

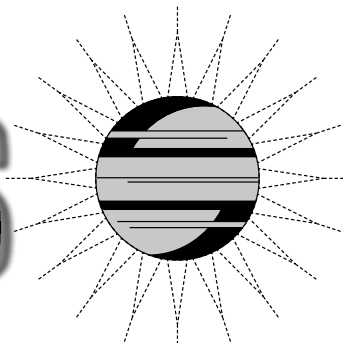
# SUNSHINE NEWS

AUGUST 2024

Telephone  
712-255-1729

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

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

Siouxland Center  
for Active Generations

## New Saturday Night Dance Party Series: Hold On Performs in August



After a successful evening with the Galaxy band in May, the Siouxland Center for Active Generations will be hosting a Saturday night dance party with a live band once a month for

the next four months. August's band will be Hold On, a Des Moines based variety Rock and Roll band recommended by Mike Dickson after he saw an exciting performance by them at the Grand Falls Casino near Sioux Falls. Hold On has played at various venues including casinos in Iowa and surrounding states, charity concerts, and bars. With music spanning five decades of classic rock, Hold On brings all the elements of a great live performance together, making sure everyone has a great time. Listening to HOLD ON is like playing your favorite rock n' roll tunes off your playlist, your favorites that you love to get up and dance to, tap your feet to, and sing to! **Saturday, August 10, 7-10 p.m. Admission will be \$10 for members in advance and \$15 for nonmembers or at the door. Advance tickets can be purchased at the front desk.** The cafe will be open on the night of the performance with taverns, hot dogs, and popcorn available for purchase.

**Future performances:  
September 21: Surfin' Safari**



Surfin' Safari is an oldies ( 50'-70's) rock band based out of Sioux Falls. Established seven years ago with five musicians who share a passion for

the ever-popular Oldies and Golden Oldies music genres, the band performs the songs in the original style of the era. A favorite at Storm'n Norman's, they recently performed a concert at Stoneybrook Assisted Living to honor Storm'n Norman's owner Jeannette Schwartz. Several of their members have played professionally for many years, have backed famous musicians such as John Denver, Dicky Lee, and Waylon Jennings, and have been honored by their respective state's music hall of fame.

**October 26: Galaxy**



Midwest All-Music Hall of Fame band Galaxy will return to play their phenomenal mix of 50's, 60's, and 70's rock and country favorites. The 4-member band consisting of keyboard,

guitar and drums, always delights the crowd with their "out of this world" performances and we look forward to having them return to the Siouxland Center for Active Generations.

**November 16: Marksmen Lite**



Bring your dancing shoes! The Marksmen Lite band plays good mixtures of country, western, and rock. Their concerts are always a good time! The Marksmen Lite

recently performed at the South Sioux City Senior Center, the Ida Grove Heritage Days, and the Eagles Club. They were recommended by Jim Brehm, who has known band member Mark Jenkins for many years and speaks highly of his musical talent. You may have seen Mark performing with Country Brew at the Friday dance party in June.

# the Sunshine News

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

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

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Annual Dues — \$52 per Person

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The Siouxland Center for Active  
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discriminatory acts or language.

## August Birthday Party: Piano Performance by Stephen Vanderburgh



Join us to celebrate our members with August birthdays and to hear a performance on the piano by Stephen Vanderburgh. Stephen plans to play the following songs: MISTY by Erroll Garner and Jonny Burke, I'LL NEVER SMILE AGAIN by Ruth Lowe, LOVE ME TENDER by Elvis Presley, WITHOUT YOU by Pete Ham and Tom Evens, JESU, JOY OF MAN'S DESIRE by Johann Sebastian Bach, VIENNA LIFE by Strauss

About playing the piano, Stephen says, "Since I was a child, the piano has always had a magnetic pull on me. It's like every time I saw one, it whispered for me to come and play. I had a few piano lessons when I was young, but they didn't stick. Nevertheless, I kept tinkering with the piano by ear for years until I stumbled upon a collection of Carpenters music that blew me away. That's when I realized I needed professional help. Along came Arnie Sorenson, a musical genius who started playing at the age of 4. He became my mentor in his 80s, a classical music virtuoso, and an exceptional teacher. With his patient guidance, I immersed myself in the world of classical music, learning to read and perform composed pieces. Two years under his wing transformed me into a more skilled and versatile musician. There are pieces I may never master, but there are also compositions I once thought were beyond my reach that I can now play through hard work and Arnie's guidance. Over the years, I've been fortunate to perform with incredibly talented musicians. One of the most thrilling experiences is stepping onto the stage with fellow musicians, knowing the music inside out, and delivering a fantastic performance that truly excites and electrifies the audience. The energy, dynamics, and pure joy of making music together create an unmatched feeling! To sum it up? Music is simply extraordinary!"

We hope you'll attend the party and experience the joy of music with Stephen. Thank you to Medigold for donating the birthday cake! **Monday, August 12, 1 p.m. in the Multipurpose Room.**

## Choir News



Do you love to listen to good music? Tap your foot to the timing of the beat? Hum to a good tune? Then, come find a place to do just that: Choir! The music is great and such fun to sing. Friendship abounds, and you can feel the warmth in your heart! We have recent new members so you will feel welcome. We desire a large choir for sure. Giving to others the joy of harmony is worthwhile. Soprano, alto, tenor, bass? We have a place for you! Come try us, you'll like it!

Love to see you there! **Wednesdays at 11 a.m. in the Music Room.**

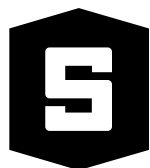


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## Kaye Plantenberg is Awarded Iowa Governor's Volunteer Award



Congratulations to Kaye Plantenberg for being awarded the Governor's Volunteer Award! Kaye has been serving as a volunteer for Hospice of Siouxland almost 7 years, as well as the Chair Yoga instructor at the Siouxland Center for Active Generations. Kaye volunteers in the direct care role providing companionship, caregiver relief, spiritual support & 11th Hour with Hospice of Siouxland patients & their families/caregivers. She was unable to attend this award ceremony due to being directly impacted by the flood.

## Center Increases Annual Membership Fees

Siouxland Center for Active Generations has long been known as one of the best-kept secrets in Siouxland. With over 60 social, physical, and educational opportunities each week, it certainly is valued by many members. As we strive for excellence in providing you with top-notch facilities, equipment, and programs, we want to inform you of an upcoming adjustment to our membership rates.

Effective August 1, 2024, our membership rates will be adjusted to 75 dollars per year or approximately 30 cents per day. Our rate has not changed for almost 7 years. This increase reflects the increased costs associated with maintaining and improving our facilities and sustaining our organization for the future. This decision was made after carefully considering market trends, feedback from members like you, and our commitment to delivering exceptional experiences for our members.

We understand that any change in pricing can prompt questions. As a local non-profit organization committed to our mission, this adjustment allows us to continue investing in our building and equipment, expanding our class offerings, and enhancing and maintaining our facilities to better serve your needs.

Your current membership rate will remain unchanged until your membership anniversary date. We value your loyalty and trust that you recognize that our Center does not receive Federal, State, or Local operating funds. Continuing our mission is only possible by your continued support of membership and programs.

## New Chair Aerobics Class

Fitness instructor Suky Waltman began a half hour chair aerobics class on July 10 for people who prefer to stay seated when they exercise. The first class had a great turnout, and Suky would like to invite anyone who is interested in participating to join in on **Wednesdays at 12:30 p.m. in the Fitness Classroom.**



## 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  
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Name \_\_\_\_\_

Address \_\_\_\_\_

## Gift Shop & Library Donations

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

Vikki Jacobs	Margery K Marshall	Lucy Van Valkenburg
Margaret Neely	Eric Johansen	Jo Hanshaw
Joy Bogenrief	Karen Balstad	Florence Schincke
Elain Waskow	Joan Manning	Margery Marshall
Deanna Jacobs	Arlene Imray	Dale Link
Peggy Mace	Sue Levay	Beverly Weseman
Ken Dvorak	Susan Rochester	Judy Peterson
Alice Reeg	Julia Johnson	Linda Madden

## Bridge News

Bridge classes and games continue to be fun and well attended. We had guest players in July from Yankton and Reno. We lost one of our long time players. Dean Lockwood hasn't played for many years, but he is the person who donated the tables and chairs in our card room. Rest in peace, Dean. We will be hosting the annual Charity Game here at the Center on August 25. Games at 10 and 2 with a free lunch. Donated proceeds go to a local charity. Awards will be given to top players. This is the game that has been held in Aurelia and Alta. Come one, come all. Games will be stratified so that scores will be fair.

## Save the Date for the Fabulous Fall Follies

Look forward to another year of great entertainment featuring performing arts groups from the Siouxland Center for Active Generations! Choir, Ballroom, Line Dancing, Tap Dance, Tai Chi, Jazz Dancercise, and others are working hard to perfect their wonderful 2024 acts. The Lewis and Clark Interpretive Center will be generously hosting two performances of the Fall Follies show on **Friday, October 4 and Saturday, October 5. Both shows will begin at 1 p.m.** Tickets will be sold beginning in September. Seating will be limited, so don't delay in purchasing yours!



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

Bruce Hunkins  
Four Seasons Apartments  
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Charter at NorthPark Place

## Donations

Dan DeMrest  
Larry Bower  
Duplicate Bridge Club  
Wesley Jaynes  
Pam Houchins  
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## Meet A Member: Jane Olson



Jane Olson grew up in Sioux City and attended East High School and Western Iowa Tech Community College. She worked as a Secretary, Sales and Use Tax Analyst, and Legal Assistant. Jane has three sisters and three brothers, and she is an identical twin. She has two daughters, two granddaughters, three grandsons, and a great-grandson.

Jane became a member of SCAG in 2016. She belongs to the Creative Writing and Painting classes. She usually goes to the dances on Fridays. Jane has enjoyed holiday parties, crafts, walking, and special events.

Something that people may not know about Jane is that she's a Foster Grandparent at Liberty Elementary School. "I love helping the children learn, and they love me! If you have an interest in doing that, I'd love to share my experience. Just ask me." About her interests, Jane says, "God has blessed me with a love of reading and music. I can play my keyboard on an easy level. I also love to garden and cook, and I love fashion."

The words of wisdom Jane would like to share are, "I can do anything through Him who gives me strength."

## Senior Royalty Coronation



Congratulations to our 2024 Senior Royalty! Duke Jim, the Generous, Duchess Cheryl, the Classy, King Steve, the Benevolent, and Queen Lillie, the Radiant were crowned at the Friday dance party on June 28. They graced the River-Cade parade with their royal presence and have been invited to be guests at the Kingdom of Riverssance festival on October 5 and 6. Thank you to our royal guests, the Red Duchess and the Pirate Queen of Riverssance for attending the coronation ceremony and extending an invitation to our royal court!

## Trailblazers Walking Group



The Trailblazers walking group completed 2,159 laps around the building as they pretended to explore Athens, Greece in July. That's about 173 miles, almost the distance between Athens and Olympia, the site of the lighting of the Olympic torch! In August, as we watch the 2024 Summer Olympics in Paris, we'll also take a Trailblazers tour of the city of lights. Imagine you're strolling along the banks of the Seine River, taking in the sights of the Eiffel Tower and the Notre Dame cathedral. We'll walk to the Arc De Triomphe and Sacré-Coeur, then through the artistic streets of Montmartre, and gaze upon some of the famous art housed in Paris museums. Participate in the Trailblazers Walking Group to walk, talk, and get fit!




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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! Faith Cosier, Membership Coordinator*

Bill Lyle	Charlotte Curry	Rita Iversen	Ellen Livingston	Gilbert Nelson	Victor Sherman
John Ackerman	Gary Dehoff	James Johnson	sheryl Livingston	Jo Ellen Nelson	Rick Skaya
Lola Balstad	Delores Disterhaupt	Pat Ann Johnson	Gary Livingston	Blair Nichols	Jennifer Solberg
Donna Beauchene	Kathryn Flinn	Alvin Johnson	Diann Love	Jerry O'Dell	Evey Thompson
Douglas Bently	Kenneth	Linda Kane	Muriel Lyle	Robert O'Dell	Jeffery Thompson
Joyce Bentley	Fredrickson	Jerry King	Peggy Mace	Ed Ortmann	Jeanette Togstad
Diane Bjorkman	Debra Fresse	Tom Kingsbury	Richard Mace	Cathy Ortmann	Iva Trudeau
Judy Blessing	Debra Gerwulf	Debra Kirchner	Lynda Martin	Frank Ostapoff	Lynette Tullis
Marsha Boykin	John Gerwulf	Betty Klug	Francesca Medina	Susan Peete	Lois Walsh
Judy Boyle	Kesy Groves	Carol Krumwiede	William Merritt	Cleo (Chip) Pottorff	Christine Weise
Marlys Britton	Kyongae Hanshaw	Robert Krumwiede	Rubi Meyer	Linda Roark	Christine Weise
Darlene Burson	Gerald Hauptert	Steve Larson	David Mook	Antoine Roberts	Carolyn Wendte
Thelma Carver	Mavis Holman	Jeanie Leander	Nora Moore	Becky Roemmich	Kenneth Williamson
John Casson	Anita Huss	Lynette lenz	Kathleen Mugan	Ronald Rohlena	Martin Wolf
Richard Coury	Gerald Iversen	Sue Levay	Lois Navrkal	Kathleen Rowe	Darlene Wolf



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## Talk Show: Highlights of Israel with Gerri Gill



This month Gerri Gill, daughter of Jeanne Sailor, will give a fascinating presentation about her time in Israel. Gerri visited Israel off and on for two and a half years and would stay there for three months at a time during her trips. She participated in mission work, studied at the Holy Land Institute of Biblical Studies, lived on a kibbutz (farming commune), and went on archaeological digs. Gerri will show photos from her trips, including the historical and religious sites of Israel, and talk about the history of the country including the Israeli-Palestinian conflict that is so prominent in recent current events. Gerri's friend Diane Widener, who recently returned from a July trip to Israel will join Gerri in the discussion.

Gerri will share music and traditional treats of the holy land, such as sufganiyot. Sufganiyot are a cross between a beignet and a jelly donut with a pillowy texture. They are eaten in Israel and around the world during Hanukkah, when foods fried in oil symbolize the miracle of oil that burned for eight days instead of one in the Hanukkah story.



**Wednesday, August 21, 9:30 a.m. in the Classroom.**

## Book Discussion Group



Join the Book Discussion group on the **first Thursday of the month at 10 a.m. in the Library** for a meaningful discussion with friendly people.

## Friday Dances

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



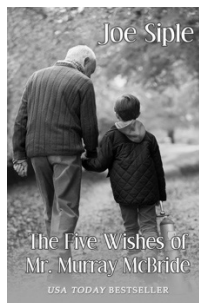
**August 2: The Huckleberrys**

**August 9: The Singer Family Band**

**August 16: Bob Brewer and Country Brew**

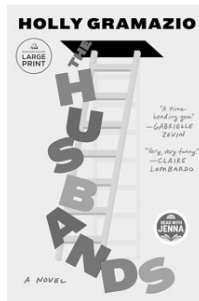
**August 23: The Embers**

**August 30: Jerry O'Dell's Country Flavor Band**



**August 1:  
The Five Wishes of Mr. Murray McBride  
by Joe Siple**

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



**September 5:  
The Husbands by Holly Gramazio**

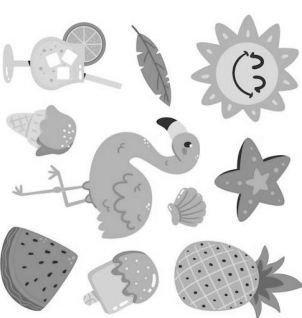
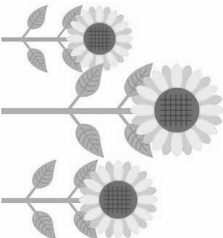
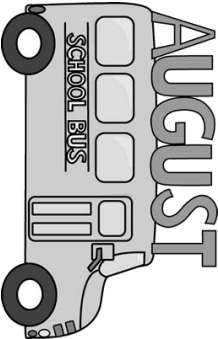
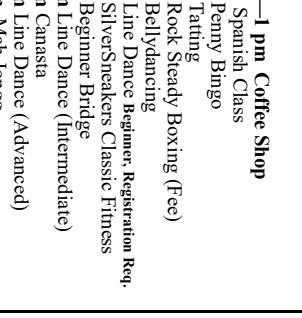
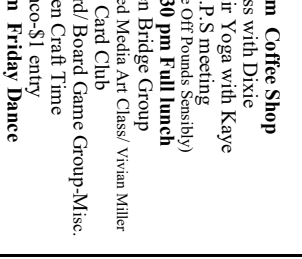
When she discovers the attic in her London flat is creating an infinite supply of husbands, waking up to a slightly altered life each day, Lauren confronts the question: if swapping lives is as easy as changing a lightbulb, how do you know you've taken the right path?

<div>9:30 am Cornhole</div> <div>9:30 am Intermediate/Advanced Bridge</div> <div>10:00 am Knitting &amp; Crocheting</div> <div>10:00 am Tai Chi (Advanced)</div> <div>11:00 am Balance Class</div> <div>11:30 am Woodcarving</div> <div>11:30 pm Cribbage</div> <div>12:00 pm Pinochle</div> <div>12:00 pm Bridge-Duplicate</div> <div>1:00 pm SilverSnakers BOOM Fitness</div>	<div>9:00 am Rock Steady Boxing (Fee)</div> <div>9:30 am Painting Class</div> <div>9:30 am Bible Study</div> <div>10:00 am Creative Writing</div> <div>10:00 am Tai Chi (Beginning)</div> <div>10:30 am SilverSnakers Classic Fitness</div> <div>11:00 am Bely Dancing</div> <div>11:00 am Mah Jongg (experienced players)</div> <div>11:30 am Jazz Dancercise</div> <div>11:30 am Mexican Train</div> <div>11:30 am Unlucky 7 Dice Game</div> <div>12:30 pm Penny Bingo</div> <div>12:30 pm Tap Dance,</div> <div>12:30 pm Painting Class</div>	<div>10:00 am Sexy &amp; Fit after 40</div> <div>10:30 am Open Jam Session -\$1.00 Guests</div> <div>11:00 am Choir Practice</div> <div>11:00 am-12:30 Full lunch</div> <div>11:30 am Phase 10</div> <div>12:00 pm 500 Card Club</div> <div>12:00 pm Bridge -Men</div> <div>12:30 pm Chair Fitness with Suky</div> <div>1:00 pm Coloring Corner</div> <div>1:00 pm SilverSnakers BOOM Fitness</div>	<div>9:00 am Beginner Bridge</div> <div>10:00 am Line Dance (Intermediate)</div> <div>10:00 am Canasta</div> <div>11:00 am Line Dance (Advanced)</div> <div>11:00 am Mah Jongg (beginner lessons offered)</div> <div>11:30 am Woodcarving</div> <div>11:30 pm Cribbage</div> <div>12:00 pm Open Bridge</div> <div>12:30 pm Penny Bingo</div> <div>1:00 pm Ping Pong</div> <div>1:00 pm Social Group</div>	<div>12:00 pm 500 Card Club</div> <div>12:00 pm Card/ Board Game Group-Misc</div> <div>12:30 pm Open Craft Time</div> <div>1:00—3:30 pm Friday Dance</div> <div>Featuring Country Brew</div>
<div>19</div> <div>12-1 pm Team Trivia</div> <div>1:00 pm Parkinson's Support Group (4th Monday)</div> <div>7:30 am—1 pm Coffee Shop</div> <div>7:45 am Walking Exercise</div> <div>8:15 am Spanish Class</div> <div>9:00 am Senior Yoga (CD)</div> <div>9:30 am Cornhole</div> <div>9:30 am Intermediate/Advanced Bridge</div> <div>10:00 am Knitting &amp; Crocheting</div> <div>10:00 am Tai Chi (Advanced)</div> <div>11:00 am Balance Class</div> <div>11:30 am Woodcarving</div> <div>11:30 pm Cribbage</div> <div>12:00 pm Pinochle</div> <div>12:00 pm Bunco-\$1 entry</div> <div>12:00 pm Bridge-Duplicate</div> <div>1:00 pm SilverSnakers BOOM Fitness</div>	<div>7:30 am—1 pm Coffee Shop</div> <div>8:15 am Spanish Class</div> <div>9:00 am Fitness Logic with Lee</div> <div>9:00 am Penny Bingo</div> <div>9:00 am Rock Steady Boxing (Fee)</div> <div>9:30 am Painting Class</div> <div>9:30 am Bible Study</div> <div>10:00 am Creative Writing</div> <div>10:00 am Tai Chi (Beginning)</div> <div>10:30 am SilverSnakers Classic Fitness</div> <div>11:00 am Bely Dancing</div> <div>11:00 am Mah Jongg (experienced players)</div> <div>11:30 am Jazz Dancercise</div> <div>11:30 am Mexican Train</div> <div>11:30 am Unlucky 7 Dice Game</div> <div>12:30 pm Penny Bingo</div> <div>12:30 pm Tap Dance,</div> <div>12:30 pm Painting Class</div>	<div>9:30 am Talk Show: Highlights of Israel with Gerri Gil</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:00 am-9:30 am Biscuits and Gravy</div> <div>8:15 am Spanish Class</div> <div>7:45 am Walking Exercise</div> <div>9:00 am Yoga w/Dixie</div> <div>9:00 am Duplicate Bridge</div> <div>9:30 am Painting Class</div> <div>10:00 am Journaling Club</div> <div>10:00 am Chess</div> <div>10:00 am Wii Bowling</div> <div>10:00 am Sexy &amp; Fit after 40</div> <div>10:30 am Open Jam Session -\$1.00 Guests</div> <div>11:00 am Chair Practice</div> <div>11:00 am-12:30 pm Full lunch</div> <div>11:30 am Phase 10</div> <div>12:00 pm 500 Card Club</div> <div>12:00 pm Bridge -Men</div> <div>12:30 pm Chair Fitness with Suky</div> <div>1:00 pm Coloring Corner</div> <div>1:00 pm SilverSnakers BOOM Fitness</div>	<div>22</div> <div>1 pm Karaoke on the stage</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:15 am Spanish Class</div> <div>9:00 am Penny Bingo</div> <div>9:00 am Tattling</div> <div>9:00 am Rock Steady Boxing (Fee)</div> <div>9:00 am Belydancing</div> <div>9:00 am Line Dance Beginner, Registration Req.</div> <div>9:00 am SilverSnakers Classic Fitness</div> <div>9:00 am Beginner Bridge</div> <div>10:00 am Line Dance (Intermediate)</div> <div>10:00 am Canasta</div> <div>11:00 am Line Dance</div> <div>11:00 am Mah Jongg (beginner lessons offered)</div> <div>11:30 am Woodcarving</div> <div>11:30 pm Cribbage</div> <div>12:00 pm Open Bridge</div> <div>12:30 pm Penny Bingo</div> <div>1:00 pm Ping Pong</div> <div>1:00 pm Social Group</div>	<div>23</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:15 am Spanish Class</div> <div>9:00 am Fitness with Dixie</div> <div>10:00 am Chair Yoga with Kaye</div> <div>10:00 am T.O.P.S meeting (Take Off Pounds Sensibly)</div> <div>11:00 am-12:30 pm Full lunch</div> <div>11:30 am Open Bridge Group</div> <div>11:30 am Mixed Media Art Class/ Vivian Miller</div> <div>12:00 pm 500 Card Club</div> <div>12:00 pm Card/ Board Game Group-Misc.</div> <div>12:30 pm Open Craft Time</div> <div>1:00—3:30 pm Friday Dance</div> <div>Featuring The Embers</div>
<div>26</div> <div>12-1 pm Team Trivia</div> <div>7:30 am—1 pm Coffee Shop</div> <div>7:45 am Walking Exercise</div> <div>8:15 am Spanish Class</div> <div>9:00 am Senior Yoga (CD)</div> <div>9:30 am Cornhole</div> <div>9:30 am Intermediate/Advanced Bridge</div> <div>10:00 am Knitting &amp; Crocheting</div> <div>10:00 am Tai Chi (Advanced)</div> <div>11:00 am Balance Class</div> <div>11:30 am Woodcarving</div> <div>11:30 pm Cribbage</div> <div>12:00 pm Pinochle</div> <div>12:00 pm Bridge-Duplicate</div> <div>1:00 pm SilverSnakers BOOM Fitness</div>	<div>27</div> <div>2-4 pm Jukebox Dance Party Back to School</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:15 am Spanish Class</div> <div>9:00 am Fitness Logic with Lee</div> <div>9:00 am Penny Bingo</div> <div>9:00 am Rock Steady Boxing (Fee)</div> <div>9:30 am Painting Class</div> <div>9:30 am Bible Study</div> <div>10:00 am Creative Writing</div> <div>10:00 am Tai Chi (Beginning)</div> <div>10:30 am SilverSnakers Classic Fitness</div> <div>11:00 am Bely Dancing</div> <div>11:00 am Mah Jongg (experienced players)</div> <div>11:30 am Jazz Dancercise</div> <div>11:30 am Mexican Train</div> <div>11:30 am Unlucky 7 Dice Game</div> <div>12:30 pm Penny Bingo</div> <div>12:30 pm Tap Dance</div> <div>12:30 pm Painting Class</div> <div>1:00 pm Ping Pong</div>	<div>28</div> <div>1:00 pm Sip and Paint with Amera Senior Living</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:00 am-9:30 am Biscuits and Gravy</div> <div>7:45 am Walking Exercise</div> <div>8:15 am Spanish Class</div> <div>9:00 am Yoga w/Dixie</div> <div>9:00 am Duplicate Bridge</div> <div>9:30 am Painting Class</div> <div>10:00 am Journaling Club</div> <div>10:00 am Chess</div> <div>10:00 am Wii Bowling</div> <div>10:00 am Sexy &amp; Fit after 40</div> <div>10:30 am Open Jam Session -\$1.00 Guests</div> <div>11:00 am Chair Practice</div> <div>11:00 am-12:30 pm Full lunch</div> <div>11:30 am Phase 10</div> <div>12:00 pm 500 Card Club</div> <div>12:00 pm Bridge -Men</div> <div>12:30 pm Chair Fitness with Suky</div> <div>1:00 pm Coloring Corner</div> <div>1:00 pm SilverSnakers BOOM Fitness</div>	<div>29</div> <div>1 pm Karaoke on the stage</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:15 am Spanish Class</div> <div>9:00 am Penny Bingo</div> <div>9:00 am Tattling</div> <div>9:00 am Rock Steady Boxing (Fee)</div> <div>9:00 am Belydancing</div> <div>9:00 am Line Dance Beginner, Registration Req.</div> <div>9:00 am SilverSnakers Classic Fitness</div> <div>9:00 am Beginner Bridge</div> <div>10:00 am Line Dance (Intermediate)</div> <div>10:00 am Canasta</div> <div>11:00 am Line Dance</div> <div>11:00 am Mah Jongg (beginner lessons offered)</div> <div>11:30 am Woodcarving</div> <div>11:30 pm Cribbage</div> <div>12:00 pm Open Bridge</div> <div>12:30 pm Penny Bingo</div> <div>1:00 pm Ping Pong</div> <div>1:00 pm Social Group</div>	<div>30</div> <div>7:30 am—1 pm Coffee Shop</div> <div>8:15 am Spanish Class</div> <div>9:00 am Fitness with Dixie</div> <div>10:00 am Chair Yoga with Kaye</div> <div>10:00 am T.O.P.S meeting (Take Off Pounds Sensibly)</div> <div>11:00 am-12:30 pm Full lunch</div> <div>11:30 am Open Bridge Group</div> <div>11:30 am Mixed Media Art Class/ Vivian Miller</div> <div>12:00 pm 500 Card Club</div> <div>12:00 pm Card/ Board Game Group-Misc.</div> <div>12:30 pm Open Craft Time</div> <div>1:00—3:30 pm Friday Dance</div> <div>Featuring Jerry O'Dell</div>



# August 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>5</b> 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am <b>Senior Companion Meeting</b> 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Pinochle 12:00 pm Bunco-\$1 entry 12:00 pm Bridge-Duplicate	<b>6</b> 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	<b>7</b> 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am <b>Biscuits and Gravy</b> 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - <b>\$1.00</b> Guests 11:00 am Choir Practice 11:00 am-12:30 pm <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Bridge –Men 12:30 pm Chair Fitness with Sulky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness	<b>1</b> 10 am Book Discussion Group 1 pm Karaoke on the stage  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance <b>Beginner</b> , Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo	<b>2</b> 7:30 am—1 pm Coffee Shop 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-12:30 pm <b>Full lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Card/ Board Game Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 12:00 pm Bunco-\$1 entry 1:00—3:30 pm <b>Friday Dance</b>  <i>Featuring The Huckleberrys</i>
<b>5</b> 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am <b>Senior Companion Meeting</b> 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Pinochle 12:00 pm Bunco-\$1 entry 12:00 pm Bridge-Duplicate	<b>6</b> 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	<b>7</b> 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am <b>Biscuits and Gravy</b> 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - <b>\$1.00</b> Guests 11:00 am Choir Practice 11:00 am-12:30 pm <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Bridge –Men 12:30 pm Chair Fitness with Sulky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness	<b>8</b> 1 pm Karaoke on the stage  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance <b>Beginner</b> , Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	<b>9</b> 10:30 am Genealogy Class (2nd Friday)  7:30 am—1 pm Coffee Shop 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-12:30 pm <b>Full lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm <b>Friday Dance</b>  <i>Featuring The Singer Family Band</i>
<b>12</b> 1 pm Birthday Party (2nd Monday) <b>Steven Vanderburgh on Piano</b> <i>Cake donated by Meligold</i>	<b>13</b> 1 pm Games and Snacks with Bickford 2-4 pm Jukebox Dance Party ABBA/Neil Diamond	<b>14</b> 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am <b>Biscuits and Gravy</b> 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling	<b>15</b> 1 pm Karaoke on the stage  7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance <b>Beginner</b> , Registration Req. 9:00 am SilverSneakers Classic Fitness	<b>16</b> 7:30 am—1 pm Coffee Shop 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-12:30 pm <b>Full lunch</b> 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm <b>Friday Dance</b>  <i>Featuring The Singer Family Band</i>  <b>Saturday, August 10, 7-10 p.m.</b> <b>Saturday Night Dance Party</b> <i>featuring Hold On</i>

## August Jukebox Parties

**August 13, 2-4 p.m.: Neil Diamond/ABBA party**



Calling all the Dancing Queens (and Kings)! Mama Mia, are we going to have a fun party with music from everyone's favorite Swedish pop band and Mr. Neil Diamond along with other music from the era! Hands are reaching out to pull you into this party. Are we going to play Sweet Caroline? Of course we're going to play Sweet Caroline! Wear your best 70s's glam.

**August 27, 2-4 p.m.: Back to School**



It's that dreaded time of year for kids, the end of summer break and time to head back to pencils, classes and teacher's dirty looks. Let's celebrate the harbingers of fall and that we don't have to go back to school ourselves! Reminisce about your youth and dance to school related songs such as Wonderful World (Don't know much about history) by Sam Cooke, See You in September by The Happenings, High School Confidential by Jerry Lee Lewis, School Day by Chuck Berry and other popular songs from the 50s and 60s. Show up in your school approved outfits or dress up for the high school dance!

## Bickford Senior Living Craft



In July, Deb and Liz from Bickford Senior Living and Memory Care showed some of our members how to make an adorable bee craft from a tin can and a plastic bottle. Next month their activity will be games and snacks with a county fair theme. Sign up in the Activities book to let Deb and Liz know that you plan to attend. **Tuesday, August 13, 1 p.m. in the Dining Room.**

## Genealogy Class: Ellis Island Research



Did you know that no immigrant names were Americanized at Ellis Island? This is an urban legend! The names of immigrants arriving at American ports were listed on passenger manifests from their ships. Everyone who checked in at Ellis Island left with the same name they arrived with, clerks simply checked names off the list. Many immigrant last names were eventually changed to fit in better with American society, but these edits were made several years after their arrival and chosen by someone in the family. The pervasive belief that immigration officials misspelled or altered names may come from a scene set at Ellis Island in *The Godfather Part II* where Vito Andolini from Corleone ends up as Vito Corleone.

Are you interested in researching your family's entry to America through Ellis Island? Ellis Island was the most popular port of entry in the years 1892-1924. The August genealogy class will show you how to use the [EllisIsland.com](http://EllisIsland.com) website and other resources to examine passenger manifests and look for your relatives from long ago. If you have a name and a country of origin, you can begin your search. Genealogy class leaders Phyllis and Cheryl will also cover Castle Garden, America's first facility dedicated entirely to the welfare of immigrants coming to America. Between August 3, 1855, and December 31, 1889, the last year for which data was recorded, 8,280,917 of the 10,956,910 immigrants who entered the United States (75%) passed through Castle Garden. Phyllis and Cheryl also note that many immigrants did not board a boat from their home country but traveled to another country to leave Europe such as England. Many people from Scandinavian countries departed from Liverpool. They will give advice and research help on tracing your family's journey to America. **Genealogy Class meets on the second Friday of the month, August 9 at 10:30 a.m. in the Classroom.**

## 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

## Health Tips by Hilda

Suffering from Arthritis? It's a relative of gout and can be pain free by using cherry concentrate, found in the grocery store with the juice. Use 1 tablespoon in half a glass of water (or less) once a day. Natural remedies take longer, so be patient for the pain to subside.

If you use eye drops, DO NOT buy the cheap ones. Your eyes, ears, nose and throat are connected. The cheap one recently caused a death because it got into the lungs.

*Editor's note: Scientific studies have found that cherry juice, both tart and sweet, has small effects on reducing inflammation and the pain and stiffness that come with arthritis and other joint pain disorders. Tart cherry juice contains anthocyanins, which are anti-inflammatory compounds that may help to combat some chronic diseases. Other fruits also have beneficial*



*antioxidant properties. In addition to tart cherries, the Arthritis Foundation recommends strawberries, red raspberries, avocado, watermelon, and grapes, and eating five servings of fruit a day.*

*In 2023 there were multiple recalls of over-the-counter eyedrop products because of the discovery of contamination by an antibiotic-resistant strain of bacteria in some products imported from India. Investigators found unsanitary conditions in the manufacturing facility and more eye drop products produced there were recalled. All of these products have been long removed from the shelves. All eye drop products approved by the FDA are required to be sterile and should be safe to use. Eye drops for the purpose of reducing redness, like Visine, Murine Plus, Altazine, and Clarine contain a substance called tetrahydrozoline, which is toxic if consumed. Put red-eye drops in your eyes where they are safe and don't drink them!*

## News for Veterans (from Army Echoes Magazine)

### VA Expands Health Care Eligibility to Millions of Veterans

The VA announced that all veterans who were exposed to toxins and other hazards while serving in the military — at home or abroad — will be eligible to enroll directly in VA health care beginning March 5, 2024. This means that all veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11 will be eligible to enroll directly in VA health care without first applying for VA benefits. Additionally, veterans who never deployed but were exposed to toxins or hazards while training or on active duty in the United States will also be eligible to enroll. As directed by President Biden, this expansion of VA health care eliminates the phased-in approach called for by the PACT Act — meaning that millions of veterans are becoming eligible for VA health care up to eight years earlier than written into law. This is a critical step forward because veterans who are enrolled in VA health care are proven to have better health outcomes than non-enrolled veterans, and VA hospitals have dramatically outperformed non-VA hospitals in overall quality ratings and patient satisfaction ratings. Additionally, VA health care is often more affordable than non-VA health care for veterans. VA encourages all eligible veterans to visit [VA.gov/PACT](https://www.va.gov/PACT) or call (800) MYVA411 to learn more and apply for VA health care beginning March 5.

### National Cemetery Burial Eligibility in the 21st Century by National Cemetery Administration

On September 1, 1973, VA became the steward of the 112-year-old National Cemetery System, the forerunner of the National Cemetery Administration (NCA). Today, NCA ([cem.va.gov](https://cem.va.gov)) manages 155 national cemeteries in the United States and provides grant-funding to 122 state, territory, and

tribal veterans cemeteries. Over 4.1 million veterans of every conflict—from the Revolutionary War to the wars in Iraq and Afghanistan—are honored by burial in these cemeteries. NCA has assisted millions of veterans and their families in scheduling and arranging for burial at national cemeteries for themselves and their spouses. In 2016, NCA developed a Pre-Need Eligibility application to assist families with burial planning. No longer do veterans or spouses need to wait until the time of death to find out if they are eligible for burial in a national cemetery or for memorial benefits such as a headstone, flat marker, or bronze medallion for use in private cemeteries. In FY 2023, 55,374 Pre-Need applications were approved. There were 139,360 interments in national cemeteries and 33,556 headstones and markers provided for burial in private cemeteries. Pre-Need applications require the veteran's social security number, date/place of birth, military status and service history such as service dates, discharge character, and rank—information commonly found on the DD214 or other separation documents. If you do not have discharge documents, NCA staff will help obtain the information needed to determine eligibility. Applicants can apply: online at [www.va.gov/burials-memorials/pre-needeligibility/](https://www.va.gov/burials-memorials/pre-needeligibility/), via mail or fax using this form [www.va.gov/findforms/about-form-40-10007/](https://www.va.gov/findforms/about-form-40-10007/), or simply search for “NCA Pre-Need” on the internet. If you have questions about future burial needs for yourself or a living dependent of a veteran, or you need assistance with the submitting an application, please call (800) 535- 1117 and press 4. NCA's Scheduling Office is open Monday through Friday 8:00am to 7:30pm EST and Saturday 9:00am to 5:30pm EST except Thanksgiving, Christmas, and New Year's Day. Telecommunications Relay Services or TTY available at 711.



# 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 6th..... Write about the Hot Month of August.**

**Aug 13th .... Write about a County or State Fair you attended.**

**Aug 20th.... Write about the singer, Elvis & the reaction of people!**

**Aug 27th .... Write about who are your heroes!**

## LIFE HURTS AND BLOWS

The tragedies of life that come  
Can bring even strong ones to their knee;  
Losing much and then left without  
Will make focus HARD to truly see.

Some NEVER do recoup or recover  
They are left in such a horrible loss:  
No idea and not a single step taken forward  
Their lives are in shambles with NO light to emboss.

But-let us ALL remember this fact:  
We COME WITH NOTHING-we GO THE SAME:  
It's what we do, act, feel, and love here below  
That counts to determine the score of our life's game.

Yes- we will have some UPS and some DOWNS  
It's HOW we handle the IN-BETWEENS;  
That can make us or break us  
With God as our coach, we conquer the scenes.

Let us work out the plan He gives  
To make each step forward not back:  
Remembering HE always is right by our side  
Making sure we do stay on the RIGHT track.

*Kay Reynolds*

## Scrapbooking Class

Cheryl Kinnamon is interested in starting a scrapbooking class at the Center. As a former employee at Harold's Camera, Cheryl taught scrapbooking and photography classes. She has many scrapbooking supplies that she is willing to share with a group including stickers and inserts. All you need to bring is a scrapbooking album and your pictures. If you are interested, please sign up in the Activities Book and note times you can meet. Cheryl is available mornings to lead the class.

## FACTS ABOUT AUGUST

1. On August 2, 1909, the Lincoln penny was issued!
2. The birth flowers for August are the Gladiolus & the Poppy!
3. August 26th is Women's Equality Day.
4. August is known as "dog days" of summer as the star, Sirius is known as Dogstar
5. August is a great month for star gazing.
6. August's full moon is a Super Moon, close to earth!

## THOUGHTS FOR THE MONTH OF AUGUST

"Promise me you'll always remember:

You're braver than you believe,

Stronger than you seem,

And smarter than you think!"

*From the movie "Pooh's Most Grand Adventure: The Search for Christopher Robin"*

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

## The Little Old Lady Who Sees Five Men Every Day

When she wakes up, Will Power helps her out of bed.  
Next, she makes a quick visit to John. Then Charlie Horse comes along; when he is there, he takes lots of her attention. When he leaves Arthur Ritis shows up and stays the rest of the day. However, he doesn't like to stay in one place too long, so he takes her from joint to joint.

After such a busy day, she is ready to go to bed  
with Ben Gay. What a day!



## Young at Heart Line Dancers Perform at Bickford Senior Living's Western Day



On June 12, Bickford Senior Living hosted a Western Day at their facility featuring a petting zoo, themed decorations and food, and an appearance by the Siouxland Center for Active Generations' line dancing group. Members of the Young at Heart Line Dancers who performed at the event were Lila Henke, Gail Brown, Lillie Randall, Helen St. Peter, Donna Ailts, Jon Wagoner, Normagene Hughes, Mary Hammack, Mary Marx and Leona Rogers. Bickford's resident very much enjoyed the line dancing demonstration and some even joined in the dancing. Congratulations to Bickford for a fun, successful event and thank you to the line dancers for sharing their talents with other seniors in our community.

## Huzzah for the Riverssance Festival

The Kingdom of Riverssance invites you to attend their annual festival in Riverside Park on **Saturday, October 5 and Sunday, October 6!** 2024 has been declared "The Year of the Joust" in honor of an exciting new joust troop called the Knights of Mayhem. Visit and pay homage to SCAG's Senior Royalty who will appear in royal renaissance attire. The Center will be selling discount tickets ahead of the event for \$2 off regular admission (\$10 instead of \$12). Please visit Kristina in the Activities Coordinator office if you are interested. The Kingdom of Riverssance is also looking for volunteers to greet visitors at the front gate during the festival. If you sign up for a shift, you will be welcome to visit the festival for free for the rest of the day. Add your name to the signup sheet in the Activities Book if you are interested in this opportunity.

## How Tai Chi Benefits Mental and Physical Health

Whether you're practicing in a park, a studio or community center, the slow and intentional movements and postures are easy to do and the positive effects to health and well-being are backed by research. "One of the benefits of tai chi is its versatility," said Dr. Michelle Loy, an integrative medicine specialist at NewYork-Presbyterian/Weill Cornell Medical Center and assistant professor in clinical medicine at Weill Cornell Medicine. "The movements can be adapted or practiced while walking, standing or sitting. Because of the combination of gentle movements, meditative state and breath work, it is not surprising that there are physical, mental, emotional and cognitive benefits to tai chi."

Aside from improvements to muscle strength, flexibility and balance, clinical studies have shown a number of other unexpected health benefits including:

- Pain reduction for people with fibromyalgia
- Lowering blood pressure in patients with prehypertension
- Controlling blood sugar levels for type 2 diabetics
- Slowing progression of Parkinson's disease
- Improving memory in the early stages of dementia
- Reducing stress, anxiety, depression and other mood disorders

"These benefits have been seen in youth, middle age and older populations," says Loy, who notes that tai chi has also shown benefits among people with chronic disease such as "mild cognitive impairment, dementia [and] psychiatric disorders." "Most people begin their tai chi practice because of its physical health benefits," said Shifu Shirley Chock, owner and executive director of Aiping Tai Chi in Milford, Conn. "However, I believe tai chi's most profound impact on well-being is its stress management benefits. Many stress management practices teach you how to relax in an artificially calm and peaceful environment, often when you are in stillness. Tai chi teaches you how to relax while your body is jostling in constant motion, providing you the tools you need to stay focused, centered and relaxed while the body is undergoing mild stress through motion." **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**



Premier Independent Living & Residential Care Community



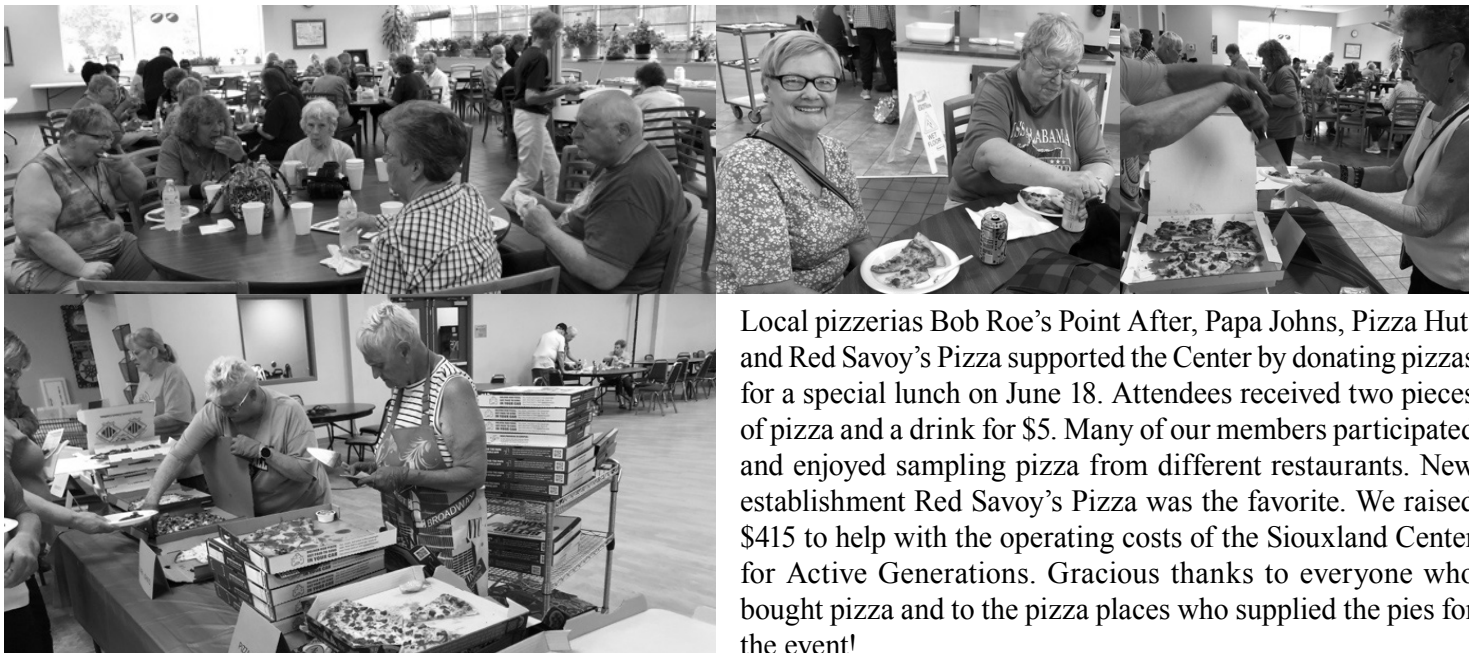


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## Pizza Fundraiser Helps SCAG Raise Money



Local pizzerias Bob Roe's Point After, Papa Johns, Pizza Hut, and Red Savoy's Pizza supported the Center by donating pizzas for a special lunch on June 18. Attendees received two pieces of pizza and a drink for \$5. Many of our members participated and enjoyed sampling pizza from different restaurants. New establishment Red Savoy's Pizza was the favorite. We raised \$415 to help with the operating costs of the Siouxland Center for Active Generations. Gracious thanks to everyone who bought pizza and to the pizza places who supplied the pies for the event!

## Grease Jukebox Party



The June 25 Jukebox Party featured music and dances from the musical Grease. Thank you to Clint Barrs for creating Grease-themed decorations and for creating a playlist of fun songs that the party attendees enjoyed dancing to. Also thank you to the Heritage of Northern Hills for donating pink cupcakes for refreshments for all of our Pink Ladies and T-Birds.



# AUGUST BIRTHDAYS

Nancy Allen	Dena Derby	Kevin Keleher	Kerry Ruehle
Arlin Andal	Loren Dolezal	Donald Kingery	Donna
Maria Andersen	Sharon	Ruth Kingery	Sappingfield
Beth Anderson	Drummond	Tom Kingsbury	Ralph Schroeder
Jeanette Beck	Dennis Dvorak	Joan Krough	Lisa Severson
Larry' Beeson	Nancy Ehlers	Michele	Nancy
Tim Bell	Margo Elzeini	Kuhlmann	Shulenberg
Deborah Bell	Louis Engel	Kenneth	Theresa Skow
Douglas Bentley	Dale Erlandson	Kummer	Carolyn Smith
Joyce Bentley	Marvin	Sheryl	Gene Smyser
John (Jack)	Fickbohm	Livingston	Earl Sorgdrager
Berger	Joan Fickbohm	Molly Lokhorst	James Soukup
Joyce Bishop	Patricia Fischer	Jean Madison	Delbert Spiegel
Dennis	Judy Gibson	Elaine Evelyn	Bette Still
Blanchard	Frank Gilbert	Magstadt	Lorraine Stoltze
Sharon Blom	Gerri Gill	Virginia Martin	Shirley Ann
Betty Bobier	Beverly Graber	William Merritt	Strain
Patricia Boden	Mary Groen	Connie Moeller	Dorothy
Stanley Bolender	Connie	Russell Movall	Swanson
Katherine A	Guenthner	Ann Mrla	Michael Sweeney
(Kathy) Bousquet	Lonnie	Frank Navrkal	Louise Tadlock
Jim Brehm	Gustafson	Paula Nelson	Donald Tank
Louise Bridgett	Theresa	Benita Newman	Lowell Thurow
Marlys Britton	Hammond	Dewayne Nicolls	Eleanor Tilton
Wendell	Pearl Harrison	Donna Olson	Henry Tordoff
Brockman	Virginia Houck	Candie Palacio	Phyllis Towne
Candace Broveak	Norma Huebner	Marsha Pasker	Ed Tryon
Marylee Brygger	Beverly Hurni	Shirley Patrick	John Turner
Paula Carndell	Doug Jaminet	William Pelchat	Terry Turner
Marilyn	Stephanie	Cynthia	Lucy
Chamberlain	Jeschke	Pickering	VanValkenburg
David Coad	Patricia (Pat)	Steven Pohlman	Suky Waltman
Steve Cook	Ann Johnson	Terri Porter	Lois Ward
William Crosmer	Roma Johnson	Lori Rattei	Joann Weber
Patty Dauguste	Candy Johnson	Kay Reynolds	Kenneth
Joyce Dean	Leslie Johnson	Patricia (Pat)	Williamson
David Decora	Vicky Jones	Riemer	Lori Ann Winter
Gary Dehoff	Linnea Keane	Joanie Rizk	Bob Wolf

## August NEW Members

*Jeanette Beck*  
*Linda Church*  
*William Crosmer*  
*Bethamy Fiedler*  
*Robin Fisher*  
*Donna Fredrickson*  
*Karen Goodwin*  
*Shirley Hammers*  
*Edwin Hammers*  
*Leslie Johnson*  
*Bonnie Jonas*  
*Robert Keegan*  
*Dolores Kounas*  
*Michael Muckey*  
*Jeff Olson*  
*Clara Rydstrom*  
*Nancy Shulenberg*  
*Shannon Smith*  
*Lorraine Stoltze*  
*Karen Tuesink*  
*Nancy Wenell*  
*Mary Dianne Winkel*

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

### Membership Information

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

### Refund Information

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

## DOLLAR-A-MONTH

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

Maizie Johnson	Mary Hubert	Don Schultz	Normagene
Gene Smyser	Pamela Mears	Don Casaday	Hughes

### Dollar-A-Day for a YEAR

Robert and Nancy Nelson	Grant & Pamela Mears	Dorine and Seymour Livine
Russell E. Movall	Ed Tryon	Joel Jarman
Huey (Bob) Hightower, Jr.	William & Margaret Foulk	