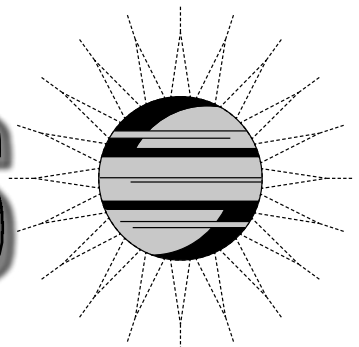




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Our mission is to enrich the quality of life and support independence and vitality for our members.

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

Fun Ways to Keep Your Mind Sharp



Team Trivia Winners

Last month we discussed how to increase your healthspan, the number of years of your life you spend without debilitation from chronic illness. It turns out that most of the same recommendations for having more years of health in your life are also the proven ways to keep your brain fit: exercising, eating a healthy diet, getting enough quality sleep, reducing chronic stress, managing your medications and health conditions, and engaging in social interactions. Another important factor for a mentally fit mind is mental stimulation or “cognitive engagement.”

Cognitive engagement means keeping your brain active, to keep thinking in new ways and to challenge yourself. When you present your brain with new tasks, new connections are built between brain cells. The more connections it has, the more nimble your brain is. This can protect your brain against the effects of injury or brain disease, possibly lowering the risk of Alzheimer's and other dementia. Many types of activities are cognitively engaging, including brain games, mental exercises and fun hobbies. The activities you choose to challenge your mind should be interesting or fun to you so you continue to learn and do them.

To engage your brain, the Alzheimer's Association suggests learning a new skill or language, adopting a new hobby or taking a class on something you don't know a lot about. You could learn how to play an instrument, try an art form, or learn to play a strategy game. Activities challenge people differently. The key is to keep your brain working hard. Once an activity becomes easy, such as figuring out the strategy to help you solve a puzzle, it's time to add something new. Keeping your mind challenged may have short and long term benefits for your brain, so stay curious.

Put your brain to work and do something that is new for you. The Siouxland Center for Active Generations offers many opportunities for you to learn new games, skills, and information. You could join in with many of our card game groups, ask Suky about beginning language instruction (or download a free language learning app like Duolingo—ask Kristina for help!),

try beginning tap dance, line dancing, or painting, or attend a technology class. The New Horizons Band who performed at the June birthday party is always looking for new members and encourages seniors to learn to play musical instruments.

If you enjoy taking online quizzes, you can test your brain health with the McCance Brain Care Score. Developed by researchers at Mass General Brigham in Boston, this tool was designed to help you reduce your risk of future brain disease. It is a 21-point index that ranks a person's behaviors and clinical measurements of brain health. The score can then be used to encourage lifestyle adjustments that reduce the risk of age-related brain diseases such as stroke, late-life depression, and dementia. The McCance Brain Care Score has been validated by many research studies. You can take it by going to: <https://www.massgeneral.org/neurology/mccance-center/about/brain-care-score>.



Puzzles and games are great exercise for your brain. Crossword puzzles are among the most studied thinking games, especially for their effect on older brains. Experts

have suggested for more than a decade that doing crossword puzzles later in life may delay the onset of memory decline. One study reported that regular use of crossword puzzles held off memory decline by 2 1/2 years. Number puzzles, such as sudoku, may have a similar impact as crossword puzzles when it comes to cognitive function. A large study of almost 20,000 people age 50 and older found that brain function directly correlated with how often they did number puzzles. Doing number puzzles more than once a day may even put your cognitive performance at the same

continued on p.2

**The Center will be
closed on Friday,
July 3 for the
Independence
Day Holiday.**



the Sunshine News

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Monday - Thursday
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level as people eight years younger. Video game playing also has shown positive effects on cognitive function. Most experts agree that there's insufficient evidence to declare one type of brain game as the answer to reducing cognitive decline. The important thing is to do something mentally demanding that intrigues you.

Did you know that colleges offer free online courses in a whole host of subjects?

Massive Open Online Courses (MOOCs) allow anyone with internet access to learn from top universities and industry leaders. They typically feature video lectures, interactive quizzes, and peer forums. You can take courses from Archaeology to Zoology from many different universities, including ivy league schools. Take a course on something that you've always wanted to learn more about! Find a comprehensive list at: www.openculture.com/freeonlinecourses. Western Iowa Tech's Lifelong Learning program offers a variety of local in-person classes. You can find their course catalog at <https://www.witcc.edu/lifelong-learning/>.

Another way to stimulate your brain is to try listening to podcasts. Podcasts are audio programs that you can listen to on your smart phone or computer. With millions of recorded podcasts, you can find ones that match your interests and help you learn something new. Some popular podcasts are Living to 100 Club, an inspiring and informational show that encourages listeners to change their perspective on aging and find the positives of growing older; The Perfect Scam, a podcast from AARP that shares stories from people who have been affected by scams and former scam artists, revealing common tactics and providing tips to protect yourself from these strategies; and Stuff You Missed in History Class, which explores a variety of interesting history topics in an entertaining way, from World War I to the origin of the Happy Birthday song. TED Talks, human interest stories, science, sports, true crime, celebrity interviews, news, and politics are popular podcast topics. iPhone users have the "Podcasts" app pre-installed while Android users can download Podcast apps such as Pocket Casts, Podcast Addict, or use Spotify.



Focusing on brain health is one of the best things you can do to improve your concentration, focus, memory, and mental agility, no matter your age. Ultimately, keeping your mind active is about more than just maintaining mental capacity, it's about enriching your daily routine and unlocking new avenues for joy and lifelong learning. By treating your brain like a muscle and introducing fresh, exciting challenges, you are actively fostering your independence, boosting your confidence, and ensuring your older years remain vibrant, engaging, and fulfilling.

MRHD Awards SCAG \$25,000 for Front Door Project

Missouri River Historical Development (MRHD) has announced the recipients of the 2026 Target Grant awards. The Siouxland Center for Active Generations gratefully accepted one of these awards for our handicap Front Door project. In 2026, MRHD awarded 35 organizations across Siouxland a total of \$500,000 with the MRHD Target Grant. The MRHD Target Grant provides up to \$25,000 for projects focused on community impact, organizational capacity building, equipment, facility improvements, and other short-term needs. Thank you, MRHD, for your help with our project!





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2026 Senior Living Fair

The annual Senior Living Fair brought over forty vendors with services and opportunities specifically for seniors to the Siouxland Center for Active Generations. Around two hundred and fifty fair attendees gained valuable information from these many different organizations and won fabulous door prizes. Thank you to everyone who attended. We would like to extend our gratitude to the volunteers who welcomed our many visitors that day and helped the event to run smoothly! Thanks to everyone who contributed to the bake sale, which raised \$246 for the Center. In addition, the library's book sale raised \$102.



Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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Gift Shop, Library & Kitchen 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.

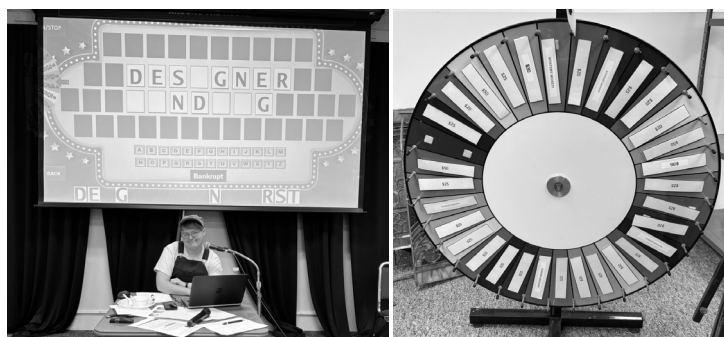
Ann Mrla	Elaine Waskow	Sherry Heimbecker
Vikki Jacobs	Arlene Milbrodt	Will Snyder
Alice Reeg	Marianne Meister	Audry Ercolini
Vickie Henrichsen	Michael Tew	Sonnie Robbins
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Vertus Kluver	Pharyce Eslick	Marna Samuel
Maryanne Farrell	Arlene Imray	Earl Hilliker
Judy Peters	Diana Howard	Mike Richter

July Birthday Party: Wheel of Fortune

Are you ready to play WHEEL...OF...FORTUNE? It will be even more fun this time around with a physical wheel you can spin! Each table at the July birthday party will make up a team. Teams will take turns spinning the wheel and attempting to solve the puzzle consisting of a common phrase. Will you need to buy a vowel? Try not to land on bankrupt! The team with the highest dollar amount at the end of the game will win a prize. Join us to celebrate our members with birthdays in July and enjoy birthday cake and ice cream. The July birthday cake is sponsored by Whispering Creek Senior Living. **Monday, July 13, 1 p.m. in the Multipurpose Room.**

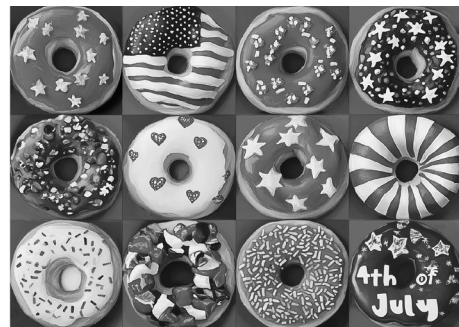


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Donuts and Drinks for Veterans from Bickford Senior Living

To honor veterans, Bickford Senior Living will be bringing donuts and drinks to the Wednesday Jam Session on **July 1 at 10:30 a.m.** They invite all veterans to stop by and enjoy patriotic treats. Thank you for your service!



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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 Kristina in the Activities Coordinator Office.

July 3: Center closed for 4th of July observation.

July 10: 4 on the Road

July 17: The Embers

July 24: Ed Tryon

July 31: Country Brew



Saturday Night Dance Party: The Singer Family Band



Our favorite musical family includes Jim Singer on lead guitar, Marcia Singer on rhythm guitar, Jon Moran on drums, and Rick Singer on bass. They'll delight you with a special rock and roll show in July! Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and drinks beginning at 5 p.m. **July 25, 7-10 p.m.**

Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in July. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes.

Classes will be held on Wednesdays at 9:30 a.m. in the Conference Room.

July 8: Intro to Android: Get to know your Android phone.

July 22: Tech Language: Understand tech terms, icons, and symbols.



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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.

Thanks! Faith Cosier, Membership Coordinator

John Ackerman

Vicki Ackerman

Donna Ailts

Eugene Anderson

Linda Ballard

Beverly Bates

Patricia Boden

Keith D Boden

Sandra Cadwallader

Kent Claus

Nicholas Copas

Don Domayer

Stephen Dougherty

Kathleen Fischer

Donna Foxhoven

Diane Gardner

Susie Green

Donnette Hatch

Karen Hogan

Dennis Hogan

Connie Hoklin

Gary Hoklin

Normagene Hughes

Jesse Ivy

Sally Ivy

Loran Joens

Jean King

Robert Krumwiede

Michele Kuhlmann

Vincent LaFleur

Molly Lokhorst

Charles Loutsch

Kim Loutsch

Virginia Martin

Mary Marx

Rosanne McNertney

Lynn Nice

Judy Peterson

Neva Pierce

Mark Pierce

Kaye Plantenberg

John Scherrman

Sue Schmedinghoff

David Smith

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Lori L. Smith

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Will Snyder

Mary Trout

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No SCPC Potluck Dinner in July

The Siouxland Community Potluck Coalition will be taking a break from serving a monthly meal in July, but will return with a barbeque themed dinner on August 6. The potluck dinners will then continue to be held the first Thursday of the month at 5 p.m.



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July Creative Writing Themes

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

July 7th.....Write about Independence Day.

July 14th.....Write about family or class reunions.

**July 21st.....Write about your experiences of a
'hot' summer!**

**July 28th.....Write about some of the things you are
grateful for!**

WORDS: THE UNITED STATES OF AMERICA--no more powerful words ever written or said--a nation born of revolution and framed and formed by our founding fathers. Meaningful words such as--Freedom, Liberty and Justice--still prevail, ringing out loud and clear as the American symbol of Independence. Lady Liberty stands ever vigilant high upon her pedestal overlooking the harbor adorned in her flowing robe, crown, and flaming torch and arm raised aloft in her hand. America has never denied the American dream and gift of asylum to those seeking a better life in this great land. (Martino)

FACTS ABOUT THE JULY

1. Baseball was an all-time favorite sport in America. Workers could leave work early and see a game of their favorite team.
2. There were parades honoring 4th of July & foods served in baseball stadiums like hot dogs, peanuts, pretzels, beer and soda.
3. Some patriotic songs: God Bless America, America the Beautiful, & Yankee Doodle.
4. Famous baseball players: Babe Ruth, Joe DiMaggio, Lou Gehrig, Pete Rose, Jackie Robinson, Ty Cobb, Willie Mays.
5. Baseball Hall of Fame is in Cooperstown, N.Y.

INTERESTING FACT: *There really is a message written on the back of the Declaration of Independence.* In the movie *National Treasure*, a secret message written on the back of the Declaration is a key plot device. In reality, there is a visible message on the back that reads, "Original Declaration of Independence dated 4th July 1776." Experts believe it was a label added at some point when the Declaration was in storage.



I Saw an Eagle by Donnette Hatch

I was sitting on a fence post when the lady saw me. I watched her head snap around and do a double take. She was sitting on the passenger side of a sleek looking black vehicle that had just passed by me, cruising at

60 miles an hour, going east on Highway 20. I can well imagine the comments she made to her companion who was driving.

"That was a big bald eagle! Did you see it?"

"No."

"It WAS an eagle, sitting right there on a wooden fence post by that farm field. I noticed him right away--it was so odd to see such a huge bird just sitting on a post like that.

I thought it might be a turkey vulture or maybe a large hawk, but no. He turned his head toward me and it was huge and white, and I saw a flash of yellow beak. I'm sure it was an eagle.

"And I suppose you think that's a sign. Some sort of message that's everything's going to be all right with the world?"

"Yes, I do! Laugh at me if you will. That big eagle--the American Bald Eagle--he's our national bird. He's big and strong and he flies high. He sees everything. I do think it's a sign--a sign that America is still strong. Our people may argue--expound on differences of opinion--but when it comes down to it--the base line--the final curtain--we all stand together as a family. We're Americans--and that huge bird is a symbol; of our unity and strength. It gives me hope for the future for America--our home--the land that we love!"

I ruffled my feathers a bit and readjusted my big yellow talons to a more secure position on the wooden post as I watched the car fade into the distance, knowing nothing of the conversation that had gone on within. Then suddenly my sharp eyes noticed a slight movement across the field and I spread my wings. Airborne, I circled high above the infant corn in the field scanning the earth until I saw the cause of the commotion below.

A field mouse! I dive! Whomp! I rise with the power of my wings, as does the mouse, which is stunned and clutched tightly in my left talon. My wings carry me aloft toward the copse of trees on the horizon--my nest-- my mate--my eaglet chicks.

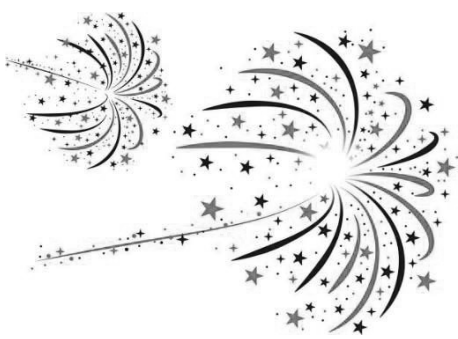
I know not that I am a symbol of strength and freedom. I know only that I must follow my instincts for survival. My mate welcomes me into the nest, our home. Spying the mouse, my eaglet chicks clamor to be fed. And not unlike the lady in the car, but in a different way, my family gives me hope for the future--for America--also my home--the land that I love.

9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:30 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Variety	9:30 am Beginning 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 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	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 Canasta 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	11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>The Embers</i>
20 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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) 10:00 am Canasta 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	21 9 am-2-pm Massages with Annette 10 am Buy.Eat.Live Healthy 1-3 Jukebox Dance Party 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 12:00 pm Ping Pong 12:30 pm Penny Bingo 12:30 pm Tap Dance, Painting Class	22 9:30 am Android Phone Class with B: Tech Language 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	23 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner-Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 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	24 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Ed Tryon</i> 5-7 pm Mt. Zion BBQ July 25, 7-10 pm Saturday Night Dance Party <i>The Singer Family Band</i>
27 1 pm Parkinson's Support Group 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:30 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Chair Cardio	28 10 am Buy.Eat.Live Healthy 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	29 10 am Technology Class with Pam: Everyday Uses of AI 6:30 pm River-Cade Parade 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio	30 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 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	31 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>Country Brew</i>

July 2026

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
		1 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:30 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 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	2 10 am Book Discussion Group 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Silversneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	3 Center Closed 4th of July Observed 
6 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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) 10:00 am Canasta 11:00 am Balance Class 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	7 10 am Buy.Eat.Live Healthy 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong	8 9:30 am Android Phone Class with B: Intro to Android 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	9 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Silversneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	10 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:00 pm Bunco-\$1 entry 1:00—3:30 pm Friday Dance
13 1 pm July Birthday Party Wheel of Fortune Cake sponsored by Whispering Creek 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class	14 10 am Buy.Eat.Live Healthy 1 pm Craft with Bickford 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee)	15 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess	16 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee)	17 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch

Featuring
4 on the Road

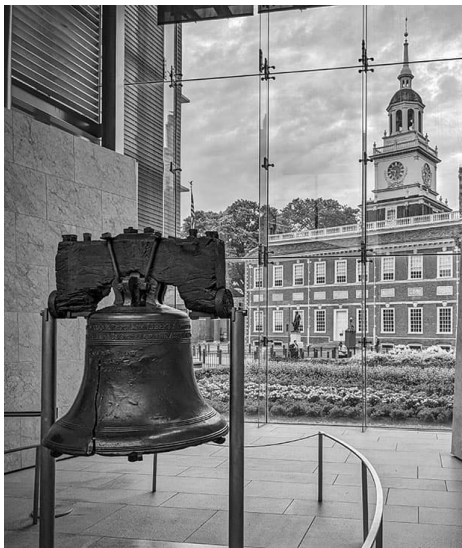
Traiblazers Walking Club

The Trailblazer's June sightseeing trip to South Dakota resulted in a lap count of 2087, which equals 167 miles. That is the same distance as walking through all the passages in South Dakota's Wind Cave, the sixth longest cave in the world.

To celebrate America's 250th birthday in July, the Trailblazers will visit the place where it all started, Philadelphia, Pennsylvania! We'll tour Independence Hall and experience the rooms where the Declaration of Independence and the U.S. Constitution were drafted and signed. Then we'll stop by Betsy Ross's house and check out Carpenter's Hall, the secret meeting place for the First Continental Congress, where delegates from 12 colonies met to send their grievances to the British crown. Next we'll stroll down Elfreth's Alley, one of the oldest continuously inhabited residential streets in the United States.

After checking off the historical sites, we'll take in the modern charm of "the City of Brotherly Love." Run up the steps of the Philadelphia Museum of Art, just like Rocky, and take a picture with the statue erected in his honor. Visit other fascinating museums like the Mutter Museum, a medical collection of anatomical and pathological specimens with tens of thousands of provocative items. Another popular tourist site is the Eastern State Penitentiary, a former prison that operated between 1829 and 1971 and housed Al Capone. Go to a Phillies game and watch out for the maniacal mascots of Philadelphia, the Phillie Phanatic and the Flyers' Gritty. Don't leave Philadelphia without trying an authentic cheesesteak! As you crawl through the "cradle of liberty," remember the Trailblazers' motto, "Walk, Talk, Get Fit!"

If you walk at the Center and would like to add your laps to the Trailblazers' total monthly distance, write down how many laps you walk on one of the slips of paper on the Trailblazers table and place it in the basket. Do you have photos from a fabulous vacation that you would like to share with SCAG members on the Trailblazers monitor? Please see Kristina in the Activities Coordinator office.



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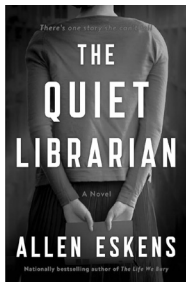
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Book Discussion Group

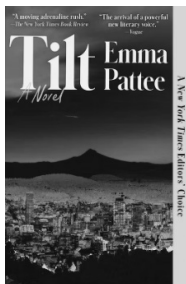
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



July 2:

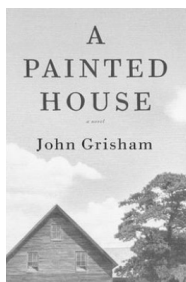
The Quiet Librarian by Allen Eskens

After the murder of her best friend, a librarian's search for answers leads back to her own dark secrets in this novel about a woman transformed by war, family, vengeance, and love, from the author of the beloved bestseller *The Life We Bury*.



August 6: Tilt by Emma Pattee

When the earthquake hits Portland, Annie is 35 years old, 37 weeks pregnant, and shopping for an IKEA crib. Amidst the destruction, she walks toward downtown and her husband, talking to her unborn child about the present (the chaos, money troubles) and the past (her playwriting dreams) in this moving debut.



September 3:

A Painted House by John Grisham

During harvest time, together with hired Mexicans and hill people, seven-year-old Luke Chandler picks cotton on his family's rented 80 acres. But racial tension, a forbidden love affair, and murder cause Luke to grow up before he's ready.

Bridge News

We hosted a successful tournament in June with players from as far away as California. Everyone went home happy! Now we are back to our regular games and classes. Leon Koster has a growing class for beginners on Thursday mornings. Those players soon become active in the Wednesday morning novice games. Then we all hope those new players will graduate to the open games on Monday and Thursday afternoons. One way to improve your bridge game is to partner with someone more experienced than yourself. Another way to improve your game is to come to Diana Howard's Monday morning class where we can talk about tricky hands and learn new things.



Everyday Uses of AI with Pam from Connections

Everyone is talking about AI. Come to this class to be a part of the conversation! Pam from Connections will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology. **Wednesday, July 29, 10 a.m. in the Conference Room.**



FREE LUNCH WITH THE ADMINISTRATOR
Please call to set up a date and time.



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Tech Advice from B: The Dos and Don'ts of Passwords

Our technology instructor B's advice for creating secure, useful passwords for your online accounts.

DO:

- Have more than 10 characters.
- Include both uppercase and lowercase letters.
- Include number(s).
- Include a special character (!@#\$%&?).
- Use random words or phrases.
- Be hard to guess.
- Use Two Factor Authentication/Multi Factor Authentication with your email or phone number, whenever offered.
- Use a password manager or password book to keep track of them.

DON'T:

- DON'T use any easy-to-find personal information.
- DON'T use your name, family member's names, or pet's names.
- DON'T use sequential or repeating numbers (1234 or 3333).
- DON'T use your birthday.
- DON'T use the same password for every account, especially not your bank and your email.
- DON'T include the word "password".
- BUT don't make it something you yourself can't remember.

Chair Yoga



Yoga improves strength, balance, and flexibility. Slow movements and deep breaths increase blood flow and warm up muscles, while holding a pose can build strength. Yoga is as good as basic stretching for easing pain and improving mobility in people with low back pain. The American College of Physicians recommends yoga as a first line treatment for chronic low back pain. Gentle yoga has been shown to ease some of the discomfort of tender swollen joints for people with arthritis. Yoga is good for your heart because it increases circulation and blood flow. The cardiovascular system benefits from controlling the pace of breathing, which shows favorable changes in heart rate, stroke capacity, and arterial pressure.

Balance is essential for simple everyday movements such as picking something up off the floor, reaching up to a shelf, and descending stairs. Yoga improves your balance by strengthening and toning your core muscles, your pelvic floor, along with muscles that wrap around your spine. It strengthens joint stability, especially in your knees and ankles. Some days you eat salads and do yoga; some days you eat cupcakes and refuse to put on pants-- it's about balance. Kaye will return in September 2026 to lead classes. In the meantime, Suky will play yoga instruction videos during regular classtime. Watch for additional notices. **Chair Yoga meets Fridays at 10 a.m. in the Fitness Classroom.**

Kaye Plantenberg

Choir News



COME IN—INVESTIGATE--LISTEN to good music and sing. You'll tap your foot and want to join in--it's such fun with great music chosen, ones that all can attune to. We are a family in the Senior Choir, all sharing things and preparing for future sing outs. We also are getting ready for the video we will send in for the music club contest nationally! OF COURSE, also the FALL FOLLIES! --COME IN--JOIN US--BECOME A MEMBER OF A TREMENDOUS GROUP!

Wednesdays at 11 a.m. in the Music Room

Nifty Fifties Summer Jukebox Party



Hey all you cool cats, come cut a rug with us to music from the 1950's on the afternoon of **Tuesday, July 21 from 1-3 p.m.** We'll bop along to the stroll, hand-jive, the twist, and many hit songs of the era! Dress in your sock hop best or whatever makes you want to get down to the sounds.

Join in for the 2026 River-Cade Parade



Congratulations to our 2026 Senior Royalty! The King, Queen, Duke, Duchess, Count, and Countess of the Siouxland Center for Active Generations will have the opportunity to appear in the River-Cade parade. Come and cheer them on or ride or walk with our group traveling in classic cars. Please speak with Kristina if you would like to drive your car in the parade. Sign up in the Activities Book

if you would like to join the parade contingent. The Center would appreciate donations of candy or cash to purchase candy for the kids who attend the parade. Please bring weather-appropriate candy (no chocolate that will melt!) or cash donations to Kristina's office.

The Annual River-Cade Parade will begin its route promptly at 6:30 p.m. at 4th and Court, traveling down 4th Street to Nebraska Street to the Sioux City Museum. Parade participants will begin lining up an hour ahead of time at 4th and Iowa Streets. **Wednesday, July 29, 6:30 p.m.**



Congratulations to Donna for winning the Senior Living Fair's grand prize raffle, an \$80 Visa gift card! Fair goers were entered into this raffle after having a representative from

each participating organization sign their scavenger hunt sheet. Ninety-eight people completed this challenge.



The Young at Heart Line Dancers performed at Bickford's Western Days.

Crafts with Bickford

The Bickford gang created fun, patriotic crafts to decorate for the 4th of July! The next craft session will take place on **Tuesday, July 14 at 1 p.m.** and will be limited to 10 participants. The specific craft will be determined soon. Please place your name on the sign-up sheet in the Activities Book if you would like to participate.



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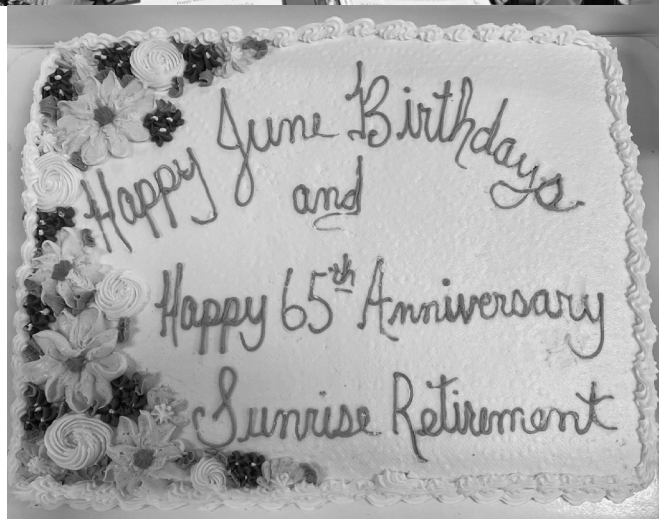
Crescent Park
Hamilton HyVee
4th Thursday
of each
month 7:00 PM

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

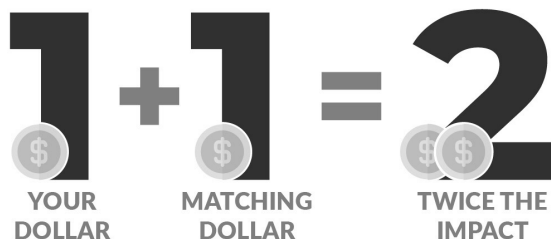
The New Horizons Band Delights with Patriotic Music at the June Birthday Party

SCAG members enjoyed rousing songs of patriotism, such as the anthems of all the military branches, at the party honoring our members with June birthdays. Thank you to Sunrise Retirement for sponsoring the birthday cake! Look forward to The New Horizons Band returning on September 14 for more inspiring music!



SCAG Gift Matching Fundraiser

The Center has an exciting matching-gift fundraising opportunity! An anonymous donor has agreed to a dollar-match gift up to \$15,000 dollars. This dollar-for-dollar match of gifts over \$100 dollars will extend through July of this year. We wholeheartedly appreciate this generous commitment to our organization's mission and programs. This matching grant will double the dollars collected to help keep our building operating. As a further incentive, your gift will also be eligible for a federal tax deduction in 2026, limited to \$1000 for those filing single and \$2000 for those filing married. This is a great opportunity to help the Center and decrease your tax burden.



Mt. Zion Siouxland Summer BBQ Benefit

Join Mt. Zion Missionary Baptist Church and the Siouxland Center for Active Generations for an evening of delicious BBQ, live music, and community fellowship. The dinner will include BBQ ribs, broasted chicken and all the fixings. Choose from to-go or eat-in. Advance tickets are now available for purchase at the front desk, \$12 for Adults and \$10 for Children. Day-of tickets will be available for \$15 per person, regardless of age, while supplies last. The Siouxland Summer BBQ Benefit is a family-friendly event open to the entire community. Your participation supports Mt. Zion Missionary Baptist Church local outreach ministry efforts and the Siouxland Center for Active Generations. Whether you're coming for the food, the music, or simply to support a great cause, you'll enjoy an evening that celebrates the best of Siouxland while helping two local organizations further their missions of service to Siouxland. **Friday, July 24, 5-7 p.m.**

JULY BIRTHDAYS

William Hackett	Terry Beaumont	Bruce Hunkins	Ralph Webb
John Dauguste	Carol Beaumont	Leon Koster	Susan Batien
Sherri Schoepf	Larry Carver	Joseph Weverka	Jean Darnell
Dan Weakly	Gailen	Bob Davis	Rita Ellwein
Keith D Boden	Christiansen	Mike Miller	Ibu Nooney
John Scherrman	Dorothy Cline	Donna Vitzthum	Ralph Peralez
Karen Hogan	Linda Dixon	Heidi Widner	Lidia Gonzalez
Neva Pierce	Steve Funk	Mike Burke	Daniel Hodgins
Debra Fresse	Carolyn Hanson	Linda Stouffer	Wyman Andersen
Rita Iversen	Diana Hueschen	Leslie Davis	Star Connolly
Eugene Kudera	Jerry Johnson	Steven Lill	Kathryn Drake
Linda Sydow	Elaine Miller	Laura M Collins	Douglas Flom
Anita Strawn	Karen Nielsen	Jan Ashmore	Robert Irwin
Shelly Bird	Peggy Scholten	Vickie Henrichsen	Frances Madison
Duane Sorenson	Sharon Smith	Raymond Kashas	Dorene Titus
Dale Gernhart	Scott Sorensen	Danny Taylor	Grace Wagoner
Seidy Diaz	Terry Strim	James Jones	Barbara Willis
Sandra Winter	Elaine Knudson	Dorine Levine	
Molly Twohig	Suzanne	Debra Davis	
Rodney Bauman	Rodriguez	Ray Sundquist	

Memorials

*Thank you for the many donations to The Center
in memory of friends and loved ones.*

*In Memory of
Mary Hammack
~ Carolyn Bauer*

*In Memory of
Marcia Schneidermen
~ Duplicate Bridge
Club*

*In Memory of
Rodney Kuchta
~ Friends and Family*

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Maria Perez
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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.

Charlotte Curry	Pam Mears	Ted & Kathy Massey	Fred Forney
John & Sandra Graser	Sally Kimball	Dorothy Swanson	
Maizie Johnson	Kristine Bergstrom	Pat Johnson	
Norma Jean Hughes	Franklin Gilbert	Judy Peters	

Dollar-A-Day for a YEAR

Cindy Houlihan	James & Helen Anderson	Pam Mears	Dorine Levine
Darlene Coulson	Jerry Levay	Robert Steffe	Caroline O'Kane Sands
David Young	Jon & Grace Wagoner	Rolene Beauvais	Franklin Gilbert
Don & Rosalie Horsted	Kenneth Dvorak	Russell Movall	Fred Forney
Donald & Ruth Kingery	Kristine & Todd Bergstrom	Ted & Kathy Massey	Judy Peters
Gerald & Kathleen Weiner Foundation	Larry Armbright	Marsha Pasker	Pat Johnson
	Marsha Jarman	Normajeane Hughes	