

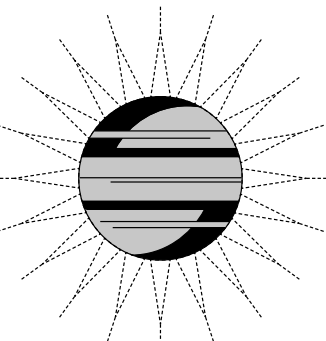
# SUNSHINE NEWS

MAY 2025

Telephone  
712-255-1729

Number  
556

Published  
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

## 2025 SENIOR LIVING FAIR



Get ready to attend the Senior Living Fair! The Siouxland Center for Active Generations' premier event for senior health and lifestyle information will feature over forty vendors with

services or programs especially for older people. It will be one-stop shopping for information on medical care, hearing and vision health, home health care, housing, hospice services, physical therapy, chiropractic care, insurance, real estate, funeral services, memorials, employment, volunteer opportunities, and many other topics. Knowledgeable organizational representatives will be ready to speak to you on subjects related to your current or future needs as a senior adult.



In addition to a wealth of great information, you will have the opportunity to take home free goodies and prizes! All of the organizations attending the Senior Living Fair will be bringing door prizes that will be raffled

off throughout the event. Make sure to fill out a raffle ticket at the front desk to be entered into the door prize drawings. In addition, there will be a grand prize drawing for attendees who visit every booth. Pick up a check-off sheet at the front desk, have someone from each table initial it, and return it to the front desk to be entered into the grand prize drawing. Fair attendees in past years have also enjoyed collecting promotional items at

the vendor tables such as pens, notepads, chapstick, candy, and other fun items.



The Senior Living Fair aims to be both useful and fun with a festive atmosphere. If you'd like to have your hearing evaluated for free, be sure to visit Siouxland Hearing

Health in the Conference Room where they will be conducting hearing tests. Iowa State Extension and Outreach will be offering healthy snacks. Aveanna Home Health and Connections Area Agency on Aging always have games or fun at their booths, so be sure to seek them out! Many of the other vendors will also have interesting and engaging displays.



Another feature of the event will be a bake sale with the proceeds benefiting the Center. If you would like to contribute baked good items, please sign up in the Activities Book. In addition, the Center's library will have a book sale

table, and the gift shop will be open. Plan on attending the 2025 Senior Living Fair to meet useful contacts, find out essential information, enjoy delicious treats and have the chance to take home surprise items. The Senior Living Fair will be open to the public and we'd appreciate it if you spread the word to anyone you know who might like to attend. **Tuesday, May 20, 1-3 p.m.**

**THE SIOUXLAND CENTER FOR ACTIVE GENERATIONS WILL BE CLOSED ON MONDAY, MAY 26 FOR MEMORIAL DAY.**

**MEMORIAL DAY**

★ ★ ★ REMEMBER AND HONOR ★ ★ ★

# the Sunshine News

A monthly publication of the  
Siouxland Center for  
Active Generations,  
located at 313 Cook St.,  
Sioux City, IA 51103  
712-255-1729  
Monday - Thursday  
8 a.m. - 2:30 p.m.  
Friday  
8 a.m. - 3:30 p.m.

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

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Annual Dues — \$75 per Person

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The Siouxland Center for Active  
Generations does not condone or tolerate  
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## Shredtastic Returns to SCAG

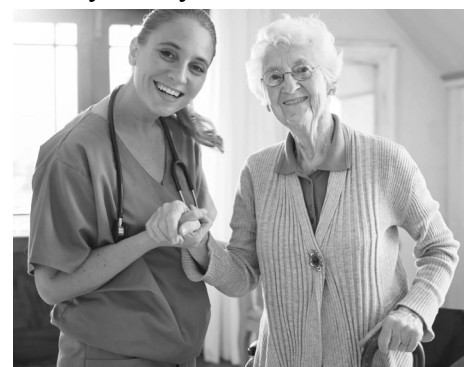


Are you ready for Shredtastic? The Siouxland Center for Active Generations and Connections Area Agency on Aging are partnering with Document Depot to help Sioux City seniors securely dispose of sensitive personal data. If you merely throw your documents into the trash or recycling bin, you may be vulnerable to dumpster diving or other forms of theft. Shredding papers that contain social security numbers, bank account information, and medical records will make it difficult for identity thieves to use this information to your disadvantage. Having your personal identifying information stolen can lead to financial losses, damage to credit, and emotional distress. Reduce your chances of becoming a victim by loading up your car with all of those old documents and bring them to the Center's parking lot from **11 to 1 p.m. on Friday May 2**. Drive up to Document Depot's shredding truck and volunteers will assist you in unloading your papers from your car. Please remove papers from plastic binders and take off any binder clips. It is okay to leave staples in place. Donations are very much appreciated!

## In Honor of Nurses

*National Nurse's Week 2025 is Tuesday, May 6 through Monday, May 12.*

Somebody asked: "You're a nurse?!? That's cool, I wanted to do that when I was a kid. How much do you make?" The nurse replied: "HOW MUCH DO I MAKE?" I can make holding your hand seem like the most important thing in the world when you're scared. I can make your child breathe when they stop. I can help your father survive a heart attack. I can make myself get up at 5AM to make sure your mother has the medicine she needs to live. I work all day to save the lives of strangers. I make my family wait for dinner until I know your family member is taken care of. I make myself skip lunch so that I can make sure that everything I did for your wife today is charted. I make myself work weekends and holidays because people don't just get sick Monday through Friday. Today, I might save your life. How much do I make? All I know is, I make a difference.



## Line Dance Instructor Wanted

Do you know how to show people how to line dance or know someone who does? Are you willing to volunteer your time on Thursdays to help members at the Siouxland Center for Active Generations have fun and get great exercise? The Center would greatly appreciate your help! Amateur instructors are welcome. Teach either the Intermediate or the Advanced class, either 10-11 a.m. or 11 a.m.-12 p.m. Please see Kristina or call her at 712-224-4795 if you are interested in taking on this role.



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## Meet a Member: Dave Roach



Dave Roach grew up in Jefferson, South Dakota and graduated from Jefferson High in 1969. He spent forty-eight years working in commercial printing and currently works part time at Palmer Candy. Dave has been married to his wife Janet for 55 years and has a son named Russ and a daughter named Robin. His grandchildren are named Piper, CC, Jack, and Juniper. He also has two great-grandchildren named Mac and Scarlett.

Dave joined the Senior Center in 2023. The activities he enjoys are walking and using the fitness room. He loves gardening and enjoys football. He is a fan of the Iowa Hawkeyes and the Green Bay Packers. Dave likes to have fun going to the Hard Rock and loves to come to the Siouxland Center for Active Generations for great companionship.

Dave says that something that people may not know about him is that he's a little shy sometimes. The words of wisdom that he would like to share are, "Live life to the fullest."

## New Horizon Band Performance

The New Horizons Band, a symphonic band made up of over thirty members of the Sioux City community, led by director Benjamin Mauritz, will perform at the Siouxland Center for Active Generations on **Monday, May 5 at 1 p.m.** Most of the band members are amateur musicians of retirement age who have resumed playing instruments they learned to play in school music programs after a long absence or have recently learned to play a new instrument. They enjoy playing concerts all around Siouxland. For their May 2025 performance they will perform patriotic music. Come and see their fantastic show!



## Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

# Gift Shop & Library Donations

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

*We thank them for their thoughtfulness.*

Vikki Jacobs	Sharen Massey	Norma Ulmer	Karen Young
Alice Reeg	Judy Peterson	Darlene Burson	Mike Stowe
Donnette Hatch	Marlis Friesner	Norma Hueber	Jeanne Bockholt
Willard Snyder	Paul Smith	Wes Iseminger	Lila Henke
Deanna Jacobs	Cathy Fischer	Evie Thompson	Donna Ailts
Dona Vitzthum	Ken DeVorak	Earl McKinley	Cheryl Kounas
Judy Johansen	Lucy	Deb Kobold	Patty Jenkins
Susan Chartier	Van Valkenburg	Linda Beeson	
Miriam Clayton	Joan Johnson	Joyce Miller	
Tom Edwards	John Graser	Linda Sydow	

## Donations

Dale Erlandson	Rachel Burn	Jeffrey Zoelle
Dan Demarest	Mike Patterson	Diana Howard
Ron/Karen Brinck	Lonnie Gustfson	Trinity Health
Bruce Hunkins	Bill Merritt	Bruce Hunkins
Caroline O'Kane	First Lutheran Church	Bridget Agriopoulos
Sands	Arlene Imray	Hope Benton

## Puzzle Helpers

Recently, Wendy Beavers from Aveanna Home Health wanted to have an almost completed puzzle at her organization's table at the Faces of Siouxland festival to have a physical representation of working together. She had a puzzle in a box but was afraid that she would not have time to put it together herself before the fair. Members of the Siouxland Center for Active Generations were happy to put it together for her. Wendy brought it to the library and our puzzlers assembled it by the next day! Wendy was impressed with their skill and grateful for the assistance with her vision for the table at the festival. She reported that the puzzle was a hit in her display!



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

Thompson Solutions Group  
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## Friday Dances

Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

**May 2: The Embers**

**May 9: The Singer Family Band**

**May 16: Ed Tryon**

**May 23: 4 on the Road**

**May 30: Country Brew**



## May Saturday Night Dance Party: Galaxy

Midwest All-Music Hall of Fame band Galaxy will return to play their phenomenal mix of 50's, 60's, and 70's rock and country favorites. The 4-member band consisting of keyboard, guitar and drums, always delights the crowd with their "out of this world" performances and we look forward to having them return to the Siouxland Center for Active Generations. Buy tickets at the front desk. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and nonalcoholic drinks before the performance.

**May 17, 7-10 p.m.**



## Sock Hop Jukebox Dance Party

Hey, cool cats and kittens! You won't want to miss this sock hop, it's gonna be a real groovy afternoon! Get ready to cut a rug to the tunes of the 50s and 60s. Wear your best poodle skirt or leather jacket, whatever makes you feel good! Bring your dance shoes (or your socks if you want to keep it classy) and your best moves. Tell Kristina your favorite songs from the era to get them on the playlist. We'll be rockin' in the **Multipurpose Room on Tuesday, May 13th from 1-3 p.m.**, so don't be a square, and come on down!



### Beginning Tap Dance Instructor Wanted

Several of our members have expressed interest in taking a beginning tap dance class but we require an instructor for a basic tap dance class. Do you have the skill to teach one? We'd love to welcome a new volunteer to do this! Please see Kristina or call her at 712-224-4795 to discuss this opportunity.

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# May Yearly Membership Anniversaries

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

*Thanks! Faith Cosier, Membership Coordinator*

Beth Anderson  
Ron Berger  
Betty Bobier  
Patricia Boden  
Keith D Boden  
Vicki Bowman  
Roger Bowman  
Nancy Boyle  
Diane Brock  
Linda Camarigg  
James Chancey  
Ruth Chancey  
Barbara (Barb)  
Christenson  
Betty Church  
Linda Craft  
William Crosmer  
Robert Davis  
Lloyd Diede  
Sharon Dornon  
Sharon Fisher  
Carol Forney

Mary Grasso  
Leonard Grasso  
LaTomah Hauff  
David Hays  
Thomas Hildebrand  
Daniel Hodgins  
Vicki Hodgins  
Lynda Hughes  
Vikki Jacobs  
Patricia Jenkins  
Sonja Johnson  
Cynthia  
Violet Jordan  
Mary June

Ken Keairns  
Judy Keith  
Kenneth Keith  
Mary Kelly  
Cheryl Kinnaman  
Matthew Kinnaman  
Lori Kounas  
Valerie Lockwood  
Dennis Magden  
Mary McGinty  
Marianne Meister  
Geraldine Morfitt  
Marcia Muecke  
Edward Nagel

Lois Nagel  
Dennis Nelson  
Ibu Nooney  
Bev O'Hara  
Nancy Oates  
Sandy Oberman  
Jill Onyegbule  
Rosemary Parris  
Mike Patterson  
Sandra Peters  
Rosie Petersen  
Betty Pratt  
Dennis Reinert  
Patricia (Pat) Riemer

Sandra (Sonnie) Robbins  
Dean Schager  
Mary Schager  
Doug Schinzing  
Wilma Siefker  
Sioux City Public Library  
Pam Stephan  
Richard Stephan  
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# May Creative Writing Themes

The Creative Writing Program at the Siouxland Center for Active Generations meets every Tuesday at 10:00 a.m. in the Meeting Room. The program is for everyone with a story to tell. We have a diverse group that comes together and shares personal stories, local and world history events in their lives. We have poets and joke writers. It is not about a professional wanting to publish a book, but we certainly have a lot of fun! There is a theme each week that you may write about or just come and listen to the stories others have to share. New members are always welcome. If you are interested, please feel free to just stop by the class.

**May 6th .....Write about the History of May Day**

**May 13th ...Write about the History of Agriculture**

**May 20th Write about what hobbies or projects you have.**

**May 27th ...Write about Memorial Day or Mother's Day.**

## FACTS ABOUT THE MONTH OF MAY

1. May Day is a tradition of celebrating spring, dancing around a maypole with streamers and children hanging May baskets on doors.
2. On May 1st 1931, the Empire State Building was officially opened.
3. The May Flower Moon will occur on May 12, 2025.
4. Mother's Day is Sunday, May 11, 2025.
5. Memorial Day is Monday, May 26, 2025.

## POEM FOR MOTHER

My Mother, my friend so dear,  
Throughout my life you are always near,  
A tender smile to guide my way,  
You are the sunshine to light my day. (Anon)

## THOUGHTS FOR THE MONTH OF MAY

"We roamed the fields and river sides,  
When we are young and gay,  
We chased the bees and plucked the flowers,  
In the merry, merry month of May" (Stephen Foster)

## SEE-MOVE-ACT

by Kay Reynolds

Each day is a precious gift  
To use as we see best;  
Seeing ways to help others  
Then God will take over the rest.

See the good that is all around  
For too many see/do evil/bad;  
Many small steps become great  
If we do nothing, it is so sad.

Use your talents-not waste  
We all have a production to do;  
Let us work our best to help then  
Often see success come through.

Make our game of life be won  
In each step taken to grow:  
Then, in unison, we form a mighty band  
A championship then we can show.

Just knowing: "I TRIED"  
Is a reward we can see;  
The trophy will then come  
When, at our end, where we will be!

## May Birthday Party to Feature the Young at Heart Line Dancers

Get ready to tap your toes and celebrate in style at the May Birthday Party. Join us for an unforgettable performance by the Young at Heart Line Dancers, led by Lila Henke, as they showcase their talent and energy on the dance floor. With their lively routines and infectious enthusiasm, they'll bring joy and excitement to the festivities as we celebrate our members with May birthdays. If you're looking to enjoy some fantastic entertainment, don't miss this chance to experience the vibrant spirit of the Young at Heart Line Dancers. Mark your calendars and get ready to kick up your heels for a memorable celebration! Thank you to Senior Living Locators for donating the birthday cake. **Monday, May 12, 1 p.m.**

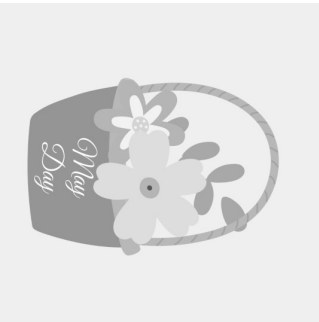




<p>7:30 am—1 pm <b>Coffee Shop</b>  7:45 am Walking Exercise  8:15 am Spanish Class  9:00 am Senior Yoga (CD)  9:30 am Cornhole  9:30 am Intermediate/Advanced Bridge  10:00 am Knitting &amp; Crocheting  10:00 am Tai Chi (Advanced)  10:00 am Tens Card Game  11:00 am Balance Class  11:30 am Woodcarving  11:30 am Cribbage  12:00 pm Pinochle  12:00 pm Bridge-Duplicate</p>	<p>9:00 am Quilting Class  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</p>	<p>10:00 am Chess  10:00 am Wii Bowling  10:00 am Sexy &amp; Fit after 40  10:30 am Open Jam Session -<b>\$1.00</b> Guests  11:00 am Choir Practice  11:30 am Phase 10  12:00 pm 500 Card Club  12:40 pm Bridge—Men  12:50 pm Chair Yoga with Suky  1:00 pm Coloring Corner  1:00 pm SilverSneakers Chair Fitness</p>	<p>7:00 am Ernie Zdance, Beginner, Registration Req.  9:00 am SilverSneakers Classic Fitness  9:00 am Beginner Bridge  10:00 am Line Dance (Intermediate)  10:00 am Canasta  11:00 am Line Dance (Advanced)  11:00 am Mah Jongg (beginner lessons offered)  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>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 Ed Tryon</i></p> <p><b>Saturday, May 17, 7-10 p.m.</b>  <i>featuring Galaxy</i></p>
<p><b>19</b>  12-1 pm Team Trivia</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  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 &amp; Crocheting  10:00 am Tai Chi (Advanced)  10:00 am Tens Card Game  11:00 am Balance Class  11:30 am Woodcarving  11:30 am Cribbage  12:00 pm Bunco-\$1 entry  12:00 pm Pinochle  12:00 pm Bridge-Duplicate  1:00 pm SilverSneakers Chair Fitness</p>	<p><b>20</b>  1-3 pm Senior Living Fair</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  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)  11:00 am Belly Dancing  11:00 am Mah Jongg (experienced players)  11:30 am Mexican Train  12:30 pm Penny Bingo  12:30 pm Tap Dance  12:30 pm Painting Class  1:00 pm Ping Pong</p>	<p><b>21</b>  9 am Plan, Shop, Save, Cook</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  7:45 am Walking Exercise  8:00 am-9:30 am <b>Biscuits and Gravy</b>  9:00 am Yoga  9:00 am Duplicate Bridge  9:30 am Painting Class  10:00 am Chess  10:00 am Wii Bowling  10:00 am Sexy &amp; Fit after 40  10:30 am Open Jam Session -<b>\$1.00</b> Guests  11:00 am Choir Practice  11:00 am Line Dance (Intermediate)  11:30 am Canasta  11:30 am Mah Jongg (beginner lessons offered)  11:00 am  12:00 pm 500 Card Club  12:40 pm Bridge—Men  12:50 pm Chair Yoga with Suky  1:00 pm Coloring Corner  1:00 pm SilverSneakers Chair Fitness</p>	<p><b>22</b>  1 pm Karaoke on the stage</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  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  9:00 am Beginner Bridge  10:00 am Line Dance (Intermediate)  10:00 am Canasta  11:00 am Line Dance (Advanced)  11:00 am Mah Jongg (beginner lessons offered)  11:30 am Woodcarving  11:30 am Cribbage  12:00 pm Open Bridge  12:30 pm Penny Bingo  1:00 pm Ping Pong  1:00 pm Social Group</p>	<p><b>23</b>  7:30 am—1 pm <b>Coffee Shop</b>  9:00 am Fitness  10:00 am Chair Yoga with Kaye  10:00 am T.O.P.S meeting  (Take Off Pounds Sensibly)  11:00 am-12:30 pm <b>Full lunch</b>  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 4 on the Road</i></p>
<p><b>26</b></p> <p><b>Closed for Memorial Day</b></p> <p><b>MEMORIAL DAY</b></p>	<p><b>27</b>  10 a.m. Talk Show: Sioux City True Crime</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  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  1:00 pm Ping Pong</p>	<p><b>28</b>  9 am Plan, Shop, Save, Cook 1:00 pm Sip and Paint with Amera Senior Living</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  7:45 am Walking Exercise  8:00 am-9:30 am <b>Biscuits and Gravy</b>  9:00 am Yoga  9:00 am Duplicate Bridge  9:30 am Painting Class  10:00 am Chess  10:00 am Wii Bowling  10:00 am Sexy &amp; Fit after 40  10:30 am Open Jam Session -<b>\$1.00</b> Guests  11:00 am Choir Practice  11:00 am Line Dance (Advanced)  11:30 am Canasta  11:30 am Mah Jongg (beginner lessons offered)  11:30 am Woodcarving  11:30 am Cribbage  12:00 pm Open Bridge  12:30 pm Penny Bingo  1:00 pm Ping Pong  1:00 pm Social Group</p>	<p><b>29</b>  1 pm Karaoke on the stage</p> <p>7:30 am—1 pm <b>Coffee Shop</b>  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  9:00 am Beginner Bridge  10:00 am Line Dance (Intermediate)  10:00 am Canasta  11:00 am Line Dance (Advanced)  11:00 am Mah Jongg (beginner lessons offered)  11:30 am Woodcarving  11:30 am Cribbage  12:00 pm Open Bridge  12:30 pm Penny Bingo  1:00 pm Ping Pong  1:00 pm Social Group</p>	<p><b>30</b>  7:30 am—1 pm <b>Coffee Shop</b>  9:00 am Fitness Class  10:00 am Chair Yoga with Kaye  10:00 am T.O.P.S meeting  (Take Off Pounds Sensibly)  11:00 am-12:30 pm <b>Full lunch</b>  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 Country Brew</i></p>

# May 2025

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

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>10 am Book Discussion Group</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>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:30 am Woodcarving, 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><b>2</b></p> <p>11 am-1 pm Shredtastic</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Class</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S. meeting (Take Off Pounds 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 Bunco-\$1 entry</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring The Embers</i></p>
<p><b>5</b></p> <p>12-1 pm Team Trivia</p> <p>1 pm New Horizons Band</p> <p>Patriotic Concert</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 &amp; Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Tens Card Game</p> <p>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p><b>6</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Quilting Club</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am 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, Unlucky 7</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><b>7</b></p> <p>9 am Plan, Shop, Save, Cook</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Penny Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy &amp; 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 Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p><b>8</b></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>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:30 am Woodcarving</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><b>9</b></p> <p>10:00 am Genealogy Class</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Class</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S. meeting (Take Off Pounds 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><i>Featuring The Singer Family Band</i></p>
<p><b>12</b></p> <p>1 pm Birthday Party (2nd Monday)</p> <p>Young at Heart Line Dancers</p> <p><i>Cake sponsored by Senior Living Locators</i></p>	<p><b>13</b></p> <p>1 pm Patriotic Craft with Bickford Senior Living</p> <p>1-3 pm Sock Hop</p> <p>Jukebox Dance Party</p>	<p><b>14</b></p> <p>9 am Plan, Shop, Save, Cook</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Penny Yoga</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p>	<p><b>15</b></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>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p><b>16</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Class</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S. meeting (Take Off Pounds 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 Bunco-\$1 entry</p>

## Talk Show: Sioux City True Crime



Over the past several years, society has become increasingly fascinated with true crime. Even more intriguing can be those that have occurred right here in our own community. Contrary to popular belief, violent crimes and horrific homicides are not just a recent urban phenomenon. In fact, Sioux City has a long, dark history of crime and murder dating back to its very founding. Sarah Enright, Local History Librarian and a true crime enthusiast, uses the library's resources - archived newspaper clippings, microfilm, databases, and web resources - to construct detailed narratives of historic local cases, including homicides, unsolved murders, and missing persons. **Tuesday, May 27, 10 a.m. in the Conference Room**

## Health Tips from Hilda



### 7 Pillars of Health

1. Sleep
2. Nutrition
3. Movement
4. Emotional Mastery
5. Thoughts/Mindset
6. Relationships
7. Purpose

### Eat This if You are Sick

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Feeling weak: eggs         | 9. Weak immune system: garlic    |
| 2. Indigestion: papaya        | 10. Poor eyesight: bell peppers  |
| 3. Cold symptoms: ginger tea  | 11. Cramps: coconut water        |
| 4. Brittle nails: almonds     | 12. Stress relief: chamomile tea |
| 5. Low energy: sweet potatoes | 13. Constipation: prunes         |
| 6. Brain fog: dark chocolate  | 14. Anemia: lentils              |
| 7. High cholesterol: walnuts  | 15. Joint pain: turmeric         |
| 8. Heartburn: oatmeal         | 16. Detox: lemon water           |

## Medicare Advantage and Supplement Plans

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## Healthy Meal Planning Class Offered by Iowa State Extension and Outreach



For those looking to help tame their food budgets, the ISU Extension and Outreach is inviting everyone to a class series where they will learn to plan meals ahead, save money at the grocery store, understand food labels, cook healthy meals and snacks, and find trustworthy recipes and resources online. Kali Angerman, Iowa State University Extension and Outreach's Northwest Iowa Supervisor for Nutritional Education Programs will be teaching a free four session class titled "Plan, Shop, Save, and Cook" on how to choose healthy foods, plan meals, save money at the grocery store and handle food safely. Kali is a trained educator who will lead a fun class while providing practical, hands-on experience and ideas that make healthy food choices easier.

All of the classes will feature interactive activities. The first class will teach you how to make a meal plan. The second class will show you how to use the Nutrition Facts panel found on food labels and how to choose foods with less added sugar. The third class will demonstrate ways to be frugal at the grocery store. In the final class you will get to prepare a healthy low-cost meal and practice safe food handling techniques. Class sessions last approximately one hour.

If you participate in the class, you will get to taste new healthy dishes and will be given recipes to try. Participants will also be presented with recipe calendars, measuring spoons, reusable shopping bags, and cookbooks. The classes are targeted to individuals with limited incomes, but all are welcome to attend and learn the useful information presented each session. **Classes will be held on the four Wednesdays in May (7, 14, 21, and 28) at 9 a.m. in the Conference Room.** Sign up in the Activities Book if you would like to participate.

## Tai Chi for Seniors Health Benefits



*(from Harvard Health)*

Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Here's some of the evidence:

### Muscle strength

Tai chi can improve both lower-body strength and upper-body strength. When practiced regularly, tai chi can be comparable to resistance training and brisk walking. Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body. Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen.

### Flexibility

Tai chi can boost upper- and lower-body flexibility as well as strength.

### Balance

Tai chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.

### Aerobic conditioning

Depending on the speed and size of the movements, tai chi can provide some aerobic benefits. If your clinician advises a more intense cardio workout with a higher heart rate than tai chi can offer, you may need something more aerobic as well.

**Tai Chi meets on Mondays at 10 a.m. in the Multipurpose Room for the advanced class and Tuesdays at 10 a.m. in the Fitness Classroom for beginners.**

## Trailblazers



In April, the Trailblazers Walking Group journeyed to three beautiful national parks of Utah. As they

ambulated, viewing the unique rock formations consisting of spires, pinnacles, hoodoos, natural bridges, arches, buttes, and canyons, they completed an amazing 4,249 laps around the building which is about 340 miles! With this distance our walkers could complete all the trails in Zion, Arches and Bryce Canyon National Park multiple times!

Look forward to visiting Montréal in May! Montréal is the largest city in Canada's Québec province. It's set on an island in the Saint Lawrence River and named after Mt. Royal, the triple-peaked hill at its heart. Its boroughs, many of which were once independent cities, include neighborhoods ranging from cobblestoned, French colonial Vieux-Montréal – with the Gothic Revival Notre-Dame Basilica at its center – to bohemian Plateau. The people of Montréal are both fiercely proud of the city's French heritage, culture and language, and welcoming to non-French-speaking visitors. You'll get to stroll around "The City of a Hundred Steeples" as you view the architecture of the many churches and enjoy the public green spaces. Perhaps you can even try out some French phrases this month as you Walk, Talk and Get Fit!

Do you have a location where you would like the Trailblazers Walking Club to take a fantasy journey? Maybe you even have travel photos from an amazing trip that you would like to share with your friends at the Center. Please see Kristina to suggest your location or to share your pictures!

## Bridge News

We are happy to welcome back our snowbirds to fill empty chairs. Diana Howard's Monday morning class is back at the Center. Face to face classes are more fun and more helpful than online. Leon Koster's beginner classes continue on Thursday mornings. We are hosting a tournament here at the Center in June. Come and experience the fun-filled energy of a big roomful of enthusiastic bridge players.



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## Choir News



THERE'S MAGIC IN THE AIR--harmony that warms the heart. The Senior Choir is creating great sounds. Some have come and joined the choir, BUT we still want MORE to make life enjoyable. We wish well George Polak, our longtime member, who has retired from choir at 101 due to a need to slow down. He had been in music for YEARS! His heart is STILL filled with music--keep it up George! The music we have chosen now is tremendous and our directors do a fabulous job with presentation. You can FEEL the notes down deep in the heart--it's some you know and reminisce. Come JOIN--sing along with us with joy and spread the warmth. (We think you will LOVE IT TOO) **CHOIR MEETS WEDNESDAYS AT 11AM in the MUSIC ROOM.** We'd LOVE to SEE YOU THERE

## Crafts with Bickford



In April, our members enjoyed making Mother's Day floral plate hangings with Deb from Bickford Senior Living and Memory Care. In May she'll be back to lead the group in making patriotic crafts. Limit to 12 people. Please sign up in the Activities Book by May 6 to guarantee your spot. **Tuesday, May 13, 1 p.m. in the Dining Room.**

## Your Neighborhood Coalitions

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

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

Westside Coalition  
United Lutheran  
315 Hamilton Blvd  
3rd Thursday of each  
month at 7:00PM

## Book Discussion Group

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

### May 1: *Night Road* by Kristin Hannah

A disadvantaged teen finds friendship, acceptance, and love with a prosperous Seattle-area family, until a tragic accident changes everything.

### June 5: *Lula Dean's Little Library of Banned Books* by Kirsten Miller

A timely satire as Lula Dean tries to ban books at the public library in small-town Georgia. She starts her own Little Free Library, filled with books she approves of, but when those titles are sneakily replaced, borrowers find their lives changed in unexpected ways.

### July 3: *The Thursday Murder Club* by Richard Osman

Meeting weekly in their retirement village's Jigsaw Room to exchange theories about unsolved crimes, four savvy septuagenarians propose a daring but unorthodox plan to help a woman rookie cop solve her first big murder case.

### August 7: *Runner* by Tracy Clark

While searching for fifteen-year-old Ramona Titus, who has run away from her foster home, homicide cop-turned-PI Cass Raines soon discovers that Ramona is holding secrets dark enough to kill for and if Cass can't find her first, she will have nowhere left to run.

### September 4: *The Prayer Box* by Lisa Wingate

Charged with cleaning out her deceased landlord's old Victorian house after her passing, Tandi Jo Reese has her whole life changed when she discovers Lola's prayer boxes filled with a lifetime of hopes, wishes, fears, and observations.

## Genealogy Class: The Truth or Fiction of Family Stories

Do you have a handed-down family story that you've always wondered about the facts behind? Bring it to Genealogy Class this month and Phyllis and Cheryl will give you great tips and advice on how to research it! In a process similar to the Finding Your Roots tv show, census records, church records, county histories, wills, land records, and death certificates are some of the many resources that they'll show you how to use to find out if the tale about your ancestors is truth or fiction. Start with a person or location and see where the trail leads you. Bring a laptop or tablet if you have one. **Genealogy Class meets the second Friday of the month, May 9 at 10 a.m., in the Classroom.**

## Senior Royalty Elections Begin Next Month



Hear ye, hear ye! It will soon be time to pass on the Senior Royalty titles to new respected members of the Siouxland Center for Active Generations. Our newly elected nobility will represent the Center in the 2025 River-Cade parade on July 16 and at the Kingdom of Riverssance festival on October 4 and 5 at Riverside Park. We'll have royal positions for three men and three women this year. Senior Royalty ballots will become available at the beginning of June and the crowning ceremony will be held at the Friday dance party on Friday, June 27. Please begin thinking about who you would like to elect!

## Chair Yoga



Chair yoga is more than just stretching - it's an opportunity to regain confidence in movement and create a peaceful mindset. Below are some of the positive effects individuals have gained through chair yoga:

- Pat said "it makes me feel better, like I have achieved something I could never do. I have noticed movements are better for me and easier."
- An unnamed individual shared that "When we are all done, I feel ever so relaxed and drained at the same time. And that is a good feeling."
- "It challenges me physically, but I feel a new energy after each class."
- Mary Lou offered a comprehensive list that captures the full range of benefits. "I am able to walk and do housework chores without pain. My stamina and strength have greatly improved my lifestyle and enabled me to keep my daily activities without any difficulties."
- Several people mentioned the friendship and mutual support of our group, whether it's offering encouragement or simply enjoying each other's company. Comments include "we laugh at things" and "I would certainly recommend this class."

Closing thought: A flower does not think of the flower next to it. It just blooms. Who was the last person that made you laugh?

**Chair Yoga meets on Fridays at 10 a.m. in the Exercise Classroom.**

## Stained Glass Class

Local artist Jim Berberich taught some of our members the art of stained glass. Thank you to Sunburst Memorials for sponsoring the class!



## St. Patrick's Day Dinner

On St. Patrick's Day members of the Siouxland Center for Active Generations celebrated the luck of the Irish by enjoying a delicious meal featuring corned beef and cabbage, boiled potatoes, Irish soda bread and festive desserts, along with the camaraderies of a communal meal with friends. Thank you to the cooks and the volunteers who worked diligently to prepare the food and ensure everyone got through the serving line quickly. Thank you to Roger and Bobbi Friessen for preparing the Irish soda bread, which is an annual treat, to Deanna Jacobs for making shamrock mints, and to everyone who came out to participate in a fun yearly tradition.



# MAY BIRTHDAYS

Lois Albertson	Robin Halligan-	Kieth Miller
Denise Alva	Thompson	Lorene Moyse
Judy Alvis	Myron Harrington	Gerald Murray
Charleen Ashmore	Rima Hartman	Anthony Nelson
Mary Kay Barkley	Carolyn Henjes	Bonnie Nolen
Milton Barnes	Greg Hofling	Annette Olson
Elizabeth Barnett	Gene Hrubetz	Don Olson
Clinton Barrs	Mary Jansen	Duane Peterson
Berry Bobbe	Patricia Jenkins	Rita Potter
Jonine (Jonny) Binkard	Lori Jessen	Roger Potter
Judy Blessing	James Johnson	Mary Ratzsch
Gary Bowman	Joseph Johnson	Clara Rydstrom
Nancy Boyle	Mary June	Robert Schwarz
Walter Cakebread	Marsha Kelly	Kristine Shults
Valerie Conway Cote	Sandi Kimpson	Paul Skelton
Zoralea Crowl	Rita Kingsbury	David Smith
Carol De La Rosa	Suzanne Kofka	Robert Steffe
Rose Marie DeFazio	Jeanette Krage	Linda Swanberg
Ardella Doerr	Marsha Kreykes	Karen Thompson
Barbara Doren	Don Kumm	Connie Timmers
Sharon Dornon	Elaine Larson	Pamela Unkel
Linda Engel	Jerry Levay	Danny Unkel
Lanette Falk	Jerry Levi	Terry Vitzthum
Sandra Fauth	Gail Linke	Claryce Ann Welch
Mary Lou Fennell	Linda Madden	Jerry Wiese
Sharon Fisher	Bethany Manning	Pamela Woolridge
Patrick Gill	Gary Massey	Mary Ann Younie
Garry Goebel	William McBride	
Steven Gordon	Francesca Medina	
Sue Gwin	Denise Meyers	

## Welcome NEW Members

Karen Annis  
Lyle Bakker  
Jeanne Bockholt  
Theresa Colt  
Ernie Colt  
Lidia Gonzalez  
Deb Lambson  
John McNeil  
Carol Panaggio  
Jerry Pospeshil  
Anne Sullivan  
Patty Wood  
Julie Zediker  
Kirk Zimmerman



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

### Membership Information

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

### Refund Information

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

## DOLLAR-A-MONTH

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

Normagene Hughes  
 Maizie Johnson

Sally Kimball  
 John /Sandra Graser

George Polak  
 Pam Mears

## Dollar-A-Day for a YEAR

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

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

Ted/Kathy Massey  
 Gerald/Kathleen Weiner  
 Foundation  
 Pam Mears