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*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*

## The History of Valentine's Day



As you prepare for Valentine's Day each year, choosing cards and gifts for your loved ones and perhaps making romantic plans, have you ever wondered where all of these traditions come from? Valentine's Day has a long history that has transformed over centuries into the holiday we celebrate today. Some of the stories told about the origins of Valentine's Day are more legend than fact. Many original details have been lost to history and were embellished later on to retroactively mark Valentine's Day as a day to celebrate romantic love. From its early beginnings as a remembrance of a Christian martyr to the modern exchange of paper greetings, here is the history of Valentine's Day.

The name of the holiday comes from a saint who lived during the third century, or possibly three saints. The Acta Sanctorum (Acts of the Saints), an extensive history of saints listed by their feast day, described three Saint Valentines who are associated with February 14. Valentine of Rome was a priest in the capital of the Roman Empire during the reign of Emperor Claudius II and executed around the year 270 AD. Valentine of Terni was a bishop in the ancient city of Interamna, which is about sixty miles outside of Rome, who was beheaded in 273 AD. Both of these Valentines later had churches named for them built over their burial sites, and it is speculated that they may have been the same person with two different traditions of remembrance. Not much is recorded about the third Saint Valentine, Valentine of Africa, who died for his beliefs, along with 24 soldiers, in the Roman province of Africa. In early Christian documents there are references to Popes saying prayers for St. Valentine, building a church in his name, and having a feast day to recognize his martyrdom.

As the Acta Sanctorum was put together by scholars and historians between 1630 and 1940, at least 1300 years after the death of the Saint Valentines, the histories collected about them were likely myths and hearsay. One story describes Saint Valentine performing a miracle in healing the blind daughter of an aristocrat whose custody he was under. As a result, the family converted to Christianity, but the emperor found out and



ordered them all to be executed. A later version of this tale tells that Saint Valentine fell in love with the daughter of his jailer and signed letters to her "from your Valentine" to give an origin of the tradition of sending Valentine's Day letters. Another commonly told story is that Claudius II forbid soldiers in the Roman army from getting married because he believed that devotion to a wife made them weaker. Saint Valentine supposedly performed wedding ceremonies for them in secret and was killed for doing so. It's a story that connects Saint Valentine to the modern holiday of romantic love, but there is no historical evidence that Claudius II made a no-marriage decree for his army. Most likely Saint Valentine was persecuted for just practicing Christianity and Saint Valentine's Day became associated with romantic love centuries later.

The person credited with starting that trend is writer and poet Geoffrey Chaucer, best known for The Canterbury Tales. Sometime around 1382, Chaucer published a poem called "Parliament of Fowls," which contains the lines "For this was on Saint Valentine's Day / When every fowl comes to choose his mate." This is one of the earliest known references to the idea that Valentine's Day is a special day for lovers. Why Chaucer made this association is a question that intrigues scholars. Was Chaucer describing Valentine's Day practices that already existed or was he poeticizing the fact that early spring and singing birds start happening around February 14 each year? There are a couple of other writers who also brought up Valentine's Day and courtly love around the same time as Chaucer. They may have picked up the idea from him, or may also have been describing a present cultural idea.

A topic often mentioned in articles about the history of Valentine's Day is an ancient Roman fertility festival called Lupercalia. Lupercalia was celebrated on February 15 and involved priests of the god Lupercus sacrificing a goat while naked in the cave where the founders of the city of Rome, Romulus and Remus, were believed to have been nursed by a wolf. The priests would then cut the goat's skin into strips and run around the Palatine Hill hitting people with them. Being hit with the strips was said to increase fertility, so women would present themselves to be struck. In the fifth century, Pope Gelasius I is credited with both creating the feast of St. Valentine's Day and abolishing the celebration of Lupercalia. People have theorized

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# the Sunshine News

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that Valentine's Day took on some of the mating ritual traditions of Lupercalia as a consolation to Christians who had to give up the pagan party. A story about men and women's names being drawn from an urn so they could be paired up for the festivities was added to the supposed rituals of Lupercalia in the 15th century to make it sound more similar to Valentine's Day; there's no description of that happening in earlier writings. Also, because there's no other mention of St. Valentine's Day being a celebration of love in Europe for the next 900 years, it was probably just a coincidence that Valentine's Day and Lupercalia were celebrated around the same time rather than Lupercalia being an early version of the day.

Returning to the time of Chaucer, after his poem, Valentine's Day as we know it started to take off in popularity. In the next century, referring to February 14 as a festival of love began to appear in poetry, songs and Valentine's Day letters. In 1415, Charles, Duke of Orleans of France, famously wrote a letter to his wife with the lines "I am already sick of love (meaning love-sick) my very gentle Valentine," while imprisoned in the Tower of London after his capture at the Battle of Agincourt. By the mid-1700s exchanging small tokens of affection and handwritten notes was a common practice on Valentines's Day. In 1797 *The Young Man's Valentine Writer* was published, which included helpful lines for lovers who were not gifted at poetry. A later edition includes this example:

FROM A PERSON OF LOW OCCUPATION TO HIS FAVORITE LASS

Altho' my occupation's mean,  
I wish my girl to know,  
On Sundays I am very clean,  
And seem more high than low.  
They frequently are found more coarse,  
Who think themselves more fine--  
Take me for better or for worse,  
And be my Valentine.



In England, the introduction of the Penny Post in 1840, made it affordable for all social classes to send letters through the mail and easy to send an anonymous Valentine to a secret crush. Improvements in printing allowed Valentine's Day cards to be mass produced with pre-written verse and pretty pictures. The United States soon caught up after 19-year-old Massachusetts resident Esther Howland received a beautiful Valentine's Day card from Europe decorated with lace and flower cut-outs. These were not made in the U.S. at the time and were expensive to import from Europe. Esther, whose father owned a stationary store, came up with the idea of making and selling similar cards that would be affordable to Americans. She recruited a team of friends who worked out of her home to create cards with real lace, ribbons, and colorful pictures. Her cards became so popular that she is now known as "The Mother of the American Valentine." She sold them across the country and eventually formed a company called the New England Valentine Company. During the 1850s, Howland earned \$100,000 a year which is about \$3 million in today's money! Hallmark began mass-producing Valentine's Day cards in 1913, and it is now estimated that Americans exchange over 150 million cards each year. In 1861 British chocolate maker Richard Cadbury started selling chocolate in heart shaped boxes. The special box was marketed as something that could be used to hold keepsakes after the chocolate was eaten, giving it more value as a gift.

Valentine's Day continues to be a popular holiday with the National Retail Foundation estimating that Americans would spend \$27.5 billion celebrating the day last year, an average of \$188.81 per person. Although its origins are from martyrdom, Valentine's Day has morphed into a sweet holiday that's purpose is to tell others that you care about them. We're all in favor of recognizing love and friendship at the Siouxland Center for Active Generations. If you'd like to spend the evening with good friends or sweethearts at the Center, check out our Valentine's Day celebration with The Embers!

# Valentine's Day with the Embers, Dinner and Dance



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Our 2026 Saturday Night Dance Parties will kick off in February with The Embers! This favorite Friday band always brings a big crowd out to the dance floor each time they play. Bring all your favorite people with you for a wonderful night celebrating Valentine's Day. The Embers will play rock and roll hits plus country favorites.

The Siouxland Center for Active Generations will offer a romantic candlelit dinner of herb-crusted pork loin or broasted chicken, baked potato, mixed vegetables, salad, and chocolate cake beginning at 5 p.m. Enjoy this special meal surrounded by nice people at the Center for a cost of \$15. The dance will be \$10 for members in advance and \$15 at the door. What a bargain for a special holiday event with good food and great entertainment! **Saturday, February 14. Dinner will begin serving at 5 p.m. Dance 7-10 p.m. Buy tickets for the dance and/or dinner at the front desk.**

## February Community Potluck Dinner

On the first Thursday of each month, the Center is hosting a potluck dinner organized by a new nonprofit group called the Siouxland Community Potluck Coalition. The group's mission is to bridge the gap between those who have a little extra and those who need a little extra while building community and fostering connection. In February, the theme is love, with an assortment of guided kids' activities that focus on loving yourself, your family and your community. The grownups who come with them can focus on celebrating love with their partner! There will be a kids' table, in case grown-ups want to have some one-on-one time with their special someone while they eat, and a sweethearts' dance, complete with a cheesy prom photo backdrop, so caregivers can have the chance to let loose a bit and celebrate each other! Jambalaya will be the main dish served along with other rice dishes. **Thursday, February 5, with dinner served from 5 p.m. to 7:30 p.m. and activities until 9 p.m. All are welcome! Bring a dish or just yourself. The Siouxland Community Potluck Association is looking for volunteers to bring dishes, help manage activities, and assist with the cleanup. Please sign up in the Activities Book if you would like to help out.**



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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.

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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.*

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## Meet a Member: Grace Wagoner



Grace Wagoner grew up in Des Moines and went to college at Drake University where she majored in music education. At Drake, she met her husband Jon at the end of her freshman year after a friend set her up on a blind date with a guy who needed a date for a party. Jon and Grace got married before they graduated, when they were still “dirt poor” students. Grace paid her blind date success forward to Jon’s twin brother George. She set him up on a date with a friend of hers from high school and the couple ended up getting married.

After finishing college, Jon and Grace moved to LeMars where Jon was offered a pharmacist job. That position didn’t work out so they moved again to Sioux City where they’ve stayed for the next sixty years. Grace taught violin and string lessons for a little while but decided that teaching wasn’t for her. She enrolled in a piano tuning program at Western Iowa Tech in the 70’s and then worked as a piano tuner until she retired at 65. She enjoyed that work and traveled to many towns around Sioux City to tune pianos. She received referrals from Parkinson’s Music store in LeMars and said that “some of my favorite people were my customers.” Grace also played violin and viola with the Sioux City Symphony for 34 years.

Jon and Grace, who’ve now been married for 65 years, have two children. Their son Paul, who Grace describes as “an old bachelor,” lives in Sioux City and works at Spee-Dee Delivery. He “looks after” Grace and Jon and Grace is grateful for his help, “It is nice to have him around.” Their daughter Jill lives in the Sonoma Valley in California, known for its wineries. Grace has had the opportunity to visit some of them on her trips to see Jill.

Joining the Siouxland Center for Active Generations was “one of the smarter things I ever did,” says Grace. She became a member in 2009, a little while after the Center moved from downtown to its current Cook St. location. She visited an open house showing off the new building. “I was so impressed. There was a dance, and rooms for everything!” Kerry Ruehle, the Activity Coordinator at the time, recruited Grace as a volunteer and helped match her with the library. Since 2010, she has continued to be a reliable volunteer in the Center’s library. Over her years of membership Grace has participated in Genealogy, Spanish and German classes, and all kinds of exercise classes. “I love the people here. It’s a very welcoming place and there are so many things to do. You can come and be yourself.”

Jon joined the Center a year after Grace and decided to take up line dancing. Jon still line dances as well as participating in the ballroom dance class. Grace says that she did some dancing with Jon, but it is his thing, not hers. Grace enjoys swimming and bird watching; she used to go out with the Audubon group. When her daughter lived in Florida, Grace drove herself there to visit and made trips to the Florida Everglades where she saw many strange birds that you don’t see around here.

Grace loves to travel and has visited fifteen foreign countries. This spring, Grace and Jon plan to take a cross-country train trip where they’ll visit Chicago, New Orleans, Los Angeles, and spend time in San Francisco with their daughter. Part of the journey will be on Amtrak’s California Zephyr train which travels from San Francisco to Chicago and runs through the Rocky Mountains. Grace prefers driving or taking a train to flying so that she can sightsee on the way, “The fun of the trip is the trip!”

Words of wisdom that Grace would like to share are “Live every day and be glad in it. Be glad that you’re healthy and still have a few marbles.” Also, “Treat others the way you would like to be treated.”

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# February Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Carolyn Guenther  
Cindy Hofmeister  
Colleen Bochmann  
Debbie Delaney  
Donald Casaday  
Douglas Frahm

Garry Goebel  
Jan Ashmore  
Jana Erdmann  
John Anderson  
John Cowley  
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Kathryn Beacom  
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Eldon Thompson  
Eric Johansen  
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Jeanine Newton

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Kathleen Miller  
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# February Creative Writing Themes

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

- February 3rd ....Steps to Have a Healthy Life**
- February 10th...Write About the Color Red!**
- February 17th ...Write About the Month of February**
- February 24th... Write About Respect of Police and Firemen!**

### FEBRUARY PRAYER

Please let the human race pull together,  
 Help all of us to use our minds, not our fists!  
 Tough times never last, but tough people do. (Powell)

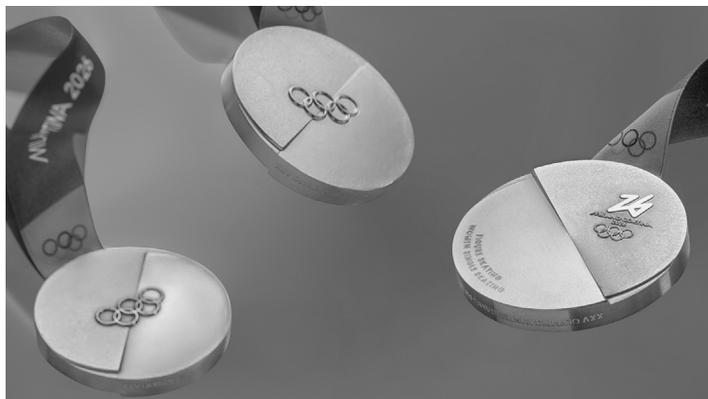
### FEBRUARY WORDS:

"Without Valentine's Day, February would be...well, January

### FEBRUARY FACTS

1. February's astrology signs are Aquarius and Pisces.
2. Groundhog Day came about because of a German superstition!
3. President's Day is February 16th. (USA)
4. Valentine's Day is February 14th.
5. There is an average of 220,000 wedding proposals on Valentine Day!
6. February is the most misspelled of all the months!

## February Birthday Party: Winter Olympic Games



2026 is a Winter Olympics year, with the Milano-Cortino games scheduled to start February 6. We'll get into the Olympic spirit and celebrate our members with February birthdays at our very own Olympic games. Participate in Balloon Volleyball, Broomstick Curling, Wheelchair Biathlon, and other fun events. Birthday cake for all will be sponsored by Mitchell Hospice House. **Monday, February 9, 1 p.m.**

## Sudoku Class

Want A Wake Up Call? Try SUDOKU. Sudoku is a logic-based number-placement puzzle where the goal is to fill a 9x9 grid with digits 1 through 9 so that each row, each column, and each of the nine 3x3 subgrids contains all of the digits without repetition. It's a great way to get your brain working. Puzzles range in difficulty from easy to diabolical. We'll have fun learning how to solve Sudoku puzzles either individually or in teams. Practice plus learning a few tricks will get you started on a new form of mental calisthenics.

**Join us in the Board Room on Tuesdays at 11:30 a.m. beginning on February 17.** All materials will be provided.



## Lent Church Services



Six local Evangelical Lutheran Churches of America have joined together to hold Lenten services at the Siouxland Center for Active Generations on Wednesdays in the season of Lent. Two services will be held, the first in the afternoon from 12:30-1:30 and the second in the evening from 6:30-7:30. All are welcome to attend. **Services will begin on Ash Wednesday, February 18, and continue through Wednesday, April 1.**

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 11:30 am Woodcarving  
 12:00 pm Bunco-\$1 entry  
 12:30 pm Pinochle  
 12:00 pm Bridge-Duplicate  
 12:30 pm Chair Yoga  
 1:00 pm Chair Cardio  
 1:30 pm Beginning Spanish  
 12:00 pm Lion's Club Meeting

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  
 12:00 pm Ping Pong  
 12:30 pm Penny Bingo, Tap Dance  
 12:30 pm Tap Dance

23  
 1 pm Parkinson's Support Group

7:30 am—1 pm Coffee Shop  
 7:45 am Walking Exercise  
 9:00 am Senior Yoga (CD)  
 9:30 am Cornhole  
 9:30 am Intermediate/Advanced Bridge  
 10:00 am Knitting & Crocheting  
 10:00 am Tai Chi (Advanced)  
 10:00 am Tens Card Game  
 11:00 am Balance Class  
 11:30 am Woodcarving  
 11:30 am Cribbage  
 12:00 pm Pinochle  
 12:00 pm Bridge-Duplicate  
 12:30 pm Chair Yoga  
 1:00 pm Chair Cardio  
 1:30 pm Beginning Spanish



9:30 am Painting Class  
 10:00 am Chess  
 10:00 am Sexy & Fit after 40  
 10:30 am Open Jam Session -\$1.00 Guests  
 11:00 am Choir Practice  
 11:00 am-12:30 pm Fall lunch  
 11:30 am Phase 10  
 12:00 pm 500 Card Club  
 12:30 pm Lent Service  
 12:30 pm Chair Yoga with Suky  
 1:00 pm Coloring Corner  
 1:00 pm Chair Cardio  
 1:30 pm Beginning Spanish  
 6:30 pm Lent Service

24  
 11:30 am Sudoku Class

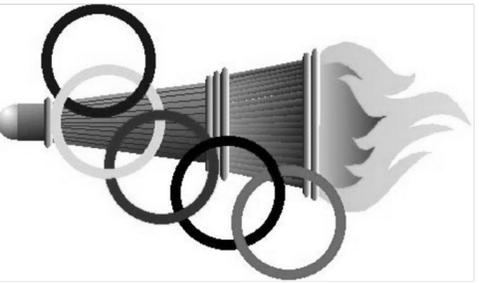
7:30 am—1 pm Coffee Shop  
 9:00 am Quilting Club  
 9:00 am Fitness Logic with Lee  
 9:00 am Penny Bingo  
 9:00 am Rock Steady Boxing (Fee)  
 9:30 am Painting Class  
 9:30 am Bible Study  
 10:00 am Creative Writing  
 10:00 am Tai Chi (Beginning)  
 10:30 am Silversneakers Classic Fitness  
 11:00 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



9:30 am Painting Class  
 10:00 am Chess  
 10:00 am Sexy & Fit after 40  
 10:30 am Open Jam Session -\$1.00 Guests  
 11:00 am Choir Practice  
 11:00 am-12:30 pm Fall lunch  
 11:30 am Phase 10  
 12:00 pm 500 Card Club  
 12:30 pm Lent Service  
 12:30 pm Chair Yoga with Suky  
 1:00 pm Coloring Corner  
 1:00 pm Chair Cardio  
 1:30 pm Beginning Spanish  
 6:30 pm Lent Service

25  
 10 am Tech Class with Pam from Connections

7:30 am—1 pm Coffee Shop  
 7:45 am Walking Exercise  
 8:00 am-9:30 am Biscuits and Gravy  
 9:00 am Yoga  
 9:00 am Duplicate Bridge  
 9:30 am Painting Class  
 10:00 am Chess  
 10:00 am Sexy & Fit after 40  
 10:30 am Open Jam Session -\$1.00 Guests  
 11:00 am Choir Practice  
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 12:30 pm Chair Yoga with Suky  
 1:00 pm Coloring Corner  
 1:00 pm Chair Cardio  
 1:30 pm Beginning Spanish  
 6:30 pm Lent Service



10:00 am Canasta  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 11:30 am Cribbage  
 12:00 am Balance Class  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group

26  
 1 pm Karaoke

7:30 am—1 pm Coffee Shop  
 9:00 am Penny Bingo  
 9:00 am Tating  
 9:00 am Rock Steady Boxing (Fee)  
 9:00 am Bellydancing  
 9:00 am Line Dance Beginner, Registration Req.  
 9:00 am Beginner Bridge  
 10:00 am Canasta  
 11:00 am Mah Jongg (beginner lessons offered)  
 11:30 am Woodcarving  
 12:00 pm Balance Class  
 12:00 pm Open Bridge  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong  
 1:00 pm Social Group



11:00 am-12:30 pm Fall lunch  
 11:30 am Open Bridge Group  
 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  
 Featuring Country Brew

27  
 1 pm Karaoke

7:30 am—1 pm Coffee Shop  
 9:00 am Fitness Friday  
 9:00 am Mixed Media Art Class/ Vivian Miller  
 10:00 am Chair Yoga with Kaye  
 10:00 am STYL meeting  
 (Take Off Pounds Sensibly)  
 11:00 am-12:30 pm Fall lunch  
 11:30 am Open Bridge Group  
 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  
 Featuring Ed Tryon



# February 2026

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
<p><b>2</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Senior Companion Meeting 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Chrbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:00 pm Lion's Club Meeting</p>	<p><b>3</b></p> <p><b>1 pm Craft with Bickford</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 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, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>4</b></p> <p><b>9:30 am Android Phone Class with B</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Chort Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga with Sulky 1:00 pm Coloring Corner 1:00 pm Chair Cardio 1:30 pm Beginning Spanish</p>	<p><b>5</b></p> <p><b>10 am Book Discussion Group</b> <b>1 pm Karaoke</b> <b>5:00 pm Community Potluck</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Chrbage 12:00 pm Balance Class</p>	<p><b>6</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 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> <b>4 on the Road</b></p>
<p><b>9</b></p> <p><b>1 pm Birthday Party</b> <b>Winter Olympic Games</b> Cake sponsored by Mitchell House</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Chrbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p><b>10</b></p> <p><b>1 pm Craft with Bickford</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 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, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>11</b></p> <p><b>9:30 am Android Phone Class with B</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Chort Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga with Sulky 1:00 pm Coloring Corner 1:00 pm Chair Cardio 1:30 pm Beginning Spanish</p>	<p><b>12</b></p> <p><b>1 pm Karaoke</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Chrbage 12:00 pm Balance Class</p>	<p><b>13</b></p> <p><b>10 am Genealogy Class</b> <b>(2nd Friday)</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:00 am Open Bridge Group 11:30 am-12:30 pm Full lunch 12:00 pm 500 Card Club 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <b>Jerry O'Dell's Country Flavor Band</b></p> <p><b>Saturday, February 14</b> <b>5 pm Valentine's Day Dinner</b> <b>7-10 pm Dance Party with The Embers</b></p>
<p><b>16</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting &amp; Crocheting</p>	<p><b>17</b></p> <p><b>1-3 pm Mardi Gras Jukebox Dance Party</b> <b>11:30 am Sudoku Class</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee</p>	<p><b>18</b></p> <p><b>9:30 am Android Phone Class with B</b></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge</p>	<p><b>19</b></p> <p><b>1 pm Karaoke</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Beginner Bridge</p>	<p><b>20</b></p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch</p>

## Tech Classes with B

Technology instructor B will continue her series of Android phone classes in February. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes.

**February 4:** Is This a Virus?: How to know if an app or link is a virus and what to do about it.

**February 11:** This Phone Is My Phone: Explaining the phone settings and customizing it to make it work for you.

**February 18:** All Things Texting: An hour explaining texting, messaging apps, and functionality.

**Wednesdays at 9:30 a.m. in the Conference Room**



## 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 \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see the front desk.

**February 6:  
4 on the Road**

**February 13:  
Jerry O'Dell's Country Flavor Band**

**February 20:  
Country Brew**

**February 27:  
Ed Tryon**



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# Love and Kindness Abide

by Kay Reynolds



There are many acts of kindness that go on without any notice at all. Unfortunately, we never hear of them...it's always the problems of the times that get attention: crime, tragedies, arguments. But mostly unknown to the world, every day individuals, groups, and corporations see a definite need and work to fulfill that need whatever it may be: money, work, supplies, clothing, a listening ear, volunteering, PRAYER, you name it--it is done any day. Especially at times when weather is bad--we stand up to help when advised. In certain holidays it is the same: Thanksgiving, Easter, Veterans Day, Christmas season and many more. The Salvation Army, The Gospel Mission, Goodwill, Warming Shelter, Soup Kitchen, Food Bank, Sleep in Heavenly Peace, Make A Wish, Ronald McDonald houses, Boys & Girls homes, Crittenton Center, Habitat and SO MANY MORE truly do TREMENDOUS acts of kindness. We hear of the Shoe, Mitten, and Sock drives, the gifts given to children at Christmas. In disasters people come forth with needed supplies...on and on it goes...often we take it for granted.

I came across a story in the December Reader's Digest that touches my heart, so unusual but not really known. United Airlines has a SUPER project I had never heard about called the Flight Before Christmas. 'Twas two weeks before Christmas and at airports all over the world, huge 777 or others are taxied down the runways. Outside they look average, but inside is a totally different look. Silver tinsel and colored lights hang from overhead compartments, while glitter paper snowflakes and curls of red ribbon dangle on the seats. Giant candy canes are placed at the back of the cabin. Even the flight crew is decked out with Santa hats, pointed elf ears, reindeer sweaters, and even a Grinch outfit.

The passengers are 100 local children aged from 3-10, who are experiencing serious health issues or have other problems, and a family companion wearing T-shirts that say FANTASY FLIGHT. Workers in costume escort them to the plane and treat them with goodies while they wait. They receive boarding passes that say NORTH POLE. The children chatter excitedly; for some it is their first flight ever! This flight will never be forgotten; it is to SANTA'S WORKSHOP. As they board they are pinned with pilot's wings. There's a singalong during seating and pre-flight preparations.

After the plane takes off, the captain comes on and says, "Welcome to all. We are now heading to Santa's Workshop." Loud roars erupt from all. Unknown to the children the plane circles the

area for about 30-40 minutes while the kids have a party on plane. The captain comes on again, "We have been cleared from Santa to visit the North Pole. Would everyone please shut the curtains on the windows. I'll let you know when you can open them again. Santa is so excited to see you." The captain lands the plane back at the airport and enters a huge hanger decorated for just this. This project is SO LARGE. Thousands of people, employees, corporations, etc. get involved and STAY because of its effect on the children who are struggling with many situations.



SANTA IS THERE---PERSONALLY FOR THEM! Each child gets a bag of goodies and gifts from HIM, prepared from their OWN WISH LIST for Christmas! Sometimes the bag is SO BIG they can't even carry it and need help. Each gets their own picture with Santa to take. Santa tells them he's got the other copy in his book to keep.

Some of the children know they won't be around for long after this. That's so tough, but they smile NOW and that's the purpose...to make TODAY COUNT in that child's mind. The workers say that this is the BEST PART OF CHRISTMAS. It touches them personally each time. At the end of the party time, they all board the plane again with waves and smiles of thanks by all. The captain says, "Please keep the curtains closed until I notify you." Then the plane backs out and heads to the runway. It takes off and flies around. The captain says, "You can open your curtains now." Then for another 15 minutes or so they land and are brought back to the terminal. All are SO EXCITED AND OVERWHELMED BY WHAT JUST HAPPENED!!! They leave with cheers and waves and hugs. WHAT A FABULOUS TRIP. The kids want to talk about it all the way home and after. HOW SPECIAL IT WAS, JUST FOR THEM! It is hard to tell who is happier. the kids or the workers involved.

It takes a huge amount of planning but the result is truly worth it for all. THE KIDS FEEL THE MAGIC OF CHRISTMAS and the looks are heartwarming. For workers, "We are LEFT BELIEVING that in this world there is GOOD AND KINDNESS all around." TRULY SPOKEN INDEED! This project started in 1993. Have you ever heard of it? DO YOU FEEL THE WARMTH TOO?

## Mardi Gras Jukebox Dance Party

Laissez les bons temps rouler! This Louisiana French phrase that means “Let the good times roll,” is said when it is time to celebrate Mardi Gras. We’ll enjoy Fat Tuesday at the Siouxland Center for Active Generations with a Mardi Gras themed jukebox dance party. There will be plenty of masks and beads for the festivities. Wear purple, green, and gold, the colors of Mardi Gras, to dress in the spirit of the day. King cake, the traditional desert of Mardi Gras, will be served. If you find the baby in your piece of cake you’ll have good luck as well as being declared the King or Queen of the party! You can also try a virgin Hurricane, New Orleans’ iconic Mardi Gras cocktail. Come and dance to your favorite party songs; song requests are always welcome! **Tuesday, February 17, 1-3 p.m. in the Multipurpose Room**



## Genealogy Class:

### United States Colonial Research

February’s Genealogy Class will cover the topic of U.S. Colonial Research. Who were your ancestors before the United States of America became a country? Phyllis and Cheryl will help you find your “patriot” relatives, the ones who were around before the Revolutionary War during the years of 1585-1776. Find out how to do research on the time before the thirteen colonies started keeping vital records. Resources covered will be family associations, biographies, useful websites, books such as *Families of America*, and maps of colonial towns. There’s so much to cover that this will also be the topic of March’s class. **Friday, February 13, 10 a.m. in the Classroom**

## Trailblazers Walking Group



In January, while the Trailblazers Walking Club explored the misty rainforests, palm-fringed beaches, and steaming volcano of Costa Rica, they walked an amazing 2770 laps which is about 222 miles. With that distance they could traverse the width of this biodiverse nation, from the Pacific Ocean to the Caribbean Sea about three times.

In February we’ll cross the Atlantic Ocean and head to Milan, Italy for the Winter Olympics! The 2026 Olympics will be held from February 6 to February 22. Athletes from 93 countries will compete for 195 medals in 16 different sports including the new sport of ski mountaineering. Milan is famous as a global capital of fashion, design, finance, and business. It is known for its high-end brands, influential trade fairs like Fashion Week and the Furniture Fair, and historic architecture like the stunning Duomo Cathedral. It’s also a cultural hub for opera, art (including Leonardo da Vinci’s *The Last Supper*), and rich culinary traditions. As you enjoy the thrilling competition of winter sports, the gothic and neoclassical architecture, the vibrant culture and delicious Italian food of Milan, remember to Walk, Talk, Get Fit! *If you walk at the Center and would like to add your laps to the Trailblazers total monthly distance, write down how many laps you walk on one of the slips of paper on the Trailblazers table and place it in the basket.*

## Crafts with Bickford

Making crafts or participating in fun games or activities with Deb from Bickford Assisted Living and Memory Care is always a good time! Last month Deb guided the group in making Valentine’s Day wreaths. This month there may be a St. Patrick’s Day craft or a different entertaining activity. Sign up in the Activities Book if you would like to participate. Limit to 10 people. **Tuesday, February 10, 1 p.m. in the Dining Room.**



# 2025 Christmas Party

The Center was filled with festive joy as we celebrated the merry holiday with a dinner, dance, craft, and ugly sweater contest. Thank you to Visiting Angels for providing materials and instruction to make a Christmas ornament craft, to The Huckleberrys for the fantastic music, and to the staff and volunteers who cooked and served a delicious meal and made the party run smoothly. Let's do it again next year! Congratulations to the winners of the ugly sweater contest! First place went to Jim Singer, second place went to Steve Chadwick, and third place went to David Cox.



## Choir News

What do you do when you hear a catchy tune being played? Of course, sing along with it! That's the beauty of music and harmony.... it brings more joy to you than you think, the heart of all. Many think: Oh, I CAN'T sing, but really you can and better. That's what we do in choir--sing joyfully and together--no one has a solo, so no worries. But the friendship and care within the group adds SO MUCH to the day. You can walk away with a cheerful mood by singing for the hour there...and then often SHARE. Choir has taken a break during January but is RIGHT BACK on track in February. Think about it! Come try us out! Find out it's not as hard as it seems. It is FUN--FRIENDSHIP ABOUNDS--SHARE WITH ALL--GIVE IT A TRY--WE WOULD LOVE TO HAVE YOU! **Wednesdays at 11 a.m. in the Music Room.**



*The Choir would like to remember their member Kent Crandall who passed away in December.*

## Bridge News

Our bridge group is off to a good start in 2026. The best news is that Diana Howard is back with her Monday morning classes at the Center. Don't miss this opportunity to improve your bridge game. Leon Koster continues with his popular Thursday morning classes for beginners. The bridge group donated \$500 to the Center to honor our members who passed away in 2025. We are already making plans for our tournament here in June. *The Center would like to thank the Bridge Group for their generous donation!*



# Sioux Year's Eve

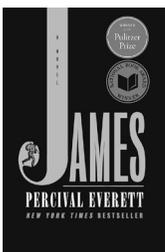
The Center's inaugural family friendly New Year's Eve party offered fun for all ages! Puppet shows, a noon balloon drop, interactive theater, acrobats and jugglers, balloon animals, magic, live bands, and fireworks in the parking lot right after midnight were all part of the day's celebration leading up to 2026. Thank you to everyone who came out to support the Center's endeavor, the volunteers and staff who helped to make it happen, and the many performers who gave their best to entertain their audience!



## Book Discussion Group

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

### February 5:



#### James by Percival Everett

Based on the Mark Twain classic, when the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. Jim's agency, intelligence, and compassion are shown in a radically new light.

### March 5:



#### Recovery Agent by Janet Evanovich

Lost something? Gabriela Rose knows how to get it back. As a recovery agent, she's hired by individuals and companies seeking lost treasures, stolen heirlooms, or missing assets of any kind. She's reliable, cool under pressure, and well trained in weapons of all types. But Gabriela's latest job isn't for some bamboozled billionaire, it's for her own family, whose home is going to be wiped off the map if they can't come up with a lot of money fast.

## Your Neighborhood Coalitions

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



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 Anna Barnes  
 Anna Hoover  
 Annette Hoefling  
 Barbara Baker  
 Barbara Small  
 Barbara Weakley  
 Betty Church  
 Brian Damon  
 Candelario Topete  
 Carla Leibrich  
 Carol Shimitz  
 Carolyn Guenther  
 Cathy Herrig  
 Cathy Ortmann  
 Charles Tarvin  
 Clarissa Benson  
 Colleen Baker  
 Connie Kryger  
 Constance Wanderscheid  
 Cynthia Guthmiller  
 Dale Davenport  
 Dale Rawson  
 Daniel Janssen  
 Darlene Wolf  
 David Schable  
 David Young  
 Dawn Oleson  
 Dee Dee Johnson  
 Dennis Hogan  
 Diann Love  
 Don Domayer  
 Doris Schiltz  
 Eleanor Fetterman  
 Eleanor Gibson  
 Ernie Colt  
 Erv Strohbeen  
 Frances Uhl

Gary Grause  
 Gary Livingston  
 Gary Wenell  
 Gerald Taylor  
 Gloria Evans  
 Gregory Walz  
 Helen Foix  
 James Starks  
 James Woodford  
 Janice Marine  
 Jeanie Husted  
 Jeanne Westin  
 Jeannie Sailor  
 Jerrold Hoelker  
 John M. Anderson  
 Judy Tadlock  
 Julia Johnson  
 June Wilhelm  
 Karen Annis  
 Karen Balstad  
 Karen Miles  
 Kathleen Lillie  
 Kathryn Beacom  
 Kathryn Schable  
 Kay Adam  
 Kenneth Keith  
 Kristy Bohnenkamp  
 Larry Steinbrecher  
 Leanna Shinkle  
 Leonard Miller  
 Lila Plambeck  
 Lillie Rundall  
 Lindy Uithoven  
 Lloyd Rohmiller  
 Louise Keleher  
 Margaret Ryan  
 Mark Hanson  
 Martin Wolf  
 Mary Madden

Melinda Carlson  
 Michelle Brady  
 Nancy Osterbuhr  
 Pat Ann Ellis  
 Pat Walsh  
 Phyllis Bennett  
 Preston Nason  
 Ray Nanek  
 Rev. Dr. Judy A Smith  
 Richard Storm  
 Rita Cooper  
 Rita Legg  
 Robert Brewer  
 Robert Corey  
 Robert Davis  
 Robert Nelson  
 Roger Kann  
 Ruth Anne Hantla  
 Ruthey Moranec  
 Sally Smith  
 Sandi Rasmussen  
 Sandra Little  
 Sandra Miller  
 Sharon Junge  
 Sharon Hobart  
 Shirley Larson  
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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.*

- |                      |                |               |
|----------------------|----------------|---------------|
| Charlotte Curry      | Maizie Johnson | Pam Mears     |
| John & Sandra Graser | Norma Hughes   | Sally Kimball |

## Dollar-A-Day for a YEAR

- |   |  |  |
|---|--|--|
| <p>Cindy Houlihan<br/>         Darlene Coulson<br/>         David Young<br/>         Don &amp; Rosalie Horsted<br/>         Donald &amp; Ruth Kingery<br/>         Gerald &amp; Kathleen Weiner<br/>         Foundation</p> | <p>James &amp; Helen Anderson<br/>         Jerry Levay<br/>         Jon &amp; Grace Wagoner<br/>         Kenneth Dvorak<br/>         Kristine &amp; Todd Bergstrom<br/>         Larry Armbricht<br/>         Marsha Jarman</p> | <p>Pam Mears<br/>         Robert Steffe<br/>         Rolene Beauvais<br/>         Russell Movall<br/>         Ted &amp; Kathy Massey</p> |
|---|--|--|