

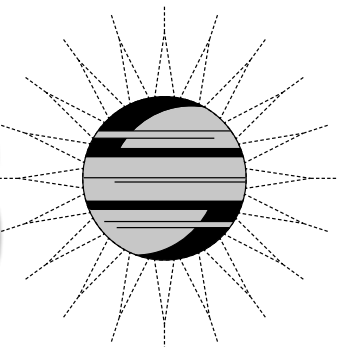
SUNSHINE NEWS

DECEMBER 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

A Home Away from Home

In this season of goodwill, friendship, and joy, Kay Reynolds describes the special nature of our Center.

Siouxland Center for Active Generations: just what does that mean? In essence, it's more than just a building--it has a heart! The flow of movement of hundreds during a day makes it live. People from around the area can come to do something, meet others, and have fun. There are tons of activities available during its hours: to exercise, play cards of all kinds, sing, paint, dance, learn new things and so much more. It's a time to enjoy, learn, keep fit, and of course, eat! Most important, it is a place for all to fit in and live life as well as we possibly can. Programs of all sorts are prepared by the Center for many occasions: birthdays, holidays, learning sessions, and performers. It goes on all year long and all can enjoy them. The Center also brings in others who can teach certain new things to anyone interested, especially for the aging in our new world. Dancing and music of all sorts are one key activity, cards for those who love playing, writing for authors, artists to paint masterpieces or enjoy doing it, billiards, tai chi and yoga and even Wii bowling, also exercise classes to keep you fit. You can even walk, keeping track of distance. There's something for all to do.



The Center is eager to take in new members, it's like family, joining together in companionship to enjoy the day! Some of us are there for most of the day, enjoying the noon meal with others. All are included and feel welcomed, sharing life and reliving old memories, something that is too often done alone. We have a place

to learn new things for use in modern times. There's even the opportunity to pray together with scripture. You have the chance to try new things in order to grow as a person. You can also suggest new areas that you're interested in that the Center does not yet offer. They are open to considering that need. It makes one want to get up in the morning then drive or be dropped off, whatever your mode of transportation, to come in and take part. We are a friendly place, a second home.

Many special programs are set up to participate in and enjoy such as the Saturday night dance parties and the Great Plains Radio Theater show. Outside of normal operating hours the

Center can be used for family reunions and gathering parties. Elevate church used the Center as a place of worship for a time, and there is currently a Micronesian church group doing the same.

While you can certainly sit around at the Center, it is a place that encourages you to be active and maintain your health the



best that you can as you age. The director, board, employees, and volunteers are tremendous in planning. The Center is a treasure. We can

open the box at any time and draw out what we need, want, and enjoy each day Monday through Friday. The doors are open, welcoming all and bouncing with activities to satisfy and refresh, each leaving ready to take on a new day! Come and receive the joy it gives all! You won't regret it; you'll leave with a smile!



Several of our members were asked to share what is meaningful about the Center to them. Here are their responses:

"There are so many wonderful opportunities at SCAG. For me, playing Canasta is great because I come from a card playing family. The library is my other favorite. Visiting with friends and putting puzzles together is great." *Michele Kuhlmann*

continued on page 2

HOLIDAY CLOSINGS

The Center will be closed for the Christmas holidays the week of December 23-December 27.

The Center will be open on Monday, December 30 with limited services (the cafe will not be open), then closed on Tuesday, December 31 for New Year's Eve and Wednesday, January 1, New Year's Day.

SCAG will reopen with normal hours on Thursday, January 2.

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

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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.



"When I first came to the Center, I couldn't handle big crowds. Now, thanks to everyone here, I can get up on stage and sing. That's amazing. We are all like family. I love everyone. It's fun with always something to do and always someone to talk to. I love it here." *Donnie Casaday*

"There are so many things to do at the Center. I do like the 500 card playing group, also the very nice work-out room. We are so blessed to have this place." *Theresa H.*
"It is very rewarding to be able to volunteer here. Everyone is so appreciative and kind, and I have made many beautiful friends." *Elaine Waskow*



"Cards, Jam Session, Friends, Sewing, Library, Puzzles. Activities are Great." *Sharon Junge*

"Playing cards, meeting people, spending the day, and getting out of the house." *Don Kumm*

"I drove by the Center for many years and never stopped. I finally went in the building and became active. What a change in my life. I met many old friends and a host of new friends. We all seemed to have one thing in common: being alone wasn't much fun. I found many things we had in common. Many activities, dances, a great exercise room, with an assortment of equipment. It helps to stay in shape. The best part is the 'BS' table to share our thoughts each morning. What a great place. Clean and neat. Can't say enough about Pat and staff. By the way, I met a new significant other. She is a true friend and love of my life. I suggest we all get active and appreciate a true gem." *Jim Brehm*

Annual Campaign Kicks off

Our Center's board annual fundraising campaign drive kicks off this December with the theme "Our Center Fills My Heart." During our annual event, correspondence is sent to members and community partners asking to help support our Center. The Center funds its operations through the community's generosity, program fees, and grants. Traditionally the end of the year offers opportunities for individuals to give to charities; we trust that our community will include our Center.

Often people are surprised to hear that our Center does not receive any sustaining funds from our city, county, state, or federal government. Many other non-profits have sustainable sources of income from these entities. Our Center's existence relies on your generosity and the friends of the Center. This year your gift is especially important as we have recently lost a significant source of funding from United Way. Their funds will not be available to help offset our costs in 2025.

Over the years members and our community have appreciated the social environment, educational programs, and fitness programs our Center provides its members. The Center is the best-kept secret in our community. It helps improve health and reduce loneliness by providing a comfortable, safe environment to enjoy for a low annual membership fee. It truly is a remarkable asset to Sioux City, providing new adventures, friendships, and learning opportunities through its many programs and services. This year, as your heart opens up and you consider your gifts to many worthy community charitable organizations, we hope you will include our Center with a donation.

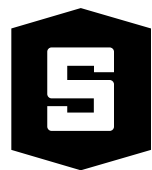


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Meet a Member: Rita Lyman



I am Rita Lyman. I grew up in Hartley, IA and have lived and worked in Fargo, Sioux Falls and Cherokee before landing here in Sioux City.

I worked at the State Hospital in Cherokee back in the '80s. I believe that everyone should work in the mental health field just to see how fragile we all are. I wish I had discovered being an equipment operator on a road construction crew earlier in my working life. Great pay, just needed to cope with sitting on a machine 14 hours a day. When I grow up, I want to be a librarian. My main activities here at the center are the classes or workshops, Book Club, and the RSVP program. For me, volunteering is vital to my mental

and physical wellbeing. It gets me up and out of the house and up and out of the narrow little bubble of life. Currently I am volunteering at Community Action Agency of Siouxland. I never know what I will be doing when I go in, I just know it will make the staff's job a little easier and clients' lives a little better. Prior to that, I volunteered at The Warming Shelter and that experience caused my view of the world and life to expand exponentially. I still do little projects for The Warming Shelter. I belong to First Unitarian church. In the month of November, I challenged the members to collect 500 packages of ramen noodles for the shelter. This is a hot drink with a little sustenance during the cold days.

I am also the Chairwoman of the Guild at First Unitarian. Siouxland Pride Alliance meets at First Unitarian and I consider myself to be an ally and assist with some of their projects. I am also politically active. The last five months have been a whirlwind of work to be done. I truly believe that I must be of service and that my day must start with coffee, and I must have a pile of books to be read. My words {beliefs} of wisdom: The inherent worth and dignity of all beings.

Firefighter CPR



If you're interested in learning CPR, you'll have the opportunity when Terry Reggaller, an EMS and trainer from Sioux City Fire and Rescue joins us on **Monday, December 9 in the Conference Room**. If you'd like official certification, the class will be at 9 a.m. and cost \$20. If you'd like free instruction without certification, you can join him at 11 a.m. for a no-cost class. Please sign up in the Activities Book if you would like to attend these programs.

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 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.

Venita Stusse	Donnette Hatch	Norma Ulmer	Wes Iseminger
Deanna Jacobs	Audrey Ercolini	Sandi Rasmussen	Evey Thompson
Jo Henshaw	Vikki Jacobs	George Polak	Elaine Waskow
Mike & Karen	Betty Johnson	Judy Peterson	Patricia Jenkins
Tew	Jane Henderson	Yvonne Thallas	R.E. Hayes
Bob Steffe			

Vote on the 2025 Cruise Week Destination



Look forward to exciting adventures on the S.S. Active Generation during Cruise Ship Week 2025! Help pick next year's fabulous destination by getting a ballot from the Activity Table. Cruise Ship Week 2025 will be held the week of March 3rd through 7th. Where would you like to pretend to travel to this year? Pick one of the top cruise destinations listed on the ballot or write in a suggestion. Cruise week 2025 will include a Mardi Gras themed lunch and Jukebox

Party, the popular Spa Day, and more activities themed around the chosen destination. Join in the fun by voting for the fantasy destination this December.

Learn about the Rent Rebate Program and LIHEAP Energy Assistance Program with Community Action Agency of Siouxland

Low-income Iowans aged 65 or older and low-income disabled adults may be eligible for a partial reimbursement of their rent. However, the Iowa Rent Rebate form must be completed online. Another Iowa assistance program is the Low-Income Home Energy Assistance Program (LIHEAP) which helps qualifying households in Woodbury County pay a portion of their primary heating costs. This assistance is available to households at or below 200% of the federal poverty level and runs from November 1 to April 30.

Community Action Agency of Siouxland helps the citizens of Sioux City complete the necessary forms and enroll in these programs. Katie Logan, Development Director, will be visiting the Center to explain the process and how her agency can help. **Monday, December 9th at 10:00 am in the Classroom.**

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Dorothy	Dennis Martin
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Celebrate the Joy of the Season at the Annual Christmas Party



You're invited to attend the Siouxland Center for Active Generations' annual Christmas Party on Wednesday, December 18 from 1-4 p.m. Wear your ugliest Christmas sweater (there will be a contest with prizes!) and join us for festivities including a lunch buffet, gift exchange, raffle, and music and dancing to the Embers. Come and celebrate the season with your friends at the Center. To participate in the gift exchange, please bring a wrapped gift worth \$10 or less in value. Tickets for the party are \$10 and can be purchased at the front desk.

Wednesday, December 18, 1-4 p.m.

Christmas Gift Raffle



Try your luck to win one of the many fabulous prizes in this year's Christmas gift raffle. Gift certificates, household items, electronics, and cozy winter gear are some of the many things that will be raffled off at the annual Christmas party. Raffle tickets will be sold at the front desk. You can purchase one ticket for \$1, or six tickets for \$5. Raffle

winners will get to choose from the selection of prizes as their names are drawn. If your name is drawn and you are not present at the party, an item will be selected for you. The raffle drawing will occur on **Wednesday, December 18 around 2 p.m.**

December Birthday Party: Christmas Carol Singalong



You're invited to celebrate our members with December birthdays (or BE celebrated if you were born in December!) by joining Lori Jessen, the accompanist from the Active Generations Choir, for a Christmas carol singalong. Join your voice to those of your fellow Center members to sing out together and get in the Christmas spirit. Thank you to Medigold for sponsoring the birthday cake. **Monday, December 9, 1 p.m. in the Multipurpose Room**

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December Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of December 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



John Anderson
Larry Armbright
Lowell Beerman
Stanley Bolender
David Bonthuis
Thomas Brunkan
Franklin Curry
Pam Dillon
Willma Erskine
Sandra Fauth
Loren Fauth
John Gibson
Beverly Hurni
Lavonne Johnson
Kevin Keleher

Holly King
Collette Mc Cullough
Alan McGaffin
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Julianne McKinney
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Craft and Bake Sale

Are you looking for unique gifts this season? You'll find lots of great items for sale at our annual Craft and Bake Sale. Do some holiday shopping and support the Center by buying tasty treats while you enjoy the music from the Wednesday Jam Session. All proceeds from the bake sale will go to the Siouxland Center for Active Generations. If you would like to bake something to help out, please sign up in the Activities Book. **Wednesday, December 11, 10 a.m. to 1 p.m.**



Christmas Jukebox Party



Get ready to par-tay with the fun-loving hep cats and cool chicks who come out to groove out at our video request dance party. We'll rock around the Christmas tree to your favorite songs from yesteryear. Your song requests are always welcome!

December 10, 2-4 p.m.

Twenty Questions Team Trivia

What "Golden Girl" rose to the rank of staff sergeant under her original name, Bernice Frankel?

Do you enjoy Jeopardy and answering common knowledge trivia questions like this one? Come play our team trivia games! Bring your friends and form a team or join one of our existing groups. Everyone is welcome! With a variety of questions on different topics, you can draw from the life experience and knowledge of the members of your group to work together to come up with the answers. Exercise your brain and win prizes and bragging rights! **Team Trivia will be played on Monday, December 2 and Monday, December 16 at noon in the Dining Room.**

The answer is Bea Arthur.



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.

December 6: Bob Brewer and Country Brew

December 13: The Singer Family Band

December 20: 4 on the Road

December 27: Center Closed for Christmas holidays

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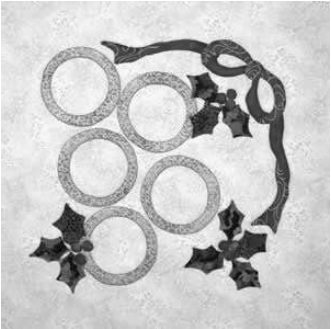


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Members \$10
Friends of our center \$15



<p>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 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness 12:00 pm Bunco-\$1 entry</p>	<p>10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 11:00 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness</p>	<p>9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>12:00 pm Bunco-\$1 entry (Advanced) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring 4 on the Road</i></p>
<p>23</p> <p>CLOSED</p> 	<p>24</p> <p>ALL WEEK</p> 	<p>25</p> <p>FOR THE</p> 	<p>26</p> <p>CHRISTMAS</p> 	<p>27</p> <p>HOLIDAYS</p> 
<p>30</p> <p>Open with limited services— coffee shop closed today</p> <p>7:45 am Walking Exercise 8:15 am Spanish 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) 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness</p>	<p>31</p> <p>CLOSED FOR NEW YEAR'S EVE</p> 	<p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p> 	<p>2</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo</p>	<p>3</p> <p>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 Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class, Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Ed Tryon</i></p>

December 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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 12 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish 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) 11:30 am Balance Class 11:30 am Woodcarving 11:30 am Carriage 12:00 pm Pinochle 12:00 pm Bunco-\$1 entry 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	3 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 11:30 am Jazz Dancecise 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong	4 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 w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 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 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	5 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 Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Carriage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	6 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 Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> Bob Brewer and Country Brew
9 9 am CPR Training 10 am Community Action Agency: Rent and Heating Rebate 1 pm Birthday Party (2nd Monday) Christmas Carol Singalong <i>Cake donated by Medigold</i> 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish 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) 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Carriage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate	10 1 pm Snowman Hat Craft with Bickford 2-4 pm Jukbox Dance Party 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 Dancecise 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance	11 10am-1pm Craft and Bake Sale 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 w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 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 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	12 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 Tatting 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 Pot Luck Party 11:30 am Mah Jongg 11:30 am Woodcarving 11:30 am Carriage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	13 10:30 am Genealogy Class (2nd Friday) 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> The Singer Family Band
16	17	18 1-4 pm Christmas Party featuring the Embers 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 w/Dixie 9:00 am Duplicate Bridge	19 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 Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing	20 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 Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry (Lincheon)

December 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:

- Dec. 3rd** Write about your wonderful Christmas memories as a kid.
- Dec. 10th ...** Write about St. Nicholas Day & Christmas.
- Dec. 17th** Write about your Christmas cards or Christmas letters! (The Center will be closed, but you can work on the below topics on your own!)
- Dec. 24th...** Write about your church's traditions during Christmas season.
- Dec. 31st ...** Write about your thoughts about the New Year, 2025.

FACTS ABOUT DECEMBER:

1. There are fewer daylight hours in December in the Northern Hemisphere than any other month.
2. The full moon in December was called a Full Cold Moon by Native Americans.
3. Remember "Pearl Harbor Day" on December 7th.
4. On December 6th., the feast day of St. Nickolas evolved into "Santa Claus".
5. Winter begins on December 21st.
6. On December 24th, the birth of Jesus in Western Christian Churches and Hanukkah begins.

THOUGHTS ABOUT DECEMBER

"How did it get so late so soon?
Its night before its afternoon.
December is here before its June.
My goodness how the time has flown!
How did it get so late so soon? (Dr. Seuss)

GETTING READY FOR THE HOLIDAYS

Christmas is coming, the geese are getting fat,
Please put a penny in the Old Man's Hat,
If you haven't a penny a ha'penny will do,
If you haven't got a ha'penny, God bless you.

Memories

Looking back on my life,
The time has gone so fast.
It seems what mostly crowds my mind,
Are memories from the past.
Oh! For the days I could run and play,
And chase the summer breeze.

Lay and rest in the cool green grass,
And climb high in the trees.
So many things are gone in time,
There are loves that are lost.
Living a long life is good,
But it comes at a cost.
Fond memories always make me smile,
Some others make me sad.
Looking back on life, I hope,
The good outweighs the bad.
When I began to wonder what,
Keeps me going in life.
I know it's because God gave to me,
My sweet and loving wife.

by 90-year-old life-time member El Rasmussen

Christmas Joy

The TIME is fast approaching
A time for fellowship and joy;
Preparations in the making
For each- a desired gift, celebration, or toy.

We sing for love in this season
And bustle quickly here and there;
What a GREAT time is coming
Spectacular sights for all to stop and stare.

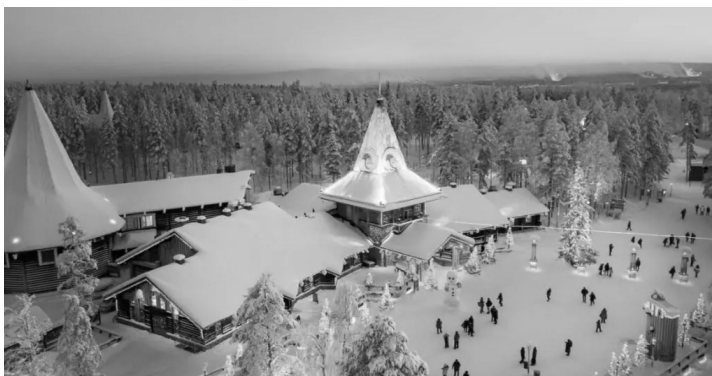
BUT-let each one truly remember the reason
WHY Christmas is really here;
That BABE so holy and so pure
Bringing about that holiday cheer.

May we keep in focus that event
To now save us here on earth;
And giving praise to Him as we go
Be thankful for His Holy Birth.

So be merry-joyful-and celebrate
That day was a GIFT He gave to us;
IT'S the BLESSING of the season
And IN HIM I place my trust.
BLESSINGS TO ALL!

Kay Reynolds

Trailblazers



In November, as the Trailblazers imagined walking through the city of Frankfurt, Germany and along the beautiful river Main, they completed an extraordinary 2583 laps around the building which is about 207 miles!

In December, we'll get in the Christmas spirit by visiting Lapland, Finland in the wintertime. We'll stroll through the Christmas markets and visit Santa Claus' Village. Finnish people claim that Santa Claus' home is in their country because, while reindeer can't actually survive at the North Pole, they do reside in Finland! During our daily December walks we'll visit a reindeer farm and take a sleigh ride. Picture yourself cozied up on a wooden sleigh, covered in thick blankets, watching the snow-dusted trees pass by. We'll also go snowmobiling and view the Northern Lights from inside a glass igloo. Then we'll relax in the sauna and drink spiced mulled wine. Enjoy cozy, seasonal feelings as you Walk. Talk. and Get Fit!

Choir News

The choir performing patriotic music at the November Birthday Party/Veterans Day Party

Can you hear them?
Those wonderful Christmas bells.
Shopping carefully,
Cooking yummy things,
Singing carols and hymns!



The Active Generations Choir is preparing also with some tremendous music to warm your hearts. We have some sing out and awaiting spreading holiday cheer! Unfortunately, a couple of members are down with illness and accidents, and we sure hope they get better soon! So, if you also love to hum or sing Christmas music, come join us, we would love to have you!

Our door is always open and welcoming to new members!
Wednesdays at 11 a.m. in the Music Room.

Genealogy Class: One Big Family of Cousins!

Who are you made of? Family Search's Relative Finder can find matches for sixteen generations back in categories such as presidents, royalty, authors, sports figures and more. This is not a DNA match but found by common ancestor name. An MIT scientist estimated that the farthest cousin you have on earth is 70th. You may find your relations that are rich, poor, famous or ordinary, with or without bragging rights. It's a fun program to do with Thanksgiving and Christmas coming up. Also, great for family reunions or get-together groups. **Genealogy Class will meet Friday, December 13 at 10:30 a.m. in the Classroom**

Tai Chi for Seniors Health Benefits: Improves Brain Function Fast

Tai Chi has been found to improve brain function (like memory and mental flexibility) faster than other exercise. Dr. Parco Siu from the University of Hong Kong has been studying the health benefits of the martial art for over a decade. He ran a study where they compared practicing Tai Chi for three hours a week with conventional aerobic exercise and muscle strengthening activities "for improving cognitive function in older adults with mild cognitive impairment." They found improvements in brain function across the board, but for those practicing Tai Chi it came a lot sooner: "We found that Tai Chi actually can induce greater and earlier improvements on global cognitive function and cognitive flexibility."

"It seems to train up your brain as well," says Dr Siu. "There has been evidence from brain imaging studies that suggests that your brain would adapt at both the structural and functional levels. Conventional exercise can change the brain a little bit but not to the extent of what we observe from Tai Chi training." He believes the meditation element is to thank. "You may want to incorporate the meditations during the Tai Chi movement in order to acquire the most benefit from Tai Chi," suggests the expert. **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**



Bridge News

Snowbirds have headed south and our game attendance is getting smaller. We need more bridge players on Monday and Thursday afternoons. The novice game on Wednesday morning is still going strong. Leon Koster's beginner class continues at the Center on Thursday mornings. Diane Howard's Monday morning class will be online until spring. Maybe some of you bridge players will find it easier to upgrade your game in your pajamas at home rather than driving to the Center. New players and students are always welcome.

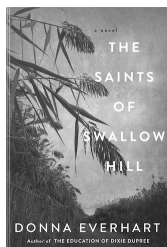
Grill Raffle



Congratulations to Rosie Hawkins for winning the grill raffle and thank you to everyone who participated in this fundraiser for the Center! We raised \$105 which will go to help pay for the window repair project. We would like to thank our anonymous donors for their kindness in donating the grill to the Center.

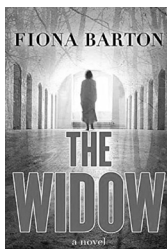
Book Discussion Group

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.



December 5: **The Saints of Swallow Hill** by Donna Everhart

Where the *Crawdads Sing* meets *The Four Winds* as award-winning author Donna Everhart immerses readers in a unique setting—a turpentine camp buried deep in the vast pine forests of Georgia during the Great Depression—for a captivating story of friendship, survival, and three vagabonds' intersecting lives.



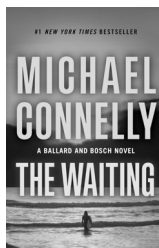
January 2: **The Widow** by Fiona Barton

Following the twists and turns of an unimaginable crime, *The Widow* is an electrifying debut thriller that will take you into the dark spaces that exist between a husband and a wife. When the police started asking questions, Jean Taylor turned into a different woman. One who enabled her and her husband to carry on when more bad things began to happen. . . But that woman's husband died last week. And Jean doesn't have to be her anymore. vagabonds' intersecting lives.



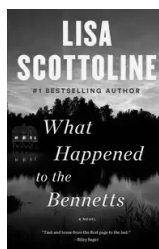
February 6: **The Seed Keeper** by Diane Wilson

A haunting novel spanning several generations, *The Seed Keeper* follows a Dakhóta family's struggle to preserve their way of life, and their sacrifices to protect what matters most. Winner of the Minnesota Book Award.



March 6: **The Waiting** by Michael Connelly

LAPD Detective Renee Ballard tracks a serial rapist whose trail has gone cold and enlists a new volunteer to the Open-Unsolved Unit: Patrol Officer Maddie Bosch, Harry's daughter.



April 3: **What Happened to the Bennetts** by Lisa Scottoline

Forced into the witness protection program after being caught in the crosshairs of a drug-trafficking organization, Jason Bennett and his family, trapped in an unfamiliar life, start falling apart at the seams until Jason takes matters into his own hands after a shocking truth is revealed

Send Birthday Cards to Irene Pyle

Former Center member Irene Pyle is turning 100 years old. She was a longtime volunteer at SCAG and had many friends through the years. If anyone is interested in sending her a birthday card, her address is:

Irene Pyle
1630 W. 5th St.
Sioux City, IA 51103

For questions, contact her daughter, Lisa Trinz, at 712-389-7792.

Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee	St John's Lutheran	Immanuel Lutheran
4th Thursday	28th & Jackson	315 Hamilton Blvd
of each	1st Thursday of	3rd Thursday of each
month 7:00 PM	each month 6:30 PM	month at 7:00PM

Chair Yoga



The holiday season can be the most wonderful time of the year. This holiday season the Chair Yoga members will share the joy and some cherished moments that make Christmas truly special. The annual Christmas survey revealed a blend of tradition and adaptation starting with "What one word best describes the holidays for you?" Nancy said "blessed," and Cleo offered "Peace." Mary Lou said, "High energy." Also included was "joy," "remembering," "special," and "full of love."

Is the tree up before or after Thanksgiving? The majority of responses said after Thanksgiving but Cleo did say before Thanksgiving. I overheard her talking about a family gathering that celebrates Thanksgiving and Christmas with lots of family. Do you have a real tree or a fake tree? Two people answered that they have real trees, which have an authentic look and the natural scent of pine, and can be recycled after the holiday season. The fake Christmas trees are reusable for many years, making them cost effective.

Is it a star or angel on top of the tree? The star represents the Star of Bethlehem that guided the Wise Men to the birthplace of Jesus. They add a bright, radiant touch to the tree. The angel represents the angels who announced the birth of Jesus to the

shepherds. Angels add a graceful, classic touch to the tree. Anna shared a beautiful story that her when her daughter was born (first grandchild), her grandmother wanted an angel for the tree. "We could not find one that year. My husband and I made one using a small plastic doll. She tops my tree every year!"

Shopping in store or online? Some older adults are embracing online shopping, but the majority of the members of the class still prefer shopping in the store, with the ability to see and touch items before purchasing. One member says in store is "more fun." Another "gives cash mostly."

And finish the sentence "It's not Christmas without....": "lights and music," "snow," "gingerbread boys," "family," "gathering of family," "seeing family," "family gathering together at our house," and "the soup dinner with family on Christmas Eve." Our members emphasize the importance of family gatherings, religious services, and family-oriented activities. Sonnie tells us about her Christmas tradition of making up games for the grandkids to play and says, "They are very competitive with the scavenger hunt."

However you choose to celebrate the holidays, I hope it's a magical time of year for you and your loved ones. May your days be filled with joy, warmth, and the special moments that make this season truly wonderful.

Wishing you all the best this holiday season from everyone in Chair Yoga!

Kaye Plantenberg

Crafts with Bickford

Deb and Liz from Bickford Senior Living and Memory Care helped our members create flower-filled Santa hats in November. In December the craft will be a snowman hat made out of a tin can and plate. To participate, please sign up in the Activities Book. Limit to ten people. **Tuesday, December 10, 1 p.m. in the Dining Room.**



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Halloween Party



Members enjoyed a spooky, fun time at the Halloween party sponsored by Synergy HomeCare. Ed Tryon performed Halloween-themed music that brought the ghouls, witches, and other costumed characters out to the dance floor. There was even a special appearance by a Sioux City Ghostbuster, who found that Ed was giving off strange readings. Congratulations to the winners of the costume contest: Hilda Pearson dressed as a jellyfish, Diane McKernan and Marlo Beermann as country gnomes, and Grace Wagoner as a green-faced witch. Thank you to Amy from Synergy for sponsoring and attending the party to celebrate Halloween with us!

Center Volunteers Honored at Brunch



On November 4, the Siouxland Center for Active Generations celebrated the many members who have put in thousands of volunteer hours at the Center over the past year with a thank you brunch. The theme of the brunch was “You Make a World of Difference” to recognize all the volunteer work that makes the Center run successfully. Leading classes, volunteering in the cafe and kitchen, unloading boxes of personal papers at Shredtastic, cooking and serving holiday meals, setting up for Friday dances and birthday parties, taking care of our beautiful plants, helping out at the front desk, and greeting and taking tickets at special events are just some of the ways that volunteers contribute their time and

talents to the Siouxland Center for Active Generations. We are extremely grateful for each and every one of our volunteers! We’d like to recognize the volunteers who have logged the top ten number of hours:

1. Melinda Carlson: 832.5 hours. Melinda volunteers in the cafe.
2. Lucy VanValkenburg: 741 hours. Lucy volunteers at the cafe.
3. Roma Johnson: 643.5 hours. Roma volunteers at the front desk, checks people in at the Friday dances, provides office help, volunteers at special events, uses her artistic talents to make signs and decorations for events, and made the logo t-shirts that are available for sale next to the front door.
4. Ron McKewon: 506.5 hours. Ron teaches painting classes.
5. Karen Bourne: 502.5 hours. Karen directs the Active Generations Choir.
6. Carol Beiswenger: 499 hours. Carol helps with food preparation and baking in the kitchen.
7. Barabara Doren: 463.5 hours. Barb manages the Center’s gift shop.
8. Janet Hein: 453 hours. Jan planned and cooked meals in the kitchen on Mondays, Wednesdays and Fridays, and continues to help out at Friday dances.
9. Lonnie Gustafson: 399 hours. Lonnie helps serve meals in the kitchen, washes dishes, scoops ice cream for the Friday dances, and helps with special events.
10. Beverly Hall: 381 hours. Bev takes care of the beautiful plants at the Center.

DECEMBER BIRTHDAYS

Mary Abraham
Helen Anderson
Linda Anderson
Becky Atkinson
Donna Beauchene
Marlo Beermann
Jackie Biggerstaff
Pat Bornhoft
Dan Burrows
James Chancey
Vesta Clausen
Pamela Coad
John Cole
Nicholas Copas
Anne Cowley
David Cox
Linda Craft
Mary Crouse-Cork
Lynda Lee Deabler
Emily Domayer
Leisa Doren
Kenneth Dvorak
John Fagan
Maryann Farrell
Loren Fauth
Jeff Flom
Donald Fylstra
Dana Gilbert
Sandra Graser
Colleen Guy
Jane Henderson
Vince Henrichsen
Mike Hobart
Iris Hofling

Gary Hoklin
Terry Hubert
Lyle Dean Hughes
Richard Husman
Susan Jones
Norma Jean Jones
Mary Jones
Violet Jordan
Patricia Kampfe
Carolyn Keleher
Sally Kimball
Christy Kingdom-
Knopfler
Matthew Kinnaman
Karen Koch
Shavonne Kopal
Elizabeth Mae Kosinski
Lori Kounas
Barbara Kron
Carol Krumwiede
Robert Larson
Merlene Levering
Julie Mabeus
Dennis Magden
Phyllis McMillan
Mary McGinty
Marion Moore
James Mothershead
Gilbert Nelson
Jeanine Newton
Joseph Nicolas
Barbara Notto
Nancy Oates
Sandy Oberman

Karen Olasz
Carol Ostermeyer
Mike Patterson
Linda Peete-Flom
Norma Petersen
Rosie Petersen
Betty Pratt
Morey Rasmussen
Kathleen Rathman
Joan Ratley
Kurt Riemer
Dianne Roach
Norma Schager
Sue Schmedinghoff
Larry Shaver
Janet Skogman
Charles Smoley
Markeen Starin-Todd
Richard Stephan
Jerald Stewart
Michael Tew
Phyllis Jean Todd
Karen Tuesink
Judy Turner
Elaine Mary Waskow
Michelle Watkins
Lois Weber
Dennis Weil
Rick Wellenstein
Beverly Weseman
Carmen White
Paula Wiley
Donald Wulf
Sarah Young

December NEW Members

Frank Ambro
Renate Ames
Kathie Boock
Dewain Fravel
Linda Glorfield
Donna Glover
Richard Husman
Laura Husman
Victoria Kollbaum
Bev Lynott
John O'Mara
James Sullivan
Joshua Wren



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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
 Pamela Mears
 Don Schultz
 Don Casaday

Normagene Hughes
 George Polak
 Charlotte Curry
 Sally Kimball

Sandra Grazer
 John Grazer

Dollar-A-Day for a YEAR

Robert and Nancy Nelson
 Russell E. Movall
 Bob Hightower, Jr.
 Grant & Pamela Mears

Ed Tryon
 William & Margaret Foulk
 Dorine and Seymour Livine
 Joel Jarman

Cindy Houlihan
 Donald & Ruth Kingery