depot in Onawa; and Yankton



Riverboat Days in Yankton. This free exhibit is open to view during normal business hours at the Betty Strong Encounter Center, 900 Larsen Park Road, until September 14.

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

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Lorene Moyse Wins Accolades at the Dakota Thurston County Fair



Congratulations to SCAG painting class student Lorene Moyse who recently won ribbons and recognition at the county fair held in South Sioux City. She submitted three paintings in the adult oil painting category, two farm scenes and the mountain scene pictured above. Lorene's skilled farm paintings of fall foliage with a pumpkin, and a rustic fence and barn both won purple ribbons, the top ribbon color, which signifies that her works were outstanding on all standards. Her mountain painting was awarded reserve grand champion, which is awarded to the second highest quality exhibit in a specific project area. Lorene has been entering her paintings at the Dakota Thurston County Fair for a few years as well as the Dixon County Fair in Concord, Nebraska and this is not the first time she has won ribbons and the reserve grand champion award.

Lorene began painting around forty years ago when she took instructional classes from Nebraska Community College in the South Sioux City Community Building. After three years the instructor quit teaching and Lorene dropped painting. A few years later she discovered Ron McKewon's painting class at the Siouxland Center for Active Generations and was pleased to renew her interest in the hobby. About Ron, Lorene says, "He's a wonderful teacher. He walks around the room and helps anybody who needs help." Ron McKewon has equal praise for Lorene, describing her as a "very good painter," with dedication and consistency towards her craft. "She hardly ever misses class."

Since beginning classes at the Center, Lorene has been painting for about twenty-five years. She finds painting to be an enjoyable hobby to spend time on and says that it calms her. She paints anything that interests her and has created paintings with fun backgrounds, her family, animals, and scenery. Mountain scenery is her favorite. Besides painting, Lorene enjoys attending the Wednesday Jam Sessions at the Siouxland Center for Active Generations. She also enjoys visiting the South Sioux City Senior Center and serves as a board member for it.

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September Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of September with possible dues due this month. Please stop in my office and we can check your due date.

Thanks! Faith Cosier, Membership Coordinator

Larry Bower
Barbara Abney
Colleen Baker
Mary Kay Barkley
Anna Barnes
David Barron
Mae Barron

Clinton Barrs
Susan Batien
Donna Beauchene
Carol Beiswenger
Brian Bliss
Toni Boschker
Marlys Britton

Maggie Brockman
Wendell Brockman
Paula Brummond
Raymond Chicoine
Pamela Coad
David Coad
Joyce Dean
Dennis Derochie
Emily Domayer
Leisa Doren
Pat Ann Ellis
Jeanne Emmons
Jeff Flom
Joyce Foster
Dewain Fravel
Adam Frisch
Jerry Frost
Dana Gilbert
Theresa Hammond
Rosie Hawkins

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Rosalie Horsted
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Jeanita Husted
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Bonnie Johme
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Maizie Johnson
Sharon Elaine Junge
Joan Kober
Russell Kock
Anna Kounas
Joan Krough
Marian Larson
Ann Learing
Lynette lenz
Jerry Levi

sheryl Livingston
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James Lundy
Caroline Fae Mace
Sharen Massey
Gary Massey
William McBride
Francesca Medina
Barbara Meier
Denise Meyers
Karen Miles
Carolynn Sue Miller
Ray Nanek
Don Olson
Donna Olson
Jill Pickinpaugh
Brenda Reicks
Euvella Riggs
Leroy Sands
Connie Schoenberner

Mary Ruth Schrank
Anita Strawn
Ramon Sundquist
Charles Tarvin
Anita Tevis
Phyllis Towne
Duane Uithoven
Lindy Uithoven
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September 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:

Sept. 2nd....Write about your Grandparents' history!!

Sept. 9thWrite about things that you learned at school!!

Sept. 16th ...Write about the legend of "Johnny Appleseed".

**Sept. 23rd ..Write about the impact of the
Autumn Equinox!!**

**Sept. 30th ..Write about the importance of the
Supreme Court!!**

"Enjoy the coming Fall Days as leaves begin their Fall colors".

TRUST YOUR WINGS

by Kay Reynolds

YOU have the power to grow
Choose wisely and achieve;
Temptations may come to err
But-hold on strong-pursue-believe.

THOUGHTS FOR SEPTEMBER

"September whispers while the world yawns into a slower pace."

"Leaves fall, the breeze calls, summer fades,
and memory sprawls."

"Mornings rise with cloudy skies, sweater hugs, & apple pies."

"Crisp air, sharp thoughts, and softer steps."

"September: where coffee stays warm and plans get real."

"September marks the beginning of a new chapter, let it inspire
you to write a beautiful story."

When we grow, we leave things behind
Going beyond into a whole new realm;
Direct your actions into the deep
YOU are the captain-placed at the helm.

Storms may come--loss to follow
But stand strong and flow right thru;
Believe-trust-YOU hold the action
To gain the BEST of what's planned for YOU!

FACTS ABOUT SEPTEMBER

- September has 2 star signs, Virgo and Libra.
- September will celebrate Grandparents Day on September 7th.
- September will see a Jewish Holiday- Rosh Hashanah, on the 22nd.
- September is the 9th month and is spelled with 9 letters.
- September 22nd is the Fall equinox--daylight will get shorter.
- September will try its best to have us forget summer!! (Williams)

Dream-yes-but live in today
To have care and to give aid;
To do the very BEST you can
For that is the way we are made.

BE A TRUE EXAMPLE in life
For all around to follow along:
In making a GREAT LIFE here
With trust and humility we are STRONG!

New Horizons Band to Perform at the September Birthday Party



New Horizons Band, a symphonic band made up of 35+ members of the Sioux City community, will perform at the Siouxland Center for Active Generations to celebrate our members with September birthdays. Led by director Benjamin Mauritz, most of the band members are amateur musicians of retirement age and enjoy playing concerts all around Siouxland. Sioux City's New Horizons Band is affiliated with the national New Horizons Music program, an organization whose purpose is to involve adults in music making. The programs are intended to include both those with no

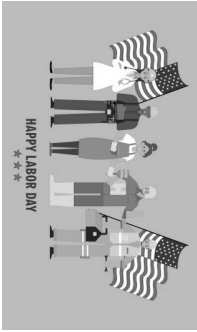
musical experience at all and also those who were active in school music programs but have been inactive for a long period. Many New Horizons programs are designed specifically for senior adults and have a minimum age requirement of 50, although the Sioux City group welcomes members of all ages. Come hear these enthusiastic musicians; they are sure to put on an enjoyable show with beautiful music! Their fall concert will feature a selection of pops music. The September birthday cake will be sponsored by Continental Springs. **Monday, September 8, 1 p.m.**

<p>10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Beginning Spanish</p>	<p>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 Silversnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class</p>	<p>10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Bridge -Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm Silversnakers Chair Fitness 1:30 pm Beginning Spanish</p>	<p>9:00 am Silversnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring The Huckleberrys</i></p>
<p>22</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 & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Beginning Spanish</p>	<p>23</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 Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silversnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Ping Pong</p>	<p>24</p> <p>10 am Technology Class: Is It AI?</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 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 Silversnakers Chair Fitness</p>	<p>25</p> <p>1 pm Karaoke on the stage</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 Silversnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>26</p> <p>7:30 am-1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring The Embers</i></p> <p>Saturday, September 27, 7-10 pm Saturday Night Dance Party featuring Mogen's Heroes</p>
<p>29</p> <p>12-1 pm Team Trivia</p> <p>1 pm Parkinson's Support Group</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 & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:30 pm Beginning Spanish</p>	<p>30</p> <p>7:30 am-1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silversnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Ping Pong</p>	<p>1</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 Senior Companion Meeting 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm Silversnakers Chair Fitness 1:30 pm Beginning Spanish</p>	<p>2</p> <p>1 pm Karaoke on the stage</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 Silversnakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>3</p> <p>7:30 am-1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring Jerry O'Dell's Country Flavor Band</i></p>

September 2025

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

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>Center Closed for Labor Day</div> <div></div>	<div>2</div> <div>7:30 am—1 pm Coffee Shop 9:00 am Senior Companion Meeting 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 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 Mexican Train, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</div>	<div>3</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish</div>	<div>4</div> <div>10 am Book Discussion Group 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 Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 10:00 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 Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</div>	<div>5</div> <div>11 am-1 pm Shredtastic 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</div> <div><i>No Friday Dance</i> Saturday, September 6, 2 pm Fall Follies Talent Show At the Sioux City Community Theater</div>
<div>8</div> <div>1 pm Birthday Party (2nd Monday) New Horizons Band <i>Cake sponsored by Continental Springs</i> 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 & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm Drumming Class</div>	<div>9</div> <div>1 pm Fall Craft with Bickford 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 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</div>	<div>10</div> <div>10 am Talk Show: Last Man Down with Larry Silhacek 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish</div>	<div>11</div> <div>1 pm Karaoke on the stage 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 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</div>	<div>12</div> <div>10 am Genealogy Class (2nd Friday) 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</div> <div><i>Featuring</i> <i>Ed Tryon</i></div>
<div>15</div> <div>12-1 pm Team Trivia 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 & Crocheting</div>	<div>16</div> <div>1-3 pm Hoedown Jukebox Dance Party 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee</div>	<div>17</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling</div>	<div>18</div> <div>1 pm Karaoke on the stage 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</div>	<div>19</div> <div>7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry</div>

Choir News

We are NOW experiencing the summer season and time for fall fun and activities. The Center has so many different kinds. One of those, THE CHOIR, brings lots of fun, making new friends, and sharing good music with all. We have gained so much joy--SO--- Come on in-CHECK US OUT-we think you'll like it. It's a great sing-a-long-only done in harmony. DO NOT FEAR-ALL ARE WELCOME...

COME ON ALL-we need you for more fun/friendship! The more to each part the merrier and better sound. We also are adding new ways to present the tunes-it's fun! So take a minute-come see-and STAY!!! **Wednesdays at 11 a.m. in the Music Room.**



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Mogen's Heroes at the Saturday Night Dance Party

Rock and Roll band Mogen's Heroes began "having fun making music" Halloween night of 1978. Founded by Waubay native John Mogen and today featuring Wagner native Dennis Gale on guitar and Redfield kid Bill Hoffman on drums, the trio loves to play any event that wants to have fun. Averaging approximately fifty gigs a year spanning four decades, the Mogen's Heroes band has seen a lot of territory. They were inducted into the South Dakota Rock and Roll Music Association Hall of Fame in 2018. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and nonalcoholic drinks before the performance. **Saturday, September 27, 7-10 p.m.**



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| • Medicare Advantage | • Part D Drug Coverage | • Heart and Stroke |
| • Hospital Indemnity | • Dental Insurance | • Home Health Care |

Hoe-Down Jukebox Party



Break out your western shirts and cowboy boots and come kick up your heels to your favorite country-western music, we're planning a hoedown at September's jukebox party! Plan to boot scoot, waltz across Texas, and do the Watermelon Crawl. Speak to Kristina to get your favorite songs on the playlist. **Tuesday, September 16, 1-3 p.m.**

Tai Chi for Seniors Health Benefits: A Sharper Mind

Research indicates that practicing tai chi can help with learning, memory and other mental functions. For older adults who already have some cognitive issues, studies show tai chi can slow the progression to dementia. In a study performed by tai chi researcher Elizabeth Eckstrom, Professor of Medicine, Division of General Internal Medicine and Geriatrics at Oregon Health and Science University, people who practiced a simple form of tai chi called Tai Ji Quan twice a week for six months improved their score on a cognitive test by 1.5 points. If they added a cognitive challenge while practicing tai chi — such as counting backwards from 20 or spelling words backward — their scores jumped by another three points, the study showed.

That may not sound like a lot, Eckstrom says, but because people with mild cognitive decline typically lose about half a point per year, "it's the equivalent of giving you six extra years of cognition." **Tai Chi meets on Mondays at 10 a.m. in the Multipurpose Room for the advanced class and Tuesdays at 10 a.m. in the Fitness Classroom for beginners.**



Technology Class: Is It AI?



Pam from Connections Area Agency on Aging will return for another informative technology class. With the advances in artificial intelligence (AI) technology, AI programs can now create text, images, and much more. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image or piece of writing was generated by AI. We'll also discuss what tech companies like Google are doing to create systems to detect the use of AI. Can we really believe what we see? Come to this class to train your eye to recognize AI! **Wednesday, September 24, 10 a.m. in the Conference Room.**

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 the front desk.

September 5: No Friday Dance due to Fall Follies dress rehearsal
September 12: Ed Tryon
September 19: The Huckleberrys
September 26: The Embers

Book Discussion Group

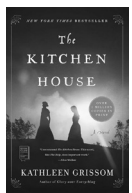
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



September 4:

The Wedding People by Alison Espach

Betrayed by her husband, a severely depressed young woman gets drawn into the over-the-top festivities at a lavish wedding in this funny and life affirming novel.

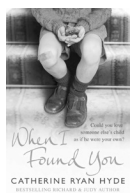


October 2:

The Kitchen House by Kathleen Grissom

Seven-year-old Lavinia who is orphaned while on a ship from Ireland ends up working as an indentured servant on a tobacco plantation under the care of Belle, the master's illegitimate slave daughter. The

Kitchen House is a hopeful story of class, race, dignity, deep-buried secrets, and familial bonds.



November 6:

When I Found You: Catherine Ryan Hyde

While duck hunting one morning, childless, middle-aged Nathan McCann finds a newborn abandoned in the woods. To his wife's shock, Nathan wants to adopt the boy...but the child's grandmother steps in. Fifteen

years later, the child has grown into a sullen delinquent whose grandmother can no longer tolerate him. Nathan agrees to care for Nat, and the two engage in a battle of wills that lasts years. Still, the older man repeatedly assures the youngster that, unlike the rest of the world, he will never abandon him—not even when Nat suffers a trauma that changes both of their lives forever.



December 4:

Keeper of the Stars by Buck Turner

In 1962, twelve years removed from the summer when she first gave her heart away, Dr. Elizabeth (Ellie) Spencer, Professor of Astronomy at Indiana University, receives a mysterious package containing

a novel written by Ellie's first love based on their brief romance. After a detail in the book makes her question everything, Ellie turns to her sister for help, but before they can get to the bottom of the mystery, news reaches them of their aunt's death, sending Ellie back to the scene of that magical season with the hopes of finding the truth.

Trailblazers Walking Club



In August, the Trailblazers toured lovely car-free Mackinac Island, Michigan. As they imagined strolling through historic streets filled with horse-drawn carriages and bicycles they completed a total of 3609 laps, which works out to be about 289 miles. With that distance they could traverse the circumference of Mackinac Island 35 times! If you walk at the Center and would like to add your laps to the total, write down how many laps you walk on one of the slips of paper on the Trailblazers table and place in in the basket.

Our September destination will be Madagascar. Slightly smaller than the state of Texas, Madagascar is the world's fourth-largest island. It is located approximately 250 miles east of the country of Mozambique, along the southeast coast of Africa. Madagascar is surrounded by the Indian Ocean on all sides except for its western border, which lies along the Mozambique Channel. Almost 90 percent of the plants and animals living on Madagascar aren't found anywhere else in the world. Lush rainforests, dry deserts, and grassy plains cover the island, with coral reef and mangrove forests stretching along its coastlines. Madagascar's most famous animal species, lemurs, live only in Madagascar and can be found in almost every habitat on the island. Most of the country's population lives on the eastern half of the island, but many people also live in the central highlands, near the capital city of Antananarivo. Most Malagasy live in rural areas, where their daily life revolves around agriculture. Music is an important part of Madagascar's culture. Villages often hold parties in which locals can dance or play music with things like the valiha, a guitar-like instrument considered to be the national instrument of Madagascar. As you explore the unique flora and fauna of Earth's second largest island country (Indonesia is the largest), remember the Trailblazer's motto: Walk, Talk, Get Fit!

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



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Chair Yoga



Everybody has a story. When I walk into the exercise room on Friday mornings, I see faces that have a story that brought them to chair yoga. This month I answered the questions on the survey.

What brought you to chair yoga? Previously I lived in Grand Island, Nebraska and attended a chair yoga practice four times a week. When I got to

the Siouxland Center for Active Generations about seven years ago I had the opportunity to offer chair yoga as a safe alternative to the standard yoga that has a lot of poses that require getting on the floor. Chair yoga has the same benefits but the poses are done while seated in a chair or standing behind the chair and using it for stability and safety. I also attend a yoga class and the balance class on Mondays.

What benefits do you get from chair yoga? With regular practice I see an improvement in my flexibility and a maintenance of reflexes that help maintain my balance.

Do you have a favorite pose? Some of the basic intro poses are probably my favorite, because every time you do them you start to refine a different aspect of the pose, making the alignment a little more in sync, feeling your body respond smoother.

What is it you like most about yoga? The participants! Making new friends, developing the friendships that have lasted for weeks, months and years.

Monthly wisdom: May we all know love, may we all know joy, may we all know peace.

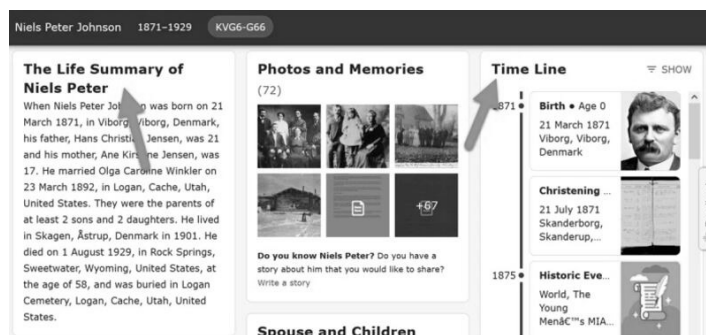
Chair Yoga meets Fridays at 10 a.m. in the Fitness Classroom.

Kaye Plantenberg

Bridge News

We trooped to Aurelia in August for our annual charity game. Awards were given and we got to see old friends from other nearby bridge groups. A recent Bridge Bulletin mentioned that chess players make good bridge players and it's lots more fun as there is more social contact. We always welcome new players, so if you play chess, consider coming to Leon Koster's Thursday morning beginning bridge class. Diana Howard's Thursday morning class helps players improve their games. Check out our open Monday and Thursday games. The Wednesday morning novice game continues to be our most popular game. Bridge helps keep us active both physically and mentally.

Genealogy Class: Family Search



After taking time off for the summer, Genealogy Class is back in September! The topic of this month's class will be the anatomy of the FamilySearch home page. The website is soon planning a redesign and is currently in beta testing. Phyllis and Cheryl have access to a preview and will explain all of the features of the new site line by line. They will demonstrate the menus and layouts. Bring your questions, they will be happy to take it slow so that all attendees have a thorough understanding of FamilySearch's features and capabilities. Genealogy Class meets on the second Friday of the month. **Friday, September 12, 10 a.m. in the Classroom.**

Games and Crafts with Bickford



In August Deb from Bickford Assisted Living and Memory Care led the group in a fun game of Hedbanz. This month she will bring supplies for a fun fall craft. Sign up in the Activities Book if you would like to join in. Limit to ten participants. **Tuesday, September 9, 1 p.m.**



Hilda Pearson sells the last items of her trunk cafe inventory to Steve Chadwick during the Sidewalk Sale fundraiser that she held on July 18. Thank you to Hilda for donating fifty percent of her sale proceeds to the Siouxland Center for Active Generations! She raised \$200 for the Center.

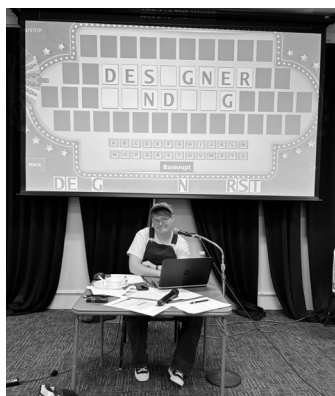
Kingdom of Riverssance Festival

Hear ye, hear ye! The Kingdom of Riverssance invites you to step back in time to the era of kings, queens, knights, pirates, jesters, and Vikings. Enjoy performances from musicians, acrobats, and sword swallowers. Browse the wares of talented craftsmen and enjoy festive fare such as turkey legs and mead. Bring your grandchildren to the whimsical children's activities including the fairy forest, wishing tree, and character scavenger hunt.



Members of the Siouxland Center for Active Generations are invited to be a part of the Kingdom of Riverssance! Make a visit to pay homage to our Senior Royalty who will be attired in royal garb for the festival. King Larry the Resolute, Queen Norma the Kindhearted, Duke Roger the Discerning, and Duchess Rita the Enchanting, Count Wes the Spry and Countess Yvonne the Pleasant will be pleased to have you attend them. You are encouraged to take a repose in the tent arranged for the Kingdom of Elderland.

Become a member of the cast by volunteering as a gate greeter! Welcome festival attendees, give out scavenger hunt bags to the children, and answer general questions for a two-hour shift and you may attend the festival for free for the entire weekend. Please sign up in the Activities Book for a shift if you are interested in this opportunity. Riverssance adult gate admission is \$15. Children's admission is \$5 for ages 6-12 and free for children 5 and under. Discount tickets for \$13 will be available at the Center; please see Kristina to purchase them. **The Riverssance festival will be held in Riverside Park from 10 a.m. to 7 p.m. on Saturday, October 4 and 10 a.m. to 5 p.m. on Sunday, October 5.**



July birthday party attendees enjoyed Wheel of Fortune puzzles, camaraderie, and of course, cake!



The 2025 Senior Royalty and friends appeared in classic cars during July's River-Cade parade.



SEPTEMBER BIRTHDAYS

John Ackerman	Rose Heeren	Calvin Mohrman
Bridget Agriopoulos	Robert Henderson	Nora Moore
Walter Anderson	Gary Herbst	Dennis Moore
Gloria Anderson	Huey Hightower Jr	Michael Morrill
Larry Armbright	Donna Hindman	Patricia Murray
Janice Beauchene	Jeanne Hindman	Deb Nusbaum
Laurie Blanchard	Bruce Hines	Susan O'Meara
Brian Bliss	Mavis Holman	Henningsen
Pam Boonstra	Barbara-Anne Huculak	Brenda Oehlerking
Jacque Brentlinger	Normagene Hughes	Ed Ortmann
Joann Breyfogle	Marsha Jarman	Quenten Quick
Gail Brown	Miriam Jensen	Alice Ann Reeg
Thomas Brunkan	James Keairns	Dennis Reinert
Melvin Cline	Nancy Kelly	Robbie Rohlena
Ruth Cornell	DuRetta Kelly	Marna Samuel
Valerie Courey	Dorinda Klapprodt	Ray Sanders
Charlotte Curry	Mary Ann Kleber	Steven Sanders
Roger Curry	Joan Kober	Dean Schager
Susan Danilson	Daniel Kohn	Tom Schoening
Sandra Devries	Victoria Kollbaum	Terry Joe Smith
Pam Dillon	Sharlene Krusemark	Bryan Sweeney
Delores Disterhaupt	William Krusemark	Rhonae Tarno
Kay Dunn	Sylvia Kuennen	Anita Tevis
Audrey Ercolini	Vida Kunkel	Jeanie Theobald
Sonja Kay Erickson	Deb Lambson	Leo Thornton
Helen Eriksen	Pamila Lascala	Emerita Topete
Willma Erskine	Barbara Laskowske	Craig Torsen
Andrew Floyd	Mark Lenz	Teresa Valdez
Joyce Foster	Ellen Livingston	Roberta Vanderlinden
Douglas Frahm	Valerie Lockwood	Teresa Vanderlinden
Roger Friessen	Dean Marsh	Darlene Walker
Jerry Frost	Don McCulley	Lois Walsh
Jeremy Funk	Catherine McKnight	Kathy Watkins
Karen Glover	Nancy Means	Kathy Wiley
Karen Goodwin	Elaine Meyer	Jennifer Wilson
Lucien Hamernik	Vivian Miller	Mary Dianne Winkel
Adrian Hanson	Sara Miller	Brian Wohlert
Diane Hargens	Eileen Mitchem	Julie Zediker

Welcome NEW Members

*Linda Ballard
Marie Calvert
Mark Hanson
Rita Legg
Yeng Lego
Rick McFarland
Lillian Santiago-Perez*

Memorials

*For George Polak
Phylliss McMillan
Diane Campbell
Carol/Lyle Hughes
Carolyn Bauer
Roger/Joy Caudron
Cynthia Byrne
Josh/Holly Breugem
Miriam Clayton
Gail Bernstein*



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

Membership Information

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

Refund Information

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

DOLLAR-A-MONTH

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

Normagene Hughes
 Maizie Johnson

Sally Kimball
 John /Sandra Graser

George Polak
 Pam Mears

Dollar-A-Day for a YEAR

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

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

Ted/Kathy Massey
 Gerald/Kathleen Weiner
 Foundation
 Pam Mears
 Don/Rosalie Horsted