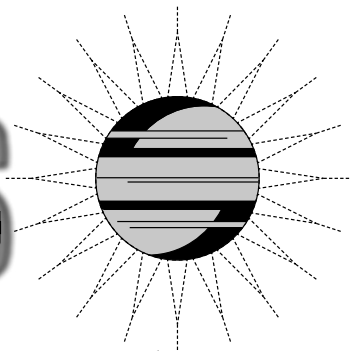


JULY 2023

SUNSHINE NEWS



Telephone
712-255-1729

Number
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Monthly



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

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

Siouxland Center
for Active Generations

Stay Cool, Seniors!



In Sioux City many of us anxiously await summer each year when we can get outside and enjoy warmer weather. However, when the weather turns uncomfortably warm seniors may need to take extra precautions. People aged 65 and older are more susceptible to heat-related health concerns and have more trouble adjusting to sudden temperature changes. Some reasons for this is that older people do not produce as much sweat to cool their bodies and that their circulatory systems are less efficient. Other potential causes are certain medications, such as diuretics, tranquilizers and beta blockers, and chronic conditions like heart disease, that affect how the body regulates temperature. Here are some tips to help you stay safe and healthy when the temperature rises.

Stay hydrated. Try to drink eight or more cups of water or juice a day. Drink more if you are doing any physical activity or if it is very hot outside.

Stay indoors during extreme heat. Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. During extremely hot days it's a good idea to limit your outdoor activity to the morning and the evening.

Stay in an air-conditioned place. If you don't have air conditioning in your home, go somewhere that does. Come to the Siouxland Center for Active Generations or other public places like the mall or library.

Dress to beat the heat. You'll be more comfortable in lightweight, loose-fitting clothes with natural fibers like cotton, or moisture-wicking synthetic fabrics designed for workouts. Light colors will reflect the sun rather than absorb it like dark colors.

Protect your skin and eyes. Don't forget the sunscreen! Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks 97% of the sun's UV rays. You should reapply sunscreen about every two hours, or after swimming or sweating. Wearing sunglasses and a hat is the simplest and safest way to protect your eyes from the sun's rays. Choose sunglasses that fit well and that block light from coming in around the lenses. Choose a hat with a broad, dark brim that shades your eyes and reduces glare.

Know the side effects of your prescriptions. Some medications, like antihistamines, estrogens, diuretics and antiarthritics can cause increased sensitivity to the sun. Applying sunscreen and wearing protective clothing can help prevent photosensitivity reactions while taking these medications.

Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc.

Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness, and confusion. If you experience any heat-related symptoms, move to a cooler place and seek medical attention right away.

Take care of yourself and have a fantastic summer!

RAGBRAI VOLUNTEERS WANTED!

Help make the 50th RAGBRAI a great event! Sioux City needs over 900 volunteers.
July 21, 22, and 23

- Hospitality
- Information
- Beverage Garden



SIoux CITY

Sign up at:
ragbraisiouxcity.com/volunteering/

the Sunshine News

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Siouxland Center for
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712-255-1729
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www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Meet a Member: John Cole



Born in Sioux City, December 21, 1942, John grew up on a farm between Anthon and Oto, Iowa. In the beginning, the country school John attended was located on the northeast corner of their farm. John grew tired of walking to school, and one snowy day decided to use a sled to get to school. Well, not a bad idea if he hadn't traveled down the big hill and passed by the school building! He quickly learned that he still got to walk... but now "back" to school!

Upon graduation from Anthon Oto High School in 1961, John attended NBT, worked for businesses in Anthon and Danbury, and at the age of 21 was drafted into the Army. Following Basic Training at Ft. Leonard Wood, MO, he was stationed at Ft. Lewis, Washington with the 27th Field Artillery as Communications Crewman. After being transferred into the 629th Ordnance Field Supply on August 15, 1965, John was bussed to Oakland, CA. From there, per John, he was among the "5,500 Army soldiers to board the USS General Gordon for a 16-day all-expense paid cruise to Qui Nhon, South Vietnam." After descending the rope ladder to a Navy land craft and traveling 10 miles, they joined up with four other companies. John's job for the next year would be connecting phone lines and communication between guard posts, battalion headquarters, the depot, the company commander, fuel dump and ammo dump stations, the infantry unit, and the Air Force base. In June of 1966, he was discharged and returned home. Traumatic memories accompanied him, but many true friends also traveled back with him. The kind of friends he knew would always have his back, be at his side, and share the stories from their days in Qui Nhon. The kind of friends he has attended reunions with the past 19 years, his good war buddies.

John made a 35-year career at Murphy Feeds (later Hubbard Feeds), and after a year came out of retirement to work at Midwest Wheel. After retirement (again), John went back to his "farm boy roots" and enjoyed helping his cousin, riding the John Deere, and hauling corn and beans every fall during harvest.

John and his wife Jean have three grown children, eleven grands, and two greats (soon to be three!). They are always on the go, loving retirement, and enjoying every day. To help live his life to the fullest, John joined the Siouxland Center for Active Generations to be a part of Rock Steady Boxing and has noticed so many benefits including emotional, balance, and muscular, just to name a few. To quote John, "If anyone has balance or coordination problems, this is the place for you! You just do what you can. We have a good trainer." The comradery and bantering among John and others add to the fun, and an occasional jab from this Army guy to the fellow Marine "students" is okay too! John said they would welcome any Navy, Air Force, and Coast Guard retirees to boxing as well!

Thanks John, for joining our Center, sharing your story, but most importantly serving our Country. Blessings to you and all who have served.

Mod Podge Craft with Bickford

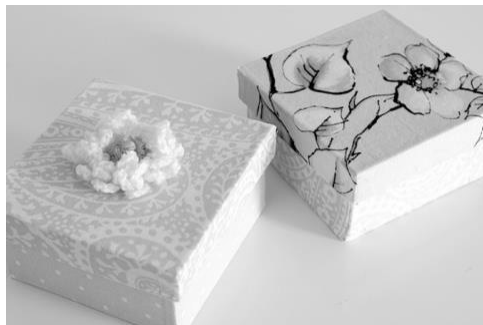


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Deb and Diane from Bickford Assisted Living and Memory Care will be coming to the Center on **Tuesday, July 11 at 1 p.m.** to lead a group in creating a mod podge craft. Please join them for an enjoyable hour of crafting.

Siouxland Hearing Healthcare Hearing Screenings



Audiologist Dr. Michael L. Sloniker from Siouxland Hearing Healthcare will be coming to the Siouxland Center for Active Generations to perform hearing screenings on **Wednesday,**

July 12 from 12:30 to 2:30 p.m. in the Bingo Room. Screening sessions will last about 10 minutes. Please sign up in the Activities Book if you are interested. Spaces will be limited.



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Jukebox Dance Party

Get ready to groove out! This month's Jukebox Dance Party will have a 70's Disco/Urban Cowboy theme. Wear a swanky polyester or denim outfit, bring your best dance moves, and request your favorite songs for a fun party. **The July Jukebox Dance Party will take place on Tuesday, July 25 from 1 to 3 p.m.**

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 _____

Gifts & 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.

- | | | |
|-------------------|-------------------|--------------------|
| Pam Stephen | Kris Bergstrom | Cristy Ellis |
| Rolene Beauvais | Mark Lenz | Diana Stokes |
| George Polak | Beverly Wolfe | Clark Kleinberg |
| Alice Reeg | Jonny Binkard | Diana Howard |
| Evey Thompson | Judy Pierce | Bruce/Jane Hunkins |
| Joyce Miller | Kathy Uhl | Constance Bean |
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| Sharon Lillie | Kreis Shults | Larry Bower |
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| Kyong Henshaw | David Arnold | June Lahti |
| Kathy Uhl | Lila Heinke | Marilyn Jorgensen |
| Linda Madden | Linda Beeson | Obert Hendersen |
| Lola | Carla Liebrich | Jeffrey Zoelle |
| Vikki Jacobs | Ron Mckewon | |

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

- TOPS IA #730
- Bridge Builders Club (John/Judy Cowley)

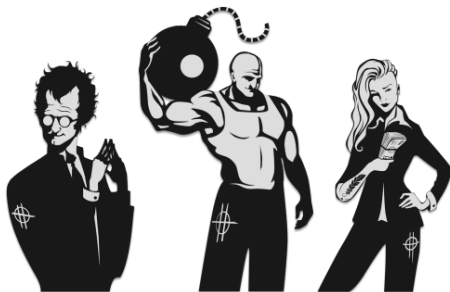
Lois Is Back!



After a lengthy absence, Lois Ward has returned to the Center! She took an extended trip to stay with her daughter in South Carolina to recover after breaking her hip. We are excited to see her return and glad to hear that she plans to remain in Sioux City. Look for her serving coffee at the Friday dances.

Rebel Revolt Escape Room

REBEL REVOLT



In the month of July, the Center will be offering a fun escape room activity. Your mission:

The United World Government's W.A.R. Facility is nearing completion. Your crew must stop this happening at all costs by stealing the Antimatter Warhead. But how? By solving lots of interesting, fun puzzles! Oh yes and eliminating psychopathic killer robots.

Gather a group of friends and book a time to play at the front desk. The activity fee will be \$5 per person.

RAGBRAI Watch Party

The 50th Register's Annual Great Bicycle Ride Across Iowa is set to kick off from Sioux City this year, where it all started in the inaugural race back in the summer of 1973. From Sioux City the bicyclists will travel to Storm Lake, then Carroll, Ames, Des Moines, Tama/Toledo, Coralville and will end the 500-mile ride in Davenport. Sioux City RAGBRAI organizer Tim Jacobs says that 25,000 riders have registered to bike the entire route, but they expect 100,000 people to participate in some part of the ride. RAGBRAI participants will depart from the Riverfront, travel along Hamilton Blvd. to Outer Drive to Leeds. If you'd like to see them off and cheer them on, **meet behind the Center along Hamilton Blvd at 6 a.m. on Sunday, July 23. Bring lawn chairs, drinks, snacks, and signs.** The watch party will be outside, but you will be able to use the restroom in the building.



July Birthday Party: Nancy Clark's Musical Marionettes



Puppeteer Nancy Clark began performing with marionettes (string puppets) when she was seven years old and received two for Christmas presents. One of them was a character from the Howdy Doody show and the other was a Hazelle marionette. She became interested in puppetry because of the Howdy Doody show on television. Her interest continued through the rest of her life. In 2000, the Puppetry Arts Institute of Independence, Missouri was founded and Nancy was an original Board Member. She served as Board President for seven years and Executive Director for three years. She remains actively involved with this organization by performing puppet shows, making puppets, and doing workshops for

others to make and learn to use all types of puppets. She also makes the Sister Mary Annette Nun Puppet that is used in the musical, "Nunsense." These have been shipped all over the world (South Korea, New Zealand, Australia, and Switzerland, to name a few of the locations). In 2022, she shipped out 34 of them, mostly within the United States. She has been making this puppet since 2006 and has made enough of them to populate a VERY large convent.

Nancy has performed as a solo artist and also with other puppeteers. One of her most notable shows was the Lewis and Clark puppet show that was created to be shown during the time of the Commemoration of the Corps of Discovery in 2004 – 2006. Nancy also enjoys performing with her friend, Joann McMillan, who is from Oklahoma. They have done marionette shows together and also performed with Joann's huge parade puppets that are 10 to 12 feet tall.

Nancy is a member of the Puppeteers of America, a national group of people all interested in puppetry. At national and regional festivals, Nancy has been able to receive training from some of the best puppeteers in the U.S. She has also made puppeteer friends from coast to coast.

In the 1950s when households began to have televisions, there was lots of puppetry on various shows. The Ed Sullivan show featured several of them (Senor Wences, a small mouse named Topo Gigio, and the Muppets). Other puppets popular at that time were Lamb Chop, Kukla and Ollie, and Charlie McCarthy. Later came the puppets of Bil Baird (in the movie "The Sound of Music") and Jim Henson.

Puppets have been around probably since fire was discovered by cave people and they made shadows with their hands on cave walls. Asia and Europe have very long histories of puppets used in all kinds of ways. This art form is not just for children; it is enjoyed by all ages.

Nancy will be performing "Musical Marionettes" with five of her favorite puppets at the **July Birthday Party at 1 p.m. on the 10th. The birthday cake this month is donated by Wauhob Truck Stop/Sign Shop.**

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July Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of July 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! Cristy Ellis, Membership Coordinator

- | | | | | |
|-------------------------|-----------------------|--------------------|----------------|----------------|
| Donna Ailts | Agatha (Aggie) Gagnon | Michele Kuhlmann | Judy Peterson | Leo Thornton |
| Eugene Anderson | Paul Gregory | Benita Rae Leff | Mary Phelps | Loretta Tobin |
| Rolene Beauvais | Janice Grove | Suzette Leuenhagen | Lois Rohmiller | Allan Tobin |
| Joyce Bishop | Carmen Hainey | Bonnie Lohry | Sandra Rol | Ed Tryon |
| Huong(rosie) Boggs | Donnette Hatch | Ezequiel Lopez- | Daniel Rygh | Harvey Viken |
| Karen Bourne | Cindy Hofmeister | CeNantes | Jacquelyn Rygh | Lois Walsh |
| Donald Bourret | Connie Hoklin | Dona Dean Lovell | Alice Sailors | Suky Waltman |
| Bernice Bowman | Gary Hoklin | Debby Martindale | John Scherrman | Helen Wedmore |
| Melinda Carlson | Normagene Hughes | Mary Marx | Sue (Dorothy) | Steve Whitford |
| Bobbi Collins | Bella Ingram | David McKenney | Schmedinghoff | June Wilhelm |
| Terry Colt | Miriam Jensen | David Mook | Willard Snyder | Martin Wolf |
| Kay Marie Cota | Greg Jensen | Preston Nason | Carol Stout | Darlene Wolf |
| David Decora | M Donna Johnson | Susan Nolen | Sharon Strom | Karen Young |
| Marie Erickson | Carrie Johnson | Barbara Notto | Paul Swanson | Sarah Young |
| Billie (Willma) Erskine | DuRetta Kelly | Jane Olson | Michael Sydow | |
| Donna Foxhoven | Jean King | Kathy Patterson | Linda Sydow | |
| Karen Fry | Suzanne Kofka | Krista Payne | Gerald Taylor | |

Friday Dances



July 7: The Singer Family Band

July 14: The Embers

July 21: 4 on the Road

July 28: Jerry O'Dell

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.

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The 2023 Senior Living Fair a Big Success

On May 23 the Siouxland Center for Active Generations hosted forty-six businesses and organizations at the 2023 Senior Living Fair. They represented the areas of medical, chiropractic, pharmaceutical, and home health care, physical therapy, hospice services, legal services, insurance, volunteer and employment opportunities, real estate, housing, social services, memorials, healthy meal instruction and more. We received a great number of positive comments about the event from fair attendees and from our members in the subsequent days. They valued convenient access to so many vendors happy to speak with them.

We estimate that 300 people attended the fair. We had 206 members log in to our computer attendance system that day and our Center staff noticed that there were many faces in the building that we did not recognize. We received 81 completed vendor check-off sheets showing that the attendee visited every organization at the fair in order to be entered into the grand prize drawing. The organizations brought a variety of door prizes to give away including plants, gift baskets, blankets, and gift certificates. Sunburst Memorials brought a large marble garden stone. Jane Olsen won the grand prize “Taste of

Sioux City” gift basket which included Twin Bings, Sue Bee Honey, Koated Kernels from Jolly Time Popcorn, Sioux City Root Beer, and gift certificates from Fareway. Thank you to Palmer Candy, Jolly Time Popcorn and Fareway for donating the items for the basket.


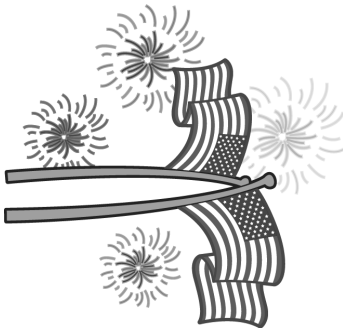


Grateful thanks to all the volunteers who helped us to run the fair. Organizations appreciated having someone to greet them and show them to their table. Also, thank you to everyone who contributed items for the bake sale at the Senior Living Fair. We were able to raise \$507 which will go towards operating costs of the Center.



<p>11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>10:00 am Creative Writing 10:30 am Tai Chi (Beginning) 11:00 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>10:00 am Tai Chi (Beginning) 10:30 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p>	<p>9:00 am Line Dance (intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>11:30 am Mixed Media Art Class/ Vw van Miller 12:00 pm Bunco-51 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 style="text-align: center;"><i>Featuring 4 on the Road</i></p>
<p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 pm Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo, Gladys as caller 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Tai Chi (Beginning) 10:30 am SilverSnakers Classic Fitness 11:00 am Belly Dancing 11:00 pm Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo, Gladys as caller 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverSnakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p>	<p>9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rook Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSnakers Classic Fitness 10:00 am Beginner Bridge 10:00 am Book Discussion Group 10:00 am Line Dance (intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>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 Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vw van 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 style="text-align: center;"><i>Featuring Jerry O'Dell and the Country Flavor Band</i></p>
<p>(Sunday the 23rd) RAGBRAI Watch Party 6 am.)</p>	<p>12:1 pm Team Trivia</p>	<p>1 pm Computer Class</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>



*Featuring
The Embers*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Center Closed</p> 	<p>4</p> <p>Closed for 4th of July</p> 	<p>5</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner</p> 	<p>6</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rook Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Book Discussion Group 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance-(Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>7</p> <p>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 Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Banco-\$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 The Singer Family</i></p>
<p>10</p> <p>9:30 am Grief Support Group (2nd Monday)</p> <p>1 pm Birthday Party (2nd Monday)</p> <p><i>Musical Marionettes Cake donated by Wauhob Truck Stop and Sign Shop</i></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Azria Balance Class 11:00 am-12:30 pm Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Banco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>11</p> <p>1 pm Mod Podge Craft with Bickford</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 pm Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>12</p> <p>12:30 Hearing Screenings with Siouxland Hearings Healthcare</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Coffee Shop lunch 11:15 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner</p> 	<p>13</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rook Steady Boxing (Fee) 9:00 am Belly dancing 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 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>14</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>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 Karaoke 11:00 am-12:30 pm Coffee Shop 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>17</p> <p>12-1 pm Team Trivia</p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am-12:30 pm Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Banco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>18</p> <p>1 pm Computer Class</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons</p>	<p>19</p> <p>River-Cade Parade 5:30 lineup 4th and Iowa Street</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverSneakers Boom Exercise</p>	<p>20</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rook Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Book Discussion Group 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance-(Advanced) 11:00 pm Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>21</p> <p>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 Karaoke 11:00 am-12:30 pm Coffee Shop 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>

SENIOR CHOIR NEWS

By now all have probably heard that the Senior Choir is NOW IN SESSION. We come each week READY to sing and enjoy the harmony that comes out. Due to COVID there were no meetings held, but lately we started again for the JOY of performing good music. Our director, Karen Bourne and accompanist, Lori Jessen, are both accomplished musicians in their own rights.

Our first performance was with opera singer Audrey Johnson's show about the Suffragette movement in America. Audrey expertly explained the information together with music and costume changes as she went along. The music consisted of familiar melodies with words highlighting issues and beliefs of the time period. The SENIOR CHOIR sang the melodies and the audience joined in with words projected on the screen over the stage. People commented that they REALLY ENJOYED the presentation--she was an expert at what she related.

Though small right now, we ENVISION becoming a LARGER chorus to perform at many activities. If YOU TOO LOVE MUSIC-HARMONY- FRIENDSHIP-SHARING your talent--PLEASE COME to SEE-ENJOY- BELONG! We would love to have you and

welcome you to GREAT music! The blessing of music warms the hearts of the choir and listeners and gives such pleasure to ALL.

When: WEDNESDAYS

Time: 11:15 AM

Where: Classroom near Gift Shop

Kay Reynolds



Collectible Art Collection Donated by Mary Hubbart

A new addition to the Center's decor can be found in between the Membership and Activity Coordinator's offices. Mary Hubbart has donated her collection of African American figurines and Native American art for everyone to enjoy in honor of Beulah Webb, the founder of the Center, and her grandmother Helen A. Crosswhite. Pieces in the curio cabinet include statuettes designed by Miss Martha, Thomas Blackshear, and a variety of other artists. Mary has been collecting things that catch her eye for 33 years. As her daughter and grandkids were not interested in acquiring her collection, Mary wanted to find a permanent home where the beautiful artwork would be appreciated. The Siouxland Center for Active Generations is grateful that she chose us as a place to display them. Please stop by and enjoy looking at the pieces, and thank Mary when you see her!



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Make Something Beautiful in Tatting Class

Are you interested in learning a new artistic skill? Our tatting group is looking for people to join them in creating elegant handicrafts. Tatting is a method of using thread and tools to create intricate knotwork. There are different stories about the origins of tatting. Some people believe that it came from netting and decorative rope work used by sailors in the late 1600s to the mid-1800s. Sailors would use a needle with a fork at each end to repair nets and some would create pieces of decorative rope work to give to wives or girlfriends back home. Tatting was performed by all classes of women in the 19th century. Adding a bit of tatted lace to sleeves or a collar would have been an easy and inexpensive way to add decoration to a dress for even a lower-middle-class woman of the 19th century.

Georgia Dohrman, leader of the tatting group, says, "People think it is hard because it looks delicate, but there is really only one stitch in what we're doing. The hardest part is mastering that stitch and learning how to hold your hands." Georgia said that it will likely take beginners more than one lesson to figure out the technique. "You have to be determined." Georgia is happy to teach beginners how to tat. She is a very patient teacher and the group is welcoming to learners. Georgia made the tatted hearts on the group's t-shirts. Her favorite projects were some crowns for her son's wedding, multicolor doilies, and a veil. Billie enjoyed tatting crosses and Jeanie enjoyed tatting a snowman. Georgia said that there are many tatting projects that you can make, like small Christmas wreaths to attach to Christmas cards.

If you'd like to get started tatting, the supplies required are two colors of pearl cotton tatting thread, a tatting shuttle (don't get one with a bobbin), small scissors and a very small crochet hook, a size for crocheting thread. Supplies can be found at Hobby Lobby.

The tatting group meets Thursdays at 9 a.m. in the Dining Room.



Tai Chi for Seniors Health Benefits

Tai chi is a form of exercise that began as a Chinese tradition. It's based in martial arts and involves slow movements and deep breaths. Tai chi has many physical and emotional benefits. Some of the benefits of tai chi include:

- Decreased anxiety and depression
- Improvements in cognition
- Increased range of motion and relief of joint pain
- Muscle strength building
- Improved balance and flexibility
- Delayed aging and prolonged life
- Aid in the treatment of heart disease, high blood pressure, arthritis, digestive disorders, skin diseases, depression, cancer, and many other illnesses

Tai Chi meets 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.

Genealogy Class: You Want to Find Who?

Bring your information on ancestors or others that you'd like to find out more information about and we'll do some research. Bring the names, dates and places related to the people that you want to look up.

Genealogy Class will begin meeting in the Classroom on July 14 (the second Friday of the month) at 10:30 a.m.

500 Card Club

The 500 Card Game Club is looking for new players. 500 is a fun trick-taking card game. Be the first team to 500 points to win this game. **Games occur Wednesdays and Fridays from 12-2 p.m. in the Meeting Room.** Please ask at the front desk for more information.



Chair Yoga

Everybody has a story. When I walk into the Exercise Room on Friday mornings, I see many faces that have a story that brought them to chair yoga. One story that I haven't shared is the story that brought me to chair yoga. I've been a member since 2017. My husband Merle and I moved to Sioux City from Grand Island, Nebraska. I relocated on Memorial Day weekend and the following Tuesday became a member. I knew that exercise was an essential part of my lifestyle. I attend yoga on Mondays and am looking forward to rejoining the Silver Sneakers workout on Tuesdays when the doctor says it's okay to remove my thumb spica splint after immobilizing it for a scaphoid/lunate ligament tear.

What brought me to chair yoga? After retirement from the VA in Grand Island I was free to join the chair yoga sessions, taught by Tracy Noble, around the city three or four times a week. After a few years she encouraged me to go to Silver Sneakers training to become a yoga instructor.

When the Siouxland Center for Active Generations asked for volunteers to introduce new options for members, I took the opportunity to offer chair yoga despite my apprehension about finding others that would enjoy the marvelous results it creates.

What benefits do I get out of chair yoga? The friendships! Also, better intentional breathing, more flexibility, respect for my body - this is beginning



to sound like an ad for the class. And what is one of my favorite poses? Too many. Some of the first poses I learned: the seated lunge I feel especially in the lower part of my body including the core, the gluts, hips and hamstrings. Chest expansion for me focuses on the upper part of my body, strengthening the arms, shoulders and back. It improves cardio-pulmonary circulation and improves respiratory function. But then there's the standing poses including Warrior 1 and 2, and Sunflower and....and....

Sometimes the most important thing in a whole day is the rest we take between two breaths. Thanks to Siouxland Center for Active Generations for their assistance and encouragement.

Kaye Plantenberg

July NEW Members

- Beth Anderson
- Margie Blair
- Patricia Boden
- Keith D Boden
- Ruth Chancey
- Dan DeMarest
- Rita Ellwein
- Brooklynne Groetken
- Sue Gwin
- Sara Hohne
- Marie Hughes
- Dennis Jensen
- Sonja Johnson
- Mary Kelly
- Charlotte Kennedy
- Marsha Kreykes
- Cynthia Langseth
- Mervin March
- John M McGuire
- Kathleen Redden
- Jewell Reifenrath
- Sheryl Reller
- Frank Robak Sr
- Sandra (Sonnie) Robbins
- Rita Rose
- Margaret (Peg) Roush
- Dean Schager
- Mary Schager
- Marce Treiber
- Terry Williams
- Beverly Wolfe
- Kathryn Zebert

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July 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:

July 4th.....Write About the Importance of The Holiday, 4th of July.

July 11th.....Write About the Well-known Amelia Earhart!

July 18th.....What Advice Would You Give a High School Graduate?

July 25th.....What Would You Put in A Time Capsule?

CHARACTERISTICS OF JULY BIRTHDAYS:

1. They believe in talking sense or not at all.
2. They don't hold grudges against anyone.
3. Family means a lot to them.

I Want...

I want

To know true happiness, how it tastes, how it feels, how it smells, and what it looks like

I want

Freedom to wander, to see beauty, flowers, trees, oceans, quaint bridges, forests, mountains, windy leaves, streams, farms, fields, the Great Beyond

I want

No clocks, no time, no routines, no expectations, no agendas, no lists, no have to's or must do's, no minutes, no seconds, or hours

I want

To talk to birds, animals, whales, aliens from other planets, fish, frogs, the wind, rain, and they talk to me, making a new universal language

I want

Peace, harmony, positivity, meditation, the Good Book, wisdom, poetry, spirituality, love, warmth, sunshine, laughter, yoga

I want

To be remembered for love, for courage, my journals, poetry, short stories, memories, travels, singing, dancing, working, motherhood, friendships

I want

To live forever, in thoughts, memories, road trips, exotic countries, words, writing, hearts, motherhood, friends

I want

To be part of the future, the past, the present, right now, this minute...

Debra Powell-Ramsey

JULY POEM

I love to see the starry flag that floats above my head,
I love to see its waving folds with stripes of white and red.
"Be brave", say the red stripes, "Be pure," say the white,
"Be true," say the bright stars and stand for the right."

~ Alice Reeg, Creative Writing

Fall Follies Looking for Acts

The fabulous Fall Follies talent show is scheduled on Saturday, September 16 at East High School and the Center is looking for acts to be part of the show. If you have something that you would like to perform, please let us know.

Retirement Party for Sally Kimball

Please join us for a potluck luncheon to honor Sally Kimball's 30+ years as a line dance instructor at the Center.

Thursday, July 6, 12 p.m.



Pleasant and Affordable Housing Communities for Elderly and Disabled

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Canasta Lessons

Are you interested in playing Canasta but don't know how? **Come to Canasta lessons on Tuesdays at 10 a.m. in the Dining Room.** Canasta is a card game of the rummy family of games usually played by four players in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. **Regular Canasta games occur at 10 a.m. on Thursdays in the Conference Room.**



Diabetes Class Coming in August

The Center will be offering a series of classes in August focusing on managing diabetes. Risks of diabetes and pre-diabetes will be identified, and practical cooking techniques and recipes will be taught. The class size will be limited. Look for more information on the Activities table in the next few weeks. **Mondays in August from 10-11 a.m.**

Play Ping Pong!

The Ping Pong group is looking for additional players. Come and give it a try.

Thursdays at 1 p.m. in the Exercise Classroom.



BRIDGE NEWS

Everyone enjoyed our tournament in June. Playing bridge helps keep our brains working at full speed. Thanks again to all our volunteers who helped make it a success. And a shout-out to Aggies for catering a stellar lunch on Saturday. Our open games at the Center continue at noon on Mondays and Thursdays. Novice bridge players get to play with their peers at 9 on Wednesday mornings. Diana Howard's intermediate class meets Monday mornings and Leon Koster's beginning class meets Thursday mornings. A brief explanation of duplicate bridge: cards are shuffled ahead of time by a machine and placed into boards which are placed on the playing tables. Each playing pair is either north-south or east-west. Every pair plays every board every session. That's why it's called duplicate. When you play casual bridge, your score depends on the cards you are dealt. This way your score is compared only to the pairs playing the same cards as you do. You can get a good score even if you get bad cards. Our group needs more casual players. If you have questions about playing duplicate, just ask any of the players you see around the Center.

New Coffee Maker Purchased with Generous Donations

Thank you to everyone who donated money to help the Center purchase a new coffee maker! We were able to raise \$109 to replace the old machine which was worn out after years of use. Please enjoy coffee from the new machine at one of our many functions.



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JULY BIRTHDAYS

Memorials for July

Chase Adams
 Wyman Andersen
 Jan Ashmore
 Susan Batien
 Ron Berger
 Marilyn Berke
 Keith D Boden
 Marsha Boykin
 Annette Brown
 Fred Brown
 Helen Bundy
 Mark Burkett
 Gailen Christiansen
 Star Connolly
 Jeanette Cooper
 Russell Courtney
 John Cowley
 Jean Darnell
 Bob Davis
 Leslie Davis
 Robert G (Bob)
 Derflinger
 Linda Dixon
 Kathryn Drake
 Violet Duncan
 Thomas Edwards
 Rita Ellwein
 Tim Engle
 Sue Fey
 Douglas Flom
 Dee Ford
 Debra Fresse
 Deborah Frith
 Steve Funk
 Warren Grieve
 Linda Groves
 Carolyn Hanson
 Karen Harder

Vickie Henrichsen
 Daniel Hodgins
 Sheryl Hofer
 Jon Holland
 Carol Houchins
 Diana Hueschen
 Bruce Hunkins
 Robert Irwin
 Rita Iversen
 Lois Jensen
 Patricia Johnson
 Jerry Johnson
 Jerry Jorgensen
 Carolyn Jorgesen
 Raymond Kashas
 Mary Kelly
 Charlotte Kennedy
 Elaine Knudson
 Leon Koster
 Eugene Dale Kudera
 Cynthia Langseth
 Dorine Levine
 June Lyman
 Frances Madison
 Bonnie Marks
 David McKenney
 Jerry Mehner
 Elizabeth Meis
 Lenore Menth
 Elaine Miller
 Mike Miller
 Steven Morfitt
 Robert Morrisey
 Dorothy Myers
 Lois Nagel
 Ibu Nooney
 Kathryn Oaks
 Charles Peterson

Susanne Pitkin
 Dennis Rattei
 Theresa Richardson
 Twila Roberts
 Rita Rose
 John Scherrman
 Sherri Schoepf
 Steve Shadle
 Karen Smith
 O'Neal Smith
 Sharon Smith
 Darlene Solomon
 Scott Sorensen
 Anita Strawn
 Ramon Sundquist
 Margaret E (Marg)
 Swanson
 Linda Sydow
 Jeffrey Thompson
 Dorene Titus
 Loretta Tobin
 Mary Tordsen
 Douglas Treglia
 Lynette Tullis
 Molly Twohig
 Donna Vitzthum
 Grace Wagoner
 Lynn Walsh
 Dan Weakly
 Ralph Webb
 HeidiWidner
 Barbara Willis
 Rose Wolfe
 Donald Wright
 Neva Pierce
 Steve Wall

In Honor of: Dale Reiter
From: Norma Jean

For: Clifford Tague
From: SCAG

For: Marv Berenstein
From:
 Shane Greenstein/Ranna Rozenfeld

For: Marv Berenstein
From: Beth/Garrett Heberlein

For: Shirley Nelson
From: Jimmie/Diana Stokes

For: Marv Berenstein
From: Gerald/Sheryl McGowan

For: Marv Berenstein
From: John Gleeson

For: Dan Hudek
From: Siouxland Duplicate
 Bridge Club

For: Betty Levi
From: Siouxland Duplicate
 Bridge Club

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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.

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

June

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.

- | | | | |
|-----------------|----------------|----------------|----------------|
| Miriam Clayton | Sally Kimball | George Polak | Harvey Viken |
| Don Casaday | Pamela Mears | Maizie Johnson | Chip Pottorff |
| Virginia Gries | Russell Movall | Kathleen | Don Niewendorp |
| M.Donna Johnson | Jan Nelson | Plantenberg | Don Schultz |

Dollar -A-Day for a YEAR

Diana Howard	Gail & Tom Brown	Dorine Levine
Barney Pottebaum	Russ Movall	Robert & Nancy Nelson
First Premier Bank	Jon and Grace Wagoner	David/Vicki Young
Dorine Levine	Judy Seaman	Kristine Bergstrom
Charter Senior Living	Gene Anderson	
Northpark Place	Sunnybrook Church	