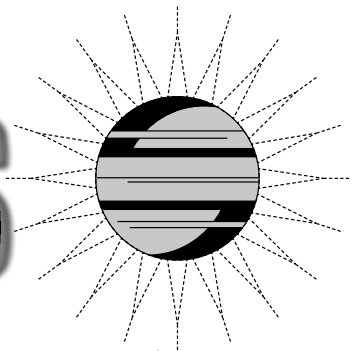


SEPTEMBER 2023 SUNSHINE NEWS



Telephone
712-255-1729

Number
537

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

Join Us for the Fabulous Fall Follies

The Siouxland Center for Active Generations' premiere variety show, the Fall Follies, featuring acts from the performing arts groups that practice at the Center, will return to the stage this September after a three-year Covid hiatus. This show will be the 37th Fall Follies program and will feature performances from the Active Generations Choir, the Young at Heart Line Dancers, the Tap Dancers, Ballroom Dance Group, Advanced Tai Chi, Stephen Vanderburgh on piano and more surprises. All of the performers are working hard to prepare to put on a great performance for you.



Long-serving line dance instructor Sally Kimball, who has participated in the Fall Follies for many years said the show is "a special thing that we do for the Center, so special. It shows people what we do down here and how much we enjoy it." She reminisced about the time when she was considering joining the Center, the stigma attached to a "senior center," and how she was

pleasantly surprised after becoming a member. Sally believes that the Fall Follies is important for showcasing the wide variety of programming and the active lifestyles enjoyed by members of the Siouxland Center for Active Generations. "It's not just older people sitting around."



We hope that you'll join us when the curtains rise and the performers take the stage. It is sure to be a fantastic experience that you won't want to miss! **The Fall Follies performance will take place on Saturday, September 16, 2 p.m. at East High. Tickets are \$5 and will be sold at the front desk.**



The Center will be closed on Monday, September 4 for the Labor Day holiday.

Your Neighborhood Coalitions

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

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

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

Board of Directors

Ted Massey - Member

Joel Jarman - Member

Colby Lessmann

Barney Pottebaum - Chair

Judy Seaman - Member

Courtney Ott

Alicia Nyreen

Cortni Krusemark

Vanessa Ogundipe, MD

Executive Director

Patrick Tomscha

Activities Coordinator

Kristina Yezdimer

Membership Coordinator

Faith Cosier

Editor

Judy Seaman

Kerry Ruehle

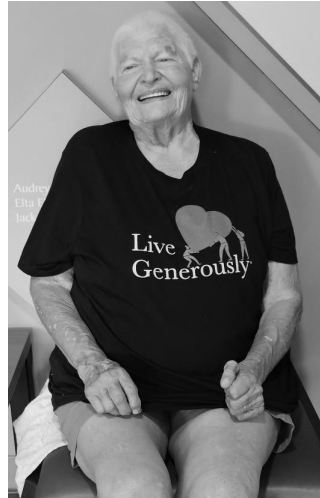


Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Meet a Member: Charlotte Curry



Welcome to new member, Charlotte Curry who joined the Center in August. Charlotte was born in Sioux City on September 14, 1941. (Tell her Happy Birthday in a couple weeks!) She was the oldest of three siblings and is now the only one left. She lived in Sioux City for the majority of her life but resided in Omaha for a brief period of time. Charlotte went to East High and was married to a Cornhusker. She is the mother of four children and worked as a teacher for over thirty years.

So far, Charlotte loves it at the Center and hopes to meet many new friends. Her words of wisdom are, "Love God, do your best to make Him happy."

Meet Our New Membership Coordinator

Welcome to Faith Cosier, who joined the staff of the Siouxland Center for Active Generations at the end of July. Faith shared that she came to the Center to look into some of the activities offered and found out about the open position. She had been retired for seven years and before that was the office manager at Sergeant Bluff High School.

Faith loves all kinds of music from old to new, rock to country, and even some rap. She's seen John Mellencamp in concert five times. She also loves to read and said, "I'll read anything I can get my hands on." Faith has been married to her husband Jim for 39 years and has a 29-year-old daughter named Danielle. She has four sisters, all born within about a year of each other, except for her baby sister who arrived when Faith was a teenager.

Faith says that she is thankful to be here. Her door is open, so please stop by and introduce yourself!



September Birthday Party: Family Feud

To honor our members with September birthdays, we will have a grand game of Family Feud. Bring your thinking cap and gather a group to play this game show favorite! Each table in the Multipurpose Room will be a team. Come up with the most popular answers to survey questions to succeed in the game. Wrong answers may not get you the win but may be successful in bringing out laughter from the crowd. Prizes will be awarded to the winning team.

Thank you to Medigold for sponsoring the birthday cake.

Monday, September 11, 1 p.m.





Connecting Daily

Providing your senior care needs:

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

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



SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.277.6500 • SNBonline.com

"Where Quality Counts"

PRESTIGE Collision Repair Centers

Two Locations:

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

LEWIS ELECTRIC CO.

508 S Flynn St.
North Sioux City, SD 57049

Estimates Gladly Given

Ph. 252-2785



Home Health Care Co.

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

SALES • RENTALS • REPAIRS
Free Delivery & Set-Up

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

214 W. 7th Street • 800-217-2275

712-277-2273

Answered 24 hours a day

Bring Your Personal Documents to Shredtastic



Do you have papers piling up at home that you need to get rid of? Bring them to Shredtastic! Credit card statements, old resumes, prescription information, pay stubs, tax records, medical bills, receipts, and anything with your account information are some of the many items that we will securely dispose of for you at our drive-through shredding event. Identity thieves are out there; don't let them get a hold of your personal identifying information. Shredtastic, sponsored by Connections Area Agency on Aging and Document Depot, is dedicated to

protecting seniors from identity theft.

Our last Shredtastic event in May was so popular that we filled Document Depot's truck up twice! The line of cars reached all the way around the Center's parking lot. The final count was 230 vehicles and over 8,000 pounds of personal papers shredded. Let's see how many documents we can bring to our September event!

Bring items to the Siouxland Center for Active Generations parking lot at the designated times. You may leave staples and paper clips in place. Please do not bring cardboard, plastic, spirals, metal binders, magazines or telephone books. Shredtastic is for personal papers only, no businesses, please. Limit to one trunk load of documents. Donations are welcome and appreciated.

Friday, September 15, 11 a.m.-1 p.m.

Big Word/Small Word Game with Bickford

Deb and Diane from Bickford Senior Living and Memory Care were unable to visit us in August, so last month's planned BigWord/Small Word game will be played for the September activity. Come for the fun and you'll be presented with a multisyllable word on a whiteboard. The challenge will be to see how many small words you can make out of it. It will be a great mental exercise in the company of a fun group.



Tuesday, September 12, 1 p.m. in the Dining Room.

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____

Gifts & Donations

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

We thank them for their thoughtfulness.

Karen Balsted	Jo Henshaw	Joyce Miller
Kristine Bergstrom	Mary Hubbart	Margaret Neely
Liz Blachnik	Normagene Hughes	Donna Olson
Keith D Boden	Bruce Hunkins	Kris Polak
Larry Bowman	Jane Hunkins	Judy Rehurek
Vicki Bowman	Arlene ImRay	Kurt E Rieman
Gail/Tom Brown	Pat Isaacson	Brook Ritter
Darlene Burson	Deanna Jacobs	Beth Rozeboom
Karen Custer	Alvin Johnson	Kristine Shults
Stephen Dougherty	Roma Johnson	Yvonne Thallas
Audrey Ercalind	Patricia Kampfe	Evey Thompson
Billie (Willma) Erskine	Jeff Keil	Phyllis Todd
Diane Gardner	Anna Kounas	Phyllis Jean Todd
Richard E Hayes	Virginia Margeas	Toni Wheat
Jane Henderson	Julie McKinney	Dianne Wickstrom
Carolyn Henjes	Beth Miller	

Ron McKewon Art Raffle



To support our Fall Follies talent show program, artist Ron McKewon has generously offered to raffle two of his beautiful paintings. Two winners will get to select one painting from the six offered, the second winner will select one painting from the five remaining.

Ron was born in Sioux City, Iowa, graduated from Sioux City High, and later graduated from the Washington School of Fine Art. He participates in many national art shows including Nebraska Land Days, River City Roundup in Omaha, Yankton Riverboat Days, Jim Savage Western & Wildlife Art Show, and

many others. His awards include Best of Show at River City Roundup, Best of Show at Art at the Depot, Merit Award WSA International Art Contest, and others. Articles about Ron McKewon's work have appeared in national publications such as Art of the West, Western Horseman, and Artwork International. His paintings and fundraising ornaments hang in many private collections throughout the U.S., Germany, England, and France.

Tickets are \$1 each or 6 for \$5 and can be purchased at the front desk. The drawing will be held at the Fall Follies, Saturday, September 16, 2 p.m. at East High School. If winners are not in attendance, they will be contacted after the event.

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

TOPS #IA 730

Thank You from Sally Kimball



Thank you so much for letting me be your line dance teacher for all these years! What a privilege and what a joy to watch you progress and learn the dances and love dancing as much as I do and have all my life! Most of all I have learned to know and love all of you, as you all will be remembered for the loving, caring people you are. You have definitely filled my life with so much pleasure, joy and sincere friendship.

Thank you so much for the wonderful party, gifts and flowers. So appreciated, all you have done for me all these years, and now an added thank you to Pat for making the Center a great place to be and for all those friends who came to see me on that very special day!

*Thank you!
Sally*

Karaoke Moves to the Stage on Thursdays



Did you know that the Siouxland Center for Active Generations has a karaoke machine? It seems to be a bit of a secret. Karaoke sessions have been happening Fridays in the Music Room, which has limited space for participants, let alone room for an audience. In order to allow a bigger crowd to join in on the fun Karaoke will move to the stage in the Multipurpose Room beginning in September. Come and sing along to your favorite songs! Either solo or with a group, you'll find supportive people who love music and just want to have a fun time singing. Musical talent is not a requirement to have a fabulous time performing popular tunes.

Thursdays at 1 p.m. on the stage in the Multipurpose Room.

Bridge News

Several players had fun at the annual charity game in Aurelia. It's always good to see players from other clubs. Our games on Monday, Wednesday and Thursday at the Center continue to draw more players. It was difficult adjusting to playing only online. Now we need to adjust to having more choices. Diana Howard's 9:30 Monday class is for any player past beginner stage. Leon Koster's 9:30 Thursday class is for beginners. Now that golf season is about over, Audrey Ercolini wants to get her Thursday 9:30 online class going again. Anyone past beginner stage is invited for supervised play with emphasis on basics like bidding and opening leads. Please sign up at the front desk if you are interested. Everyone is invited to take part in any or all of our events.

Book Donations Wanted

Do you have gently used books that you're finished with? The library is looking for book donations for their book sale. Please drop them off at the library or in the lobby.

Hospice of Siouxland *Siouxland Palliative Care*

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

Siouxland
HEARING
Healthcare, P.L.C.

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

Michael Sloniker,
M.S., CCC-A

Palmer's
Old Time
Candy Shoppe

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

COLBY M. LESSMANN
Attorney at Law

Practicing Primarily In:
Wills ♦ Trusts
Estate Planning ♦ Probate

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

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

In Business Since 1921!

KALINS
INDOOR COMFORT
HEATING & AIR CONDITIONING

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

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! Faith Cosier, Membership Coordinator

- | | | | | |
|--------------------|------------------|---------------------|------------------|----------------------|
| Barbara Abney | Pat Ann Ellis | Marilyn Kilbride | Donna Olson | Charles Tarvin |
| Mary Aesoph | Jeanne Emmons | Clark Kleinberg | Carolyn Ramsaran | William Thompson |
| Clinton Barrs | Joyce Foster | Joan Kober | Brenda Reicks | Donna Thurow |
| Carol Beiswenger | Peggy Foulk | Wayne Kooiker | Euvella Riggs | Lowell Thurow |
| Claudia Blenderman | Adam Frisch | Anna Kounas | Carlos Salas | Don Torgerson |
| Larry Bower | Judy Gibson | Joan Krough | Juanita Sands | Judy Turner |
| Maggie Brockman | Theresa Hammond | Sharlene Krusemark | Leroy Sands | Norma Ulmer |
| Wendell Brockman | Gordon Hansen | William Krusemark | Mary Schrank | Roberta Vanderlinden |
| Fred Brown | Harriet Hansen | Rita Lyman | Judy Seaman | Dorothy Vanderweil |
| Merton Chmelka | Diana Hejhal | Caroline Fae Mace | Leanna Shinkle | Linda Vandiver |
| Marcia Crayne | Corinne Holman | Phyllis McMillan | Steve Shults | Carolyn Wendte |
| Richard Danielson | Rosalie Horsted | Kerwin Meyer | Rosa Maria Solis | Richard Wheeler |
| Joyce Dean | Duane Hughes | Carolynn Sue Miller | Guillermo Solis | Otto Wilczek |
| Emily Domayer | Jeanita Husted | Anthony Nelson | Gary Stokes | |
| Leann Doran | Wesley Iseminger | Paula Nelson | Anita Strawn | |
| Roger Eldridge | Timothy Jacobs | Don Olson | Ramon Sundquist | |

New Horizons Band Pops Concert

The New Horizons Band of Sioux City, led by director Benjamin Mauritz and consisting of many senior musicians will perform a concert featuring popular music from movies and musicals and other pop or rock favorites. The New Horizons Band is an inspiring group because a large number of the members have resumed playing symphonic band instruments after a long absence. Their spectacular May performance was full of lively, invigorating music. Stay after the Friday dance party to support this group and see what they play next!

**Friday, September 8, 4:15 p.m.
in the Multipurpose Room**



VISIT OUR LARGE INDOOR DISPLAY!



Discount Coupon

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



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



**Larry's Steinbrecher
Stump grinding
712-204-5811**

★ Stump Grinding ★

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

Square Dancing Class Returns

Licensed square dance instructor Elaine Peacock will be back to teach more classes in September. Have you always wanted to learn to square dance? This is an excellent opportunity to learn the moves in a relaxed environment at the Center. Square dancing has a number of benefits including:

A Healthy-Happy Heart. It could add 10 years to your life, gives you low stress physical exercise, it is inexpensive entertainment and is just plain fun.

The Joy of Square Dancing. If music moves you to get up and dance, join the millions of Americans who have discovered that square dancing is an enjoyable way to get into shape. Square dancing is a combination of rhythmic movements and dance steps that can improve and maintain cardiovascular and physical fitness. That's why the American Heart Association supports square dancing as a lifelong activity.

Any exercise program should provide pleasure and enjoyment. Square dancing is gaining popularity because it emphasizes fun and fitness rather than competition. At the very least, it should be rewarding, so you'll want to continue. Participation is not limited by age, gender or shape – so try it.

Dancing and Exercise. Ask almost anyone about exercise and they'll say, "It's good for you". Ask most doctors and they'll say, "It's particularly good for your heart." That's because lack of exercise has been labeled one of the "Big 4" modifiable risk factors for heart disease, along with cigarette smoke, high blood pressure and high blood cholesterol.

Square dancing can condition the heart and lungs by increasing the oxygen available to the body, enabling the heart to use the oxygen more efficiently. This conditioning is called aerobic exercise.

Square dancing brings benefits in many ways:

- A night of square dancing can equal a 3 to 5 mile walk.
- It is an inexpensive family activity (tobacco/alcohol free for the dances) that can be enjoyed by family members of all ages.
- Provides Mental Stimulation by keeping the mind active and alert.
- It can help to reduce your risk of heart disease.
- It's good for psychological well-being because it releases tension and helps relaxation and sleep.
- It helps you handle stress, so you can do more and not tire as easily.

- Along with a proper diet, it can help control weight.
- It improves blood circulation throughout the body. The lungs, heart and other organs and muscles work together more effectively.
- It improves the body's ability to use oxygen and provide the energy necessary for physical activity.
- It bolsters enthusiasm and optimism.
- It tones and shapes muscles.

A Lifetime of Fun! Check with your doctor if you plan to start square dancing – particularly if you have been sedentary. Begin easily. After becoming accustomed to one level of dancing, progress to the next level.

Once you start, don't stop! Square dancing should not be considered just a "fad" – something you do for a few days, weeks, or months and then forget. Like good eating habits, exercise should be a lifetime commitment. When you stop exercising, the beneficial effects are lost rapidly. Cardiovascular fitness is an ongoing process and requires constant reinforcement; it is a fun way to get exercise.

As with any regular activity, there may be times when you're not motivated to continue. That's natural. Exercising with friends in a square dance club will help you maintain a regular schedule. Some people say they can't dance – but if you can walk, you can square dance. A night of square dancing beats jogging past the pigeons in the park early in the morning or any time of the day.

Square Dancing Class will resume Monday, September 18 at 1 p.m. in the Multipurpose Room.



Self Defense Escape Techniques Class

Taught by Pam Stephan, our tai chi instructor, this class offers escape techniques that use leverage, not muscle! The moves are easy, simple and effective in getting away from your attacker.

For the first class we will introduce the moves and practice them.

During the second class we will review and practice the

moves again and review your legal rights on how to protect yourself from identity theft if your wallet/purse is stolen.

Each session is about an hour long and a handout of the techniques will be given to each student along with a question and answer session.


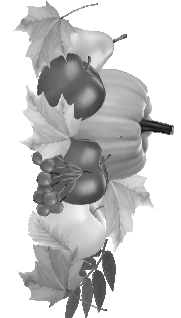




Monday, September 11 and Tuesday, September 12, 9-10 a.m. in the Conference Room.

<p>Family Fund <i>Cake donated by Meligold</i></p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am-12:30 pm -Coffee Shop Lunch 11:30 am Woodcarving 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverShakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dance 11:30 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance</p>	<p>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 Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p>	<p>9:00 am SilverShakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:30 pm Open Bridge 1:00 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> The Singer Family Band</p> <p>Saturday the 16th, 2 pm</p>
<p>1pm Square Dancing Class Resumes</p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Azria Balance Class 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:00 pm Lion's Club Meeting 1:00pm Square Dancing Class</p>	<p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverShakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dance 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo, Gladys as caller 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverShakers Boom Exercise 9:30 am Painting Class 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 Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 am Coloring Corner</p>	<p>9:00 am Penny Bingo 9:00 am Tatinng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverShakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T. O. P. S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> Jerry O'Dell and the Country Flavor Band</p>
<p>25 12-1 pm Team Trivia 1 pm Parkinson's Support Group (4th Monday)</p> <p>8:15 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:00 pm Bunco-\$1 entry 1:00 pm Square Dancing Class</p>	<p>26 12 pm Alzheimer's Support Group (4th Tuesday) 1-3 pm Live Jukebox Dance Party with Ed Tryon</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta Lessons 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverShakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap dancing</p>	<p>27 8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverShakers Boom Exercise 9:30 am Painting Class 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 Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 1:00 pm Coloring Corner</p>	<p>28 1 pm Karaoke on the stage</p> <p>9:00 am Penny Bingo 9:00 am Tatinng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverShakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>29 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T. O. P. S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> 4 on the Road</p>



September 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>12 pm Jim Brehm's Birthday Lunch</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i></p>
<p>4</p> <p>Closed for Labor Day</p> 	<p>5</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Beginner Canasta and Cribbage 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 1:00 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>6</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 1:00 pm Coloring Corner</p> 	<p>7</p> <p>10 am Talk Show with Artist Amanda Browder 10:30-1 Art Project Sewing 1 pm Karaoke on the stage</p> <p>9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Book Discussion Group 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am-12:30 pm Coffee Shop lunch 11:30 am Woodcarving 12:00 pm Cribbage</p>	<p>8</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>The Embers</i></p> <p>4:15 pm New Horizons</p>
<p>11</p> <p>9-10 am Self Defense Class 9:30 am Grief Support Group (2nd Monday)</p> <p>1 pm Birthday Party (2nd Monday)</p>	<p>12</p> <p>9-10 am Self Defense Class 1 pm Activity with Bickford 2-4 pm Jukebox Dance Party</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class</p>	<p>13</p> <p>8:00 am-9:30 am Biscuits and Gravy 8:15 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:00 SilverSneakers Boom Exercise 9:30 am Painting Class</p>	<p>14</p> <p>1 pm Karaoke on the stage</p> <p>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.</p>	<p>15</p> <p>11 am to 1 pm Shredtastic</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Open Bridge Group</p>

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.

September 1: The Rusty Buckets



We'll begin September by offering a brand new band, The Rusty Buckets, featuring our square dance instructor, Elaine Peacock, and friends. The Rusty Buckets have recently performed at many nearby venues and county fairs. They were scheduled to perform at our Christmas party last year but most of the group were unable to make it because of bad weather to the north. We're excited to finally welcome this group to the Center!

September 8: The Embers

*At noon, Jim Brehm will be treating us to lunch to celebrate his birthday. The meal will include pulled pork sandwiches, corn on the cob and baked beans. Cake and ice cream will be served at 2 p.m.

September 15: The Singer Family Band

September 22: Jerry O'Dell and

the Country Flavor Band

September 29: 4 on the Road

Jukebox Dance Parties



Due to popular demand, the Center's Jukebox Dance Parties, featuring your requests of the songs from yesteryear, will now occur twice a month beginning in September! Dance to your favorite music from the 50s, 60s, and 70s or even modern hits. From Big Band to Disco, Country to Motown, give Kristina your song title and artist and she will play any song you would like to hear. We've also been enjoying parties with special themes such as Beach Party, Disco/Urban Cowboy, and the movie Grease. Look forward to a Jukebox Halloween Party on October 31 and a Live Jukebox Party featuring Country Brew on November 28. If you have an idea for a theme party, please share that with Kristina as well. **The first September Jukebox party will be from 2 to 4 p.m. on Tuesday, September 12.**



The second party will feature live rock and roll music from versatile musician Ed Tryon. Ed performs at our Friday dance parties, both as a solo act and with the Embers and Huckleberrys, as well as leading our Wednesday Jam Sessions. He plays a number of instruments and loves to put on a unique show with a variety of music. Just like our recorded music Jukebox parties, Ed will be playing your requests. He prefers to receive a list ahead of time so that he has time to prepare, so please give your song requests to Kristina the week before the party. **The Live Jukebox Party featuring Ed Tryon will take place on Tuesday, September 26 from 1 to 3 p.m.**



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 5th.....** Write about Labor Day memories.
- Sept 12th....** Write about memories of September 11th.
- Sept. 19th ..** Write on the importance of newspapers.
- Sept. 26th ..** Write on 'Can We Have World Peace?'

"ENJOY THE COMING FALL DAY AS LEAVES BEGIN THEIR FALL COLORS!"

~ Alice Reeg, Creative Writing

FACTS FOR SEPTEMBER

1. September is the 9th month and has 9 letters.
2. The first day of Fall is Friday, September 22nd.
3. On September 11, 2001, 3000 U.S. citizens died.
4. September tries its best to forget a hot summer.
5. September 10th is Grandparents' Day.
6. September 11th is Patriot Day.

THOUGHTS FOR SEPTEMBER

1. SOMETIMES LIFE HITS YOU WITH A BRICK, DON'T LOSE FAITH!
2. ONE ADVANTAGE OF TALKING TO YOURSELF IS THAT YOU KNOW SOMEONE IS LISTENING.
3. FRIENDS ARE LIKE SIBLINGS GOD NEVER GAVE US.



Tai Chi: An Easygoing Workout for Seniors



With its low-impact movements and health benefits, tai chi is the perfect workout for seniors looking to incorporate movement into their day-to-day regimen. Unlike other practices, tai chi movements can be modified rather easily, making it more accessible. Of course, seniors should listen to their bodies and not push themselves too far. It also helps to have an experienced instructor on hand.

Practicing tai chi may help improve balance and stability, which, in turn, can help reduce falls. In fact, a study in the Journal of the American Geriatrics Society stated that practicing tai chi can reduce the risk of falls by up to 50%. Not only does tai chi help with core stability and balance, but it also improves your bodily awareness.

SIoux CITY'S PREMIER 55+ COMMUNITY

FOUR SEASONS APARTMENTS

UNDER NEW LOCAL OWNERSHIP

NOW LEASING

2 BED, 1 BATH

STARTING AT \$1,095 /MO.

3009 LILAC LANE, SIOUX CITY - 712.501.4780

FOURSEASONSSIOUXCITY.COM

Live Well HOME CARE

WHERE WE HELP YOU LIVE WELL

402-494-9171

In-Home Care & Transportation

You can count on!

Genealogy Class

The topic of September's Genealogy Class is family health records. Researching your family medical history can help you and medical professionals protect your family's health for generations. As many as half of all health problems may have a genetic component, passed down within families. According to the Mayo Clinic Health Letter, these include tendencies to heart disease, high blood pressure, diabetes, some cancers and certain psychiatric disorders.

There are many ways to look into your family's health history. These include looking at death certificates, obituaries, mortality schedules, military service and pension records, hospital and doctor records. Find out how to access these historical records and many more knowledgeable tips!

Genealogy Class will meet September 8 at 10:30 a.m. in the Classroom.

Choir News

**IT'S FOLLIES TIME!!
COME AND HEAR THE CHOIR SINGING-**

The CHOIR loves music and performing to entertain all! The music chosen is GREAT and full of rhythm. Listen and then think-I COULD DO THAT myself! Come join and have a ball. We would love to become a large group full of melodious sounds. **Wednesdays at 11 a.m. in the Classroom**

Beginning Belly Dance

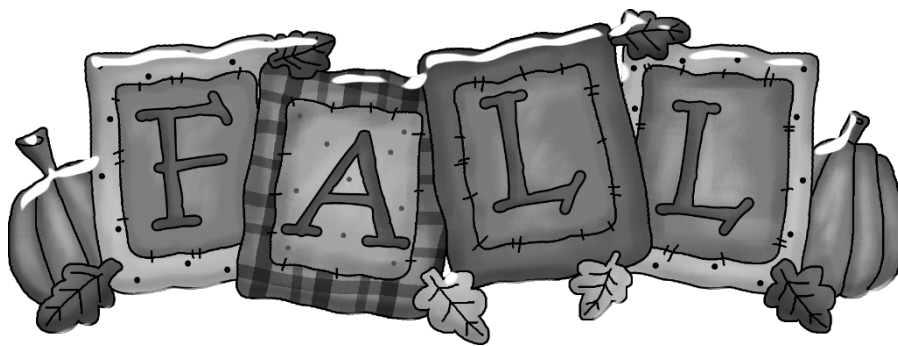
A great activity to improve core strength, balance and mood. Simple moves to a good beat. No equipment needed. Come have fun with us. **Tuesdays at 11 a.m. in the Fitness Classroom.**

AARP Driving Course to be Held at the Center



The AARP in person driving course is scheduled to be held in October. The date and time will be announced in early September. This course is a great way to improve your driving skills. 9 of 10 drivers indicated they improved their driving skills by taking this course. 92% of the course participants were satisfied with the national course. Learn updated skills and strategies you can use on the

road every day such as techniques to help deal with aggressive drivers, tips on new car safety features and updated Iowa driving laws. Sign up today.



Medicare Advantage & Supplement Plans



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

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

"One on One" help with Bruce!

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

STOP BY THE FRONT DESK TO
LEARN MORE

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

**STRUGGLING TO
PAY YOUR RENT?**

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

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

Talk Show/Community Art Project with Fabric Artist Amanda Browder

The Sioux City Art Center is planning an amazing cooperative art project over the next year. With help from members of the Siouxland community, Brooklyn-based artist Amanda Browder will create Razzle Dazzle, a brightly colored gigantic textile sculpture that will be draped over the facade of the Sioux City Art Center building. Using fabric collected from dozens of recycled, donated, or locally sourced origins, Browder will work directly with Siouxland volunteers and artists during locally hosted Public Sewing Days to construct the project. The Siouxland Center for Active Generations will be hosting a Sewing Day and our members are invited to participate in the creation of this work!

According to the Art Center's press release, "The resulting piece will display the work and process of creating a large-scale textile installation, but, even more importantly, it will represent the diverse community that built the piece. The spectacle that it produces will act as a stage to stimulate dialogue across civic and cultural boundaries, activating an often-overlooked space in extraordinary ways. Razzle Dazzle will be installed on the Sioux City Art Center during ArtSplash 2024."



Amanda will be coming to the Center to speak about her fascinating work. Following her talk, sewing machines will be set up for participants to help in the creation of the project. Be a part of something great! **Amanda Browder will speak on Thursday, September 7, from 10-10:30 a.m. in the Conference Room. You may participate in sewing between 10:30 a.m. to 1 p.m. A few sewing machines will be provided, but you may also bring in your own machine.**

Do you have fabric that you would like to donate to the project? The Art Center is taking fabric donations starting NOW and will bring a collection bin to the Center. Here are a few parameters:

- SATURATED colors, with or without patterns. All the colors of the rainbow, including black.
- COTTON primarily! Denim, sequins, fluorescent color, and velvet is welcome. No stretch materials.
- NO clothing. Thank you!
- They are also looking for sewing machines.
- Amanda will be putting down the first stitches at ArtSplash (September 2-3, 2023), so stop by to say hello, donate fabric, learn how to sew, AND sign up to attend one or ALL of her Sewing Days.
- If you have fabric to donate or you want to volunteer, send an email to: bschmitz@sioux-city.org
- Visit Amanda's website www.amandabrowder.com

Razzle Dazzle is generously supported by the National Endowment for the Arts, Elizabeth Firestone Graham Foundation, and Gilchrist Foundation.



Visit with Senior Royalty at the Riverssance Festival

Hear ye, hear ye! The Siouxland Center for Active Generations' Honorary River-Cade Senior Royalty will be representing the Center at the annual **Kingdom of Riverssance festival the weekend of September 30 and October 1. The gates will open at 10am both days.** Pay your respects to Queen Donna the Luminous, King Ted the Intrepid and our Lady of Misrule, Jan the Mischievous at the Royal Pavilion. Festivities will include performers, falconry, three full-armored jousts per day, food vendors, artists and more!



Shop the Gift Shop

Have you stopped by the gift shop lately? There are always new treasures waiting for you to find them! Collectibles, linens, art pieces, dishware, music, movies, puzzles and lots more! Although it is hard to think about winter right now in all of this heat, for those of you who like to plan ahead, there is a basket of knit socks and hats. All of the proceeds from the Gift Shop benefit the Siouxland Center for Active Generations. The Gift Shop is happy to accept the great things from your home that you no longer have space for but does not take large appliances or clothing. The Gift Shop is open to the public, so tell your bargain hunting friends and neighbors!



Rock Steady Boxing

The results of a recent study by Hannah Hall of Wilmington College, shows that the Rock Steady Boxing Program has several positive effects on the Parkinson's patients. 94% of those studied strongly agreed on improved coordination, 94% strongly agreed on the program's improved walking and 74% stated they attribute the program to their decreased number of falls. 90% indicated that the classes slowed their progression of the disease. Finally, 100% of those studied stated that they enjoyed coming to the class. Sign up today and change your life for the better! **Rock Steady Boxing class occurs Tuesdays and Thursdays at 9 a.m. in the Boxing Room.**



SEPTEMBER BIRTHDAYS

John Ackerman
 Bridget Agriopoulos
 Walter Anderson
 Janice Beauchene
 Larry Besch
 Pam Boonstra
 Jacque Brentlinger
 Thomas Brunkan
 Ron Chapman
 Melvin Cline
 Ruth Cornell
 Valerie Courey
 Aymara Cruz
 Susan Danilson
 Melinda DeMarest
 Sandra Devries
 Delores Disterhaupt
 Audrey Ercolini
 Sonja Kay Erickson
 Helen Eriksen
 Billie (Willma) Erskine
 William Flory
 Donna Flory
 Andrew Floyd
 Joyce Foster
 Peggy Foulk
 Bobbetta Foxworth
 Roger Friessen
 Jeremy Funk
 John Gilles
 Karen Glover

Virginia Gries
 Sue Griffith
 Lucien Hamernik
 Adrian Hanson
 Rose Heeren
 Huey Hightower Jr
 Mavis Holman
 Normagene Hughes
 Chris Jensen
 Miriam Jensen
 Dennis Jensen
 Pamela Johnson
 Nancy Kelly
 Dorinda Klapprodt
 Joan Kober
 David Kritzer
 Sharlene Krusemark
 William Krusemark
 Vida Kunkel
 Paula LaBrune
 Robert Lee
 Mariann Leisinger
 Mark Lenz
 Ellen Livingston
 Bertha (Betty) Lomeli
 Gonzalez
 Kura Mahan
 Mervin March
 Dean Marsh
 Don McCulley
 Catherine McKnight

Nancy Means
 Rhonda Menin
 Elaine Meyer
 Vivian Miller
 Sara Miller
 Eileen Mitchem
 Calvin Mohrman
 michael Morrill
 Don Nieuwendorp
 Alice Ann Reeg
 Marna Samuel
 Ray Sanders
 Steven Sanders
 Dean Schager
 Tom Schoening
 Mary Jane Shanahan
 Terry Joe Smith
 Ruth Snyder
 Melinda Suber
 Robert F (Bob) Swanson
 Diane Taylor
 Leo Thornton
 Emerita Topete
 Craig Tordsen
 Teresa Valdez
 Roberta Vanderlinden
 Teresa Vanderlinden
 Dorothy Vanderweil
 Lois Walsh
 Jennifer Wilson
 Brian Wohlert

Memorials for September

In Memory: Shirley Nelson
 From: Beverly & Darwin Hurni

September NEW Members

*Denise Alva
 Pat Alfredson
 Maria Andersen
 Beverly Bates
 Marlo Beermann
 Dan Burrows
 Sandra Cadwallader
 Clarence Carver
 Dorothy Cline
 Melvin Cline
 Steve Cook
 Nicholas Copas
 John Dauguste
 Patty Dauguste
 John Fagan
 Kathleen Fischer
 Paul Fuchser
 Lisa Gutierrez
 Nancy Guy
 Cheryl Harder
 Kathy Hauck
 Fred Helmich
 Huey Hightower Jr
 Barbara Hittle
 Myrna Hodges
 Jerrold Hoelker
 Karen Hogan
 Dennis Hogan
 Gene Hrubetz
 Arlene ImRay
 Catherine (Cathy) Jennings
 Carla Johnson
 Carolyn Keleher
 Julie Mabeus
 Carol Ostermeyer
 Ronald Ridgway
 Amber Ridgway
 Larry Scadden
 William Schneider
 Donald Sturdevant
 Shelia Sturdevant
 Catherine Sullivan
 Michael Sweeney
 Sharry Uhl
 Frances Uhl
 Dianna VanOsdel*

 	Iowa State Office: 1449 NW 128th St., Suite 210 Clive, IA Joe Evans, Sales Manager - Iowa JOE-EVANS@medigold.com
	<p align="center">Medicare Plan</p>

FOULK BROS.
PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

<p><i>The Heritage</i> at Northern Hills</p> <p>4000/4002 Teton Trace Sioux City, IA 51104</p>		<p><i>Winner!</i></p> <p>Voted the Best ASSISTED LIVING/ SENIOR LIVING in the 2018, 2019 & 2021 Siouxland's Choice Awards.</p>
<p align="center">Call (712) 239-9400 for more information!</p>		

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

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

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

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

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

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

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

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

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

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

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

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

Membership Information

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

Refund Information

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

DOLLAR-A-MONTH

August

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

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

**Dollar
-A-Day
for a
YEAR**

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