

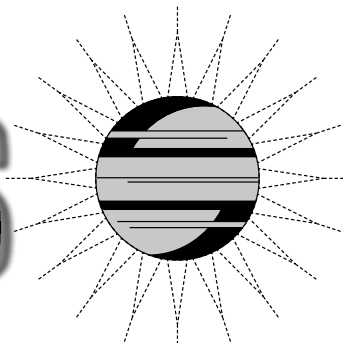
# SUNSHINE NEWS

SEPTEMBER 2022

Telephone  
712-255-1729

Number  
525

Published  
Monthly



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

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

**Siouxland Center**  
for Active Generations

## Activity Spotlight: Center Stage Tappers

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

Some of the Benefits from Tap Dancing are:

- Boost cardiovascular performance – If performed at a high intensity for 15 to 30 minutes, tap dancing offers great exercise for the cardiovascular system, working out the heart and lungs so they function more efficiently.
- Tone leg muscles – Tap dancing offers a great way of toning your lower-body muscles by optimizing the thighs and quads.
- Reduce the risk of high blood pressure – If you suffer from high blood pressure, tap dancing could offer an effective way of bringing it down. Tap dancing gets blood flowing around all the body's major muscle groups, causing arteries to dilate and contract more effectively.
- Burn fat – If you've been trundling on a treadmill for what feels like an eternity, maybe it's time to try something new. Tap dancing is a surprisingly effective activity if you want to burn calories quickly. Depending on the intensity of your tap workout, anywhere between three and four hundred calories can be burnt off.

**Come watch us perform at the Birthday party on September 12th at 1 PM**



## Shredtastic - Volunteers Needed

We are looking for volunteers to help with the Shredtastic on Friday, September 23rd. Please let Kayley know if you can volunteer any time from 10:30 a.m. - 1:00 p.m. There also will be a sign-up sheet at the activities table. Any help is appreciated!

### PREMIER INDEPENDENT LIVING AND RESIDENTIAL CARE COMMUNITY



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## CENTER HOURS

The hours for the center are  
Monday-Thursday

8:00 a.m.-2:30 p.m.

Dance Fridays 8:00 a.m.-3:30 p.m.

**MASKS ARE OPTIONAL**

Please respect those who wish  
to continue to wear the mask.

# the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

## Board of Directors

*Melanie Berte-Hickey - Member*

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*Kayley DeCastro*

## Membership Coordinator

*Cristy Ellis*

## Editor

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Annual Dues — \$52 per Person

Contact us about advertising  
in the Sunshine News

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

## Crafts with Diana

In August the ladies enjoyed their time with Diana as they worked on Diamond painting

Her September classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the \$4.00 fee for the class (**limit 10**)

- **1:00 p.m., Tuesday, September 6th**  
**Tile Coasters**
- **1:00 p.m., Tuesday, September 27th**  
**Floral Tray**



## Activity with B.A.M.

Our Friends Deb and Diane from **Bickford Assisted Living and Memory Care** put on a monthly activity here at the center. Diane and Deb will be leading you on how to make a pumpkin with succulents on top at 1 p.m., It will surely be a blast! **If you would like to participate, please sign up at the activities table. (limit 15)**



## Welcome to the Library

Our books are donated by members and community members. We are always adding new ones all the time. We have mystery, fiction, and western. Our book club selection will be posted in the library. Come in to work on the puzzle or check out a book

*Helen Erickson*

## September Birthday Party

Our September monthly birthday party will be held **Monday September 12th at 1:00 PM.**, in the multi-purpose room. Our entertainment will be the Tappers.

Last but not least, we would like to thank Beginner Tai Chi for the wonderful Demonstration for August's birthday party! *We appreciate all your support!*



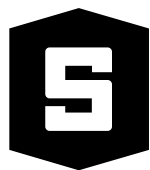


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## BUNCO FOR ALL

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

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

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



## See you in the Gift Shop!

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

Our shelves have space for any treasures you may no longer need. We are happy to take them off your hands, (No TVs, large appliances, large LP records or clothing items please.) So please drop off any you no longer want or need. Remember the gift shop is open to members and non-members alike. Our Gift Shop depends upon your support so please keep donating and purchasing. Save your extra pocket change and shop, shop, shop! We look forward to seeing you.

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

*Your Friends at the Gift Shop*

## KARAOKE

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



## Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

# Gifts & Donations

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

*We thank them for their thoughtfulness.*

Paul Gregory	Joyce Miller	Linda Cravens	Jo Henshaw
Tom/Gail Brown	Shirley Henderson	Jane Hunkins	George Polak
Jana Erdmann	Sherry Evans	Mary Marx	Sharon Junge
Alice Reeg	Anita Strawn	Barbara Loey	Dorothy Swanson
Julie Hamm	Deanne Wickstrom	Linda Beeson	
Vikki Jacobs	Terese Johnson	Pam Mears	

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

TOPS #IA730

Jollytime

Hard Rock Casino

## Unlucky 7 Dice Game

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



## Penny Bingo

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



## Take off Pounds Sensibly (TOPS)

Real people. Real weight loss. TOPS has been helping millions to take off pounds sensibly since 1948. The decision to lose weight starts in your mind, and the journey to better health starts with you!

If you have been looking for a weight loss support group, we have one here at the center on Fridays beginning at 10:00 a.m. Feel free to stop by our TOPS group to see what it is all about.

## SilverSneakers Classic Fitness Program

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Our participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. Sometimes a chair is used for seated exercises or standing support. Our SilverSneakers classic is taught Tuesdays at 10:30 a.m. and Thursdays at 9:00 a.m. SilverSneakers BOOM class meets Wednesdays and Saturdays at 9:30 and Mondays and Thursdays at 1 PM. Come join the fun and fitness routine millions of Americans are using each and every day.



## Belly Dancing

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

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

*Ibu Nooney*

# wish list

- Labor to help transform our coffee shop ( Paint, creative design, clean)
- Canned goods for the Sunshine Café
- Positive comments regarding our Center
- Donate your small non used items to the gift shop
- Volunteer in Sunshine Café
- Fall colored tablecloths and decorations
- Fitness leaders for our classes
- General pool table maintenance -vacuum, polish

## Genealogy Class

Genealogy Class meets the 2nd Friday of each month from 10:30-11:30 a.m.

This month we will be doing research on Cemeteries and Obituaries.

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

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



## Pinochle Fun

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

## Canasta

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

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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. This is not a naughty list! To those of you on the list that have already paid, my apologies!! Thanks! Cristy Ellis, Membership Coordinator*

BOB BAKER	JUDY GIBSON	KRIS KUCHTA	STEVE SHULTS
KATHLEEN BAKER	BEV GROVER	ELLEN KUEHN	KATHY SIEGER
MARSHA BARRS	THERESA HAMMOND	RICHARD LARSON	ANITA STRAWN
CLINTON BARRS	GORDON HANSEN	ELIZABETH LEVI	RAMON SUNDQUIST
RONNEY BARRS	HARRIET HANSEN	JERRY LEVI	CHARLES TARVIN
KATHRYN BEACOM	DIANA HEJHAL	CAROLINE FAE MACE	ANITA TEVIS
SAM BIRMINGHAM	NADINE HOLST	PHYLLIS MCMILLAN	DONNA THUROW
SAMUEL BIRMINGHAM	ROSALIE HORSTED	SHXELDON MENIN	LOWELL THUROW
CLAUDIA BLENDERMAN	BRUCE HUNKINS	RITA MERRILL	DON TORGERSO
DAWN BOMGAARS	JEANITA HUSTED	WAYNE MERRILL	NORMA ULMER
LARRY BOWER	GAYLENE IRONHAWK	KERWIN MEYER	PAULA VAN ROEKEL
MERTON CHMELKA	WESLEY ISEMINGER	CAROLYNN SUE MILLER	JOYCE VANDERLINDEN
MARCIA CRAYNE	CAROL JACKSON	BEVERLY MONK	ROBERTA VANDERLINDEN
MARYANNE DEIBERT	TIMOTHY JACOBS	NANCY NELSON	DOROTHY VANDERWEIL
EMILY DOMAYER	JOAN JOHNSON	SHIRLEY NELSON	LINDA VANDIVER
ROGER ELDRIDGE	JOAN KOBER	DON OLSON	CHRIS VERSTEEG
MARY FERRARI	GEORGEANN KOCK	DONNA OLSON	EVELYN WILEN
HELEN FOIX	ANNA KOUNAS	JANE POLLARD	WILLIAM WITZKA
JOYCE FOSTER	SHARLENE KRUSEMARK	BRENDA REICKS	HEATHER YOUNG
SANDRA K (SANDY)	WILLIAM KRUSEMARK	MARY SCHRANK	
FRAVEL	RODNEY KUCHTA	JUDY SEAMAN	

## Trail Blazers Walking Group

On our visualized walk of the Atlantic Coast, we Arrived at Fredericksburg, VA on Aug 12th. We are heading north, hoping to reach Canada some time in the fall. Check out the map on the Trail Blazers bulletin board.

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

*Judy R. and Judy S.*

## STRUGGLING TO PAY YOUR RENT?

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## Grief Support Program

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

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

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

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

## Bible Study:

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

# Friday Dances

**September 2nd:  
Country Brew**

**September 9th:  
Jerry O'Dell's Country Flavor**

**September 16th:  
4 On the Road**

**September 23rd:  
Ed Tryon's Big Band Sounds**

**September 30th:  
4 On the Road**

## BRIDGE NEWS

All is well with the Siouxland Duplicate Bridge Club. Everyone had fun at the annual game at Aurelia. Our group was beneficiary of the donations, so we are now looking for a new project. We are always looking for new players. Beginning players are welcome at Leon Koster's Thursday morning classes. Experienced bridge players wanting to sharpen up their game are welcome at Diane Howard's Monday morning class. Those classes are here at the Center as well as an open game Monday afternoon and a novice game Wednesday morning. New players are also welcome at the Thursday afternoon online games. With cooler weather ahead, maybe now is the time to add a fun indoor activity to your schedule.



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

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

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

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



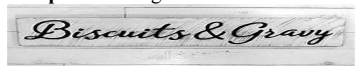



# September 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong <b>1:00 pm SilverSneakers BOOM</b>	<b>2</b> 9:00 am Fitness with Dixie 9:00 am SCRABBLE 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm BUNCO 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00 -3:30 PM -Friday's Dance  <b>Featuring Country Brew</b>
<b>5</b>  <b>WE WILL BE CLOSED ON LABOR DAY</b>  <small>www.fairportstate.org</small>	<b>6</b> <b>Crafts with Diana 1 pm</b> 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am Tatting 9:00 am Wellness Screening 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Crafts with Diana 1:00 pm Painting Class	<b>7</b> 8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - <b>\$1.00</b> Guests 11:30 am Phase 10/ 5 crowns 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 1:00 pm Coloring Corner  	<b>8</b> 9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm SilverSneakers BOOM	<b>9</b> <b>10:30 am Genealogy Class (2nd Friday)</b> 9:00 am Fitness with Dixie 9:00 am SCRABBLE 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance  <b>Featuring Jerry O'dells Country Flavor</b>
<b>12</b> <b>1:00 p.m. Birthday Party (2nd Monday)</b> <b>Hosts: Staff/ Volunteers</b> <b>Entertainment: Beginner Tappers</b> 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Bridge Lessons 10:00 am Knitting & Crocheting 10:00 am SCRABBLE	<b>13</b> 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am tatting 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing	<b>14</b> 8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - <b>\$1.00</b> Guests 11:30 am Phase 10/ 5 crowns	<b>15</b> 9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving	<b>16</b> 9:00 am Fitness with Dixie 9:00 am SCRABBLE 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller



<p>10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm Birthday Party</p> 	<p>11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Café lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Ping Pong</p> 	<p>11:30 am Phase 10/5 crowns 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm SilverSneakers BOOM</p>	<p>11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:00 pm BUNCO 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p>Featuring 4 on the Road</p>	
<p>19</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Bridge Lessons 10:00 am Knitting &amp; Crocheting 10:00 am SCRABBLE 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM</p>	<p>20</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am tatting 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Café Lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>21</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Sioux City History Talk: Victorian Arc 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Fall Prevention Class with Robyn Mellang 11:30 am Phase 10/5 crowns 11:00 am-12:30 pm Sunshine Café lunch 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 12:30 Tea Party and Craft 1:00 pm Coloring Corner</p> 	<p>22</p> <p>12:30 Fall Tea Party and Craft \$3.00 fee</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 Fall Tea Party and craft 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm SilverSneakers BOOM</p>	<p>23</p> <p>Shredtastic 11am-1pm</p> <p>9:00 am Fitness with Dixie 9:00 am SCRABBLE 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p>Featuring Ed Tryon’s Big Band Sounds</p>
<p>26</p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Bridge Lessons 10:00 am Knitting &amp; Crocheting 9:00 am SCRABBLE 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm Balance Class with Azria</p>	<p>27</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am tatting 9:30 am Painting Class 9:30 am Bible Study 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Sunshine Cafe lunch 12:00 Rock Steady Boxing (fee) 12:30 pm Penny Bingo 12:30 pm Tap dancing 1:00 pm Painting Class 1:00 pm Ping Pong 1:00 pm Crafts with Diana</p>	<p>28</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am SilverSneakers BOOM 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 /5crowns 11:00 am-12:30 pm Sunshine Café lunch 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 1:00 pm Coloring Corner</p> 	<p>29</p> <p>9:00 am Penny Bingo 9:00 am Silver Sneakers Classic Fitness 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:00 am Line Dance-(Beginner) 10:00 am Line Dance-(Intermediate Advanced) 11:00 am Line Dance (Advanced Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Sunshine cafe lunch 10:00 am Canasta 12:00 Rock Steady Boxing (fee) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm SilverSneakers BOOM</p>	<p>30</p> <p>9:00 am Fitness with Dixie 9:00 am SCRABBLE 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p>Featuring 4 on the Road</p>



# Sunshine Cafe

September

2022

Note Changes in Days Noon Meal served in Sunshine Café/Menu can change

Wednesday's Biscuits & Gravy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Scalloped Potatoes w/ham Peas Sliced Peach	2 Coffee Shop-Only Chicken Caesar	3 Closed	4 Closed
5 Labor Day Center Closed	6 Covered Pork Cutlet Mashed potatoes Candied Carrots Brownie	7 Swiss Steak Roasted potatoes Tossed Salad Orange Fluff dessert	8 Baked Chicken Potatoes & gravy Green Beans Cream Pie	9 Coffee Shop-Only Special- Chicken Croissants	10 Closed	11 Closed
12 Coffee Shop-Only Special- Hamburger vegetable soup	13 Baked Ham Smashed potatoes Creamed peas Sliced peaches	14 Hamburger or Brat. Patties with baked beans Cole Slaw Cheese Cake	15 Liver & Onions Mashed Potatoes Mixed vegetables Fruit Pie	16 Coffee Shop-Only Special- Potato Nugget Cass	17 Closed	18 Closed
19 Coffee Shop-Only Special- Cheese Broccoli Soup	20 Meatloaf Mashed potatoes w gravy Green beans Pineapple cake	21 Goulash Buttered Corn Tossed Salad Pumkin bars	22 Cabbage Steak With Ham Carrots & new potatoes Frosted Cake	23 Coffee Shop-Only Special- Tuna & Noodle Casserole	24 Closed	25 Closed
26 Coffee Shop-Only Special- Tomato Soap Grilled Cheese	27 Turkey Dinner With all the fixings Pumkin pie	28 Country Ribs Baked Beans/Cole Slaw Mixed Veg. Pie	29 Beef Noodles Green Beans Chocolate Cake	30 Coffee Shop-Only Special- Chicken Fried Rice	1 Closed	2 Closed

## Sunshine Café and Sit & Sip Coffee

August has arrived and summer will soon be coming to a close and schools will soon reopen for another year. That does not mean things are slowing down here at the center. By now you may have noticed Rose is not in the kitchen. We are still in need of volunteers to help prepare our daily meals. If you can chop vegetables, wash dishes, clean up, or help serve, please see Pat or Kayley to see what days we need help. There will always be someone around to guide you.

Our wish list has been posted outside the café door. Please check back often for changes and additions. Thank you for your generous contributions to support our food service programs.

## Medicare News

The Medicare Annual Enrollment Period (AEP) runs from October 15-December 7 each year. During AEP, Medicare recipients can evaluate their current coverage and make changes. There's no requirement to take any action during this annual enrollment period, but oftentimes people find more affordable options or plans with more coverage. Medicare plan details can change annually, so it's a good idea to compare your options each fall to make sure your health and prescription drug needs are covered for the coming year. The Center will be hosting numerous company representatives to help you navigate your issues.

## LOOK OUT -- HERE COMES SCRABBLE!

SCRABBLE is a word game that was trademarked in 1948, the year I was born. Hasbro, the current owner, will have you know Scrabble was conceived during the Great Depression by an unemployed New York architect named Alfred Moshier Butts, who figured Americans could use a bit of distraction during the bleak economic times. The previous squares are exactly what they were when I first started off—the same 100 tiles and the same distribution. That's something pretty neat about the game. It hasn't changed one iota and it's still popular.

Still, there are variations that people play, including one called Clabbers. "That's the anagram of Scrabble," Cree said. "You can play words in any order you want to and play the letters in any order you want to as long as the letters can make an anagram of a word."

If you're one of those geeks like me who knew how to spell and couldn't get anyone to play with them, your time has come. I would like to find out who wants to

## Wood Carving Award Given to Former Member of Center

Two hand carved canes were awarded a 1st and 2nd place ribbon during the Thurston-Dakota county fair. The Eagle cane was autographed by former President Bill Clinton.



## Tai Chi

Stay steady on your feet. Accommodations people make to prevent falls such as restricting their activities and adopting a slower gait, can actually increase the risk. The best way to prevent falls is with activities that build muscle strength in the legs and enhance balance. Tai Chi is one form of exercise that can help develop balance, body awareness, and confidence. Research suggests that people who participate in tai chi classes may cut the risk of being injured in a fall by half.

play badly enough to come out for a scrimmage ("a confused struggle or fight") or two at the center. You will help decide the rules. We could even play teams if enough people show up. Bring your set or buy a new one, just in case. Pick a time, either Monday at 10 a.m. or Friday at 9 a.m. or both. We'll have to play in the room the Center thinks is a good spot. (As far as I'm concerned, anytime 4 friends get together to play a fun game that makes us think, I'm in a good spot.)

--Helen Craig





# September 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:*

Sept. 6th .... Write down 8 or 10 of the Funniest Words in the English language while writing sentences about them.

Sept. 13th... Write on, "Remember 9/11" and some memories.

Sept. 20th .. Write on the holiday, "Labor Day".

Sept. 27th... Write about things you would like to tell our Creative Writing group about yourself.

## FACTS ABOUT SEPTEMBER

1. September is the 9th month and has 9 letters.
2. September 11th-2001, 3000 US citizen died.
3. September 22nd. is the Fall equinox, daylight will get shorter.
4. September tries it's best to have us forget summer. (Williams)
5. September will celebrate Grandparents Day!

## WELCOME SEPTEMBER

New month, new chapter, new page, and new wishes.

May the month give you courage,  
strength, confidence, patience,  
Self love and inner peace.

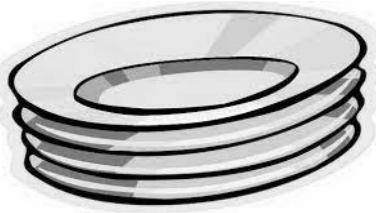
May everyday fill your days with hope, Love,  
and let there be laughter.  
(Beautiful quotes)

Enjoy the coming Fall days when leaves begin their fall colors and see beauty all around us.

~ Alice Reeg, Creative Writing

## Dishwasher Fundraiser

A great big thank you for the generous support of our Sunshine Café Dishwasher project! We made our goal to upgrade our current dishwasher. Thank you! Our dish machine is vital to our operations, and currently on precarious ground. Our model A12 has been obsolete, in fact its replacement model is also discontinued. Already our group of volunteers work hard to produce a quality cost effective meal for our members. We want our volunteers to have effective and well-maintained equipment to work with, and of course smooth Palmolive hands. Your support has been greatly appreciated!!



## Interactive Metronome

Wow! And just like that summer is ending. September brings schedules and all things fall including Fall Prevention Awareness week from the 18th-24th. Do you have trouble stepping up onto a curb? Or Are you worried about falling? If you answered yes to either question, this class is for you. Robyn is leading a Fall Prevention Class on September 21 at 11am in the Yoga Room. Come learn about fall prevention and decrease the chances of it happening to you!

Thanks, Robyn Mellang, OTR/L

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## Shredtastic Scheduled to Return to Sioux City

Sept 15, 2022 (Sioux City) Connections Area Agency on Aging announces its Fall "Shred-tastic," a document shredding event, will be returning to Sioux City. This event is for seniors ages 60+ and their caregivers and will take place Friday, Sept 23, 11:00 a.m. to 1:00 p.m. at the Siouxland Center for Active Generations, 313 Cook Street, Sioux City. Document Depot is providing a shredding service for personal papers only.

Over the last years, an average of two+ tons of personal papers were shredded during this two-hour period, with 4,800 pounds shredded last May. The option to park and watch the shredding process is also available, using social distancing. This service is available on a donation basis with the donations benefitting senior services provided by Connections and Siouxland Center for Active Generations.

With a focus on preventing seniors from becoming victims of identity theft, Shred-tastic offers seniors or their caregivers the opportunity to shred personal materials. Connections Area Agency on Aging, and SHIP/SMP (Senior Health Insurance Information Program/Senior Medicare Program) advises Medicare beneficiaries to carefully dispose of paperwork such as Medicare

Summary Notices, explanation of benefits notices from insurance companies, bank statements, credit card billings and applications and other documents that contain 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 sell-able commodities to many scammers," stated Chris Kuchta, event organizer at Connections Area Agency on Aging. She continued, "We are excited to be able to offer this service to seniors living in the Siouxland area, as we have been for more than last 10 years."

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

This event occurs each spring and fall in Sioux City. The next Shredtastic will be in May with the date to be announced. For additional information, contact Connections Area Agency on Aging at 1-800-432-9209 or visit [www.connectionsaaa.org](http://www.connectionsaaa.org).

## We Often Get Asked "What is Rock Steady Boxing?"

It is a structured class designed for people with Parkinson's Disease or early onset Parkinson's Disease. Classes are led by a certified Rock Steady Boxing coach and incorporate strength training, cardiovascular exercise, and boxing techniques that are designed to minimize the effects of Parkinson's Disease as well as improve activities of daily living. The mission of Rock Steady Boxing is to empower individuals with Parkinson's Disease to fight back!

And then sometimes, we get asked "Can Rock Steady Boxing help improve Parkinson's Disease?" Independent Studies have shown that exercise can help minimize the symptoms of Parkinson's not cure the disease. If you have Parkinson's and want to continue your quality-of-life activities, then you must exercise to maintain your maximum physical fitness. Rock Steady Boxing is one way to help you! Inquire today to join our fun, fitness-based program.

## Tea Party and Craft

Join Kayley on September 21st at 12:30 for a fall themed tea party and craft. The cost will be \$3 which will cover the craft, tea, and a light snack. Sign up in the Activity book for this fun filled afternoon!



### Pleasant and Affordable Housing Communities for Elderly and Disabled

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

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# July New Members

JOYCE BISHOP  
HUONG(ROSIE) BOGGS  
BERNICE BOWMAN  
MELINDA CARLSON  
TERRY COLT  
MARIE ERICKSON

JANICE GROVE  
CARMEN HAINEY  
BELLA INGRAM  
CARRIE JOHNSON  
SUZETTE LEUENHAGEN  
BONNIE LOHRY

DEBBY MARTINDALE  
DAVID MCKENNEY  
KATHY PATTERSON  
KRISTA PAYNE  
DANIEL RYGH  
JACQUELYN RYGH

CAROL STOUT  
LORETTA TOBIN  
ALLAN TOBIN  
MARTIN WOLF  
DARLENE WOLF  
CONNIE KRYGER

## Care Giver Support Group

Join Angels Care Home Health for a 10-week series designed to not only educate but support family members and friends who are providing direct care to those who suffer from Alzheimer's and Dementia, as well as other chronic illness. In a group setting, education is designed to reduce burnout, provide the tools and resources that will make caring for your loved one less stressful. In a group setting, share ideas, best practices, and fellowship with others who are also walking in your shoes. This group starts at 1 p.m. September 12 and goes to November 14 and meets in the conference room

We would love to meet you Friday, September 9th from 1pm-3pm to answer questions and give you more information. Class Schedule:

Class 1: Understanding Dementia

Class 2: communication Dementia

Class 3: Legal Issues

Class 4: Care Giver Stress

Class 5: Hand in Hand

Class 6: Understanding and Resolving Grief

Class 7: The Natural State of Doing.

Class 8: Keeping the Peace

Class 9: The Behaviors

Class 10: Dementia and Medications

## JAM SESSION



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

## Fall Prevention Week

Fall Prevention Week is designated September 18-24th. Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention (CDC) and other falls research:

- More than one-fourth of Americans age 65+ falls each year.
- Falls are the leading cause of fatal and nonfatal injuries among older adults.
- The cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030.
- Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations.
- In 2015, the total cost of non-fatal fall injuries was \$50 billion.
- Each year about \$754 million is spent on medical costs related to fatal falls.
- For older adults in the U.S., fall death rates went up by 30% from 2007-2016, and researchers predict there will be 7 deadly falls every hour by 2030.4
- People with mild hearing loss are nearly three times as likely to fall, with each 10 decibels of hearing loss increasing fall risk.
- The majority (60%) of falls happen in the home, 30% in a public setting, and 10% in a health care center.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. Siouxland Center for Active Generations supports our members with exercise and strengthening classes, balance classes and general activities to help decrease falls. Inquire to find a program that is right for you.

# SEPTEMBER BIRTHDAYS

John Ackerman	Betty Flynn	Krusemark	Mary Jane
Bridget	Joyce Foster	William	Shanahan
Agriopoulos	Peggy Foulk	Krusemark	Dianne Shay
Theresa Ann	Bobbetta	Paula LaBrune	Terry Joe Smith
Ambrose	Foxworth	Robert Lee	Sharon Strom
Walter Anderson	Roger Friessen	Judith Lee	Carolyn Stuhr
Janice Beauchene	Karen Glover	Linda Lees	Melinda Suber
Pam Boonstra	Virginia Gries	Mariann Leisinger	Robert F (Bob)
Jacque Brentlinger	Bev Grover	Ellen Livingston	Swanson
Joann Breyfogle	Verna Halligan	Valerie Lockwood	Rhona Tarno
Thomas Brunkan	Lucien Hamernik	Dean Marsh	Diane Taylor
Craig Dale Carroll	Adrian Hanson	Don McCulley	Anita Tevis
Ron Chapman	Rose Heeren	Nancy Means	Orville Thiele
Ruth Cornell	Robert Henderson	Rhonda Menin	Leo Thornton
Susan Danilson	Mavis Holman	Vivian Miller	Emerita Topete
Sandra Devries	Normagene	Eileen Mitchem	Craig Tordsen
Delores	Hughes	Calvin Mohrman	Rosa Travis
Disterhaupt	Miriam Jensen	Don Nieuwendorp	Teresa Valdez
Audrey Ercolini	Pamela Johnson	Kathy Noble	Roberta
Sonja Kay	Bob Johnson	Deb Nusbaum	Vanderlinden
Erickson	Nancy Kelly	Georgejean Olson	Dorothy
Helen Eriksen	DuRetta Kelly	Jeannette Palma	Vanderweil
Billie (Willma)	Dorinda	Judy Ramirez	George Vinson
Erskine	Klapprodt	Alice Ann Reeg	Lois Walsh
Chrissy Fahey	Joan Kober	Dennis Reinert	Kathy Watkins
William Flory	Daniel Kohn	Ray Sanders	Jennifer Wilson
Donna Flory	Sharlene	Tom Schoening	Brian Wohler

## Memorials for August & Sept

**For:** Maggie Mckenna

**From:**

Sandy Kuntz

George Polak

Curt/Sue Vondrak

MaryLou Burns

Lois Ward

Lee/Connie Quade

Lonnie Gustafson

**For:** Vern Hughes

**From:** Susan Danilson

**For:** Doris Lohry

**From:**

Alice Reeg

SCAG Library

**For:** Frederic T &  
Rose M. Pipen-Bocian

**From:** Fred Bocian

## We Remember

**Maggie Mckenna**

**Tom Porsche**

**Vern Hughes**

**Doris Lohry**

## Overactive bladder?

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

Call (800) 618-3329 to schedule an appointment.

[sanfordhealth.org](http://sanfordhealth.org),  
keyword: Bladder Health

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

### Membership Information

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

### Refund Information

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

## DOLLAR A MONTH CLUB

July/Aug

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

Miriam Clayton  
 Don Casaday  
 Virginia Gries  
 Sherry Evans

M.Donna Johnson  
 Sally Kimball  
 Pamela Mears  
 Russell Movall

Jan Nelson  
 George Polak  
 Maizie Johnson  
 Kathleen

Plantenberg  
 Harvey Viken  
 Don Schultz

### Dollar Per Day Club

Andrea & Mark Rathgeber  
 Paul Gregory  
 Diana Howard  
 Barney Pottebaum  
 First Premier Bank  
 Dorine Levine  
 Charter Senior Living

Northpark Place  
 Gail & Tom Brown  
 Russ Movall  
 Jon & Grace Wagoner  
 Judy Seaman  
 Gene Anderson  
 Roberta & Leonard Gill

Frances & Ron Cummings  
 James & Michelle Meyers  
 Sunnybrook Church  
 Siouxland Community  
 Health Center  
 Dorine Levine