

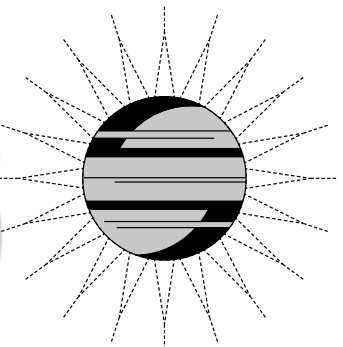
SUNSHINE NEWS

JULY 2024

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

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

Siouxland Center
for Active Generations



The Center will be closed on Thursday, July 4th and Friday, July 5th for the Independence Day holiday

Keeping Your Brain Fit: What Actually Works?

Have you wondered about the best way to keep your brain healthy and to stay sharp cognitively? There are a lot of claims about what you should do to accomplish this, such as playing Sudoku, learning a new language, or taking certain vitamins and supplements, but what actually works? The AARP wondered about this too. In order to offer the best possible advice about what older adults can do to maintain and improve their ability to think and reason as they age, they developed the Global Council on Brain Health. This independent collaboration includes scientists, health professionals, scholars and policy experts from around the world working in areas of brain health related to human cognition, including memory, perception and judgment. The Global Council on Brain Health has come up with “six pillars of brain health” with expert advice on actions that you can take to maintain your cognitive health.

1. **Be Social** Several studies have found that social isolation puts you at an increased risk for dementia as well as other negative health outcomes. Staying socially engaged is very important for keeping your brain in good working order. Connecting with others through activities and community programs will help you feel less alone and more engaged with the world around you. Staying in touch with friends and family and regularly meeting up with the same people to take part in hobbies or exercise that you enjoy are great ways to build your social ties. Even adding a pet to your life can increase your feelings of connection. Walking a dog will take you outside of your house for a purpose while you get exercise yourself. You may even interact with other people while you're out. Social media, when used as a tool to help keep in touch, has benefits, but it is not a replacement for actual human contact. Volunteering and mentoring have also been shown to be beneficial to cognition.
2. **Engage Your Brain** “Use it or lose it.” is what brain experts say about keeping your brain in good shape. The more that we're intellectually, socially, and physically engaged, the healthier our brain is. Experts advise that

participating in things that you enjoy doing is best because you're more likely to keep doing it. Combining physical activity with mental activity, for example learning new steps for a dance routine, is especially helpful. Learning new things and having hobbies and interests can help you age more successfully. To help you stay motivated to learn something new, it is helpful to go to a class where the teacher and your classmates will be expecting you to attend.

3. **Manage Stress** Chronic stress can affect memory and increase the risk for Alzheimer's Disease and other forms of dementia. Although stress is a normal part of life, learning to manage it can make a big difference to the health of your brain. Experts recommend several things, integrating the other pillars of health in this list, that can be effective in dealing with stress. Keeping a consistent schedule, making sure to eat regular meals and get enough sleep can help to regulate anxiety. Socializing, exercise, and mindfulness practices also mitigate the effects of stress. Keeping a sense of humor and a positive attitude, journaling, or keeping a gratitude notebook are all actions that can help keep harmful physiological reactions to negative emotions at bay.
4. **Ongoing Exercise** Exercise helps your brain at any age. Both aerobic exercise like walking, dancing, or swimming, and strength training, as well as practices that integrate meditation and mindfulness into physical activity like tai chi and yoga, have been found to provide benefits for brain health. Exercise increases the flow of blood to your brain, which will make it work more efficiently, and supports cognitive processing. There are several biological mechanisms that change because of increased physical activity which support improvements in memory, problem solving, and attention. Anything that gets your body to move can count as exercise, walking up stairs instead of taking an elevator, parking farther away from your destination, or gardening. Experts recommend doing physical activity

continued on page 2

the Sunshine News

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Sioux City, IA 51103
712-255-1729

Monday - Thursday

8 a.m. - 2:30 p.m.

Friday

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

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that you enjoy because you are more likely to be motivated to do it, then gradually increase the amount over time. Panels in the United States and other countries recommend 150 minutes of moderate to vigorous exercise a week for people over fifty. Most Americans do not meet that level of activity, so anything you can do to move more daily will help.

5. **Restorative Sleep** “Although sleep problems are a huge issue with older adults, it’s unfortunate the importance of sleep is often not taken seriously by health care professionals,” said Sarah Lock, AARP senior vice president for policy and GCBH executive director. “It’s normal for sleep to change as we age, but poor-quality sleep is not normal.” Not getting enough sleep, or sleeping poorly through the night, results in problems with memory and concentration, an increased risk of dementia, and several other negative health outcomes. Make getting a good night’s sleep a high priority for keeping your brain in good working order. Many studies have found keeping a consistent sleep schedule is associated with better health. Older adults need the same amount of sleep, 7-9 hours each night, as all adults. Avoid using OTC medications for sleep, as these can have negative side-effects, including disrupted sleep quality and impaired cognitive functioning. Also, long naps can make it harder to get your full amount of sleep at night. Limit naps to thirty minutes in the afternoon. Exercising during the day (but not within 90 minutes of bedtime), relaxation before bed, saving worrying for daytime, avoiding screens before bedtime, and keeping your bedroom cool and dark are all recommended methods to help you fall and stay asleep.
6. **Eat Right** The choices we make in our diet can have a big effect on our risk for developing brain diseases. Avoid excessive quantities of salt because it has been linked with high blood pressure which can damage vessels in the brain. Sugar consumption should also be limited. Trans fats can adversely affect memory and increase inflammation in the brain. Increasing the amount of vegetables, fruit, nuts, and fish in your diet and decreasing the number of processed foods that you eat is recommended. Being informed about what is in the food you eat, and also methods of cooking nutritious foods that will make them taste delicious, will help you to develop a healthy eating plan. Eating home-cooked meals instead of pre-cooked packaged foods with added salt and sugar has big benefits for both your brain and overall health.
7. **Manage Your Medications** Not included in the AARP’s six pillars of brain health, but highlighted by several other expert sources, paying attention to how medicines affect your thinking is very important. “Memory issues can be common side effects for many drugs older adults often take for the first time in their lives,” says Dr. Mark Albers, a neurologist with the McCance Center for Brain Health. Older people are more susceptible to the side effects of medications due to age-related factors. Also taking more than one medication at the same time can cause harmful interactions. Antihistamines, medicines for anxiety and depression, sleep aids, antipsychotics, muscle relaxants, some types of drugs that treat urinary incontinence, and medications for relief of cramps in the stomach, intestines, and bladder can harm the cognition of older adults. Be sure to talk to your doctor if you’re concerned about the effect of your medications on your brain.

AARP’s six pillars of brain health are based on scientific research showing that lifestyle behaviors may have the biggest effect on functional cognition. At the Siouxland Center for Active Generations our goal is to help you live your best life. Socialization, exercise, and engagement for your brain is what we strive to provide, as well as healthy food choices. Hopefully stress reduction and improved sleep are side effects of visiting the Center. May you have a healthy brain for many years to come!



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Summer Radio Theatre comes to the Siouxland Center for Active Generations in July!



The Great Plains Radio Theatre (GPR) will present a matinee performance of oldtime radio plays live and on stage featuring three dramas that will keep you in suspense as well as in stitches. Hand-operated sound devices will be punctuated by digitized music and audio effects for an entertaining Sunday afternoon. Voice actors will relate three dramatic stories: The Devil in the Deep Freeze, The Red Ghost, and a classic episode from the celebrated Fibber McGee and Molly radio series entitled "Fibber's Bottle." Jazz songs and the original commercial jingles will also be presented. Everyone is talking about the Great Plains Radio Theatre since its return from Arizona to Siouxland last October.

Tickets are \$10 each and will be sold at the door. \$5 from each ticket sale will go to support the Siouxland Center for Active Generations. Show begins promptly at 2:00 p.m. Sunday, July 21st.

Twenty Questions Team Trivia



You'll have three chances this month to test your knowledge with twenty general knowledge Jeopardy-style questions! The competition was tight last month with the Friendship Table stealing the crown. Come see who the champions will be in the month of July. Prizes and bragging rights will be awarded to the winning team. **Mondays, July 1, 15, and 29 at noon in the Dining 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.

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Gift Shop & Library Donations

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

Delores Disterhaupt	Theresa Bollinger	Kris Shults
Beverly Graber	Elaine Waskow	Richard E. Hayes
Norma Schager	Norma Huebner	Will Cain
Margery Marshall	Norma Ulmer	Debie Cain
George Polak	Lucy Van Valkenburg	Kenneth Dvorak
Peggy Mace	Elaine Waskow	Beth Rozeboom
Arlene Imray	Evey Thompson	Lois Zunker
Will Snyder	Audrey Ercolini	
Grace Wagoner	Deanna Jacobs	

July Birthday Party: Musical Bingo



Join us to celebrate our members with July birthdays by playing Musical Bingo! To play, you'll be presented with a bingo card with twenty-five famous musical artists from the 50s, 60s, 70s and a few from the 80s. Listen to a series of clips from their chart-topping songs, identify the artists of the songs played and mark them on your bingo card. If you don't know who sings the song you can ask the people at your table for help, but no fair using your smartphone. Get five in a row vertically, horizontally, or diagonally and you can call Bingo! There will be prizes for the winners, and of course birthday cake for all. Thank you to Medigold for sponsoring our monthly birthday cakes!

Our January birthday party featuring Musical Bingo was cancelled because of snow and then rescheduled later in the month. The people who tried it on the rescheduled date had a fantastic time and sang along to the many popular, well-known songs. Please join us for an enjoyable afternoon of musical fun! **Monday, July 8, 1 p.m. in the Multipurpose Room.**

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Donut Festival

A delicious fundraiser is coming up in July! Local bakeries will donate several dozen donuts to the Siouxland Center for Active Generations. For \$5 you will receive two donuts and a cup of coffee. Buy your tickets in advance at the front desk. Thank you to the businesses that have pledged to donate donuts:

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Tuesday, July 9, 9 a.m. in the Dining Room

River-Cade Parade



The Siouxland Center for Active Generations will be participating in the 61st Annual River-Cade Parade on the **evening of Wednesday, July 17**. Both the Senior Royalty and a group of vehicles/walkers will be appearing in the parade. If you would like to be a part of the parade group, please sign up in the Activities Book. If you'd like to come watch and cheer us on, the River-Cade Parade will begin its route promptly at 6:30 p.m. at 3rd and Court, traveling down 3rd Street to Pierce Street, then down Pierce Street to the Long Lines Rec Center parking lot. You are also welcome to attend the Dairy Queen Ice Cream Social and Smile Contest Finals at the Long Lines Rec Center immediately following the parade!

Tai Chi for Seniors Health Benefits: Helps Reduce Stress

If you're feeling the pressure of daily life, you may find that tai chi brings you the sense of quiet and calm that you crave. One small study of "healthy but stressed people" showed that practicing tai chi for 12 weeks significantly lowered their anxiety levels — maybe even better than other forms of exercise. Why? Chalk it up to mindfulness. To successfully practice tai chi, you have to think about your breathing and movements, which takes your mind away from whatever else may be bugging you. "The practice of being mindful is a great stress reliever," says Tim Sobo, personal trainer and Oriental medicine specialist. "Tai chi's movements require you to focus on breathing and movement together, so you're focused on what you're doing rather than on everything else going on in your life." **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**





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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! Faith Cosier, Membership Coordinator

Donna Ailts	John Fagan	Arlene ImRay	Dona Dean Lovell	Amber Ridgway	Linda Sydow
Pat Alfredson	Maryann Farrell	Bella Ingram	Julie Mabeus	Lois Rohmiller	Gerald Taylor
Maria Andersen	Kathleen Fischer	Catherine (Cathy)	Mary Marx	Sandra Rol	Henry Tordoff
Eugene Anderson	Donna Foxhoven	Jennings	David McKenney	Alice Sailors	Deborah Trizila
Lynette Androy	Karen Fry	Miriam Jensen	Rhonda Menin	Larry Scadden	Ed Tryon
Beverly Bates	Paul Fuchser	Greg Jensen	Preston Nason	John Scherrman	Molly Twohig
Rolene Beauvais	Susie Green	Carla Johnson	Susan Nolen	Sue Schmedinghoff	Sharry Uhl
Marlo Beermann	Lisa Gutierrez	Donna Johnson	Barbara Notto	William Schneider	Frances Uhl
Joyce Bishop	Nancy Guy	Carrie Johnson	Jane Olson	David Smith	Diana VanOsdell
Huong(Rosie)	Carmen Hainey	Carolyn Keleher	Carol Ostermeyer	Lori L. Smith	John Vermilyea
Boggs	Mary Hammack	DuRetta Kelly	Donald Parsons	Willard Snyder	Harvey Viken
Karen Bourne	Cheryl Harder	Jean King	Doris Parsons	Delbert Spiegel	Suky Waltman
Dan Burrows	Myron Harrington	Michele Kuhlmann	Krista Payne	Carol Stout	Helen Wedmore
Sandra	Donnette Hatch	Lynette L	Judy Peterson	Shelia Sturdevant	June Wilhelm
Cadwallader	Kathy Hauck	Vincent LaFleur	Kaye Plantenberg	Catherine Sullivan	Rose Wolfe
Melinda Carlson	Fred Helmich	Ezequiel Lopez-	Terri Porter	Michael Sweeney	Sarah Young
Clarence Carver	Huey Hightower Jr	CeNantes	Ronald Ridgway	Michael Sydow	
Dorothy Cline	Barbara Hittle				
Melvin Cline	Myrna Hodges				
Terry Colt	Jerrold Hoelker				
Steve Cook	Cindy Hofmeister				
Nicholas Copas	Karen Hogan				
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John Dauguste	Connie Hoklin				
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Meet A Member: Willard Snyder



Often seen wearing “a white sport coat and a pink carnation” like the Marty Robbins song, and his special all-leather dancing shoes, Willard Snyder loves to waltz on the dance floor. “I sort of live, breathe, and eat dancing,” he says. Willard makes the rounds to all the senior dance halls,

including Friday Dances, Wednesday Jam Sessions, and Jukebox Parties at SCAG, the South Sioux City Senior Center, the Anthon Community Center, and Stormin’ Norman’s. He enjoys dancing with all of the ladies, and always keeps his eye out to welcome and include new people who may want a dance partner.

Willard has lived in Sioux City all his life. He worked for the Sioux City School District for thirty-four years as a custodial engineer. In all that time he only missed nine days of work. When he would attempt to call into work, his supervisor would tell him that he had no substitute for him, so Willard went to work anyway. Although Willard broke both his ankle and his wrist at different points in time, he kept working. “I went to work with the boot on.” He was also a member of the National Guard for thirteen years, “I put my time in, but never went overseas.” Although he was trained on the machine gun and other weapons, and left the service just 60 days before they sent his former company to Korea, the military did not end up drafting him. During his free time, Willard also worked at Roberts Stadium during sporting events.

As a young man, Willard owned a 1957 Pontiac Bonneville Fuel Injection Convertible, “a very fast, beautiful car.” One night as he was driving past Kelly Park, he saw two high school girls swinging in the swings and asked them if they wanted to go for a ride. The girl who sat next to him was named Shirley and lived in his neighborhood. She began to hang around outside to look for Willard and ask to go for another ride in his car. The two started dating and fell in love, but Willard made the condition that

he would not marry Shirley until she received her high school diploma. Willard understood the importance of an education as he, in 1957, became the first person in his family to finish high school. “Her aunt thought I was crazy, but then she (Shirley’s aunt) applied for a job in California and was unable to get it because she did not have a high school diploma herself.”

Willard and Shirley married in 1961 and had two sons, Doug, who followed in his father’s footsteps to work for the Sioux City Schools, and Mike, who works with handicapped adults in a facility in Burlington. Willard said that he and Shirley enjoyed visiting the casino for thirty years. Although Shirley went blind four years before she passed away, Willard continued to take her to the casino and set her up at a slot machine. He would also take her fishing during this time. “She caught fifteen fish, I caught three!” Willard described how she would hold onto the line and reel them in, then he would assist her with removing the fish and getting her started on the next catch. Shirley passed away in January of 2015. Willard became a member at SCAG a few months after he lost her.

Willard also enjoys finding discarded items to donate to the gift shop at the Center. He has rehabilitated several items including a barbeque grill and furniture that have gone on to sell well and help out SCAG. Always wanting to be useful, Willard also helps out around the Center by stacking chairs after dances and events. He previously volunteered at the South Sioux City Senior Center by cleaning on Tuesdays and Thursdays and dusting the dance floor. He received compliments that the floor looked much better after he gave it attention.

At eighty-eight years old, Willard feels incredibly lucky to be in such good health. “I don’t have any aches or pains.” He recommends Blue Stop Max muscle relaxer gel, which can be purchased at WalMart. He uses it to keep his legs spry for all that dancing. Willard walks any day that he doesn’t dance and eats oatmeal seven days a week because it is supposed to clean out your arteries. “I get up in the morning and enjoy life. If everybody was as happy as I am, it would be a much nicer world.” Willard’s words of wisdom are, “Try to be neighborly and friendly and enjoy life as much as we can.”

Have Fun with BUNCO

Bunco currently meets on the first and third Monday of the month and the first and third Friday of the month from 12-2, but they are planning to switch from Fridays to Wednesdays beginning in August. The Bunco group is looking for more players. They’ll be having an introductory day on **Wednesday, July 10 from 12-2** where you can learn to play. Play will be free that day and there will be gifts to win. Both women and men are welcome to join in the fun!



Journaling Club

Have you ever thought about starting a journal, but never quite got started? Did questions like, “What do I write about?” stop you from beginning a journal? Come to the Journaling 101 Class on **Wednesday, July 3 at 10 a.m.** in the Board Room to get your questions answered. Find out the benefits that can be gained from journaling. The class will continue on future Wednesdays at 10 a.m.

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712-274-2846

<p>10:40 am Tai Chi (Advanced)</p> <p>11:00 am Balance Class</p> <p>11:40 am-12:30 pm Full Lunch</p> <p>11:30 am Woodcarving</p> <p>11:30 pm Cribbage</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Pinochle</p> <p>12:40 pm Bridge-Duplicate</p> <p>1:00 pm SilverSneakers BOOM Fitness</p>	<p>10:40 am Tai Chi (Advanced)</p> <p>11:00 am Belly Dancing</p> <p>11:40 am Mah Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance,</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p>10:00 am Journaling Club</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Fitness with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers BOOM Fitness</p>	<p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:40 am Canasta</p> <p>11:40 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>11:30 pm Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>Featuring 4 on the Road</p> <p>Sunday, July 21, 2 pm Great Plains Radio Theatre</p>
<p>22</p> <p>1:00 pm Parkinson's Support Group (4th Monday)</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting & Crocheting</p> <p>10:40 am Tai Chi (Advanced)</p> <p>11:00 am Balance Class</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Woodcarving</p> <p>11:30 pm Cribbage</p> <p>12:00 pm Pinochle</p> <p>12:40 pm Bridge-Duplicate</p> <p>1:00 pm SilverSneakers BOOM Fitness</p>	<p>23</p> <p>2-4 pm Summer Daze Jukebox Dance Party</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:40 am Tai Chi (Beginning)</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Mah Jongg (experienced players)</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 (board room)</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p>24</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>8:15 am Spanish Class</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Journaling Club</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Fitness with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers BOOM Fitness</p>	<p>25</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>10:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:40 am Canasta</p> <p>11:40 am Line Dance (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>11:30 pm Cribbage</p> <p>12:40 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>26</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting (Take OffPounds Sensibly)</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p>
<p>29</p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:40 am Knitting & Crocheting</p> <p>10:40 am Tai Chi (Advanced)</p> <p>11:00 am Balance Class</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Woodcarving</p> <p>11:30 pm Cribbage</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p> <p>1:00 pm SilverSneakers BOOM Fitness</p>	<p>30</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Mah Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p>31</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>7:45 am Walking Exercise</p> <p>8:15 am Spanish Class</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Journaling Club</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Fitness with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers BOOM Fitness</p>	<p>1</p> <p>10 am Book Discussion Group 1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:40 am Line Dance (Intermediate)</p> <p>10:40 am Canasta</p> <p>11:40 am Line Dance (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>11:30 pm Cribbage</p> <p>12:40 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p>	<p>2</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting (Take OffPounds Sensibly)</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p>Featuring The Huckleberrys</p>

July 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div><i>Baby Pictures Challenge</i> <i>winner announced</i></div> <div>12-1 pm Team Trivia</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-S1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</div>	<div>2</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 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 8:00 am-9:30 am Biscuits and Gravy 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</div>	<div>4</div> <div>CENTER CLOSED FOR INDEPENDENCE DAY</div> <div></div>	<div>5</div> <div>CENTER CLOSED</div> <div></div>
<div>8</div> <div>1 pm Birthday Party (2nd Monday) Music Bingo <i>Cake donated by Meligold</i></div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</div>	<div>9</div> <div>9 am Donut Festival 1 pm Craft with Bickford 2-4 pm Star Spangled Soiree Jukebox Dance Party</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class</div>	<div>10</div> <div>12 pm BUNCO Free Day</div> <div>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</div>	<div>11</div> <div>10 am Book Discussion Group 1 pm Karaoke on the stage</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 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 pm Cribbage 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>10:30 am Genealogy Class (2nd Friday)</div> <div>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting 11:00 am-12:30 pm Full lunch (Take Off Pounds Sensibly) 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:30 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</div>
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Fun and Education at the 2024 Senior Living Fair



On May 21 the Siouxland Center for Active Generations hosted forty-six businesses and organizations at the 2024 Senior Living Fair. They represented the areas of medical, chiropractic, pharmaceutical, home health care, physical therapy, hospice 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 and the chance to win fun door prizes! The Senior Living Fair was well-attended this year, despite the fact that Siouxland was under a tornado watch that day and venturing out into potentially bad weather was a concern for many.

Everyone who visited all booths at the fair was entered into a raffle for a grand prize drawing. David Schable was the winner and received a \$25 gift card from Target, a \$25 gift card from Marshalls, and a certificate for a Diamond Car Wash from Hamilton Touchless, an \$18 value. Congratulations to David!

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 raised about \$500, which will go towards the operating costs of the Center.



Genealogy Class

The topic of the July meeting will be city directories. The first U.S. city directories were published within a couple of years after the American Revolution. Directories were initially created by craftsmen and salesmen to contact the local residents and potential customers. A useful tool in genealogy research, they can be used to find names of residents at addresses, occupations, marital status, businesses, officers and leadership of organizations, and lots more. According to genealogist Phyllis McMillan, city directories sometimes list when people move or die, which can provide valuable information for your family history research. The Sioux City Public Library has Sioux City directories beginning from the year 1871. Come and learn what you can find out from this essential resource on **July 10 at 10:30 a.m. in the Classroom.**

Crafts with Bickford



In June, Deb and Liz from Bickford Senior Living and Memory helped some of our members create patriotic wreaths that will be beautiful 4th of July decorations. Next month their activity will be Country Fair Crafts on **Tuesday, July 9 at 1 p.m.** Sign up in the Activities Book to participate. Limit to ten participants.

Red Cross Blood Drive

This July, you have the opportunity to help your community! The American Red Cross will be holding a blood drive at the Center. For about an hour of your time you can potentially save up to three lives. Seniors are making a big difference! A recent report on blood donation in the United States between 2019 and 2021 found that the number of blood donors aged 65 and older increased by 40%. Older adults are one of the most important age groups to help increase blood supplies as they're more likely to donate blood regularly and less likely to experience adverse effects like dizziness, bruising, or fainting compared to many younger people. You can think of donating blood as a badge of honor and a sign you are aging well.

To be able to donate blood you should:

- Be in good general health and feeling well.
- There is no upper age limit for blood donation if you are well with no restrictions on your activities.
- Weigh at least 110 pounds.
- Have not donated blood in the last 56 days.

The process of blood donation takes about an hour, although the donation itself only takes about ten minutes. The steps are:

- Sign in and go over basic eligibility.
- Show an ID, such as your driver's license.
- Read some information about donating blood.
- Provide your complete address.
- Answer a few questions about your health history and places you've traveled, during a private and confidential interview.
- List any prescription and/or over the counter medications that may be in your system.
- Get your temperature, pulse, blood pressure and hemoglobin level checked

- A Red Cross staff person will cleanse an area on your arm and insert a brand new sterile needle for the blood draw. (This feels like a quick pinch and is over in seconds.)
- A whole blood donation takes about 8-10 minutes, during which you'll be seated comfortably or lying down.
- When approximately a pint of whole blood has been collected, the donation is complete and a staff person will place a bandage on your arm.
- After donating blood, you'll have a snack and something to drink in the refreshment area.
- You'll leave after 10-15 minutes and continue your normal routine.
- Enjoy the feeling of accomplishment knowing you are helping to save lives.

Did you know?

- The Red Cross - needs to collect more than 13,000 blood donations and more than 2,500 platelet donations each day.
- The blood collected by the Red Cross helps millions of patients in over 2,500 hospitals and other facilities across the country.
- 84 percent of blood donations are given at blood drives - hosted by generous sponsoring organizations like ours.
- Every hour of the day, more than 1,200 people in America are assisted by the American Red Cross.
- More than 17,000 people every day receive lifesaving Red Cross health and safety training.
- Every day, the Red Cross provides more than 1,100 services to military members, their families and veterans.
- About 170 times a day, Red Cross workers help families affected by a home fire or other disaster.

Please consider donating your blood on **Tuesday, July 17 from 8 a.m. to 2 p.m. in the Bingo Room.** Sign up in the Activities Book.

Trailblazers Walking Club

In the month of June, the Trailblazers imagined traversing the limestone cliffs of Malta as they completed almost 2,000 laps around the building (plus a few outside). This is about 160 miles or the equivalent of walking the entire shoreline of Malta (136 miles) and then along the entire East coast of the main island again. Keep up the great exercise, Trailblazers!

In July, to celebrate both the start of the 2024 Olympics at the end of the month and the Holy Trinity Greek Orthodox church's annual Greek Fest on July 26, 27, and 28, we'll visit Athens, Greece. Many of classical civilization's intellectual and artistic ideas originated there, and the city is generally considered to be the birthplace of Western civilization. During your walk, look for photos of top tourist sites in Athens such as the Acropolis, Parthenon, Plaka marketplace, National Garden of Athens, Temple of Zeus ruins, and the Ancient Agora. Remember the Trailblazers' motto: Walk, Talk, Get Fit!

Chair Aerobics Class

A new Chair Fitness class will be starting the week after Fourth of July. It is a half-hour seated exercise class to music. It will be **Wednesdays at 12:30 in the Fitness Classroom.** Suky will lead the class for the people who want to exercise while they stay seated. Chair exercise starts on July 10th. Also, a printed reminder that the Monday 1pm BOOM class is NOT held on Birthday Mondays, so everyone can par-tay!

Your Neighborhood Coalitions

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

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



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 2nd..... Write about 4th of July celebrations.

July 9th..... Write about living in a small town or city.

July 16th..... Write about your teen years.

July 23rd Write about summer camps you attended.

July 30th..... Write about some of your secret places in your home.

FACTS ABOUT JULY

1. "Independence Day", (4th of July) a national holiday & families often celebrate by going to a picnic, or barbecue. Parades during the day & fireworks displays occur in the evening.
2. Some Patriotic Songs: God Bless America, America the Beautiful, The Star-Spangled Banner, and Yankee Doodle.
3. Baseball was a favorite sport in America. Foods served in baseball stadiums: hot Dogs, peanuts, pretzels, nachos, beer & soda. Some famous baseball players: Babe Ruth, Joe DiMaggio, Lou Gehrig, Pete Rose, Jackie Robinson, Ty Cobb, Willie Mays, & many more.

INDEPENDENCE DAY POEM

Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy-Five:
Hardly a man is now alive
Who remembers that famous day and year.
(Henry Wadsworth Longfellow)

INTERESTING FACT

Thomas Jefferson changed wording in the Declaration of Independence from "the pursuit of property" to the "pursuit of happiness".

WE ARE ONLY CLAY

We are NOT MADE PERFECT
Each of us has some flaws;
We hurt, we agonize, we fear
For there's always a force to join a cause.

We may feel pressure to just go along
Or a shove to make you act;
It may depend on the job-the home you have
In any case, we hurt- but need a new pact.

Think of time/ways that others hurt also
A word spoken-an action-a threat that comes;

But-DON'T let it BREAK you down
ADD up the GOOD-remember the POSITIVE sums.

For YOU DO MATTER-YOU are GREAT
Making the world today what it IS;
We are all made of CLAY-so fragile at best
Change things-show what goodness lives

What a difference WE-EACH ONE can make
Encouraging all to join in and CARE;
In that way-life can be so great
Then the Master knows we are truly there.
MAKE OUR INNER THOUGHT-OUR ACTIONS
POSITIVE TO HELP ALL IN LIFE!
Kay Reynolds

Never Cook on Sunday

I will never cook on Sunday, let me tell you why.
Everything I do goes wrong, no matter how hard I try.
Right from the beginning, everything started to go bad,
The first thing I did was burn myself,
and of course that made me mad.
Then I decided to peel potatoes, which added to my strife.
I cut my little finger, when reaching for the knife.
A band aid fixed that problem,
so I continued with my chore.
That's when I spilled the gravy, all over my kitchen floor.
So I headed for the pantry, that's where I keep my mop.
The slippery floor had no pity, I felt myself go plop.
Now swimming in hot gravy, was definitely not the way,
That I had planned to spend this sunny summer day.
So I hollered for my gallant knight, his lady was in distress.
The craziness that happened next, is not too hard to guess.
When my husband reached the kitchen,
his feet went in the air,
Into the slippery sloppy mess,
now we both were lying there.
By clutching to the counter top, we carefully got up.
And luckily all that broke was a platter and a cup.
Cleaning up the kitchen and myself,
took up most of the day.
Why I found gravy in body parts, that I can't even say.
Now I never cook on Sunday, t
hose hectic days are through.
I think dining at McDonald's is the smartest thing to do.
Written by 90 year old El Rasmussen about his wife Sandi

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 \$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.

July 5: Center closed for Independence Day holiday

July 12: The Huckleberrys

July 19: 4 on the Road

July 26: Ed Tryon

More Saturday Night Bands are Coming!

After a successful evening with the Galaxy band, the Siouxland Center for Active Generations has decided to book more bands to perform on Saturday nights from 7-10 p.m. Mark your calendars for the following dates:

August 10: Hold On

September 21: Surfin' Safari

October 26: Galaxy

Jukebox Parties

Hey daddy-O, come have a ball with us at our July Jukebox Dance Parties! Boogie to your favorite tunes from yesteryear. Give your song requests to Kristina for a boppin' playlist.

Tuesday, July 9 from 2-4 p.m.: Star Spangled Soiree

A belated 4th of July celebration with all-American tunes like Living in America by James Brown, Surfin' U.S.A. by the Beach Boys, and American Pie by Don McClean.

Tuesday, July 23 from 2-4 p.m.: Summer Daze

Enjoy beachballs, a Lame Limbo contest, tropical drinks and more. Wear your best beach attire.

Bridge News

Let's start July with a bang. We had a successful tournament in June. We got to see some old friends we hadn't seen since Covid times. Attendance has been good at classes and games, but there is always room for more players. Pat Calvillo died in June. Pat was one of those who took the beginner classes and continued on to play in regular games.



Missouri River Historical Development Awards \$25,000 Grant to SCAG

The Siouxland Center for Active Generations recently applied for a grant from Missouri River Historical Development and was awarded \$25,000 for new fitness equipment and programming. The Center has already purchased a sitting elliptical, a VibePlate (a vibration platform that uses high-speed vibrations to stimulate muscles throughout the body), and a new digital scale for keeping track of fitness goals. Future plans for the funds include purchasing balance equipment, analyzers for various health measures and new fitness programming.

Thirty-three entities received grants from MRHD for projects planned in Woodbury County and in surrounding counties, chosen from 88 submitted grant applications. MRHD holds the license for casino gaming in Woodbury County and, in accordance with Iowa law, receives a share of the revenues from the Hard Rock Hotel & Casino in Sioux City, which MRHD then gives to community entities and projects. Since 1989, MRHD has poured more than \$53 million into the area.

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 Library** for a meaningful discussion with friendly people.

July 11: Everyone on this Train is a Suspect by Benjamin Stevenson (The July meeting will take place on the second Thursday of the month due to the July 4th holiday.) On a famous Australian train between Darwin and Adelaide for the Mystery Writers' Society one of the attendees is murdered for real in the new mystery from the author of *Everyone in My Family Has Killed Someone*.

August 1: The Five Wishes of Mr. Murray McBride by Joe Siple With all his family and friends gone, one hundred-year-old Murray McBride is looking for a reason to live. He finds it in Jason Cashman, a ten-year-old boy with a terminal heart defect and a list of five things he wants to do before he dies.

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Lynn Johnson Wins Seven Gold Medals at the Iowa Senior Games



Congratulations to Lynn Johnson for taking the crown in seven swimming events at the 2024 Iowa Senior Games, held at the Waukee YMCA on June 9! Lynn received gold medals in the age bracket of 75-79 in the 50 Backstroke, 50 Freestyle, 50 Breaststroke, 100 Backstroke, 100 Breaststroke, 100 Individual Medley, and the 200 Individual Medley competitions. The Iowa Senior Games is an Olympic-style

sports festival for men and women who are at least 50 years of age that offers opportunities to compete for medals in 30 sports and skill contests with nearly 100 events. Held every year since 1987, the event encourages older adults to participate in fitness and a healthy lifestyle by competing in a friendly, supportive environment that recognizes their accomplishments. Lynn has been swimming all of her life but didn't start competing in races until she was 54. She started out competing at the Iowa Senior Games in the sport of Sprint Triathlon. Unlike some people who team up to take different parts of the event, Lynn did all of the swimming, biking and running herself. Her goal was to finish, and not be last, which she accomplished. She did Sprint Triathlon for eight years and then switched to swimming when she was 61. Cheers to Lynn for all of her training and achievements! *If you're interested in finding out more about the Iowa Senior Games, visit their website at iowaseniorgames.org.*

Chair Yoga

Everybody has a story. When I walk into the exercise room on Friday mornings, I see many faces that brought them to chair yoga. Clint Barrs said that Candy, Nancy, and Mary Lou told him about it. He's been a member for 4 years and also participates in (hold on, you might need extra time to read this list): line dancing, jukebox dances, exercise programs, Friday dances, walking laps, skits, putting on performances, and volunteer work. He didn't include the B.S.ers group but I often see him sitting with them sharing their tall tales. Bev Brower has been a member for 2 years. She also attends SilverSneakers and participates in the Trailblazers Walking Group. "Curiosity" and "the need for exercise" brought her to chair yoga.

What is one of your favorite poses? Clint says, "all of them". Why? "It gives you time to relax, listen to music, and I learn more about the yoga process." Bev likes "anything done while sitting." There is a sequence for the chair yoga classes that starts with breathing. Deep breathing relieves stress, increases our cardiovascular capacity, and lowers blood pressure, among other benefits. Breathing, followed by warm-up exercises done while seated, then exercises that can be done while seated or standing to increase flexibility, strengthening and balance skills.

Clint says one of his benefits is "all of the different stretches." and Bev "feels much better after the class." Bev did add at the end of one class "and you don't make us feel old and stupid."

Quotes to inspire your yoga practice: *Most people have no idea how good their body is meant to feel.*

Kaye Plantenberg

Choir News

Everybody has a story. When I walk into the exercise room on FD do you find yourself singing to music: in the car, on TV, to bands you love, even the "old" music that you understood and related to? Music makes life a fun time; it lifts the spirit and gives you JOY! Well, we have just the prescription for you! Come visit the Choir and find out just what it is. We have such fun as ones who enjoy harmony, good songs, and most of all friendship. You don't have to be an accomplished singer, ready for the big time, but have a heart that loves sound. Also, we are singing now to groups and share the joy with others. That fills our hearts.

We use music so no one must memorize words, often a blessing. Come find us in the Music Room on **Wednesdays at 11 a.m.** We would love to have new members. Put a note on your calendar or on your phone: "WEDNESDAY at 11 AM CHOIR" and get there! LOVE TO SEE YOU to have great fun.

Kay Reynolds

June Birthdays Celebrated with Wheel of Fortune Game

SCAG members enjoyed spinning the virtual wheel and attempting to solve the puzzles at the June birthday party featuring Wheel of Fortune. Congratulations to Team Smarty Pants for living up to their name and receiving the most points during the game!



JULY BIRTHDAYS

Wyman Andersen	Rita Ellwein	Raymond Kashas	John Scherrman
Jan Ashmore	Tim Engle	Mary Kelly	Sherri Schoepf
Susan Batien	Randall Ewing	Charlotte Kennedy	Phillip Severson
Rodney Bauman	Sue Fey	Elaine Knudson	Steve Shadle
Ron Berger	Douglas Flom	Leon Koster	Karen Smith
Marilyn Berke	Dee Ford	Eugene Kudera	O'Neal Smith
Keith D Boden	Debra Fresse	Cynthia Langseth	Sharon Smith
Marsha Boykin	Deborah Frith	Dorine Levine	Scott Sorensen
Annette Brown	Steve Funk	June Lyman	Duane Sorenson
Fred Brown	Warren Grieve	Frances Madison	Anita Strawn
Helen Bundy	Katie Griffith	Bonnie Marks	Ramon Sundquist
Mark Burkett	Linda Groves	David McKenney	Margaret E
Dr David Chobar	Carolyn Hanson	Jerry Mehner	Swanson
Gailen	Karen Harder	Elizabeth Meis	Linda Sydow
Christiansen	Barbara Heaton	Lenore Menth	Jeffery Thompson
Dorothy Cline	Vickie Henrichsen	Elaine Miller	Dorene Titus
Timothy Conlon	Daniel Hodgins	Mike Miller	Mary Tordsen
Star Connolly	Sheryl Hofer	Lois Nagel	Douglas Treglia
Jeanette Cooper	Karen Hogan	Karen Nielsen	Lynette Tullis
Russell Courtney	Jon Holland	Ibu Nooney	Molly Twohig
John Cowley	Linda Holub	Kathryn Oaks	Donna Vitzthum
Jean Darnell	Carol Houchins	Charles Peterson	Grace Wagoner
John Dauguste	Diana Hueschen	Edda Else	Lynn Walsh
Bob Davis	Bruce Hunkins	Philippsen	Dan Weakly
Leslie Davis	Robert Irwin	Neva Pierce	Ralph Webb
Debra Davis	Rita Iversen	Susanne Pitkin	Joseph Weverka
Robert G (Bob)	Lois Jensen	Dennis Rattei	Heidi Widner
Derflinger	Jerry Johnson	Theresa	Barbara Willis
Rosemary Deurloo	James Jones	Richardson	Rose Wolfe
Linda Dixon	Judy Jones	Twila Roberts	Clayton Woods
Kathryn Drake	Jerry Jorgensen	Rita Rose	Donald Wright
Thomas Edwards	Carolyn Jorgesen	Larry Scadden	

July NEW Members

Dennis Ard
 Betty Bobier
 Nancy Boyle
 Lloyd Diede
 Margo Elzeini
 Carol Forney
 Martin Girard
 Leonard Grasso
 Lynda Hughes
 Michael Irwin
 Violet Jordan
 Cheryl Kinnaman
 Matthew Kinnaman
 Lori Kounas
 Marianne Meister
 Marcia Muecke
 Bev O'Hara
 Nancy Oates
 Mike Patterson
 Sandra Peters
 Rosie Petersen
 Betty Pratt
 Donald Tank
 Christine Warren



In Memory

Alice Reeg for Harry Bridget
 Claudi Nordin for Virginia Gries
 Janet Gill for Bert Gill

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

Membership Information

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

Refund Information

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

DOLLAR-A-MONTH

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

Maizie Johnson
 Gene Smyser

Mary Hubert
 Pamela Mears

Don Schultz
 Don Casaday

Dollar-A-Day for a YEAR

Robert and Nancy Nelson
 Russell E. Movall
 Huey (Bob) Hightower, Jr.

Grant & Pamela Mears
 Ed Tryon
 William & Margaret Foulk

Dorine and Seymour Livine
 Joel Jarman