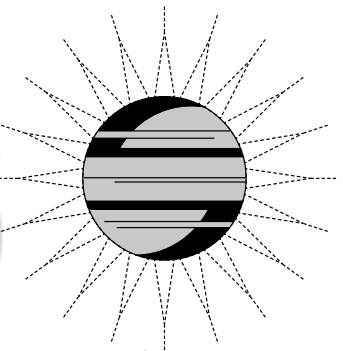


AUGUST 2023 SUNSHINE NEWS



Telephone
712-255-1729

Number
536

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

A Real and True Treasure in this Life!



Currently, there are quite a few pirate movies with lots of adventure in them to watch at the local theater on a big movie screen. We all remember Blackbeard, the infamous pirate, and his pirate ship, Queen Anne's Revenge. One of the main storylines of these movies is finding all of that lost and hidden treasure. These

movies can be too much fun and very entertaining! When they finally find that hidden treasure and open the chest, right before them is a whole lot of gold and silver doubloons and jewels of all kinds glistening in the sunlight. Most of us would really like to find treasure like those pirates did long ago. LOL!

But what is a real, attainable treasure in this world? It can be found in many places. One is finding and having a friend, hopefully many real friends, in this life. Isn't that some of the true gold in this world? Friends can be one of the most important things in this life and be just as valuable and priceless as finding one of those lost treasures like the pirates did in ages past. Imagine a life without a real friend or real friendships. A friend to come and talk and walk with. To laugh with. To go out and have a very fun and sometimes silly time with. To confide in and be with when the chips are down. To be there in times of isolation and when alone. Everyone needs a good friend to rely on. Nobody should go through life without a real friend or two or three, or four...

Terry Smith, who is an active member of our center, mentioned that one of the things that he likes about Active Generations is the friendships that he has made while he has attended; they have enriched his life. Terry likes to come to the center to hone his pool game, but he has also had hour after hour of good laughs and camaraderie with his fellow pool players. Another member, Judy Rehurek, mentioned that one of the things that has blessed her life is the friends that she has met and known while frequenting the center. She says that among the many positive things that she could mention about being at the center is that she has friends that she can rely on! When she sets up for birthday parties and special events at the Center, she

can trust those friends to help with the many tasks involved in getting everything ready. Working together, they help Friday dance and birthday party attendees have a more enjoyable experience. Friendship can mean teamwork. It makes Judy's day to see this productive cooperation and to be involved in it! Alice Sailors said that she really likes to come to the center to eat and work out in the exercise room. She also very much enjoys being able to talk with some pleasant people. Alice mentioned that she finds a variety of subjects to talk about and even some old war stories that happened back in the day! Alice said it cheers her up to take part in healthy activities offered at the Center along with talking and laughing with some wonderful people.

There are many other just as important stories and experiences of the members of our senior center. The bigger point of all of this is that the Siouxland Center for Active Generations is one of the many senior centers across this great nation where important relationships can develop. A place for true friends to get together throughout the week to work out and have some laughs, camaraderie, and conversations around a noon meal. Being with friends and family, isn't that a valuable and priceless part of life? Like finding hidden pirate treasure!

An important bit of information about having friends is the impact on our health. It's healthy to have friends. In an article by Medical News Today, Psychologist Susan Pinker states that direct person-to-person contact triggers parts of our nervous system that release a "cocktail" of neurotransmitters tasked with regulating our response to stress and anxiety. In other words, when we communicate with people face-to-face, it could help make us more resilient to stress factors in the long run. So, if you are able, have many wonderful, dear, and precious friends in this life. Some of those friendships can possibly be found at your local senior center. So, if you can SUPPORT your LOCAL SENIOR CENTER! Good things are happening!

Stephen Vanderburg

Your Neighborhood Coalitions

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

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

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

Board of Directors

Ted Massey - Member

Joel Jarman - Member

Colby Lessmann

Barney Pottebaum - Chair

Judy Seaman - Member

Courtney Ott

Alicia Nyreen

Cortni Krusemark

Vanessa Ogundipe, MD

Executive Director

Patrick Tomscha

Activities Coordinator

Kristina Yezdimer

Membership Coordinator

Cristy Ellis

Editor

Judy Seaman

Kerry Ruehle

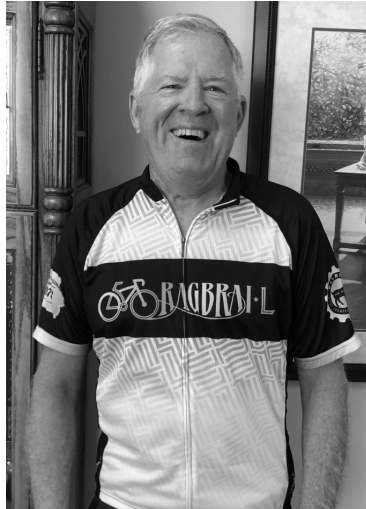


Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Meet a Member: Tim Jacobs



On April 27, 1948, a double blessing was born in Sioux City. Thomas Arthur Jacobs (Baby A) and Timothy Byron Jacobs (Baby B) joined the census. While twin births are rare, these brothers are classified as Identical Mirror Twins! For details check with Tim or Tom as you see them walking the halls or working out at the Siouxland Center for Active Generations. According to Tim, they think alike and have even been known to buy the same gift...for each other! They graduated from Central High and both spent time in Vietnam. From there, their lives went in different directions.

Tim's career path led him to different states and into totally different job directions, five colleges, due to changing locations, and employment ranging from managerial positions with the Hinky Dinky Supermarket and Frito Lay, and then eventually landing a job with Sears. Tim had a knack with construction, and always found a calling in that direction, regardless of the state he lived in, spending over 30 years in that field.

Throughout the years, Tim has served on over 30 boards and currently serves on four. He was a member of the Sioux City Council from 1996-2000. In 2022, he retired as president of the Sioux City Lions Club. He also served as the Lions Club District Governor of Iowa in 2017.

Since Tim enjoys triathlons every spring, he decided RAGBRAI might be a good exercise option. He began training in 2019. 2020's RAGBRAI was canceled due to Covid, and his 2021 ride was scrapped due to a fall and subsequent broken rib and jammed shoulder. However, he was able to volunteer. Then came the 2022 event and Tim successfully rode day #1. He has set a goal to ride all seven days of RAGBRAI 2023! As a board member for RAGBRAI, he is very involved in the planning and details, but most importantly is looking forward to the ride with a brother and brother-in-law. His wife Vikki will be accompanying them as a driver. The couple share two daughters, four grandkids, and two great grandkids.

Tim's words of wisdom include, "If you don't have a goal, you're just existing." He is also a faith-filled man who firmly believes, "To stay young, never admit you're old. When God's ready for you, he'll let you know." Thanks, Tim, for your service to our country and our community.

Ice Cream Sundaes with Siouxland PACE



Enjoy a sweet cold treat on a hot day! Kayla from Siouxland PACE will be returning to the Center to talk about the many services offered by her organization and to serve ice cream sundaes. **Wednesday, August 23 10 a.m.-12 p.m. in the Multipurpose Room.**



Connecting Daily

Providing your senior care needs:

Independent Living, Assisted Living, Nursing Care, Memory Care, & Rehabilitation Services.

Call today for more information
(712) 276-3821
5501 Gordon Drive, Sioux City




SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.277.6500 • SNBOnline.com

"Where Quality Counts"

PRESTIGE

Collision Repair Centers

Two Locations:

508 West 7th 3929 Prestige Blvd.
Sioux City, IA 51103 Sioux City, IA
712-258-1658 712-234-1975

LEWIS ELECTRIC CO.

508 S Flynn St.
North Sioux City, SD 57049

Estimates Gladly Given
Ph. 252-2785

★ ★ ★ ★ ★

AMERICAN

Home Health Care Co.

"Products you need, from the people you know."

SALES • RENTALS • REPAIRS
Free Delivery & Set-Up

- Hospital Beds
- Wheelchairs
- 3-wheel scooters
- Patient lift chairs
- Ostomy supplies
- Oxygen
- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
- Much more

214 W. 7th Street • 800-217-2275

712-277-2273
Answered 24 hours a day

Diabetes Education Seminar



Have you been diagnosed with diabetes or prediabetes, or are you concerned about developing the condition? Approximately 242,403 people in Iowa, or 9.9% of the adult population, have been diagnosed with diabetes. In the United States, more than 30 million adults have diabetes, and one in four of them don't know they have it. An estimated 96 million adults (38.0% of the adult US population),

with 26 million above the age of 65, have prediabetes.

Diabetes is the number one cause of kidney failure, lower-limb amputations, and adult-onset blindness. Annually, a person with diabetes acquires medical costs of about \$13,700. Diabetes is the seventh leading cause of death in the U.S. Type 2 diabetes risk tends to increase with age, with much higher rates being documented in adults over 55 years than in younger age groups. Besides age, risk factors for diabetes include tobacco use, lack of physical activity, being overweight or obese, family history, and increased waist circumference.

In August, SCAG Executive Director Pat Tomscha and Angie Aldrich from Angels Care Home Health will be leading a four-week diabetic education seminar that will define and identify the risks of diabetes and pre-diabetes. They will teach you how to develop strategies to change the diabetic pathway and practical cooking recipes for diabetics to live a healthy life. If you have diabetes or are at risk, help yourself by attending our seminar.

Dates and topics:

August 7th: Diabetes & Risks, Appetizer Recipes

August 14th: Staying Active, Breakfast Options

August 21: Behavior Changes, Entrees

August 28th: Personal Strategies, Desserts

Sponsored by Lions Club of Sioux City. The class size will be limited to ten people and will cost \$5 for the four-week session. Register at the front desk. **The seminar will be held on Mondays from 10-11 a.m. in the Conference Room.**

Big Word/Small Word Game with Bickford

Deb and Diane from Bickford Senior Living and Memory Care have another amusing game in store for us! Come for the fun and you'll be presented with a multisyllable word on a whiteboard. The challenge will be to see how many small words you can make out of it. Exercise your brain in the company of a playful group!



Tuesday, August 8, 1 p.m. in the Dining Room.

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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	Paul Bocian	Mary Hubbard
Kris Bergstrom	Audrey Ercolini	Donna Wood
Vikki Jacobs	Deanna Jacobs	Diana Howard
Clare Miethke	Roger/Vicki Bowman	Bruce/Jane Hunkins
Norma Jean Hughes	Diane DeRocha	William Sievers
Elaine Waskow	Jane Schuldt	Marv/Betty Still
Judy Peterson	Phyllis Todd	Marilyn Jorgensen
Stephen Dougherty	Teresa Johnson	Jeff Zoelle
Shirley Henderson	Jane Henderson	Ruth/Leon Koster
Sharon Fisher	Jim Brehm	Rolene Beauvais
Paul Smith	Alvin Johnson	Donna Olson
Shirley Nelson	Eldon Thompson	Bob/Jane Morrissey
Dianne Wickstrom	Audrey Crane	

Talk Show: Adult Immunizations with Dr. Vanessa Ogundipe

Have you received all of the shots that are recommended for seniors? An unfortunate effect of aging is that your immune system weakens. You're more likely to get diseases like the flu, pneumonia, and shingles and to have complications that can lead to long-term illness, hospitalization, and even death. Because of this, vaccines are especially important for older adults to help fight off infections and viruses. According to the John Muir Health website, "An estimated 45,000 adults die annually from complications due to vaccine-preventable diseases. Many adults feel that they do not need vaccinations, or worry about side effects from the vaccine itself, but people aged 65 and older are at higher risk of complications from the actual diseases." Get vaccinated to stay healthy as you age.

Gerontologist and SCAG board member, Dr. Vanessa Ogundipe, will return to the Center to provide valuable medical information about adult immunizations. Which shots should you get and when? What are the risks and benefits of different types of vaccines? She will answer all of your questions to ensure that you receive the best and most up-to-date information to make informed decisions about your health.

**August 18,
11:30 a.m. in the
Conference
Room.**



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

Siouxland Bridge Club
Vakulskas Law Firm
Siouxland Duplicate Bridge Group

Technology Classes with Chris

Chris Kuchta, Service Navigator at Connections Area Agency on Aging will instruct you on two popular social media platforms. Fifteen computers will be available for use by class participants, or you may bring your own device. Please sign up in the Activities Book.

FUNCTIONS OF FACEBOOK



Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture and tech lab class offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook. The second half of the class will allow you to use your device or a provided laptop to explore Facebook. **Wednesday, August 2, 10 a.m. to 12 p.m. in the Conference Room.**

INSTAGRAM BASICS



Come and learn about Instagram, a visually oriented sharing platform and exciting social media site. This lecture offers an overview of some of Instagram's more popular features and will give you a taste for what all the fuss is about. The second part of the class will allow you to use your device or a provided laptop to explore Instagram. **Wednesday, August 16, 10 a.m. to 12 p.m. in the Conference Room.**

August Birthday Party Featuring Karaoke with Troy Trobaugh



Get ready to unleash your inner rock star and join us for a fantastic karaoke event honoring our members with August birthdays. The one and only Troy Trobaugh, who captivated us at our February birthday party, will be back to lead us in another musical extravaganza. Karaoke isn't just about singing along to your favorite tunes, it's an opportunity to let go of inhibitions, embrace self-expression, and have a whole lot of fun in the process. Whether you're a seasoned vocalist or simply enjoy belting out a tune in the shower, karaoke brings people together in a lighthearted and inclusive environment. So, mark your calendars and come join us for an afternoon filled with laughter, applause, and the sheer joy of singing your heart out. Whether you prefer the classics, the latest hits, or anything in between, the party promises to be a diverting experience that will

leave you feeling uplifted and connected to your fellow members. Don't miss out on this opportunity to shine on the stage and create unforgettable memories while celebrating August birthdays. Goodcare At Home Rehab donated this month's cake. **Monday, August 14 at 1 p.m. in the Multipurpose Room.**

Meditational Labyrinth

Join us this month for a unique experience led by trained labyrinth facilitators Sue Erickson and Jill Shira.

Why walk a labyrinth?

For centuries, people have used labyrinths for meditation and self-reflection. The path may look complex, but it unfailingly leads to the center, requiring no choices along the way. This frees the mind and heart to quietly move toward an inner center.

What to expect?

On the inward walk, people often choose to release anything that

might be claiming their thoughts and energy. It is not unusual to receive new insights or solace in the center. Many linger there to savor the quiet. The outward journey is a chance to slowly return to the flow of everyday life, sometimes with new awareness and vitality.

For those who have difficulty walking, we will have a selection of hand labyrinths, where one can trace the path with your fingers, while remaining seated.

Thursday, August 24 at 1 p.m. in the Multipurpose Room. Sign up in the Activities Book.



Hospice of Siouxland *Siouxland Palliative Care*

309 Cook St.
Sioux City, IA 51103
712-233-4144
www.hospiceofsiouxland.com

Siouxland **(HEARING)** Healthcare, P.L.C.

2916 Hamilton Blvd.
(712) 258-3332
www.siouxlandhearing.com

Michael Sloniker,
M.S., CCC-A

Palmer's
Old-Fashioned
Candy Shoppe

Hours: Mon. - Sat. 10 am - 5 pm
405 Wesley Parkway • 712.258.7790
www.palmercandy.com

COLBY M. LESSMANN
Attorney at Law

Practicing Primarily In:
Wills ♦ Trusts
Estate Planning ♦ Probate

613 Pierce Street, Sioux City, IA 51101
(712) 252-3226

OPEN DOOR CHAPEL
SERVICES: SUNDAY 10:45
PASTORS REV. MIKE & REV. JUDY
712-258-9248
601 FLOYD BLVD – SIOUX CITY, IA

In Business Since 1921!

KALINS
INDOOR COMFORT
HEATING & AIR CONDITIONING

Heating • Cooling • Fireplaces
Call 712-252-2000
kalinsindoor.com

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

- | | | | | |
|-----------------|----------------------------|----------------------|---------------------------|--------------------|
| Bill Lyle | Delores Disterhaupt | Carol Krumwiede | William Merritt | Linda Schmitz |
| John Ackerman | Kathryn Flinn | Robert Krumwiede | Lois Navrkal | Jennifer Solberg |
| Donna Beauchene | Debra Fresse | Vincent LaFleur | Margaret Neely | Rita Swanson |
| Douglas Bentley | Lois Gaskell | Mariann Leisinger | Gilbert Nelson | Brenda Thelen |
| Joyce Bentley | Anthony Grego | Sue Levay | Jo Ellen Nelson | Jeffery Thompson |
| Dee Bertram | Kesy Groves | Ellen Livingston | Jerry O'Dell | Jeanette Togstad |
| Diane Bjorkman | Bruce Hamel | Sheryl Livingston | Roberta O'Dell | Keith Towns |
| Bryan Boonstra | Kyongae Hanshaw | Gary Livingston | Toots (Lavonne) J Pittman | Lynette Tullis |
| Pam Boonstra | Mavis Holman | Diann Love | Linda Popken | John Turner |
| Marsha Boykin | Patricia Isaacson | Muriel Lyle | Cleo Pottorff | Pat Turner |
| Judy Boyle | James Johnson | Peggy Mace | Terry Prokop | Alan Verley |
| Marlys Britton | Patricia (Pat) Ann Johnson | Richard Mace | Gary Prokop | Paula Verzani |
| Darlene Burson | Wayne Ray Johnson | Floyd Madison | Mae Reuter | Joann Weber |
| Sharon Cates | Alvin Johnson | oss tLoretta Madison | Linda (kitty) Roark | Verna Welte |
| Betty Church | Maizie Johnson | Violet Mann | Becky Roemmich | Kenneth Williamson |
| Gary Dehoff | Betty Klug | Lynda Martin | Betty Sampson | Lynette Lenz |
| Sandra Devries | | Virginia Martin | | |

Friday Dances



August 4: The Embers

August 11: Country Brew

August 18: 4 on the Road

August 25: Jerry O'Dell and the Country Flavor Band

Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

VISIT OUR LARGE INDOOR DISPLAY!



Discount Coupon

With this coupon, receive a discount on your purchase AND a donation in your name to the Siouland Center for Active Generations



1315 Zenith Drive Sioux City, IA Phone: (712) 252-2772
Near the junction of Hamilton Blvd and I-29



Larry's Steinbrecher Stump grinding
712-204-5811

✦ Stump Grinding ✦

For You
Free Estimates-Quick Service
Large & small-We grind them all

Long-Serving Volunteer, Sally Kimball, Retires as Line Dance Instructor

Our highly valued dance instructor, Sally Kimball, who has been teaching at the Siouxland Center for Active Generations for over three decades, has decided, at 95, to pass the mantle. Tremendous thanks to Sally for enriching the lives of so many of our members through her volunteer work. She provided them with joyful exercise to take part in, along with patient direction and cheerful companionship. Line dancer Linda Camarigg said, "Sally is an excellent line dance instructor and we are so fortunate to have her for all these years!"

The Line Dancers celebrated Sally at a potluck luncheon on July 6 where memories, and also some tears, were shared. Sally reminisced about her first experiences with dancing while standing on her father's moving feet, and how her love of dance has lasted a lifetime. Former Activities Coordinator Kerry Ruehle said, "We are so blessed to have had Sally at the Center all those years. She is a true example of what a teacher and mentor should be, but also the best friend one

could ever ask for. I love and admire you, Sally." Although she will no longer be teaching, we hope to continue to see Sally dancing at the Center from time to time and recognize her dedicated spirit.



Bridget's Jazz Dancercise Classes Resume Tuesdays in August

Our favorite former ballerina, Bridget Agriopoulos, will restart her Jazz Dancercise classes this month! Bridget offers an energetic and dynamic way to stay active and engage in a vibrant form of exercise. With her extensive background in classical dance, Bridget brings a unique blend of technique, creativity, and enthusiasm to each session, ensuring a captivating and enjoyable experience for all participants. In this class, you'll not only improve your coordination, balance, and posture, but you'll also discover the joy of moving to the lively rhythms of jazz music while fostering meaningful connections with others who share a love for dance. **Tuesdays at 11:30 a.m. in the Multipurpose Room.**



Tai Chi for Seniors Health Benefits

Studies have shown that tai chi can help with our abilities to reason, plan, remember, and solve problems. Those with mild cognitive impairment due to dementia have seen some improvement by practicing tai chi. Not to mention, it can promote stronger immune systems and weight loss as well as better cardiovascular health, sleep, and posture. Best of all, it's pretty easy for seniors to get started with tai chi; many senior facilities offer these classes. Moreover, you don't need any special equipment—just comfortable, loose-fitting clothes.



Goodcare At Home Rehab

8:15 am Walking Exercise
9:00 am Senior Yoga (CD)
9:30 am Cornhole
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am Belly Dancing
11:00 am-12:30 pm **Coffee Shop Lunch**
11:30 am Woodcarving
12:00 pm Pinocle
12:00 pm Bridge-Duplicate

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)
11:00 am-12:30 pm **Coffee Shop lunch**
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 Painting Class
1:00 pm Ping Pong

10:00 am Wii Bowling
10:00 am Sexy & Fit after 40
10:30 am Open Jam Sesson -**\$1.00** Guests
11:00 am Choir Practice
11:00 am-12:30 **Coffee Shop lunch**
11:30 am Phase 10
12:00 pm 500 Card Club
12:00 pm Bridge -Men
1:00 pm Coloring Corner

10:00 am Line Dance (intermediate)
10:00 am Canasta
11:00 am Line Dance (Advanced)
11:00 am Mah Jongg (beginner lessons offered)
11:00 am-12:30 pm **Coffee Shop Lunch**
11:30 am Woodcarving
12:00 pm Cribbage
12:00 pm Open Bridge
12:30 pm Penny Bingo
1:00 pm Ping Pong
1:00 pm Social Group

11:00 am Karaoke
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Open Bridge Group
11:30 am Mixed Media Art Class/ Vivian Miller
12:00 pm Bunco-\$1 entry
12:00 pm 500 Card Club
12:00 pm Card/ Board Game Group-Misc.
12:30 pm Open Craft Time
1:00—3:30 pm **Friday Dance**

*Featuring
4 on the Road*

21

12-1 pm Team Trivia
10 am Diabetes Education

8:15 am Walking Exercise
9:00 am Senior Yoga (CD)
9:30 am Cornhole
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am Belly Dancing
11:00 am Azria Balance Class
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Woodcarving
12:00 pm Bunco-\$1 entry
12:00 pm Pinocle
12:00 pm Bridge-Duplicate
12:00 p.m. **Lion's Club Meeting**

12 pm Alzheimer's Support Group (4th Tuesday)
1-3 pm Jukebox Dance Party

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 Beginner Canasta Lessons
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am SilverSneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Mah Jongg (experienced players)
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Jazz Dancercise
11:30 am Mexican Train
11:30 am Unlucky 7 Dice Game
12:30 pm Penny Bingo, Gladys as caller
12:30 pm Tap Dance
1:00 pm Painting Class
1:00 pm Ping Pong

22

10-12 Ice Cream Sundaes with Siouxland Pace

8:00 am-9:30 am Biscuits and Gravy
8:15 am Walking Exercise
9:00 am Yoga w/Dixie
9:00 am Duplicate Bridge
9:00 SilverSneakers Boom Exercise
9:30 am Painting Class
10:00 am Wii Bowling
10:00 am Sexy & Fit after 40
10:30 am Open Jam Sesson -**\$1.00** Guests
11:00 am Choir Practice
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Phase 10
12:00 pm 500 Card Club
12:00 pm Bridge -Men
1:00 pm Coloring Corner



23

1:00 Labyrinth Meditation Walk

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)
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Woodcarving
12:00 pm Cribbage
12:00 pm Open Bridge
12:30 pm Penny Bingo
1:00 pm Ping Pong
1:00 pm Social Group

24

**Featuring
Jerry O'Dell and the Country Flavor Band**

9:00 am Fitness with Dixie
10:00 am Char' Yoga with Kaye
10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly)
11:00 am Karaoke
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Open Bridge Group
11:30 am Mixed Media Art Class/ Vivian Miller
12:00 pm Card/ Board Game Group-Misc.
12:00 pm Open Craft Time
1:00—3:30 pm **Friday Dance**

28

12-1 pm Team Trivia
10 am Diabetes Education
1 pm Parkinson's Support Group (4th Monday)

8:15 am Walking Exercise
9:00 am Senior Yoga (CD)
9:30 am Cornhole
10:00 am Knitting & Crocheting
10:00 am Tai Chi (Advanced)
11:00 am Belly Dancing
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Woodcarving
12:00 pm Pinocle
12:00 pm Bridge-Duplicate

29

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 Beginner Canasta Lessons
10:00 am Creative Writing
10:00 am Tai Chi (Beginning)
10:30 am SilverSneakers Classic Fitness
11:00 am Belly Dancing
11:00 am Mah Jongg (experienced players)
11:00 am-12:30 pm **Coffee Shop lunch**
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 dancing
1:00 pm Painting Class
1:00 pm Ping Pong

30

8:00 am-9:30 am Biscuits and Gravy
8:15 am Walking Exercise
9:00 am Yoga w/Dixie
9:00 am Duplicate Bridge
9:00 SilverSneakers Boom Exercise
9:30 am Painting Class
10:00 am Wii Bowling
10:00 am Sexy & Fit after 40
10:30 am Open Jam Sesson -**\$1.00** Guests
11:00 am Choir Practice
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Phase 10
12:00 pm 500 Card Club
12:00 pm Bridge -Men
1:00 pm Coloring Corner



31

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)
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Woodcarving
12:00 pm Cribbage
12:00 pm Open Bridge
12:30 pm Penny Bingo
1:00 pm Ping Pong
1:00 pm Social Group



1

9:00 am Fitness with Dixie
10:00 am Char' Yoga with Kaye
10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly)
11:00 am Karaoke
11:00 am-12:30 pm **Coffee Shop lunch**
11:30 am Open Bridge Group
11:30 am Mixed Media Art Class/ Vivian Miller
12:00 pm Bunco-\$1 entry
12:00 pm Card/ Board Game Group-Misc.
12:00 pm Open Craft Time
1:00—3:30 pm **Friday Dance**

*Featuring
Rusty Buckets*

August 2023

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>10 am Diabetes Education</p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Azria Balance Class 11:00 am–12:30 pm Coffee Shop Lunch 12:00 pm Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bride-Duplicate</p>	<p>1 pm Big Word Small Word Game with Bickford</p> <p>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 Beginner Canasta and Cribbage 10:00 am Tai Chi (Beginning) 10:00 am Creative Writing 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancerise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>10-12 Facebook Class</p> <p>8:00 am–9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 am SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 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 Coffee Shop Lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner</p> 	<p>3</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Book Discussion Group 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am–12:30 pm Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>11</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am–12:30 pm Coffee Shop Lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00–3:30 pm Friday Dance</p> <p><i>Featuring The Embers</i></p>
<p>14</p> <p>9:30 am Grief Support Group (2nd Monday)</p> <p>10 am Diabetes Education</p> <p>1 pm Birthday Party (2nd Monday)</p> <p>Karaoke with Troy</p>	<p>15</p> <p>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 Beginner Canasta Lessons</p>	<p>16</p> <p>10-12 Instagram Class</p> <p>8:00 am–9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 am SilverSneakers Boom Exercise 9:30 am Painting Class</p> 	<p>17</p> <p>9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Belly dancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am–12:30 pm Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>18</p> <p>11:30 a.m. Talk Show with Dr. Ogunlidge: Adult Immunizations</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)</p> <p><i>Featuring Country Brew</i></p>

Chair Yoga

Why is sequencing so important in yoga class? Your body responds to the positive effects of a well sequenced yoga class. Then you are well prepared to safely enter, sustain, and exit simple and more complicated yoga poses. The sequence I use was taught to me when I attended chair yoga training with Silver Sneakers.

1. Breathing Exercises: This helps settle your mind, bringing awareness to the present moment. The opening exercise is a time to get relaxed and focused.
2. Warm Up and Range of Movement Conditioning: We begin to connect the breath with the movement. Perform one movement with the inhalation (generally an "upward" movement) and one movement with the exhalation (generally a downward movement). For those new to the practice of coordinating movement with the breath it can be daunting. Breathing continuously throughout class is most important. Coordinating movement with breath takes practice and will come with time. The warmup portion helps to get your blood flowing which increases your body temperature and oxygen supply.
3. Working- Muscular Endurance and Balance: The working phase requires more strength and flexibility than you may have in the beginning of the session. The poses include strengthening and stretching both upper body and lower body muscle groups and improvement in balance is one of the benefits.
4. Deep Stretches: These poses help to calm the body after the more strenuous poses, moving toward the cool down phase. We emphasize even, focused breathing with lengthened exhalations. Use the breath to "go deeper" but always avoid forcing a stretch.
5. Final relaxation: This section promotes stress reduction. It helps both the body and mind to integrate the benefits of yoga practice.

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

Kaye Plantenberg

Trailblazers Walking Group

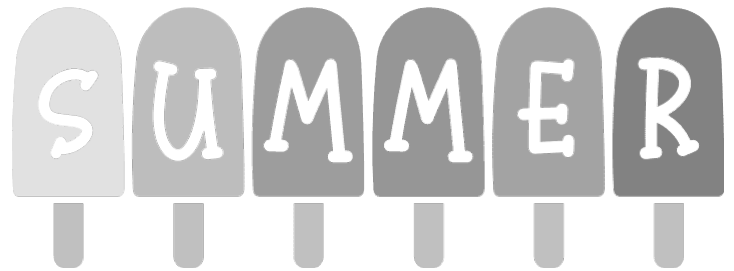
The Trailblazers walked a total of 157 miles between the dates of June 19 and July 11, 2023. The walk visualizing the beauty of Arizona is complete and it is time to move on. Our next adventure will be exploring the states along the Lewis and Clark expedition trail. The route begins in St. Louis, Missouri and ends at Ft. Clatsop, Oregon. Be sure to check out the map on the hall bulletin board and watch for new pictures on the TV in the hallway. Join in the fun and imagine the adventures Lewis, Clark, and their companions had on this famous journey. Walk. Talk. Get Fit.

Judy Rehurek, Judy Seaman



MISSING CROCK POT LID

Lois Zunker's crock pot lid is missing after Sally's Retirement Potluck Party. Lois's clear lid was taken and a brownish smoky lid was left in its place. If found, please contact the front desk.



SIoux CITY'S PREMIER 55+ COMMUNITY

FOUR SEASONS APARTMENTS

UNDER NEW LOCAL OWNERSHIP

NOW LEASING

2 BED, 1 BATH

STARTING AT \$1,095 /MO.

3009 LILAC LANE, SIOUX CITY - 712.501.4780

FOURSEASONSSIOUXCITY.COM



Live Well HOME CARE

WHERE WE HELP YOU LIVE WELL

402-494-9171

In-Home Care & Transportation

You can count on!



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 1st.....Would You Choose the Career That You Had Again?**
Aug 8thWrite About the End of Summer and Summer Blues!
Aug 15thWhat Were Some of Your Summer Jobs?
Aug 22nd ...What Do You Do for Good Mental Health?
Aug 29thWrite About "Getting Up on the Wrong Side of the Bed!"

FOLKLORE FOR AUGUST:

1. When it rains in August, it raises honey and wine.
2. Heavy fog in August, expect a hard frost in October.
3. The full moon in August is a supermoon--closer to earth!
4. The month of August turns into a griddle & gets sizzled!
5. Buttermilk contains no butter!
6. Jellyfish are made up of 95% water!!

Thought for the Month of August:

"Go out into the world today and love the people you meet. Let your presence light new light in the hearts of others." (Mother Teresa)

~ Alice Reeg, Creative Writing

Bridge News

Our bridge games at the center continue to draw more players. Some of Leon Koster's Thursday morning class are taking part in the novice game on Wednesday morning. More experienced players always learn something at Diana Howard's Monday morning class. More are always welcome at both. Last month I explained a little about the difference between duplicate and casual bridge. This month's Bridge Bulletin has an interesting article calling bridge a "mindsport." I want to quote a short description. "As a mindsport it enhances well-being by providing a mental workout that combines excitement, challenge and mental stimulation, plus social contact between partners, competitors, and a community of players who look out for each other." My own first bridge partner called our group her bridge family. Come check us out.

Senior Choir News

NOTE BY NOTE
BEAT BY BEAT

Making HAPPY music for ALL to enjoy.
It warms the heart.

Come, give it a try, meet new friends and hear great sounds. It will make you feel SO GREAT! Giving to others...

Happiness in sound and sharing
good times are additional benefits.
LOVE TO SEE YOU THERE!

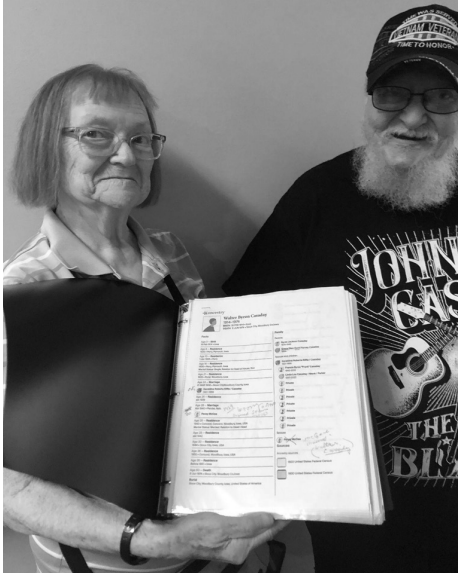
Wednesdays at 11 a.m. in the Classroom.

The Neighborhood Network (Working Together)

The neighborhood network is made up of different neighborhoods, groups of citizens with different concerns in our community. Our goal is by working together we can help resolve issues that affect neighborhood citizens. We want to create a positive impact with our neighborhoods. If you would like to participate, there are six different neighborhood groups sites:

1. Westside Coalition: Meets 3rd Thursday of month at United Lutheran Church at 7:00PM
 2. Northside Coalition: St. John's Lutheran Church, Meets 1st Thursday of month-6:30PM.
 3. Riverside Coalition: 7:00 PM at United Methodist Church Riverside. Call Pete Peters 712-233-2677
 4. Crescent Park Coalition: HyVee at 28th and Hamilton, 7:00PM, 3rd Thursday of each month.
 5. Main Sioux City neighborhood, meets at police/fire headquarters, 2nd Thursday of month, 6:00PM
 6. The Jones Street Coalition: no meeting place but Janet Reynolds coordinates, phone # 712-224-3363
 7. Greenville Coalition: Odd Months(1,3 etc.), 2nd Wednesday, fire station on 3rd street, 6:45 PM
- Any Questions or concerns, call Larry at 712-255-0130

Genealogy Class:



Are you interested in researching your family history but don't know how to get started? The Center's Genealogy Class would love to help you! Phyllis McMillan helped Don Casaday trace his family back three generations. This group has years of experience conducting genealogical research and knows the tips, tricks, and best sources of information. Come and benefit from their knowledge on the second Friday of each month. August's class will focus on reviewing the newly revised FamilySearch website.

**Friday, August 11, 10:30 a.m.
in the Classroom.**

**volunteer,
join the RSVP
team today.**

STOP BY THE FRONT DESK TO
LEARN MORE

<https://iowaaging.gov/rsvp>
1-800-532-3213



**AmeriCorps
Seniors**

River-Cade Senior Royalty Crowned

In 2023, the Siouxland Center for Active Generations resumed the tradition of selecting honorary senior royalty to participate in the annual River-Cade parade and other festivities such as the Riverssance festival that will take place September 30 and October 1. Due to time constraints, the selections were made quickly this year by asking Friday dance party attendees to nominate the members of the royal court by placing names in cups. The following Friday the winners were crowned with much pomp and circumstance, and special guest, River-Cade organizer Phil Claeys gave his blessing. Ted Orzechowski was chosen to be our King and Donna Beauchene was selected as Queen. Bruce and Cleo Spence will represent the Center as Prince and Princess, and Janet Hein will amuse the realm as our Jester. Long may they reign!





Fun at the Center

- 1. Friends Jeanie Husted and Billie Erskine worked together to create the beautiful carved fish. Billie carved it in Woodcarving and Jeanie painted it in Painting Class.
- 2. Deb and Diane from Bickford Senior Living helped members to make a Mod Podge cutting board craft.
- 3. We celebrated with Rosemary Deurloo and other members born in July.
- 4. Puppeteer Nancy Clark showed off five fabulous marionettes at the July Birthday Party.
- 5 and 6. Beach Party was the theme of the festive Jukebox Party in June.
- 7 and 8. A group representing SCAG enjoyed throwing out hundreds of beads at the Sioux City Mardi Gras parade.



Pleasant and Affordable Housing Communities for Elderly and

Call and Apply Today! Oakleaf Property Management Company strives to provide affordable housing for the elderly or the disabled with several Siouxland locations. Please ask about our Free Service Coordinator Programs.

Equal Opportunity Housing &

Oakleaf
PROPERTY MANAGEMENT
1019 Jones Street • Sioux City, Iowa
(712) 255-3665

‘Providing for others what we expect for ourselves.’

JARGO
DRYWALL, INSULATION, ACOUSTICAL, EIFS
2808 Irene Street, Sioux City, IA 51105
712-258-7553

Sioux Body Shop
Body & Frame Repair
501 West 8th St.
(712) 255-7172

Book Discussion Group

Join our book discussion group to encourage yourself to read more, to experience different authors and topics that you may not have chosen yourself, for social engagement, an exchange of ideas, and a more reflective experience with the books you read. **The Book Discussion Group meets the first Thursday of the month at 10 a.m. in the Library.**

August 3: *Demon Copperhead* by Barbara Kingsolver

An adaptation of David Copperfield, the son of an Appalachian teenager uses his good looks, wit, and instincts to survive foster care, child labor, addiction, disastrous loves, and crushing losses.

September 7: *Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin

Sam and Sadie were childhood friends. Reunited as college students, they decide to form a company designing video games. A sprawling look at friends who love each other but not as lovers, the human need for connection, and searching for perfection.

October 5: *Mad Honey* by Jodi Picoult

Beekeeper Olivia McAfee fled her abusive husband in Boston for New Hampshire with her six-year-old son, Asher. Twelve years later, Asher is charged with murdering his high school girlfriend, Lily, a newcomer to town.

November 2: *Nine Perfect Strangers* by Liane Moriarty

Gathering at a remote health resort for a 10-day fitness program, nine strangers and their enigmatic host become subjects of interest to a brokenhearted novelist who develops uncomfortable doubts about the resort's real agenda.

December 7: *The Christie Affair* by Nina de Gramont

An intriguing take on Agatha Christie's famous 11-day disappearance. In a Christie-esque mystery subplot, Nan manipulates Agatha's husband to leave her so that Nan can step in, but her plans go further. Interspersed within the timeline of Agatha's disappearance is Nan's retelling of her own tragic background.

January 7: No meeting this month

February 1, 2024: *Little Fires Everywhere* by Celeste Ng

An exploration of family relationships and what parenthood, either biological or by adoption, means. We follow the members of two families living in the idyllic, perfectly-planned suburb of Shaker Heights, Ohio: Mia and Pearl, a mother and daughter living a less traditional lifestyle, moving from town to town every few months, and the Richardsons, the perfect nuclear family in the perfect suburb...until Izzy Richardson burns her family home down.



Interested in Playing Spades?

Do you enjoy playing Spades? If you are unfamiliar with the game, it is a trick-taking card game, like Bridge and Hearts, where the spade suit always trumps. Spades originated in Cincinnati between 1937 and 1939, and gained popularity during World War II when it was played by soldiers and spread to many different countries where U.S. troops were stationed. It was a favorite to play because it was easy to learn and convenient to return to if a game was interrupted. Marlo Beermann is interested in forming a beginning Spades group at the Siouxland Center for Active Generations and meeting on a regular afternoon for about an hour. If you are interested in joining, please sign up in the Activities Book or give your name to Kristina in the Activities Coordinator office.



Medicare Advantage & Supplement Plans



Bruce Hunkins-Independent Agent
Iowa, Nebraska and South Dakota
402-709-7314 TTY 711
bahunkins@yahoo.com

Compare Plans

Get more medical coverage:
Dental, Vision, Hearing, Health
Clubs & more
Zero Premiums and
Zero Deductibles
Learn about Advantage Plan
12-Month Trial

"One on One" help with Bruce!

AUGUST BIRTHDAYS

Beth Anderson
 Douglas Bentley
 Joyce Bentley
 John Berger
 Ray Blackburn
 Margie Blair
 Dennis Blanchard
 Randy Bochmann
 Patricia Boden
 Jim Brehm
 Marlys Britton
 Wendell Brockman
 Paula Carndell
 Marilyn Chamberlain
 Paula Crandell
 Joyce Dean
 Gary Dehoff
 Dena Derby
 Sharon Drummond
 Linda Dye
 Nancy Ehlers
 Louis Engel
 Jackie Engle
 Marvin Fickbohm
 Joan Fickbohm
 Patricia Fischer
 Judy Gibson
 Frank Gilbert
 Gerri Gill
 Mary Groen

Lonnie Gustafson
 Theresa Hammond
 Harriet Hansen
 Ted Hayden
 Richard Hayes
 Marilyn Hoberg
 Stephanie Hokanson
 Robert Holsinger
 Virginia Houck
 Norma Huebner
 Marie Hughes
 Beverly Hurni
 Stephanie Jeochke
 Patricia (Pat) Ann
 Johnson
 Roma Johnson
 Candy Johnson
 Linnea Keane
 Donald Kingery
 Ruth Kingery
 Joan Krough
 Kenneth Kummer
 Sheryl Livingston
 Virginia Martin
 Rhonda McArthur
 William Merritt
 Connie Moeller
 Rosemary Moody
 Russell Movall
 Frank Navrkal

Paula Nelson
 Dewayne Nicolls
 Norma Oakes
 Donna Olson
 Candie Palacio
 Jeanne Parker
 Marsha Pasker
 William Pelchat
 Linda Popken
 Kathy Porter
 Lori Rattei
 Kay Reynolds
 Jeanette Ricker
 Patricia (Pat) Riemer
 Ralph Schroeder
 Theresa Skow
 Gene Smyser
 James Stanton
 Bette Still
 Dorothy Swanson
 Lowell Thurow
 John Turner
 Pat Turner
 Terry Turner
 Mary Underwood
 Lucille VanValkenburg
 Lois Ward
 Joann Weber
 Mark Wepner
 Kenneth Williamson

Memorials for August

In Memory: Terry Dahlquist
From:
Earl Oleson
Anonymous x2

August NEW Members

Denise Alva
Juanita Alvarado
Susan Booth
Kathleen Camerer
Rosemary Deurloo
Rashel Fiscus
Jeff Flom
Fred Griffin
DeRoy Hedemark
Jesse Ivy
Sally Ivy
Judy Jenkins
Jeanie Keating
Vida Kunkel
Elaine Meyer
Sara Miller
Joyce Olson
Duane Peterson
Julia Peterson
Markeen Starin-Todd
Patricia Teel
Constance Wetzel
Beth Zwick
Mary Ann Kleber

MediGold | **MERCYONE**
Medicare Plan

Iowa State Office:
 1449 NW 128th St.,
 Suite 210 Clive, IA
 Joe Evans, Sales Manager - Iowa
 JOE-EVANS@medigold.com

FOULK BROS.
PLUMBING AND HEATING, INC.
 322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

The Heritage
 at Northern Hills

4000/4002 Teton Trace
 Sioux City, IA 51104



Winner!
 Voted the Best ASSISTED LIVING/ SENIOR LIVING in the 2018, 2019 & 2021 Siouxland's Choice Awards.

Call (712) 239-9400 for more information!

STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at www.sioux-city.org/services

Sioux City Housing Authority
 405 6th St. Sioux City, IA • (712) 279-6348

Record Printing
 1117 Villa Ave • Sioux City, IA 51103
 (712) 252-0563 • (712) 252-0100
 www.recordprinting.com

J&J Coins & Collectibles
 Buying & Selling Coins, Currency,
 Postcards, Stamps, Antiques, Precious Metals
 We Do Appraisals!
 712-274-9195 901 S. Cecelia
 800-397-9053 Sioux City, IA 51106

10 am - 6 pm Collectibles
Peters Park Flea Market
 Sioux City, Ia
 3938 Transit Ave. 276-7000
 Booths Available
 Furniture
 7 Days a Week

Drilling Pharmacy 4010 Morningside Ave
 Where You're Part Of The Family
Free Delivery 276-4621
 Hours: Mon-Fri 9-8
 Sat 9-5 • Sun 9-1

1, 2, 3 BR Luxury Apt. Homes
 FREE Heat, Appliances Furnished, incl. W/D
Dakota Pointe Apartments
 208 E. 39th St. • South Sioux City, NE
 402-494-8210 • www.vbclink.com

GRAHAM
TIRE & AUTOMOTIVE SERVICE
 3480 Gordon • Sioux City, IA • 712-274-2024

ROTO-ROOTER Pat Brown
 SEWER-DRAIN SERVICE
 Senior citizens discount \$5 off any service call.
 712.276.7329

YOUR ONE STOP SHOP
 boomgaars
 TWO SIOUX CITY LOCATIONS TO SERVE YOU!
 1732 HAMILTON BLVD. & 5901 GORDON DR

TRUGREEN
 601 Main Street • Sioux City, IA 51103
 712-279-9553 • 888-336-4664
 An Independently Licensed Franchise

The **Sunshine News** is published by the:
 Siouxland Center for Active Generations
 313 Cook Street
 Sioux City, Iowa 51103
 TELEPHONE 712-255-1729

Non-Profit Organization
 U.S. Postage
PAID
 Sioux City, Iowa
 Permit No. 138

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

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.

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

Dollar-A-Day for a YEAR

Diana Howard	Russ Movall	Robert & Nancy Nelson
Barney Pottebaum	Jon and Grace Wagoner	David/Vicki Young
First Premier Bank	Judy Seaman	Kristine Bergstrom
Gail & Tom Brown	Gene Anderson	