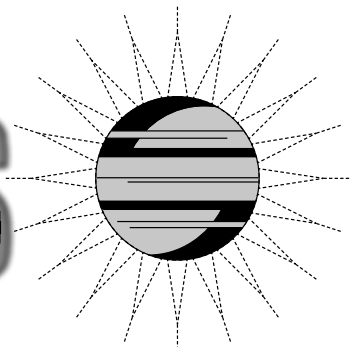


AUGUST 2022 SUNSHINE NEWS



Telephone
712-255-1729

Number
524

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

Activity Spotlight: T.O.P.S. (Taking Off Pounds Sensibly)

If you have been looking for a weight loss support group, we have one here at Active Generations on Fridays at 10:00 a.m. We started at the center after COVID hit in 2020. There were only 5 people attending at the time. We now have 17 members, but we always have room for more. We talk about all manner of things: food, weight loss, weight gain, practical tips for eating out and many others. But the most important thing we do is support each other. Knowing that there are people around you who share the same struggle with weight as you do can be very helpful! Sometimes what works for one person doesn't work for another. Sometimes it does. Talking about it is what helps.



Our meetings are an hour long from 10-11 a.m. every Friday. Stop in and see what we are about. The start up fee is \$49.00 for the first year. A monthly magazine and other materials are included. See Sue Levay or Rita Swanson for any questions.

Center Stage Tappers

Have you ever thought about trying tap dancing? We would love to have you be part of our Tap group. Even if you have never tap danced before, if you are interested, please stop by. Our Tappers are offering beginners a chance at trying tap-dancing starting at **12:15 p.m. on Tuesdays**. Come give it a try.

Tap dancing is a great cardio workout: According to an article by SilverSneakers, "An hour of tap dancing is thought to burn anywhere between 200-600 calories depending on your pace, the steps sequence, and the effort used in the hour." Tap dancing tones the major muscle groups in the legs and core and there are many more benefits.

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CENTER HOURS

The hours for the center are
Monday-Thursday
8:00 a.m.-2:30 p.m.
Dance Fridays 8:00 a.m.-3:30 p.m.

MASKS ARE OPTIONAL
Please respect those who wish
to continue to wear the mask.

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

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Crafts with Diana

In July the ladies enjoyed their time with Diana as they worked on diamond painting. Her June classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the \$4.00 fee for the class (limit 10)

1:00 p.m., Tuesday, August 2nd and 23rd Diamond Painting

1:00 p.m., Tuesday, August 30th Beach Themed Wooden Sign



Activity with B.A.M.

Our Friends Deb and Diane from **Bickford Assisted Living and Memory Care** put on a monthly activity here at the center. Diane and Deb will do 2000 Questions on August 9th at 1 p.m., It will surely be a blast! **If you would like to participate, please sign up at the activities table. (limit 15)**



August Birthday Party

Our August monthly birthday party will be held **Monday, August 8th at 1:00 P.M.**, in the multi-purpose room. We will be having a demonstration from Beginner Tai Chi.

Last but not least, we would like to thank Rich and Ed for the wonderful entertainment for June's birthday party! *We appreciate all your support!*





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KARAOKE

Don't be shy. Come unleash the singer within you and be a star! The Karaoke singers have a great time singing. Please come join in on the fun. The more the merrier. We meet **Fridays from 11:00 am-12:00 p.m.**

Unlucky 7 Dice Game

Rules of the unlucky 7 dice game are as follows: Each player in sequence rolls the dice and places a penny on the playing card corresponding to the value displayed on the rolled dice. If the player had previously rolled this number, the number may be used by the next player in sequence who needs the number first. If a player rolls a 7, he or she forfeits their turn and must remove a penny on the playing card. The first person to have all numbers on the playing card covered wins the game and the contents of the winners pot. *Shirley invites you to join in on the fabulously fun Dice Game on Tuesdays 11:30-1:30 p.m.* We meet in the classroom. Hope to see you here!



BUNCO FOR ALL

Bunco is a dice game generally played with 12 or more players, divided into groups of 4, trying to score points while taking turns rolling 3 dice in a series of 6 rounds. A bunco is achieved when a person rolls three-of-a-kind and all 3 numbers match the round number.

There is a \$1 fee for prizes **If you would like to participate, please join us in the small classroom.**

We play bunco on the 1st and 3rd Friday and Monday of the month



Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____

Gifts & Donations

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

Alice Reeg	Sue Levay	Jane Morrisey	Jane Hunkins	Marvin Pottebaum
Vikki Jacobs	David & Rhonda	Roger Eldridge	Bruce Hunkins	Tim
Dean Danilson	Farley	Joan Johnson	Don Nieuwendorp	Anonymous
Beverly Graber	Linda Beeson	Ramon Sundquist	Dennis Martin	Kay Cota
Julie Hamm	Judy Zoeller	Jane Henderseon	Dorine Levine	Don/Donna Olson
Diane McKerns	Jeanne Hanna	George Polak	Diana Howard	
Deanna Jacobs	Jenny Herrick	Jimmie/Frances	Donald Domayor	
Sherry Evans	Carolyn Henjes	Madison	Rolene Beauvais	

Center Fundraising for Dishwasher

Siouxland Center for Active Generations is actively fundraising for the replacement of our Sunshine Café's dishwasher. We re-opened our Sunshine café in March. Recently we had some leaking out of our dishwasher pump. The service technician was able to rebuild the gasket but cautioned us that the dish machine parts are no longer available. With the dish machine over 45 years old even its replacement model had been discontinued. Any further breakdowns parts will not be available. The cost of the rebuilt dishwasher is in the \$4,000-\$5,000 dollars. One of our board members has kicked off the campaign with a \$500 dollar donation. If you would like to donate to our replacement fund, see Cristine or Pat in the office.



Penny Bingo

We play from 9:00 a.m. to 11:30 a.m. and 12:30 p.m. to 2:15 p.m. Tuesday and Thursday. One cent per card up to 6 cards. We have paper BINGO cards, 1 morning and 1 afternoon. With a nice payout- A special one on Tuesday. See you here!



wish list

- You! Our Center needs volunteers to help facilitate events & programs
- Canned goods for the coffee shop
- Spread the word to your friends. There's still a lot to do at our center. Or you can lead a program. If each member asks a friend to join, we will meet our membership goals.
- Donate to the gift shop – it helps keep us going. Clean small appliances, dishware, home décor.
- Spring and summer-colored tablecloths, and always red, white and blue

Belly Dancing

Belly Dancing is on Monday and Tuesday mornings at 11:00 a.m. in the Exercise Room. No special clothing or equipment is needed to participate. Individual moves will be taught so each participant can create her own dance form. We have fun learning the moves that improve the core and overall muscle tone.

New members are always welcome. Feel free to come and give it a try or if you are not sure, come and watch. It's a great exercise.

Ibu Nooney

Grief Support Program

No matter where you are in the grieving process, we will be there to reinforce you, encourage you, and help you during this difficult time.

- This is a FREE ongoing support group for Active Generations members.
- This is an opportunity to meet other grieving people and share experiences and coping strategies.
- Led by professionals with decades of experience.

It is held on the 2nd Monday of the month at 9:30 a.m. in the conference room

We are here for you. You don't have to go through this alone. Let us, and others who have gone through this, help you through this difficult time by offering support to you and a safe place to talk about your loss and feelings with people who truly care, understand, and can validate your feelings and offer you comfort.

Trail Blazers Walking Group

On our visualized walk of the Atlantic Coast, we crossed from North Carolina into Virginia on July 19th. We are heading north, hoping to reach Canada some time in the fall. Check out the map on the Trail Blazers bulletin board.

Come and enjoy walking the air-conditioned halls at the center on these hot, humid summer days. What a great way to stay fit AND keep cool!

Judy R. and Judy S.

HOW DOES ROCK STEADY BOXING HELP PARKINSON'S?

Stretching, building strength, and agility all help with motor control and building new brain connections can help to slow the progression of PD. The key to a continued quality of life for those diagnosed with Parkinson's is to "move". Many types of exercises can help with PD but boxing has proven to one of the best group exercise routines available. Rock Steady Boxing coaches are trained and understand the limitations some people may have when they start, but as a coach they reinforce the positivity of commitment, support their boxers, and help create an atmosphere of fun. Once our boxers make a commitment to exercise with our group, we soon find our boxers support each other through their shared experiences. Some come to exercise and box, but soon realize they are making connections, and improving the quality of their lives through Rock Steady Boxing.




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August Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of August with possible dues due this month. Please stop in my office and we can check your due date. This is not a naughty list!

To those of you on the list that have already paid, my apologies!! Thanks! Cristy Ellis, Membership Coordinator

- | | | | |
|--------------------|---------------------|-------------------|-----------------------|
| JOHN ACKERMAN | DISTERHAUPT DELORES | SUE LEVAY | GARY PROKOP |
| AESOPH MARY | NANCY FURNESS | LIVINGSTON ELLEN | JUDY RAMIREZ |
| THERESA ANN | GOODWIN WALTER | SHERYL LIVINGSTON | RUBLA EMILY |
| AMBROSE | LINDA GROETKEN | LIVINGSTON GARY | BETTY SAMPSON |
| BAKER BETTY LOU | HANSHAW KYONGAE | VIRGINIA MARTIN | SEMPLER JULIE (GRACE) |
| KEN BAKER | THOMAS HILDEBRAND | MEINEN MARJORIE | DIANNE SHAY |
| BLANCHARD MIKE | HOLMAN MAVIS | WILLIAM MERRITT | SHERILL KAREN |
| MARSHA BOYKIN | RON HOPE | NAVRKAL LOIS | RON SHERILL SR. |
| BOYLE JUDY | ISAACSON PATRICIA | MARGARET NEELY | SROUFE FRANKIE |
| MARLYS BRITTON | PATRICIA (PAT) ANN | NELSON GILBERT | JULIE STINEHART |
| BROCKAMP WALTER | JOHNSON | JO ELLEN NELSON | SWANSON RITA |
| MAGGIE BROCKMAN | JOHNSON WAYNE RAY | NICOLLS ROGER | WILLIAM THOMPSON |
| BROCKMAN WENDELL | ALVIN JOHNSON | JERRY O'DELL | TURNER JOHN |
| DARLENE BURSON | JOHNSON MAIZIE | O'DELL ROBERTA | PAT TURNER |
| CARD THERESA | BETTY KLUG | CAROL PERRIN | WEBER JOANN |
| CRAIG DALE CARROLL | KRUMWIEDE CAROL | PITTMAN TOOTS | LORRAINE WOODFORD |
| CHANCEY JAMES | ROBERT KRUMWIEDE | (LAVONNE) J | |
| GARY DEHOFF | LAFLEUR VINCENT | TERRY PROKOP | |



Our canasta card group is looking for more players to join in. Whether you have played or not you are welcome to join in! Feel free to stop in Thursdays at 10:00 am. We hope to see you soon!

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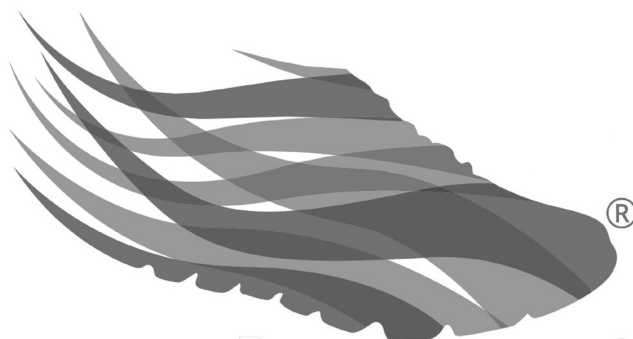
BRIDGE NEWS



COVID keeps marching on. Our June bridge tournament went well. Everyone had a good time seeing old friends after such a long time apart. Proof of vaccination was required, but we didn't need to mask up. Attendance was down as expected. Bridge games are opening up more all over the country. We continue to have online games almost every day. Face to face games are available at the Center on Monday afternoon and Wednesday morning. Diane Howard has an advanced Monday morning class and Leon Koster has a beginning Thursday morning class, both at the Center. Please call either Mary Abraham or Sue Miller for more information.

SilverSneakers Classic Fitness Program

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Our participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. Sometimes a chair is used for seated exercises or standing support. Our SilverSneakers classic is taught Tuesdays at 10:30 a.m. and Thursdays at 9:00 a.m. SilverSneakers BOOM class meets Wednesdays and Saturdays at 9:30. Come join the fun and fitness routine millions of Americans are using each and every day.



Friday Dances



Our dances are scheduled on every Friday of the month from 1:00 p.m.-3:30 p.m. The dances are open to the public. **Member's Entry fee is \$3.00. non-member's fee is \$6.00.** Meal site spectators \$2.00. We accept cash only.

- August 5th Jerry O'Dell's Country Flavor
- August 12th Country Brew
- August 19th Ed Tryon's Big Band Sounds
- August 26th The Embers




Whether you are just listening to music or dancing to the music, the dances are a fabulous way to have fun. They are also a great way to spend your afternoon.

A big thank you goes to **All the members who donated money for cookies** if you would like to donate to help buy cookies or cake ask Kayley. Also, thank you to all our volunteers for your help with the dances. Lastly, but certainly not least, thank you to all the amazing bands that play here for the fabulous entertainment. We appreciate everyone's support!

Did you know that you can sponsor a dance? If you would like to sponsor a dance, please see Pat to arrange your celebration.

August 2022

Questions? Call (712) 255-1729 OPEN: Monday- 8-2:30 p.m. Tues-Friday 8:00 am-2:30 p.m., Fridays 3:30 p.m.
Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Politics with Pat 1:30 pm Walking off the Pounds</p>	<p>2 Craft with Diana 1 PM</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am tatting 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Café lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Craft with Diana 1:00 pm Ping Pong</p>	<p>3</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10/ 5 crowns 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>4</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>5</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm BUNCO 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's Dance</p> <p style="text-align: center;">Featuring Jerry O'dells Country Flavor</p>
<p>8</p> <p>1:00 p.m. Birthday Party (2nd Monday) Hosts: Staff / Volunteers Entertainment: Beginner Tai Chi 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:30 am Angels home health care activity 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 1:00 pm Birthday Party 1:30 pm Walking off the Pounds</p> 	<p>9</p> <p>Activity with BAM 1 PM</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am Tatting 9:00 am Wellness Screening 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Activity with BAM</p>	<p>10</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10/ 5 crowns 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>11</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>12</p> <p>10:30 am <i>Genealogy Class</i> (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 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 style="text-align: center;">Featuring Country Brew</p>
<p>15</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:30 pm Bridge-Duplicate</p>	<p>16</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am tatting 9:00 am Wellness screening 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness</p>	<p>17</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests</p>	<p>18</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta</p>	<p>19</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club</p>

12:30 pm Bridge-Duplicate
1:00 pm Politics with Pat
1:30 pm Walking off the Pounds

10:30 am Silver Sneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
11:00 am-12:30 pm Sunshine Café lunch
12:00 Rock Steady Boxing (fee)
12:30 pm Penny Bingo
12:30 pm Tap dancing
1:00 pm Painting Class
1:00 pm Ping Pong

11:30 am Phase 10/5 crowns
12:00 pm 500 Card Club
12:00 pm Bridge –Mens
1:00 pm Coloring Corner
1:30 pm Walking off the Pounds



10:00 am Canasta
12:00 Rock Steady Boxing (fee)
12:00 pm Cribbage
12:30 pm Mah Jongg
12:30 pm Penny Bingo
1:00 pm Ping Pong



12:00 pm 500 Card Club
12:00 pm Card/ Board Game Group-Misc.
12:00 pm BUNCO
12:30 pm Open Craft Time
1:00—3:30 pm Friday Dance

Featuring
Ed Tryon's Big Band Sounds

22

8:20 am Walking Exercise
9:00 am Senior Yoga (CD)
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am Belly Dancing
11:00 am Woodcarving
12:00 pm Pinochle
12:30 pm Bridge-Duplicate
1:00 pm Politics with Pat
1:30 pm Walking off the Pounds

23 Crafts with Diana

9:00 am Fitness Logic with Lee
9:00 am Penny Bingo
9:00 am Rock Steady Boxing (Fee)
9:00 am tating
9:00 am Wellness Screening
9:30 am Painting Class
9:30 am Bible Study
10:00 am Open Bridge Group
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am Silver Sneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
11:00 am-12:30 pm Sunshine Café Lunch
12:00 Rock Steady Boxing (fee)
12:30 pm Penny Bingo
12:30 pm Tap dancing
1:00 pm Painting Class
1:00 pm Ping Pong

24

8:20 am Walking Exercise
9:00 am Yoga w/Dixie
9:00 am SilverSneakers BOOM
9:00 am Chess
9:30 am Painting Class
10:00 am Sexy & Fit after 40
10:30 am Open Jam Session -\$1.00 Guests
11:30 am Phase 10/5 crowns
11:00 am-12:30 pm Sunshine Café lunch
12:00 pm 500 Card Club
12:00 pm Bridge –Mens
1:00 pm Coloring Corner
1:30 pm Walking off the Pounds



25

9:00 am Rock Steady Boxing
\$7.00 fee

9:00 am Penny Bingo
9:00 am Silver Sneakers Classic Fitness
9:00 am Rock Steady Boxing (Fee)
9:00 am Senior Yoga (CD)
9:00 am Line Dance-(Beginner)
10:00 am Line Dance-(Intermediate Advanced)
11:00 am Line Dance (Advanced Beginner)
11:00 am Woodcarving
11:00 am-12:30 pm Sunshine cafe lunch
10:00 am Canasta
12:00 Rock Steady Boxing (fee)
12:00 pm Cribbage
12:30 pm Mah Jongg
12:30 pm Penny Bingo
1:00 pm Ping Pong

26

9:00 am Fitness with Dixie
10:00 am Chair Yoga with Kaye
10:00 am T.O.P.S- meeting
(Take Off Pounds Sensibly)
11:00 am Jazz Dancercise
11:00 am Karaoke
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

Featuring
The Embers

29

8:20 am Walking Exercise
9:00 am Senior Yoga (CD)
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am Belly Dancing
11:00 am Woodcarving
12:00 pm Pinochle
12:30 pm Bridge-Duplicate
1:00 pm Politics with Pat
1:30 pm Walking off the Pounds

30

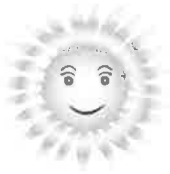
Crafts with Diana

9:00 am Fitness Logic with Lee
9:00 am Penny Bingo
9:00 am Rock Steady Boxing (Fee)
9:00 am tating
9:00 am Wellness Screening
9:30 am Painting Class
9:30 am Bible Study
10:00 am Open Bridge Group
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am Silver Sneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
11:00 am-12:30 pm Sunshine Cafe lunch
12:00 Rock Steady Boxing (fee)
12:30 pm Penny Bingo
12:30 pm Tap dancing
1:00 pm Painting Class
1:00 pm Ping Pong
1:00 pm Crafts with Diana

31

8:20 am Walking Exercise
9:00 am Yoga w/Dixie
9:00 am SilverSneakers BOOM
9:00 am Chess
9:30 am Painting Class
10:00 am Sexy & Fit after 40
10:30 am Open Jam Session -\$1.00 Guests
11:30 am Phase 10/5crowns
11:00 am-12:30 pm Sunshine Café lunch
12:00 pm 500 Card Club
12:00 pm Bridge –Mens
1:00 pm Coloring Corner
1:30 pm Walking off the Pounds





Sunshine Cafe

August 2022

Note Changes in Days Noon Meal served in Sunshine Cafe

Wednesday's Biscuits & Gravy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Coffee Shop-Only Special-	2 Pork Cutlet w/gravy Noodles or Potatoes Candied Carrots Brownies	3 Swiss Steak W-Peppers/Onions Stewed Tomatoes Frosted Cake	4 Chicken Breast smothered Potatoes w-gravy Fresh baked Pie	5 Coffee Shop-Only Special Caesar Chicken Wrap	6 Closed	7 Closed
8 Coffee Shop-Only Special- Ham & Bean soup	9 Liver & Onions Mashed Potatoes Broccoli w/cheese Mandarin oranges	10 Country Style Ribs Baked Beans Cole Slaw Orange Jell-O Salad	11 Baked Ham Smashed Potatoes Creamed peas Sliced Peaches	12 Coffee Shop-Only Specials Greek Chicken Wrap	13 Closed	14 Closed
15 Coffee Shop-Only Special- Broccoli cheese soup	16 Spaghetti w/meat Lettuce Salad Cucumber salad Mandarin oranges	17 Baked Chicken Mashed Potatoes Mixed vegetables Chocolate Cake	18 Hot Beef sandwich Green Beans Fruit salad	19 Coffee Shop-Only Special- Bacon Chicken Wrap	20 Closed	21 Closed
22 Coffee Shop-Only Special Chicken Pot Pie	23 Pork Loin Boiled potatoes Roasted Vegetables Cherry dessert	24 Turkey Dinner W potatoes/gravy Green Bean Pumpkin Pie	25 Sausage & Potatoes California Veggies Apple dessert	26 Coffee Shop-Only Special- Turkey Wrap	27 Closed	28 Closed
29 Coffee Shop-Only Special- Chef Salad	30 Meatloaf w/ mashed potatoes Carrots Fruit Salad	31 Oven Chicken w-fried rice Stewed Tomatoes Frosted White Cake	1 Scallop Potatoes w/ ham Peas Peaches	2 Coffee Shop-Only Special- Hamburger Soup	Closed	Closed

Menu Subject to Change- Food selection only available to quantities cooked

Sunshine Café Changes

In March 2022 the Sunshine Café re-opened and has been providing a great noon meal for a reasonable charge every day for our members and guests. It was great to reopen the Café and our members have been faithfully served by our staff and volunteers. Without our volunteers we could not operate the Café and our Coffee shop. We continue to need volunteers to keep both operations available for our members and our pricing reasonable in these inflationary times. As we enter August, we have some staffing challenges. Starting in August the Sunshine café will serve meals on **Tuesday, Wednesday and Thursday** with the coffee shop being available for their sandwiches, coffee and drinks and some sweets for our members each day of the week. We need your patronage and support to continue to operate our Center! The Sunshine Café and Marilyn's Sit & Sip coffee shop help support our Center. Stop out and enjoy a great meal and fellowship and if you can stop in and volunteer. You can make a difference in others' lives by volunteering.



JAM SESSION



Wednesday's Jam Session is getting bigger and better all the time! Please join the awesome Senior Jammers on **Wednesdays from 10:30a.m. - 12:00 p.m.** in the Multi-Purpose Room. Singers and instrument players are welcome and feel free to dance. Come join in on the fun. Thanks for the great entertainment, everyone!



Bible Study:

Our Bible study will be meeting every Tuesday in the card room from 9:30 a.m. – 10:30 a.m., we are currently in the book of John. All are welcome to join us whether you are new in your walk with Christ or you have had a long relationship. We look forward to meeting you!



August Creative Writing Themes

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

- Aug. 2nd.... How will you enjoy August?
- Aug. 9th..... What 2 or 3 things will bring peace in your life?
- Aug 16th Write about Women Equality Day!
- Aug. 23rd... Write you memories about starting school in the Fall!
- Aug. 30th... What does Climate Change mean to you?

REASON TO MEET EACH DAY

"Promise me you'll always remember:
You are braver than you believe
and stronger than you seem,
And smarter than you think!
A.A., Milne)

THOUGHTS ABOUT AUGUST

August full moon is a Super moon, closer to the earth!

August rain:
the best of summer is gone
and the new Fall not yet born.
The odd uneven time.
(Sylvia Plath)

This morning the sun endures past dawn. I realize that it is August: the summer's last stand.

The month of August had turned into a griddle where the days just lay there and sizzled.
(Sue Monk Kidd)

~ Alice Reeg, Creative Writing

The Benefits of Tai Chi

What is Tai Chi? Learn more about this movement and mental focus practice, said to help improve cognitive function and balance and prevent falls. Tai Chi is a mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing. Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise.

Our beginner class meets Tuesdays at 10 a.m. and our advanced class meets on Monday at 10 a.m.

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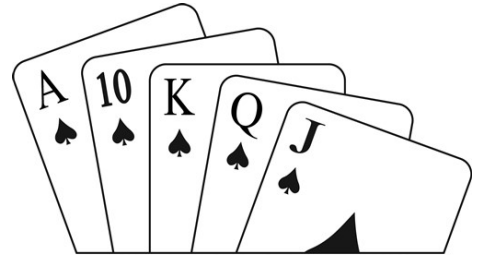


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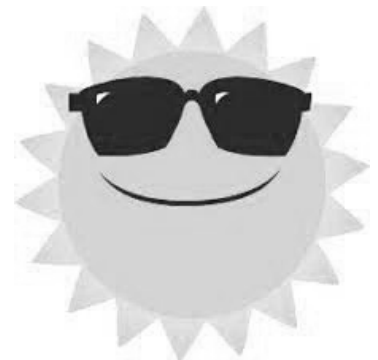
bahunkins@yahoo.com



PINOCHLE

Pinochle Fun

The Pinochle card group is looking for additional players to join in for some Pinochle fun. Please feel free to stop in on Mondays beginning at **12:00 p.m.** We hope to see you soon!



Body & Frame Repair

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Genealogy Class

Genealogy Class meets the 2nd Friday of each month from 10:30-11:30 a.m. This month we will be doing research on the 1950 census.

Have you ever wondered about your family ancestry or wanted to create a family tree? Come learn how to trace your family back in time. You will learn how to uncover your past and record your family history.

New members are always welcome. Bring the information you have on your family or start from scratch. Cheryl and Phyllis are always here to help you find your family information. As well, feel free to bring your laptop or iPad.



Embers Headlines for Friday Birthdays

The Friday dances have seen an increase in attendance and energy with the recent celebrations of birthdays. Members have been asking to celebrate their birthdays and sharing this time with other members by sponsoring the events. Sometimes the event will include light mid afternoon snacks, birthday cakes, ice cream and lots of well-wishers. The Embers have headlined a few of these events and according to Ron McKewan, "These gathering are great. The energy in the room heightens and everyone is more enthused to dance the afternoon away". The Embers are scheduled for this August 26th celebrating Jim Brehm & Dorothy Swanson's birthday. Come out and enjoy the music and dance a bit; it's good for the soul. And if you want to sponsor a birthday dance inquire at the front desk.



Pleasant and Affordable Housing Communities for Elderly and Disabled

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June New Members

GLORIA BADE	LINDA ENGEL	MARY HAMMACK	RICHARD	GERALD (JERRY) E
LINDA BLOM	HELEN ERIKSEN	MICHAEL HERFEL	MCARTHUR	REEG
FRED BOCIAN JR	ROHNDA FARLEY	MONICA HUDSON	PAM MCDERMOTT	CAROL RIFFEY
DELORES	DAVID FARLEY	PATRICIA JENKINS	RHONDA MENIN	LYNETTE
BOGENRIEF	ELEANOR	JEANNETTE	IRA MENIN	ROBERTS
PERRIANN BOYCE	FETTERMAN	JOHNSON	DOROTHY MILLER	JEANNE SAILOR
ANNETTE BROWN	RICK FETTERMAN	MARY JUNE	STEVEN MORFITT	REBECCA
STEVE BROWN	BETTY FLYNN	NANCY KELLY	MARY LOU	SPENCER
JANET BROWN	DONALD FYLSTRA	DANIEL KOHN	NICOLLS	MELINDA SUBER
LINDA CAMARIGG	DIANE GARDNER	KENNETH	GEORGE JEAN	MAXINE
THERESA DEAN	BEVERLY GRABER	KUMMER	OLSON	TREADWAY
DON DOMAYER	DAVE GRIMES	JUNE LAHTI	GLENN PARRETT	STEPHEN
STEPHEN	JEANNIE	BAYNE LINDEN	DORIS PARSONS	VANDERBURGH
DOUGHERTY	(SHIRLEY) GRIMES	DIANN LOVE	ALICE ANN REEG	WADE VEN OSDEL

Interactive Metronome



Writer's block at its best...I asked for ideas and got two good ones, but wrote about something else. I wanted to write an amazing article that you would look at and maybe read. I still don't know what you are looking for in a great article but maybe you need coaching. Some people can listen and start a new habit, but that never works for me. I have to do it to change it. Who was your favorite coach? Coaches that may come to mind are Lou

Holtz, Tony Dungy, and John Wooden. What do these guys have in common? They coach sports. Crazy, huh! We think about a sports coach; however, there are many coaches in our world. Business, Life, Fitness, Teachers, Financial, Music, Drama, Occupational Therapists, Physical Therapists, Speech Therapists, etc. Why do we need coaches? We need someone to inspire, motivate, and keep us on track to reach our goals. At times, we hit the proverbial bump in the road and need a push to get over it. At times, we become blind and don't see what is holding us back. Who is your motivator or go to person? Who inspires you? An inspirational coach coupled with technology can accelerate your progress in meeting your quality of life goals. A good example would be a trained therapist working with interactive metronome to help you improve your balance or memory to maintain your independence and dance into the night!

See you in the Gift Shop!

Here's what's new in the gift shop... We have many baskets, and other collectables, and much more. Just stop in and take a minute to look around. You will always find something new and different. Visit our Gift Shop to donate, shop, or just stop by and visit for a bit. We love your company!

Our shelves have space for any treasures you may no longer need. We are happy to take them off your hands, (No TVs, large appliances, large LP records or clothing items please.) So please drop off any you no longer want or need. Remember the gift shop is open to members and non-members alike.

Our Gift Shop depends upon your support so please keep donating and purchasing, Save your extra pocket change and shop, shop, shop! We look forward to seeing you.

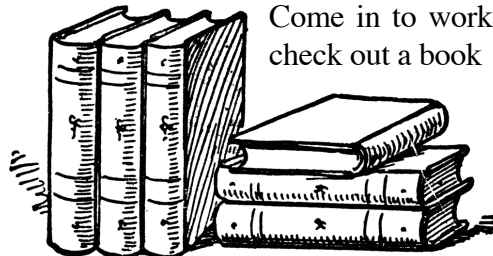
Your Friends at the Gift Shop

Welcome to the Library

Our books are donated by members and community members. We are always adding new ones all the time. We have mystery, fiction, and western.

Our book club selection will be posted in the library.

Come in to work on the puzzle or check out a book



Helen Erickson

AUGUST BIRTHDAYS

Tim Bell
 John Berger
 Joyce Bishop
 Ray Blackburn
 Katherine A
 (Kathy) Bousquet
 Jim Brehm
 Louise Bridgett
 Marlys Britton
 Wendell
 Brockman
 Candace Broveack
 Marylee Brygger
 Paula Carndell
 Marilyn
 Chamberlain
 Kay Marie Cota
 Paula Crandell
 David Decora
 Gary Dehoff
 Linda Dye
 Linda Dye
 Nancy Ehlers
 Louis Engel
 Jackie Engle
 David Farley
 Marvin Fickbohm
 Patricia Fischer
 Agatha (Aggie)

Gagnon
 Judy Gibson
 Beverly Graber
 George Graves
 Linda Groetken
 Lonnie Gustafson
 Theresa
 Hammond
 Harriet Hansen
 Ted Hayden
 Richard Hayes
 Marilyn Hoberg
 Robert Holsinger
 Virginia Houck
 Norma Huebner
 Beverly Hurni
 Patricia (Pat) Ann
 Johnson
 Donald Kingery
 Ruth Kingery
 Tom Kingsbury
 Colonel Krage
 Michele
 Kuhlmann
 Kenneth Kummer
 Sheryl Livingston
 Bonnie Lohry
 Virginia Martin
 Marjorie Meinen

James Mendenhall
 Sheldon Menin
 Ira Menin
 William Merritt
 Connie Moeller
 Russell Movall
 Ann Mrla
 Frank Navrkal
 Dewayne Nicolls
 Donna Olson
 Candie Palacio
 Denise Parsons
 Donald Parsons
 Marsha Pasker
 Shirley Patrick
 William Pelchat
 Steven Pohlman
 Linda Popken
 Charles Porter
 Lori Rattei
 Kay Reynolds
 Jeanette Ricker
 Patricia (Pat)
 Riemer
 Joanie Rizk
 Kerry Ruehle
 David Sage
 Donna
 Sappingfield

Ralph Schroeder
 Ron Sherrill Sr.
 Gene Smyser
 James Soukup
 Delbert Spiegel
 Joanne Stephens
 Bette Still
 Susanne
 Stoeger-Moore
 Steven
 Stoeger-Moore
 Dorothy Swanson
 Lowell Thurow
 Eleanor Tilton
 Dennis Travis
 Ed Tryon
 John Turner
 Pat Turner
 Terry Turner
 Mary Underwood
 Wade Ven Osdel
 Suky Waltman
 Lois Ward
 Joann Weber
 Debra Wentz
 Williiam Witzka



Overactive bladder?

One in three women over the age of 35 suffer from an overactive bladder. Kevin Benson, MD, can provide you with relief through the latest treatment options right in Dakota Dunes.

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

Membership Information

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

Refund Information

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

DOLLAR A MONTH CLUB

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

Miriam Clayton	Sherry Evans	Russell Movall	Kathleen
Don Casaday	M.Donna	Jan Nelson	Plantenberg
John & Sandy	Johnson	George Polak	Don Schultz
Graser	Sally Kimball	Maizie Johnson	
Virginia Gries	Pamela Mears		

Dollar Per Day Club	Andrea & Mark Rathgeber	Northpark Place	Frances & Ron Cummings
	Paul Gregory	Gail & Tom Brown	James & Michelle Meyers
	Diana Howard	Russ Movall	Sunnybrook Church
	Barney Pottebaum	Jon & Grace Wagoner	Siouxland Community
	First Premier Bank	Judy Seaman	Health Center
	Dorine Levine	Gene Anderson	Dorine Levine
	Charter Senior Living	Roberta & Leonard Gill	