

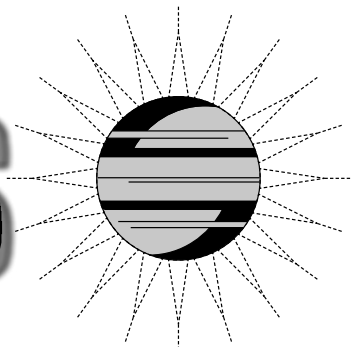
SUNSHINE NEWS

SEPTEMBER 2024

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Siouxland Center
for Active Generations

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

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

Fall Follies 2024: A Royal Romp



For an occasion filled with pomp, please come to our Royal Romp! Our 2024 Senior Royalty King and Queen, Steve the Benevolent and Lillie the Radiant,

invite you to the Siouxland Center for Active Generations' annual talent show, the Fall Follies. The Follies will return in October with magnificent acts from our performing arts groups including Jane's Ballroom Dance, the Young at Heart Line Dancers, Center Stage Tappers, Tai Chi, Choir, Jazz Dancercise and more! We would like to thank the Lewis and Clark Interpretive Center for generously offering to host our 2024 performance at no cost to SCAG.

The Fall Follies are a longstanding tradition of the Siouxland Center for Active Generations. The year 2024 will be the 38th occurrence of this opportunity to highlight not only the many enjoyable and energetic activities available at the Center, as well as our talented members, but



also to combat the stereotypes of what goes on at a senior center and the sedentariness of older people. Grace Wagoner

says that she feels that the show brings the Center together as a community as it gives each group something to look forward to and work towards. "We need the Follies, and it



makes us feel younger!"

Last year, at eighty-nine years old, Lois Ward participated in the Fall Follies for the first time as one of the Barbie Dancers. She got a kick out of dressing up in a sparkly pink dress accompanied by a blonde wig and strutting around the stage to the song "Barbie Girl" by Aqua. "I was nervous," she said, but when she got to the front of the stage, "I let go of my cane and jiggled it."

Lois's granddaughter came to the show to see her perform and was very amused with her grandmother's role. Many of the performer's family members enjoy watching their senior relatives show off the talents that they have worked so hard to perfect.

Because the Betty Strong Encounter Center has a smaller number of seats than the auditorium we've used in the past, there will be two shows, one on



Friday, October 4, and the other on Saturday, October 5, both at 1 p.m. Tickets will be \$5 each and can be purchased in advance from the front desk. Seats will be assigned this year, and you will be able to select yours from a seating chart when you purchase your tickets. The Friday dance party this week will be moved to Thursday, October 3. We hope you'll join us for a royally good time at the 38th annual Fall Follies!

**SCAG will be closed for
Labor Day on Monday, September 2**

**LABOR
DAY**

the Sunshine News

A monthly publication of the
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Monday - Thursday
8 a.m. - 2:30 p.m.
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The Siouxland Center for Active
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Riverssance Festival: The Year of the Joust



Hear ye, hear ye! The Kingdom of Riverssance invites you to step back in time to the era of kings, queens, knights, pirates, jesters, and Vikings. Enjoy performances from musicians, acrobats, and sword swallows. Browse the wares of talented craftsmen and enjoy festive fare such as turkey legs and mead. Bring your grandchildren to the whimsical children's activities including the fairy forest, wishing tree, character scavenger hunt, and kid's joust. Riverssance 2024 has been dubbed "The Year of the Joust" in honor of an exciting performance by an exceptional new joust group called Knights of Mayhem. Knights of Mayhem are a foreboding team of brave knights which include MMA fighters, professional bull riders, professional women jousters and pro sport athletes. Knights of Mayhem has jousting and competed in thousands of shows, events, and competitions.



Members of the Siouxland Center for Active Generations are invited to be a part of the Kingdom of Riverssance! Make a visit to pay homage to our Senior Royalty who will be attired in royal garb for the festival. King Steve the Benevolent, Queen Lillie the Radiant, Duke Jim the Generous, and Duchess Cheryl the Classy will be pleased to have you attend them. You are encouraged to take a repose in the tent arranged for the Kingdom of Elderland. Become a member of the cast by volunteering as a gate greeter! Welcome festival attendees, give out scavenger hunt bags to the children, and answer general questions for a two hour shift and you may attend the festival for free for the entire weekend. Please sign up in the Activities Book for a shift if you are interested in this opportunity.

Riverssance adult gate admission is \$15. Children's admission is \$5 for ages 6-12 and free for children 5 and under. Coupons for \$2 off regular admission will be available on the Activities Table while supplies last. **The Riverssance festival will be held in Riverside Park from 10 a.m. to 7 p.m. on Saturday, October 5 and 10 a.m. to 5 p.m. on Sunday, October 6.**

Create a Fall Craft with Bickford



Deb and Liz from Bickford Assisted Living and Memory Care will return to SCAG in September with a fun fall craft! They will bring the materials for a festive activity to share with your friends at the Center. Please add your name to the sign-up sheet in the Activities Book if you would like to participate. Don't wait to sign up, space will be limited to ten people!

Tuesday, September 10, 1 p.m. in the Dining Room.

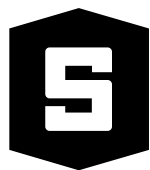


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Olive Garden Fundraiser



Almost everybody loves Italian food! A YouGov survey found that 88% of Americans said that they enjoy this national cuisine (only 3 points behind American food!) and 84% of people around the world like it. The Olive Garden is the casual dining restaurant chain with the highest sales in the U.S. This popular restaurant will be donating some of their staples to the Siouxland Center for Active Generations for a delicious fundraiser in September. Their famous house salad and breadsticks will be on the menu, as well as spaghetti or rotini with red or white sauce. **Purchase tickets for \$10 at the front desk. Guests will be served in the order of their ticket number. Wednesday, September 18, at noon.**



Meet a Member: Paula Nelson



Paula Nelson grew up on a farm north of Vermillion, South Dakota near Spirit Mound, (a historic Native American spot believed to be inhabited by spirits and visited by members of the Corps of Discovery during the Lewis and Clark expedition.) She attended Spirit Mound country school, which was a one-room school, and Vermillion High School.

Paula worked as a library clerk typing library cards, an administrative secretary, human resources assistant, and as a receptionist/file coordinator. She was a church organist for forty-six years and played in her family dance band. Her family includes her husband Tony who is also a member at the Center; a son, daughter-in-law and granddaughter in Chicago; and a daughter, son-in-law, grandson, and granddaughter in Keller, Texas.

At the Siouxland Center for Active Generations, Paula enjoys participating in Jane's ballroom dance lessons, Friday dances, and the Saturday night dances. She loves to play the piano and plays by ear. She also enjoys going on walks.

Paula's words of wisdom are, "If finding something to be grateful for is difficult, start with the fact that you woke up in the morning."

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 _____

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Gift Shop & Library Donations

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

Kris Shults	Peggy Mace	Joyce Miller
Roger Eldridge	Elaine Waskow	Yvonne Thallas
Pat Kempfe	Judy Peterson	Carla Leibrich
Rita Potter	Jon & Grace Wagoner	Deanna Jacobs
Willard Snyder	Marilyn Chamberlain	Audrey Crane
Arlene Imray	Susan Rochester	Maizie Johnson
Ruth Chancey	Vikki Jacobs	
Joan Johnson	Audrey Ercolini	

September Birthday Party: Tai Chi



Celebrate our members with September birthdays and join us for an enlightening and entertaining performance by SCAG's tai chi group led by Pam Stephan. Tai chi is an ancient Chinese martial art. Initially developed for combat and self-defense, it has evolved into a sport and form of exercise. Tai chi is a gentle, low-impact form of physical activity in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Tai chi has been shown to have a number of health benefits (as we detail in the "Tai Chi for Seniors Health Benefits" column in the Sunshine News each month!) According to Pam, the tai chi group performance will be a "triple feature," demonstrating traditional tai chi, tai chi swords, and tai chi fans. With the staging arranged in a different configuration this year, including a starburst pattern, either side of the room will be a good place to view the show. There will be birthday cake for all donated by Medigold! **Monday, September 9, 1 p.m. in the Multipurpose Room.**

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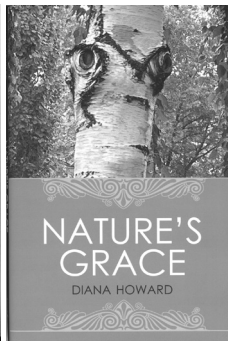
Shredtastic



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 May Shredtastic event brought 196 cars to the parking lot of the Siouxland Center for Active Generations with 4.5 tons of documents to shred! 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 20 in the parking lot from 11 a.m. to 1 p.m.**

Poetry Reading with Diana Howard



SCAG member Diana Howard, an active bridge player and instructor has published a book of poetry about the natural world around us called Nature's Grace. She would like to invite everyone to a reading of her work on **Tuesday, September 17 at 10 a.m. in**

the Conference Room. She will have copies of her book available for purchase and to be signed. According to the book jacket of her new work, "Diana Howard is a poet and children's author who lives beside the Missouri River. Nature's Grace is her second chap book and one in which she takes special pride. It speaks to her heart and her faith. Diana began writing poetry in earnest when she was thirty-seven. Now at age seventy-three, she is amazed at what she has produced over the years. She is grateful to have found Atmosphere Press, people who are kind, qualified, and easy to work with. Over the years, she has been told that she has a way with words. Today she has deep appreciation for her life's journey.

In Nature's Grace, author Diana Howard invites us to ponder how often we think about the natural world that surrounds us. Do we appreciate it or take it for granted? Is there more to a turtle than its gait, more to a bird than its song, or more to a butterfly than its flutter? Howard shares her deep love for every living thing around her, revealing the power and sensitivity of our natural world through her poems. She speaks to its wisdom, creativity, and the profound moments she's had the privilege to witness. Experience the brilliance and holiness of our natural world through the expressive lens of Diana Howard in Nature's Grace. Let her words touch your heart, bring a smile to your face, and inspire you!"




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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! Faith Cosier, Membership Coordinator

Barbara Abney	Joyce Foster	Joan Krough	Kerwin Meyer	Joanie Rizk	Phyllis Towne
John Ackerman	Sandra K (Sandy)	Robert Krumwiede	Carolynn Sue Miller	Arlene Rodeen	James Towne
Bridget Agriopoulos	Fravel	Kris Kuchta	Nora Moore	Juanita Sands	Dorothy Vanderweil
Linda Anderson	Adam Frisch	Marian Larson	Anthony Nelson	Leroy Sands	Joann Weber
Clinton Barrs	Judy Gibson	Robert Larson	Paula Nelson	Connie	Carolyn Wendte
Carol Beiswenger	Beverly Hall	sheryl Livingston	Leeann Ochoa	Schoenberner	Richard Wheeler
Deborah Bell	Theresa Hammond	Gary Livingston	Don Olson	Mary Ruth Schrank	Michael White
Clarissa Benson	Robert Hanus	Dona Dean Lovell	Donna Olson	Victor Sherman	Clayton Woods
Ron Berger	Dorothy Helgason	Suzanne Lundgren	Janice Painter	David Smith	Pamela Woolridge
Mike Blanchard	Victoria	Rita Lyman	William Pelchat	Rosa Maria Solis	
Brian Bliss	Hollingshead	Sharen Massey	Cynthia Pickering	Guillermo Solis	
Pat Bornhoft	Corinne Holman	Gary Massey	Jane Pollard	Venita Stusse	
Toni Boschker	Nadine Holst	Phyllis McMillan	Brenda Reicks	Deborah Tague	
Helen Bundy	Linda Holub	Nancy Means	Euvella Riggs	Eleanor Tilton	
Dan Burrows	Cheryl				
Merton Chmelka	Hoopingarner				
Pamela Coad	Jane Hunkins				
David Coad	Beverly Hurni				
Carolyn Connick	Wesley Iseminger				
Joyce Dean	Timothy Jacobs				
Dennis Derochie	Joan Johnson				
Emily Domayer	Joseph Johnson				
Lynn Doxtad	Tom Kingsbury				
Pat Ann Ellis	Elaine Knudson				
Jeanne Emmons	Kathie Kobernus				
Randall Ewing	GeorgeAnn Kock				
Kathryn Flinn	Anna Kounas				

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Saturday Night Dance Party: Surfin Safari



The Siouxland Center for Active Generations is pleased to present the Sioux Falls based band Surfin' Safari at our September Saturday night dance party. Presenting authentic music from the golden age of rock and roll, performed in the original style, Surfin' Safari is an exciting group comprised of 5 experienced, talented, and versatile musicians who all share a passion for Oldies and Golden Oldies music genres. Extraordinarily strong vocally, the goal of this group is to present a different, exciting, and appealing entertainment experience that will please audiences over a broad range of ages; young, old, and in between. This band exclusively performs 50's and 60's music: DooWop, Surfin' Music, Rockabilly, and more. Their members have played professionally for many years, have backed famous musicians such as John Denver, Dicky Lee, and Waylon Jennings, and have been honored by their respective state's music hall of fame. Surfin' Safari has appeared at Storm'n Norman's, Active Generations in Sioux Falls, the Grand Falls Casino, county fairs and other local venues.

Saturday, September 21, 7-10 p.m. Admission will be \$10 for members in advance and \$15 for nonmembers or at the door. Advance tickets can be purchased at the front desk. The cafe will be open on the night of the performance with taverns, hot dogs, and popcorn available for purchase.

Upcoming Saturday night performances:



October 26:

Galaxy

50's, 60's, and 70's rock and country favorites.



November 16:

Marksmen Lite

Mix of country, western and rock.

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 6: The Huckleberrys

September 13: Ed Tryon

September 20: 4 on the Road

**September 27: The Singer Family Band
(Adrian Hanson's 100th birthday!)**

Thursday, October 3: 4 on the Road

(Dance will be held on Thursday this week because of the Fall Follies program on Friday, October 4)

Bridge News

August was a busy bridge month. Several players traveled to Omaha for their big regional tournament. Then we hosted the annual charity game here at the Center. Proceeds from the game went to Flood Relief. We all know people affected by the recent floods, so that was a logical group that needed help. Karen Bourne achieved her Silver Life Master rating in August. Classes and games continue to be well attended. New players are always welcome. There is even a novice game on Wednesday mornings to help new bridge players on their duplicate journey.

Choir News

The time is approaching, strike up the music! The Fall Follies talent show is upon us and we are ready! Anticipating the joy of producing great music for all is our goal. This year is no exception...READY...SET...GO!

But we also look forward to the new adventures, with new people to join and enjoy. We would love to have you with us! Come check us out, we think you'd find it's a fun time shared by all! Remember: **Wednesdays at 11 a.m. in the Music Room.**

11:00 am Tai Chi (Advanced) 11:30 am Balance Class 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong
23 12-1 pm Team Trivia 1 pm Parkinson's Support Group (4th Monday)	24 2-4 pm Jukebox Dance Party: Fall Ball
7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bunco-\$1 entry 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong
30 12-1 pm Team Trivia	1 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness
2 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	2 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness
3 10 am Book Discussion Group	26 1 pm Karaoke on the stage
7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group
4 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 12:00 pm 500 Card Club 12:30 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time	27 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance
1 pm FALL FOLLIES TALENT SHOW at the Betty Strong Encounter Center Second show: Saturday, October 5 at 1 pm	Featuring 4 on the Road Saturday, September 21, 7-10 p.m. Saturday Night Dance Party featuring Surfin Safari

September 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Center Closed for Labor Day</div> <div></div>	<div>3</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</div>	<div>4</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Senior Companion Meeting 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness</div>	<div>5</div> <div>10 am Book Discussion Group 1 pm Karaoke on the stage</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</div>	<div>6</div> <div>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 12:00 pm Bunco-\$1 entry 1:00—3:30 pm Friday Dance <i>Featuring The Huckleberrys</i></div>
<div>9</div> <div>1 pm Birthday Party (2nd Monday) Tai Chi Performance <i>Cake donated by Meligold</i></div>	<div>10</div> <div>1 pm Fall Craft with Bickford 2-4 pm Jukebox Dance Party: Big Band/Swing Dance</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</div>	<div>11</div> <div>9-1:0:30 am Self Defense Class</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness</div>	<div>12</div> <div>1 pm Karaoke on the stage</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</div>	<div>13</div> <div>10:30 am Genealogy Class (2nd Friday)</div> <div>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Ed Tryon</i></div>
<div>16</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Knitting & Crocheting</div>	<div>17</div> <div>10 am Poetry Reading with Diana Howard</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class</div>	<div>18</div> <div>12 pm Olive Garden Fundraiser</div> <div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class</div>	<div>19</div> <div>1 pm Karaoke on the stage</div> <div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness</div>	<div>20</div> <div>11 am-1 pm Shredtastic</div> <div>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 9:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller</div>

August Jukebox Parties

Big Band/Swing



Come boogie-woogie to big band songs from the Glenn Miller Orchestra, Duke Ellington, Lawrence Welk and others. We'll

have some instruction in the Jitterbug, Lindy Hop and swing dancing so you can really cut a rug. We'll also throw in some sock hop and country music to even things out. **Tuesday, September 10, 2-4 p.m.**

Fall Ball



Enjoy fall foliage decorations and thoughts of cooler weather. Dress in fall colors; cover yourself in leaves if you wish! Dance to a mix of songs

that will make you feel like football games, hayrides and pumpkin spice. Give Kristina your song requests!

Tuesday, September 24, 2-4 p.m.

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. This hour and a half class will introduce important self-defense moves and allow you to practice them. Pam will also discuss your legal rights on how to protect yourself from identity theft if your wallet/purse is stolen. A handout of the techniques will be given to each student. **Wednesday, September 11, 9-10:30 a.m. in the Conference Room. The class will be repeated in the Conference Room on Monday, October 7 from 1-2:30 p.m. Sign up in the Activity Book to participate.**

Red Cross Blood Drive



Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. You can help! For about an hour of your time you can potentially save up to three lives. Older adults are one of the most important age groups to help increase blood supplies as they're more likely to donate blood regularly and less likely to likely to experience adverse effects like dizziness, bruising, or fainting compared to many younger people. You can think of donating blood as a badge of honor and a sign you are aging well.

Many people believe that certain health conditions will disqualify them as a blood donor, such as a previous cancer diagnosis, diabetes, or taking psychiatric medications. It turns out that a great many medical conditions do not prevent you from donating blood or may have done so only temporarily in the past. Also, there is no upper age limit to donate blood with the American Red Cross. If you have doubts, check with your physician or visit the Eligibility Criteria Alphabetical Listing at redcrossblood.org. The qualified staff on duty at a blood drive will also review your medical history with you. If your hemoglobin (iron) levels have measured slightly too low to give blood in the past, a Red Cross staff member suggested snacking on nuts and raisins a few days before your blood drive appointment. If you are interested in helping others by donating blood, please sign up for an appointment in the Activities book. **The blood drive will take place on Wednesday, September 25 from 8 a.m. to 2 p.m. in the Conference Room.**

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

Trailblazers



The Trailblazers Walking Group pretended to walk the streets of Paris while the United States dominated the 2024 Summer Olympics with 126 medals: 42 bronze, 44 silver, and 40 gold. With 2,351 laps completed around the building, equaling about 188 miles, the Trailblazers deserve a gold medal for effort this month! This distance is the equivalent of walking around the Boulevard Périphérique, a ring road that encloses the city of Paris, eight and a half times.

From Paris, we'll cross the English Channel and take a trip to bonny old England, specifically London, to get us in the mood for our royalty themed Fall Follies program and the Riverssance Festival. We'll stroll along the River Thames, visit Big Ben, the Tower of London, the London Eye, and the replica of Shakespeare's Globe Theatre. We'll have to take a trip to Hampton Court, the palace of Henry VIII, of course, as well as Buckingham Palace and Westminster Abbey. You may choose to practice your British accent this month as you Walk, Talk and Get Fit!

Hy-Vee Immunization Clinics



Hy-Vee Pharmacy will be returning to the Center for immunization clinics this fall. Vaccinations offered will be flu shots, the new Covid-19 vaccine, shingles, tetanus, pneumonia and RSV (RSV offered for people 75 or older or with qualifying conditions only). Bring your red, white and blue Medicare card and/or your Part D prescription card and take an important step to protect your health. **Thursday, September 19 from 10-1 and Wednesday, October 2 from 10-1 in the Board Room.**

Genealogy Class

The September topic of Genealogy Class will be "Ten Reasons to Join a Genealogical Society." A genealogical society, also known as a family history society, is a group that allows genealogists and family historians to share knowledge and support each other's research. These societies can be charitable or not-for-profit, and they can offer many benefits to their members. Did you know that you don't have to be a resident of the area to join one? Cheryl and Phyllis will explain why joining a genealogical society might be just the thing to help you explore your roots.

They'll also cover USGenWeb. According to its website: "The USGenWeb® Project was established in 1996 by a group of genealogists who shared a desire to create free online resources for genealogical research. Originally beginning with online directories of text-based resources, their vision has grown into a network of over 3000 linked websites, all individually created and maintained by a community of volunteers. Today you may find a variety of unique county and state resources including photos, maps, transcriptions, historical documents, helpful links, and much more." **Friday, September 13, 10:30 a.m. in the Classroom.**

Donut Festival



Local bakeries including Casey's, Fareway, Hy-Vee, Jitters, Krispy Kreme, and Sunkist donated hundreds of donuts to the Siouxland Center for Active Generations for a fundraiser on July 9. Members of the Sioux City community were highly interested in this event and the donuts sold out in a few hours. The donut sales raised \$600 for SCAG which helped with the cooling costs of the building during the hot summer. Thank you very much to the local establishments who supported the Center with their donations!

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. 3rd.... Write about Your To Do List for the Fall

Sept. 10th... Write about Your Thoughts of the Berlin Wall

Sept. 17th... Write about Is Anxiety a Problem for Citizens?

Sept. 24th .. Write about The Autumn Equinox.

FACTS ABOUT SEPTEMBER

1. September has two star signs, Virgo and Libra.
2. Grandparent Day is September 8, 2024
3. On September 11, 2001, 3000 US citizen died at the World Trade Center.
4. September tries its best to forget summer. (Williams)
5. September 22nd begins the Fall equinox---daylight gets shorter.

AGE

WHAT IS AGE! -such a relative thing
It CAN BE just a number we reach in life
OR-it can be the vision of what we preach.

It's the things in life that happen that determine
AM I OLD-MIDDLE AGE-OR still YOUNG?
ALL a MIND SET-a true FIGURE of speech.

At 29, 39, 50 I seem so old to children
Out of sync with the teens also
YET-NOT QUITE where I want to be.

How will struggles/hardships be handled
Will I WIN—or-will I BREAK?
The outcome will surely BE WHAT I SEE.

So-take the time to DO the BEST
And let the REST be NOT for me
May I TRULY LIVE EACH DAY in full.

Be open to the new-try something not yet done
Choose what FITS you best-
ENJOY THE MOMENT-not make it a push-pull.

LIVE LIFE-ENJOY-SAVOR IT-JUST BE YOU!
Kay Reynolds

Rock Steady Boxing: How RAGBRAI Opened the Door for Change



It was a bike ride across Iowa in 2003, called RAGBRAI, that would forever change treatment for Parkinson's patients. A young research scientist- Jay Alberts- convinced a group of Parkinson's people and their caregivers to join him in the trek across the Midwest state. Today he is renowned Parkinson's expert Dr. Jay Alberts, Ph.D., the Vice Chair of Innovations within the Neurological Institute, holder of the Bell Family Endowed Chair, and staff in the Department of Biomedical Engineering of The Cleveland Clinic. Many of Albert's crew were riding on tandem bikes. One couple hadn't made it very far into the eight-day ride (only one day) and they were already "debating the optimal approach to making it across Iowa on a tandem bike." Alberts told the wife, Cathy Frazier, a woman with PD, that they should finish out the ride together on the tandem to preserve marriage and friendships. As they rode along, pedaling at a furious pace, Cathy proclaimed at the end of each day that she didn't feel like she had Parkinson's. Even more surprising was that her handwriting improved when she stopped along the way to write cards—it was bigger and more legible. Other PD people, whose symptoms were getting better on subsequent rides, made Dr. Alberts realize that he needed to do PD exercise research in addition to his Deep Brain Stimulation (DBS) research. --Live It Magazine

Are you interested in the benefits of Rock Steady boxing? **Join the class on Tuesdays and Thursdays in the Boxing Room at 9:00 a.m. The cost is \$7 per session.** Rock Steady Boxing: fighting back against Parkinson's!

Tai Chi for Seniors Health Benefits: Helps Relieve Arthritis Pain



For the uninitiated, tai chi may be a little daunting. The ancient Chinese exercise is hardly as mainstream as aerobics or the treadmill, but with its gentle, fluid movements and proven health benefits, it's a natural arthritis workout.

Matthew Bosman, 38, of Palm Springs California, started taking tai chi classes after back surgery. Bosman's surgery, as well as his psoriatic arthritis (PsA) and osteoarthritis (OA), left him unable to continue his vigorous gym workout routine. "I was looking for something that was low-impact and not going to hurt," says Bosman, who now takes two 45-minute tai chi classes each week. "Tai chi is very calming and peaceful." Tai chi also offers plenty of other benefits. Recent studies have found that the slow, graceful exercise, which originated centuries ago as a martial art, can improve balance, reduce stress and offer arthritis pain relief. A study released by researchers at Tufts Medical Center in Boston, Massachusetts, found that tai

chi could specifically reduce the pain and physical impairment of people with severe knee OA.

Betty Broderick, 67, of Cathedral City, California, acknowledges that she and her classmates might have looked silly when they were first learning their tai chi poses. "When we're in a room with mirrors, you can actually see how dorky you look," she says, admitting she prefers when the instructor takes the students outdoors for class. But awkwardness aside, Broderick credits regular tai chi classes for decreasing pain from knee OA and a long bout with polymyalgia rheumatica. "I can do things I didn't think were possible before," she says, happy that she can now take long walks and be on her feet without having to stop because of aching joints. "I can't say enough about tai chi. It changed my life."

Those results were no surprise to one of the biggest proponents of tai chi for people with arthritis, Dr. Paul Lam, a family physician in Sydney, Australia. Dr. Lam developed arthritis as a teenager growing up in China when malnourishment caused cartilage development problems. He began practicing tai chi to ease his arthritis pain, eventually modifying the popular Sun style of tai chi to make it easier for people with arthritis, and along with colleagues, established the Tai Chi for Health Institute in 2010. "A lot of people with arthritis don't know they can do tai chi," he says. "Even though the Sun style is slow and gentle, it does have high-risk moves as well. We took the part that was more effective for healing and put in modification so that anyone could do it." From Arthritis.org

Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.

What is SilverSneakers?

SilverSneakers is a fitness program for adults 65 years and older who have Medicare Advantage (Part C) or Medigap. Members have access to a network of thousands of gyms, where a person may use:

- Cardio equipment, such as treadmills, NuStep's
- Amenities, such as walking tracks and social supports
- Strength equipment, such as weights

Gyms may also include the following types of exercise classes:

- Yoga
- Cardio and strength classes · tai chi
- Boom Classes

The SilverSneakers program does not include other services and products that gyms sometimes offer, such as massages or smoothies. **The Siouxland Center for Active Generations offers official SilverSneakers fitness classes including Chair Fitness on Wednesdays at 1 p.m. and Classic Fitness on Tuesdays at 10:30 a.m. and Thursdays at 9 a.m.**



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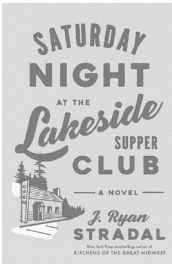
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Book Discussion Group

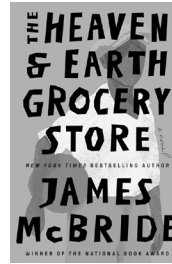
Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. for a meaningful discussion with friendly people



September 5:

Saturday Night at the Lakeside Supper Club
by J. Ryan Stradal

In the aftermath of a devastating tragedy, a couple from two very different restaurant families in rustic Minnesota, Mariel Prager and her husband Ned, who's having an identity crisis, lose almost everything they hold dear and unexpectedly find salvation in their failing business -- the Lakeside Supper Club.



October 3:

Heaven and Earth Grocery Store
by James McBride

When a skeleton is unearthed in the small, close-knit community of Chicken Hill, Pennsylvania, in 1972, an unforgettable cast of characters, living on the margins of white, Christian America closely guard a secret, especially when the truth is revealed about what happened and the part the town's white establishment played in it.



(Top Left & Top Middle) Playing cards at SCAG is a popular pastime. The Phase 10 and 500 groups would be happy to have you join in their fun!



(Top Right & Center Row) A hayride float, our Senior Royalty, and classic cars represented the Center in the River-Cade Parade on July 17.

(Bottom Row) The Great Plains Radio Theatre Project presented a live old-time radio show with voice actors, hand operated sound effects, classic advertisements, and mystery and comedy skits on July 21.

SEPTEMBER BIRTHDAYS

John Ackerman
Bridget Agriopoulos
Walter Anderson
Larry Armbright
Laurie Blanchard
Brian Bliss
Pam Boonstra
Jacque Brentlinger
Joann Breyfogle
Thomas Brunkan
Larry Carter
Melvin Cline
Ruth Cornell
Valerie Courey
Charlotte Curry
Susan Danilson
Melinda DeMarest
Sandra Devries
Pam Dillon
Delores Disterhaupt
Audrey Ercolini
Sonja Kay Erickson
Helen Eriksen
Willma Erskine
Robin Fisher
Joyce Foster
Peggy Foulk
Douglas Frahm
Roger Friessen
Jeremy Funk
John Gilles

Karen Glover
Karen Goodwin
Adrian Hanson
Diane Hargens
Rose Heeren
Gary Herbst
Huey Hightower Jr
Donna Hindman
Bruce Hines
Mavis Holman
Barbara-Anne Huculak
Normagene Hughes
Richard Husted
Marsha Jarman
Miriam Jensen
Nancy Kelly
DuRetta Kelly
Dorinda Klapprodt
Mary Ann Kleber
Joan Kober
Sharlene Krusemark
William Krusemark
Paula LaBrune
Mark Lenz
Ellen Livingston
Valerie Lockwood
Dean Marsh
Don McCulley
Catherine McKnight
Nancy Means
Rhonda Menin

Vivian Miller
Eileen Mitchem
Calvin Mohrman
Nora Moore
Michael Morrill
Brenda Oehlerking
Ed Ortmann
Alice Ann Reeg
Dennis Reinert
James Richert
Robbie Rohlena
Nancy Ruhland
Marna Samuel
Ray Sanders
Steven Sanders
Dean Schager
Mary Jane Shanahan
Terry Joe Smith
Ruth Snyder
Rhonae Tarno
Anita Tevis
Leo Thornton
Emerita Topete
Teresa Valdez
Roberta Vanderlinden
Teresa Vanderlinden
Dorothy Vanderweil
Lois Walsh
Jennifer Wilson
Mary Dianne Winkel

September NEW Members

Donald Baumgardner
Walter Cakebread
Mary Jones
Sandra Little
Jim Lorimor
Diane McCoy
Lynn Nice
Patricia Price
Ralph Swain
Lucille Swalve
Mary Trout
Gloria Van Ackeren

In Memory

Anita Strong for Jerry Walker
Lucy Valkenburg for Jerry Walker
Siouxland Duplicate Bridge
for Dean Lockwood

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

Membership Information

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

Refund Information

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

DOLLAR-A-MONTH

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

Maizie Johnson
 Gene Smyser
 Pamela Mears
 Don Schultz

Don Casaday
 Normagene Hughes
 George Polak
 Charlotte Curry

Dollar-A-Day for a YEAR

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

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