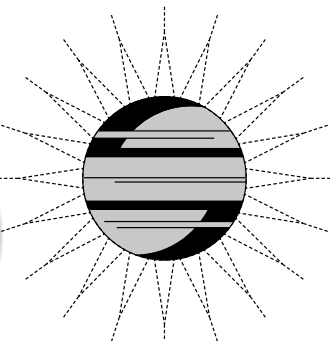


SEPTEMBER 2026 SUNSHINE NEWS

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712-255-1729

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Siouxland Center
for Active Generations

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.

Fall Favorites



On the cusp of the season of autumn, we can look forward to crisp, cooler days scented with the earthy smell of fallen leaves and woodsmoke.

As fall festivals and community events fill our calendars, the outdoors is naturally decorated with the beautiful colors of changing leaves and the yields of the harvest. Fall is the most popular season in the United States according to many opinion polls. As we transition to this bright and brilliant time of year, members of the Siouxland Center for Active Generations were asked, "What is your favorite thing about fall?"

The most popular answer was the colorful transformation of leaves on the trees. Lucy VanValkenburg commented, "The trees are absolutely beautiful! The colors are stunning." Norma Huebner remembered, "There was a tree on Myrtle Street that I would always stop and take a picture of." Lu Lunning enjoys watching the leaves float to the ground and the "crunching under your feet." Barb Doren described walking through thick piles of leaves that have fallen to the ground and "fluffing them up" as well as the unique and refreshing smell of fall. Cindy Hofmeister loves fall decorating, especially Halloween decorations.

Jan Mastellar enjoys the blooming of her asters, pink, lavender, and blue, in the early fall. She relishes showing her grandchildren the bees that gather nectar from the flowers. "There might be a hundred honeybees, but they never bother you. They like to do their own thing."

The cooler weather of fall is another aspect of the season that many people enjoy. Lois Ward is looking forward to wearing warmer seasonal clothes. Sandy Oberman plans to be outside more when the temperature drops, grilling and having a bonfire. Lu Lunning said that in fall she loves to "take a ride at night on country back roads with the windows open, music blaring, and cool air coming in." Katy Fiksdale likes to go on picnics "when it is so nice and cool," to go for fall walks in Stone State Park, and drinking hot chocolate.

Many members enjoy the fruits of the harvest season and have fond memories of reaping crops and picking produce. Mike Grote, who worked at various apple farms in his past, loves that at every farm in the area, you can get a different type of apple. Growing up on a farm, Mike remembers, "Mom and me would get up in the dark and pick corn by

hand. Four loads a day from twelve rows across 8 acres." Phyllis McMillan also remembers happy times from her childhood helping



friends of her family, the Gregorys, pick beets, peas, and tomatoes. The Gregorys had a fruit stand on Wesley Way with a hot plate and Phyllis remembers getting to eat there. In addition to raising crops, the Gregorys were a musical family who made violins and banjos. Each year after the harvest they would have a celebration with music and food to reward all of their workers. Phyllis would be presented with a half a pint of homemade chocolate ice cream from the Paul's ice cream shop up the street. The party would go late into the night and Phyllis would be carried home asleep by her parents.

Fall events are another factor that make this time of year so enjoyable. There are many exciting festivals, fairs, performances, and parties that are coming up both at the Center and in the Siouxland area. Roy Wineinger's favorite thing about fall is Halloween and he always enjoys the Halloween dance and costume party held here at the Center.

continued on p.2

The Siouxland Center for Active Generations

will be closed for the

Labor Day holiday on

Monday, September 7.



the Sunshine News

A monthly publication of the
Siouxland Center for
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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

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Annual Dues — \$75 per Person

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

continued from p.1

Both ArtSplash, the annual art festival organized by Sioux City's Art Center, and the Missouri River Outdoor Expo at Ponca State Park, with more than 100 free activities, exhibits, and shuttle bus transportation, will take place on the weekend of September 19 and 20. Billie Erskine noted that the Center's Woodcarvers often sell their work at the Outdoor Expo. All members of SCAG are invited to attend the Kingdom of Riverssance festival during the first weekend of October to pay homage to our Senior Royalty. Front gate volunteers are wanted, and performing this service allows you to attend the fair for free! Judy Peterson recommends the turkey legs. You also won't want to miss the Siouxland Center for Active Generations' 40th annual Fall Follies talent show on October 17 at 2 p.m. at the Sioux City Community Theater! However you choose to enjoy fall this year, we hope it is lovely!

Shredtastic

In partnership with Connections Area Agency on Aging and Document Depot, the document shredding event "Shredtastic" will take place **Friday, September 4 from 11:00 a.m. to 1:00 p.m.** in the parking lot of the Siouxland Center for Active Generations. The event is open to adults age 60 and older and their caregivers.



Over the last several years, an average of more than two tons of personal papers have been shredded during the two-hour event. Shredtastic is a drive-through event, with parking available for those who wish to observe. The service is provided on a donation basis, with donations benefiting senior services provided by Connections Area Agency on Aging and the Siouxland Center for Active Generations. With a focus on helping prevent older adults from becoming victims of identity theft, Shredtastic provides seniors and their caregivers with a convenient way to safely dispose of personal documents. Connections Area Agency on Aging encourages older adults and their caregivers to carefully dispose of paperwork such as Medicare Summary Notices, insurance explanation of benefits statements, bank statements, credit card bills, applications, and other documents containing personal information.

"We all need to be aware that numbers assigned to us from Medicare and Social Security, as well as bank account and credit card information, are valuable and sellable commodities to many scammers," said Pam Wurster, event organizer with Connections Area Agency on Aging. "We are excited to be able to offer this service to seniors living in the Siouxland area, as we have been for more than a decade."

This event is for personal papers only. Papers from businesses, including in-home businesses, will not be accepted. Other items that cannot be accepted include magazines, phone books, plastic folders, corrugated cardboard, spiral-bound items, binders with metal clips, and similar materials. Staples and paper clips can be shredded and do not need to be removed.

Shredtastic is held each spring and fall in Sioux City. The spring Shredtastic will be held May 7, 2027.

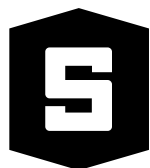


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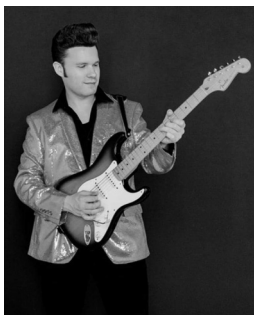
Answered 24 hours a day

New Horizons Band Will Perform at the September Birthday Party



New Horizons Band, a symphonic band made up of members of the Sioux City community, will perform at the Siouxland Center for Active Generations to celebrate our members with September birthdays. Led by director Benjamin Mauritz, most of the band members are amateur musicians of retirement age and enjoy playing concerts all around Siouxland. Sioux City's New Horizons Band is affiliated with the national New Horizons Music program, an organization whose purpose is to involve adults in music making. Come hear these enthusiastic musicians; they are sure to put on an enjoyable show with beautiful music! Their fall concert will feature a selection of pops music. The September birthday cake will be sponsored by Continental Springs. **Monday, September 14, 1 p.m.**

Saturday Night Dance Party: Richie Lee and the Fabulous Fifties



Richie Lee and the Fabulous 50's will take you back to the roots of Rock 'n' Roll history wrapped up into a high energy show! From Des Moines, Iowa, Richie Lee started out performing at a young age and has had the great opportunity in sharing the stage and opening up for many of the original Rock 'n' Roll greats. The music will sound just as it did back then. The band does their absolute best to stay true to the original sound of the songs. Just to name a few, you will hear music by Buddy Holly, Ritchie Valens, Elvis Presley, Ricky Nelson, Roy Orbison, Eddie Cochran, the Beatles, and many more! Admission will be \$10 in advance for members or \$15 at the door. The cafe will be open for food and nonalcoholic drinks before the performance. **Saturday, September 26, 7-10 p.m.**

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____

Gift Shop, Library & Kitchen Donations

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

Alice Reeg	Elaine Waskow	Marilyn Chamberlain
Anna Kounas	Jackie Biggerstaff	Mary Lou Burns
Anne Kou	Jane Henderson	Nicole DeLay
Arlene Imray	Julie Stienhart	Pam McQuillen
Audrey Ercolini	Karen Balstad	Phylliss McMillen
Carla Leibrich	Kathy Lillie	Teresa Johnson
Carol Shimitz	Kay Reynolds	Tony Kanwar
Carolyn Wendt	Ken Dvorak	Vikki Jacobs
Diane Workman	Linda Sydow	

Donations

Bruce Hunkins	Maryanne Farrell	Kurt Riemen
Vivian Miller	Judy Peters	Pharyce Eslick
Larry Bower	Dean & Donna Marsh	Arlene Imray
Dan DeMarest	Anna Hoover	Diana Howard
Vertus Kluver	Bill Merritt	Jeff Zoelle

Friday Dances

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

- September 4:** The Singer
Family Band
- September 11:** The Embers
- September 18:** Ed Tryon's Big
Band Sounds
- September 25** Jerry O'Dell's
Country Flavor Band

Friday dance regular Bob Irwin recently celebrated his 101st birthday!



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

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Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in September. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes. **Classes will be held on Wednesdays at 9:30 a.m. in the Conference Room.**

September 2: **Is This a Virus?:** Learning to recognize viruses and suspicious apps.

September 23: **Browsers:** Learning to navigate your Google Chrome and mobile internet browsers.

Getting Started with Canva



Canva is a popular, user-friendly online graphic design platform. It lets people create greeting cards, posters, social media posts, presentations, videos, and logos without needing advanced design skills. The site uses a simple drag-and-drop system and offers thousands of pre-made

templates. Interested in trying it? Kristina will teach a hands-on workshop to walk you through the sign-up process and the basic functions of this popular design platform. Explore templates for greeting cards, flyers and posters, or start with a blank canvas and let your creativity run wild! Bring your laptop if you would like to practice in class. Sign up in the Activities Book to participate. *A couple of laptops will be available to borrow; please talk to Kristina ahead of time to request one.* **Wednesday, September 9, 9:30 a.m. in the Conference Room**

Long Term Care Insurance Workshop



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Long term care is a fundamental need for nearly 70 percent of the population in the United States. Whether it is delivered in the home, or a skilled care facility, most families need help in those final months and years of life. Bankers Life Insurance Agent John Paul Engel has both professional and personal experience having helped his parents live through the last years of their lives. He puts this expertise to use helping families plan for the changes. He will share practical things you can do to ease the transitions for yourself or your loved ones, as well as his knowledge of acquiring and managing long-term care insurance. John spent his career in education, entrepreneurship, and government service. He was a Lecturer of Entrepreneurship at the University of Iowa where he taught Advanced Business Planning, Consulting, and Venture School. **Wednesday, September 16, 9:30 a.m. in the Conference Room**

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September Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Cindy Agnes
Clinton Barrs
Deborah Bos
Marlys Britton
Melinda Carlson
Melinda Carlson

Steve Cook
Leisa Doren
Jeanne Emmons
Mierra Fawcett
Mike Fawcett
Joyce Foster

Adam Frisch
Maureen Haley
Don Horsted
Rosalie Horsted
Jeanie Husted
Eric Jenks
Maizie Johnson
Roma Johnson

Trudy Kirchmeier
Thomas Kirchmeier
Anna Kounas
Joan Krough
Eugene Kudara
Sue Levay
Vivian Miller

Don Olson
Donna Olson
John Patterson
Jim Rixner
Bernadette Rixner
Ronald Rohlena
Connie Schoenberger

Pauline Sensenig
Anita Strawn
Michael Sydow
Linda Sydow
Charles Tarvin
Ray Turner
Norma Ulmer

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We're always grateful for donations to the SCAG Gift Shop! Your gently used items help support our mission and are appreciated by our shoppers.

We gladly accept clean, gently used items in good working condition, including:

- Seasonal décor
- Home décor and interior items
- Cookware and bakeware
- Jewelry
- Small household gift items

Please do not donate:

- Clothing
- Large electronics
- Items that are broken, dirty, or missing parts
- Items you are unsure how to use or what they are

Thank you for helping us keep our Gift Shop organized, inviting, and full of quality items our community can enjoy. Your generosity truly makes a difference!

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Creative Writing Themes

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

Sept. 1stWrite about Labor Day & ITS HISTORY

Sept 8thWrite about PATRIOT DAY----Sept. 9-11

Sept 15th.....Write about reasons for the Food Bank??

Sept. 22nd.....Write about the Autumn Equinox

Sept. 29thWrite about the Supreme Court

THOUGHTS ABOUT SEPTEMBER

1. One advantage of talking to yourself is that you know someone is listening!
2. Sometimes life hits you with a brick. Don't lose faith!!
3. Friends are like siblings God never gave us.
4. September tries its best to forget a hot summer!!
5. September is where coffee stays warm and plans get real.

FACTS ABOUT SEPTEMBER

1. Labor Day is Monday, September 7th.
2. September 11 is Patriot Day where 3,000 U.S. citizens died in 2001.
3. September 13 is Grandparents Day.
4. September 22 is the beginning of Autumn.
5. September has 2 star signs--Virgo & Libra.

Enjoy the coming Fall Days when the leaves begin their fall colors of gold!!

A Meditation on the 9/11 Attack on the World Trade Center
by Sheryl K. Ashley, for the 25th anniversary of September 11

Paper Cuts

The summer of our innocence was over and past
when papers fell like leaves parting from the mother trees,
litter from unnumbered desks of the devoted
suddenly set free to whirl in the winds of desolation
calling our strong house to its knees
by invitation too grave to ignore.

What was carefully written upon them
was not that important in the wake of things,
but they held the thoughts of the brightest and best
who recorded data of a world
which is remembered but no longer exists
within a twisted stench of steel and glass.

They fell slowly dancing as snowflakes
beginning a storm of massive proportions,
they floated like souls escaping hell to join paradise
lifted on the wings of prayers that rose like eagles
they fell, and for those of us who did not
the journey remains eminent and great...

For some reason they haunted me... those countless sheets of paper that came floating down through the ruins of the World Trade Center. They fell slowly and almost danced to the ground. They seemed still pure, white and untouched by the disaster that freed them from their rightful place on desks and printers and copiers and FAX machines. It felt to my eyes like the souls of all those people freed by death from the disaster around them and they replay in my vision even now. I think of all the information from all the brilliant minds in those buildings, swirling and lost forever as they fell. In some manner I wanted to express my feelings, as so many of us long to do, that we might mark this moment on paper that seems so delicate, but which records our thoughts more securely than stone.

Fear Breaks Us Down

by Kay Reynolds

Fear isolates us in weakness
It shuts off the door to success
Boxing us into a small shallow life.

Don't fear-have confidence
Know "I am capable of so much"
We may struggle, but just carry on.

Don't shrink away-PROCEED ON
Telling yourself often firmly, "I CAN!"
Then one step forward--goal in mind.

Reach out to others to change their course.
Joined in unison great things are done.
With unity and peace is a true gain.

Spread it round far and wide-thoroughly
Looking-see the transformation done
Say-"WE DID IT-TOGETHER-START ANEW"

ONE BY ONE
JOINING HANDS
LEADS TO A MIGHTY BAND~
~~EACH ONE GROWS~~

.....

500 Card Group New Location

The 500 card group has moved to the Classroom, located between the library and gift shop in the central hallway. Join them to play this fun card game on **Wednesdays from 12-2 p.m.**

9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:30 am Balance Class 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	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 Dancecercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class	9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am -12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	9:00 am Lating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	11:30 am Open Bridge Group 12:00 pm Bunco-\$1 entry 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>Ed Tryon's Big Band</i> <i>Sounds</i>
21 12-1 pm Team Trivia 1 pm Parkinson's Support Group 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	22 1-3 Jukebox Dance Party 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancecercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class	23 9:30 Android Phone Class with B: Browsers 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Y oga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	24 11:15 am Briarcliff Exercise 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	25 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>Jerry O'Dell's</i> <i>Country Flavor Band</i> <i>September 26, 7-10 pm</i> <i>Saturday Night Dance</i> <i>Party with Richie Lee and the Fabulous 50's</i>
28 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:30 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	29 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancecercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	30 9:30 am Technology Class: Medicare Resources Online 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Y oga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Chair Cardio	1 11:15 am Briarcliff Exercise 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	2 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Bunco-\$1 entry 1:00—3:30 pm Friday Dance <i>Featuring</i> <i>The Embers</i>

Monday	Tuesday	Wednesday	Thursday	Friday
	1 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong	2 9:30 am Android Phone Class with B: Is This a Virus? 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	3 10 am Book Discussion Group 1 pm Karaoke 5 pm SSCP Potluck Dinner 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	4 11a.m.-1 p.m. Shredtastic 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:00 pm Bunco- \$1 entry 1:00—3:30 pm Friday Dance <i>Featuring The Singer Family Band</i>
7 CENTER CLOSED FOR LABOR DAY	8 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong	9 9:30 am Technology Class: Getting Started with Canva 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	10 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	11 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 1:00—3:30 pm Friday Dance <i>Featuring The Embers</i>
14 1 pm Sept Birthday Party New Horizons Band Cake sponsored by Continental Springs	15 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning Painting Class 9:30 am Bible Study	16 9:30 am Long Term Care Insurance Workshop 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga	17 11:15 am Briarcliff Exercise 1 pm Karaoke	18 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group

Traiblazers Walking Club

Congratulations to the Trailblazers for walking a combined 2,438 laps in August as they gazed at the beautiful scenery of Glacier National Park. That works out to be about 195 miles, which is equivalent to traveling the total 50 miles of the picturesque Going to the Sun Road, the 110 mile section of the Continental Divide Trail that passes through Glacier National Park, twenty miles out and back along the Highline Trail with dramatic overlooks, and finishing with the 15-mile Pitamakan Pass, with sweeping ridge walks and dramatic high-country basin views.

The September Trailblazers journey will be to Biloxi, Mississippi. Perfectly placed to catch a cool breeze from the Gulf Coast, Biloxi is the playground of the South. Glittering casinos line Beach Boulevard, calling out to your inner gambler; the white sands of barrier island Ship Island make a perfect day

trip; and historic sites, such as Beauvoir, beckon to Civil War enthusiasts. From the Biloxi Lighthouse and seafood museums to live music and local festivals, this city offers something for every traveler. Amble through this coastal jewel with historic iron beacons, ancient moss-draped oaks, and vibrant marine vistas under endless azure skies, and Walk, Talk, Get Fit!

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



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Choir News

The Active Generations Choir recently recorded a video to enter into the Celebrate America 250 contest sponsored by the National Federation of Music Clubs! They worked very hard preparing six song selections. The choir took a break in the month of August but will be back to regular meetings in September. The Choir meets **Wednesdays at 11 a.m. in the Music Room.**



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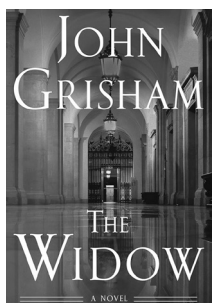
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- | | | |
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Book Discussion Group

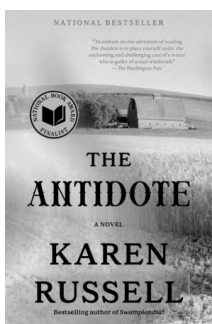
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.



September 3:

The Widow by John Grisham

A thrilling legal drama following Simon Latch, a struggling rural Virginia attorney facing debt and divorce. When 85-year-old widow Eleanor Barnett hires him to rewrite her will and reveals a hidden \$20 million fortune, Simon tries to keep it quiet, only to be falsely accused of her murder.

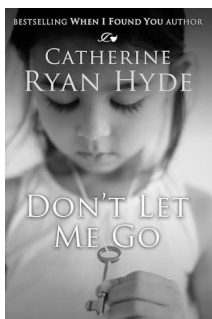


October 1:

The Antidote by Karen Russell

A severe dust storm devastates a Nebraska town already suffering due to the burdens of its dark past and the Great Depression. Narrated by a teen basketball star, a Polish farmer, a scarecrow, a prairie witch who keeps memories, and a New Deal photographer with a time-bending camera, this award-winning book weaves the

supernatural to the historical.



November 5: Don't Let Me Go by Catharine Ryan Hyde

A heart-breaking, funny, and life-affirming story about a neglected 10-year-old girl named Grace and her agoraphobic neighbor, a former Broadway dancer named Billy Shine. They forge an unlikely bond, and together with their apartment building community, try to save Grace's mother from drug addiction and keep Grace out of foster care.



Bridge News

We have had a busy bridge summer. We hosted players from California, Nevada, Washington, and Des Moines. The Seattle pair, on retirement, vowed to play bridge in all fifty states. It's always fun to meet new players. We always welcome new players. There is a novice game every Wednesday morning. There are open games every Monday and Thursday afternoon. Leon Koster has a class Thursday morning for players interested in learning to play duplicate bridge. Duplicate bridge is the same as casual bridge, but you will quickly learn new ways of bidding better contracts. Diana Howard's Monday morning class is for bridge players desiring to improve their game.



FREE LUNCH WITH THE ADMINISTRATOR
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September Siouxland Community Potluck Coalition Dinner: Souptember



Join the Siouxland Community Potluck Coalition for their first ever Souptember Potluck, a free evening of food, fun, and community connection! Dinner will be served from 5 to 7 p.m., with activities continuing until 9 p.m. Bring a favorite dish to share if you're able, but as always, no contribution is required to attend the meal. Everyone is welcome. SCPC will provide grilled cheese sandwiches and sandwich fixings to accompany the delicious soups entered in our community Soup Contest. As always, any leftovers will be taken to the Warming Shelter, so you can be sure your contributions will be used for the betterment

of our community. There will be a scarecrow building activity from 6-7 p.m. Materials will be provided. **Thursday, September 3, 5 p.m.**

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Meet A Member: Paula and Tony Nelson

NAME: Tony and Paula Nelson

GREW UP IN:

TONY: On a farm in rural Hetland/Arlington, SD area.

PAULA: On a farm near Vermillion, SD.

WENT TO SCHOOL AT: Tony went to first grade in Lake Preston, SD, and grades 2-8 in Hetland, SD. His was the last class to graduate eighth grade from Hetland. He graduated from Arlington High School in Arlington, SD in 1969. He went on to attend Lake Area Vo/Tech in Watertown, SD for machinist tool & dye. Paula went to Spirit Mound Country School, rural Vermillion, SD, in grades 1-7, when the country school closed. She attended Vermillion Jr./Sr. High School in Vermillion, SD beginning in 8th grade and graduating from Vermillion High School in 1971.

OCCUPATION/LIFE'S WORK: Tony worked for Control Data in Aberdeen for a short time. His dad co-owned the bakery in Lake Preston, SD. Tony left Control Data to take over as the baker in Lake Preston. In 1974 he moved to Vermillion, SD and purchased Jacobsen's Bakery. He owned and operated the bakery and was the head baker there until 1980. He then began selling life and health insurance for a time. In 1983 he began work as a recruiter for the Phoenix Institute of Technology (PIT) in Phoenix, AZ. He made presentations to high school seniors in South Dakota and Nebraska, recruiting them to attend the school. In 1984 he began working as a machinist and CNC operator/programmer at Layne Manufacturing in Vermillion. In 1992 he began working as a CNC and robot programmer, later promoted to Manufacturing Engineer, at the Gehl Company, later known as Manitou, in Yankton, SD. He retired from Manitou in January 2018.

After high school graduation in 1971, Paula began working as a library clerk, typing library cards, at the I. D. Weeks Library at the University of South Dakota. In 1976 she transferred to the Library Director's office as the Administrative Secretary. In 1994 she left the library to begin work as a Personnel Assistant (later renamed to Human Resources Assistant) at First Dakota National Bank in Yankton, SD, their main bank. She was the assistant to the Vice President of Human Resources. She was there for three years. After a short break at home, in 2000 she started work at the University of South Dakota Foundation, a 501(c)3 corporation, as the receptionist. The Foundation is not part of the University but fundraises for USD scholarships, facilities and research. In 2008 she became the File Coordinator there, with "other duties as assigned" (and there were many) until her retirement in January 2018.

YEAR JOINED SCAG: 2018 or 2019.

FAMILY/CHILDREN/GRANDCHILDREN/GREAT GRANDCHILDREN: Tony and Paula have a son, daughter-in-

law, and granddaughter who live in Mount Prospect, IL, a suburb of Chicago (until January 2026 they lived in Chicago), and a daughter, son-in-law, grandson and granddaughter who live in Keller TX.

Their son received his Bachelor of Music Performance (Horn) from USD in 2005 and received his Master of Music Performance (Horn) from Arizona State University in 2007. He marched in the Colts Drum & Bugle Corps from Dubuque, IA in 2000-2004. He is a professional musician who performs with dueling pianos, plays private gigs and various other venues, and writes drill for various high school marching bands. Their daughter-in-law holds two bachelor's degrees (Violin Performance and Business) from Illinois Wesleyan University and a Master of Performance from the University of Michigan. She is a professional violinist, performing with several orchestras. She also performs with the Cover Girls Violin Show and teaches violin. They have a 3 year-old daughter who can sing "Somewhere Over the Rainbow", singing every word and hitting every note on pitch and on time. No bragging there, right?

Their daughter received her Bachelor of Music Education from USD in 2007. She marched in the Colts Drum & Bugle Corps from 2001-2004, Santa Clara Vanguard Drum & Bugle Corps in 2005, sat out one year, and aged out with the Blue Devils Drum & Bugle Corps in 2007. After graduating from USD she went to Waco, TX and was one of the assistant band directors there for five years. She then went to Keller, TX and was one of the assistant band directors there for five years. She is now a stay-at-home mom who helps out with her husband's real estate appraisal business. Tony and Paula's son-in-law received his bachelor's from Steven F. Austin State University. He worked as an assistant band director after graduation. He is now a home appraiser and also teaches cyber security.

ACTIVITIES ENJOYED AT SCAG: Tony enjoys the exercise and strength classes, and the food! Paula enjoys the weekly Bible Study on Tuesday mornings. They both enjoy Jane's Dance Lessons and the Friday and Saturday night dances.

SOMETHING INTERESTING ABOUT ME THAT NOT MANY FOLKS KNOW ABOUT: Tony was a private pilot for a number of years. Paula and Tony were introduced to each other by a mutual friend at the Eagles Club in Vermillion. Paula was playing one of her last dance jobs in her family band, the Triads. The band disbanded in 1976.

ANYTHING ELSE THAT WOULD HELP US KNOW YOU BETTER: We enjoy the friends we have made at the Center and while dancing at other venues. Our favorite type of dance is ballroom.

Navigating Medicare Resources Online with Pam from Connections

Medicare is a complex topic, but there are online resources to help! In this lecture, Pam from Connections will discuss ways to find information about Medicare online. We'll explore medicare.gov and an example private insurance website to learn about the tools and resources they offer. You'll learn how to navigate these websites confidently to find what you need, including using the search bar and Chat features. We'll also introduce the State Health Insurance Assistance Program, or shiphelp.org, which is a great resource for getting trusted 1:1 guidance on Medicare. *Please note that this lecture focuses on how to find reliable information on Medicare and does not provide advice on Medicare enrollment or plans.* **Wednesday, September 30, 9:30 a.m. in the Conference Room**

Student-Led Active and Connected Exercise Class



Students from Briar Cliff University's Exercise and Health Sciences program will offer an eight-week low-impact exercise program designed to help older adults stay active, improve mobility, and enhance overall well-being.

Each session combines light physical activity with engaging, socially interactive elements. Participants will take part in guided movements such as chair exercises, balance activities, coordination drills, and light walking patterns—all tailored to individual ability levels. The program emphasizes safety, accessibility, and enjoyment. *The class series is limited to 16 people. The class leaders would like a commitment for participants to attend all eight sessions. The class will take place Thursdays at 11:15 a.m. on September 17 & 24, October 1, 8, 22 & 29, and November 5 & 12 in the Exercise Classroom. Please sign up in the Activities book.*

Fall Follies 2026: Fabulous through the Decades



It will soon be time to buy tickets for the 40th annual Fall Follies talent show. Don't miss magnificent acts from SCAG's performing arts groups including the Silver Steppers, Tai Chi, Young at Heart Line Dancers, Active Generations Choir, Belly Dancers, Center Stage Tappers, plus more music and comedy. The performers have been working hard to perfect a wonderful show for your entertainment. Come support our skillful members and the Center! **Saturday, October 17, 2 p.m. at the Sioux City Community Theater, 1401 Riverside Blvd.**

Get Thee to the Kingdom of Riverssance Festival



Hear ye, hear ye! The Kingdom of Riverssance invites you to step back in time to the era of kings, queens, knights, pirates, jesters, and Vikings. Enjoy performances from musicians, acrobats, and jousters. Browse the wares of talented craftsmen and enjoy festive fare such as turkey legs and meat pies. Bring your grandchildren to the whimsical children's activities including the fairy forest, wishing tree, and character scavenger hunt.

Members of the Siouxland Center for Active Generations are invited to be a part of the Kingdom of Riverssance! Make a visit to pay homage to our Senior Royalty who will be attired in royal garb for the festival. King Willard



the Waltzer, Queen Vicky the Considerate, Duke Dennis the Merrymaker, Duchess Judy the Jovial, Count Robert the Openhanded and Countess Donnette the Sweet will be pleased to have you attend them. You are encouraged to take a repose in the tent arranged for the Kingdom of Elderland.



Become a member of the cast by volunteering as a gate greeter! Welcome festival attendees, give out scavenger hunt bags to the children, and answer general questions for a two-hour shift and you may attend the festival for free for the entire weekend.

Please sign up in the Activities Book for a shift if you are interested in this opportunity. Riverssance adult gate admission is \$15. Children's admission is \$5 for ages 6-12 and free for children 5 and under. Discount tickets for \$13 will be available at the Center; please see Kristina to purchase them. **The Riverssance festival will be held in Riverside Park from 10 a.m. to 7 p.m. on Saturday, October 3 and 10 a.m. to 5 p.m. on Sunday, October 4.**



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month 7:00 PM

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

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

Mt. Zion BBQ Fundraiser

The Center recently partnered with Mt. Zion Baptist Church to serve a delicious barbeque meal that benefited both organizations. It was a highly successful event, with a line from the kitchen to the front door. We estimate that 260 people were served. The evening included energetic musical performances from the Active Generations Choir and The Mt. Zion Choir.



2026 River-Cade Parade



Around the Center



(Above) A stage full of participating musicians at the Wednesday Jam Session.

(Right) Alice Johnson, daughter, and granddaughter wore matching poodle skirts to July's Nifty Fifties Jukebox Party.



(Below) Enjoying music at the Friday dance.



SEPTEMBER BIRTHDAYS

Bridget Agriopoulos
Walter Anderson
Gloria Anderson
Larry Armbright
Janice Beauchene
Jan Bradley
Jacque Brentlinger
Joann Breyfogle
Laurie Brinkman
Gail Brown
Thomas Brunkan
Ruth Cornell
Charlotte Curry
Susan Danilson
Pam Dillon
Delores Disterhaupt
Linda Durr
Audrey Ercolini
Sonja Kay Erickson
Helen Eriksen
Willma Erskine
Katy Fiksdale
Joyce Foster
Douglas Frahm
Roger Friessen

Jeremy Funk
Karen Goodwin
Lucy J Greer
Lucien Hamernik
Adrian Hanson
Diane Hargens
Rose Heeren
Mavis Holman
Barbara-Anne Huculak
Normagene Hughes
Marsha Jarman
James Keairns
Nancy Kelly
Dorinda Klapprodt
Mary Ann Kleber
Daniel Kohn
Sylvia Kuennen
Gary Kurtz
Mark Lenz
Ellen Livingston
Dean Marsh
Don McCulley
Cassandra McNeil
Nancy Means
Rhonda Menin

Elaine Meyer
Vivian Miller
Nora Moore
Dennis Moore
Michael Morrill
Patricia Murray
Dale L Nelson
Ed Ortmann
Alice Ann Reeg
Susan Rochester
Marna Samuel
Ray Sanders
Steven Sanders
Dean Schager
Art Silva
Terry Joe Smith
Rhonae Tarno
Diane Taylor
Anita Tevis
Teresa Valdez
Teresa Vanderlinden
Kathy Wiley
Miguel Ybarra
Julie Zediker

Welcome NEW Members

*Rosetta D Borchers
Lyle R Bruns
Beth Deaton
Barbara Doherty
Suzanne Faltys
Tom Jaynes
Alice Johnson
Alva Lill
Carole Malotte
Patricia A Mohr
Mike Murphy
Sandra Murphy
Joanne Pierson
Jack Ratzsch
Brook T Ritter
Emaline Solomon
Toni G Wheat*

Memorials

*Annette Olson for Sandy Keane
Carolyn Bauer for George Polak*



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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.

Dale Gernhart	John & Sandra	Normajean Hughes	Ted & Kathy Massey
Dorothy Swanson	Graser	Pam Mears	Fred Forney
Franklin Gilbert	Kristine Bergstrom	Pat Johnson	Judy Peters
	Maizie Johnson	Sally Kimball	Tom & Gail Brown

Dollar-A-Day for a YEAR

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